

WHAT IS CANDIDA

Candida is Fungus or Yeast that for many becomes an uncontrollable overgrowth that damages the body and interferes with the healthy balance of:

Weight, Energy, Clarity and Sense of Wellbeing on MANY Levels.

And science is now proving its potential to cause serious chronic illnesses and disease to manifest as it is left alone to multiply, excrete poisonous toxins and feed off the body. Fungi, during their life cycle, depend on other living beings. The fungi get their food by feeding on their host's organic waste and by directly attacking the host for nourishment.

Candida is especially insidious because it has an exoskeleton made of Chitin – which is a substance that is actually, pound for pound, stronger than steel. So once the Candida Yeast is allowed to get a little out of balance – it is virtually impossible to get rid of it. And you can see evidence of this by visiting any blog or Forum where folks are discussing their trials with various Candida Diet efforts and other medicinal efforts – both Natural and Pharmaceutical.

Chitin is so incredibly difficult to penetrate, that the Human Immune System doesn't stand a chance against killing off the fungal infection, once it has proliferated out of the normal range. The main approach so far has been to try a combination of Starving it – while trying to bombard it with whatever combination of drugs, herbs etc., and the latest article is recommending!

The result is a lot of people frustrated the, Candida maybe even becoming stronger and the body is getting weaker.

THE DANGERS OF CANDIDA

According to world renowned Cancer expert Dr. Simoncini:

The fungus is the most powerful and the most organized micro-organism known. And Candida itself produces one of the most deadly toxins known to man. He has also declared that Candida Overgrowth can lead to Cancer.

According to an article in the well-respected Medical Journal, The Townsend Letter:

“The evidence... whereby Candida may cause Symptomatic Disease is compelling”

In the words of Donna Gates, the Holistic and Applied Medicine's most prestigious Author and Educator on Digestive Issues;

Candida Yeast is such a serious enemy to the Immune system because it causes it to be in overdrive All the Time - just trying to keep the Candida Yeast Infection in control. With the Immune System weakened and the Gut interior inflamed and dysfunctional because of the damage that the Candida is causing – a whole series of Body Functions begin to get seriously compromised.

Here is the short list of Chronic Conditions that Candida Overgrowth is related to:

- Weight Gain
- Depression, Aggression and Anxiety
- Cognitive Impairment & ADD/ADHD
- Fatigue & Lack of Life Force & Confidence
- Muscle & Joint Pain

Here is the list of Chronic Diseases that Candida Overgrowth is related to:

- Irritable Bowel Disease
- Crohn's Disease
- Ulcerative Colitis
- Peptic Ulcer Disease
- Rheumatoid Arthritis
- Chronic Fatigue
- Fibromyalgia
- Auto Immune Diseases
- Celiac's Disease
- Heart Disease
- Cancer

To understand Candida's pervasive negative impact on the body and why the symptoms are all over the map, you must understand the inner workings of the Gut.

Our gut actually has a lot more responsibility than we think, and certainly a lot more than just digesting our food! So when Candida is burrowing its holes into our intestinal lining, and excreting poisonous toxins hourly into our gut:

Hormones are altered – effecting our Moods and Thoughts

Neurotransmitters are altered- effecting our Cognition and Effectiveness,

Digestion and Absorption is impaired -decreasing our vital stores of nutrients we hope to gain from our food – and much more.

Then in a progression towards all these symptoms, towards Auto-Immune Diseases and even Cancers begins without our even knowing. Add to the decline that our own organs look enough like the Candida Yeast that the weakened, exhausted Immune System gets confused & overwhelmed and can begin to damage our own organs or cell DNA.

But this is not the only problem.

In fact it is just the beginning.