

Candida Albicans

Candida albicans is one of 70 different species of Candida yeast that reside in our bodies. The term Candidiasis is applied to excessive proliferation of Candida albicans in the Mouth, Oesophagus, Intestines or Vagina. This can happen for a multitude of reasons, the most common drivers being:

- Antibiotics
- Contraceptive pill
- Poor quality diet
- Lowered immunity Stress

Up to 33% of people in the Western world suffer from Candidiasis (Candida albicans over-proliferation), affecting twice as many females than males from infants through to the elderly.

Since I have been in practice I have identified Candidiasis in at least 50% of my clients. Usually they have come to me with one or more of these classic symptoms:

- Irritable bowel disorder
- Constipation or diarrhoea
- Bloating
- Fatigue
- Recurrent vaginal and/or bladder infections
- Bad breath
- Headaches
- Anxiety/depression
- Unable to lose weight
- Allergies
- Weakened immune system

Candidiasis is NOT a disease and with careful attention to following the Candida Diet protocols, and treatment with herbs, nutrients and probiotics, it can be successfully brought back into balance. Give me a call if you would like more information.

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