

# *Your Health Reference Sheet*

## *Topic: Candidiasis/Candida*

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*Candida* is a single-celled fungus that lives harmlessly in the genital and intestinal tracts. Its presence can be localized in the vagina, bladder, and intestinal tract; or it can be systemic, meaning there is an overgrowth of *Candida* throughout the body. In the most severe cases, *Candida* travels through the bloodstream to every organ in the body, causing a type of blood poisoning called *Candida* septicemia. This condition is common in people who have severely compromised immune systems due to advanced stages of cancer or AIDS, or who have severe burn injuries.

*Candida* is common in both men and women, and most people will have a bout of *Candida* at one time or another in their lives. Then, there are many people who suffer from chronic *Candida*, which equates to chronic yeast infections. Yet, even understanding how common it is and the impact it can have on the body, the diagnosis of *Candida* still isn't universally accepted by physicians. In fact, a vast majority of physicians don't believe that the common, systemic overgrowth of the fungus *C. albicans* can possibly be linked to AIDS, endometriosis, allergies, leaky gut syndrome, joint pain, headaches, sinusitis, asthma, parasite infection, thrush, and the intense fatigue that strikes people who suffer from *Candida*. Consequently, they're reluctant to test for it to get a warranted diagnosis of whether it's an underlying contributor to these diseases. On the other hand, alternative health practitioners believe *Candida* is a common infection and believe it's an underlying factor in syndromes such as allergies, environmental sensitivities, joint and muscle pain, and generalized fatigue.

### **General Description**

Candidiasis, *Candida*, or yeast syndrome is a state of inner imbalance. It isn't a disease. It's a stress-related condition and/or a condition resulting from a compromised immune system. *C. albicans* is a common, normally harmless, living fungal or yeast organism that thrives in the mouth, ears, nose, toenails, and fingernails; on the skin; in the gastro-intestinal tract; and, in the genital-urinary areas of the body. Usually this fungus isn't a problem as long as the body produces the bacteria flora needed to keep it in check. However, when the inner chemistry of the body becomes imbalanced and/or the immune system becomes weakened, the yeasts multiply too rapidly, voraciously feeding on excess sugar and carbohydrates in the digestive tract, thus causing a yeast infection—an infection that can remain isolated in the digestive tract or become systemic.

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