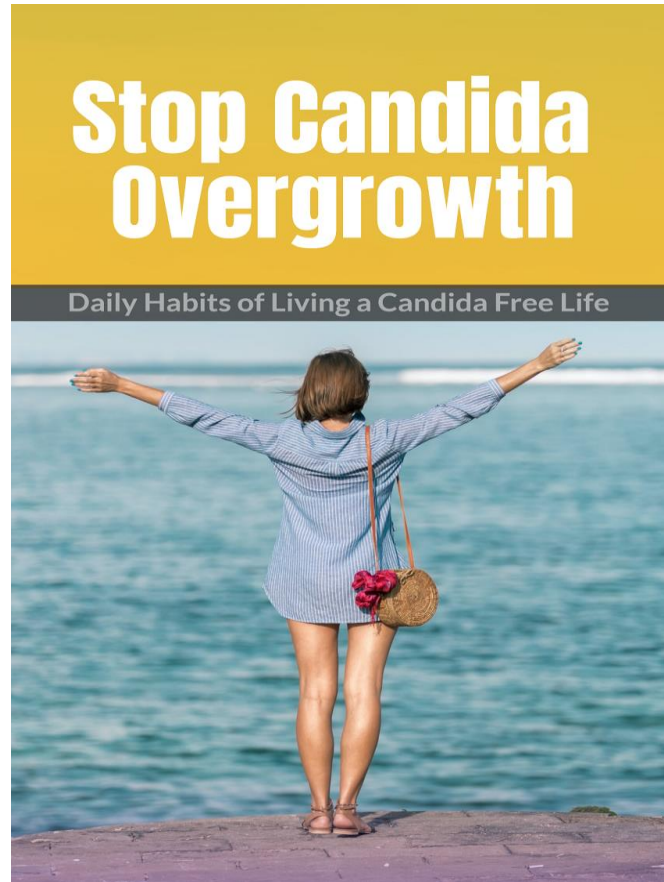


Stop Candida Overgrowth



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About

In this e-Book, we answer some of the most common and pertinent questions surrounding candida fungal infections such as what it is, its causes and symptoms. We separate the fact from the fiction and give you tips on treating the disease to get on the path towards living a candida free life.

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What Is Candida and How Does It Present Itself?

Candida is a bacterium responsible for a number of health problems. Candida is actually short for Candida Albicans which is a bacterium that's normally present in your body. Let's take a look at how Candida can become a problem and common symptoms and side effects.

How does Candida become a problem?

If Candida is a fungus like bacteria that's naturally present in the body, how does it become a problem? The problem actually arises when Candida overgrows. Like yeast or other fungus Candida thrives on sugar and lives in warm dark environments. This means places like your stomach, genitals, mouth and even your eyes can be hospitable environments for Candida.

Candia can actually become systemic meaning it is present throughout your entire body. It takes over your organs and invades your blood stream. When this happens, death is a real risk.

Notice we mentioned that Candida thrives on sugar. There is real evidence that poor dietary habits, or diets high in sugar, tend to cause Candida overgrowth. This is great news for people who suffer from overgrowth symptoms. Often a change in diet will alleviate the problem.

So what problems arise from Candida Overgrowth?

The most common symptoms of Candida overgrowth are yeast or vaginal infections.

The data tells us that about three in four women suffer from a vaginal yeast infection at least once in their life. Yeast infections are exhibited by irritation in the vaginal area, whitish discharge and inflammation and itching. Treatment is generally over the counter though your doctor can prescribe medication as well. However, if you're susceptible to Candida overgrowth then you're likely to see a recurrence unless you change your habits and lifestyle.

Oral thrush is a common sign of Candida overgrowth. It's commonly seen in babies and children and presents as a white almost cottage cheesy coating in the mouth, tongue and throat. Generally, mild antifungals are prescribed and habits are assessed. For mothers of nursing babies, dietary changes may be required.

Candida also presents as skin infections. It can affect folds of the skin where it is dark and moist or it can affect the surface of the skin depending on the individual. It's caused again by an overgrowth and a weakened immune system. Candida skin rashes vary from person to person and there are many types of Candida skin rashes. One of the most common is diaper rash. Treatment is a topical anti fungal.

Candida Albicans overgrowth causes a number of problems ranging from basic but extremely uncomfortable vaginal infections and skin infections to digestive disorders, fatigue, weight gain and hormonal imbalances. If you suffer from chronic yeast infections treat the symptoms but also take measures to treat the cause. Dietary and lifestyle changes can make a dramatic difference in your overall health.

What Are The Causes of Candida?

Candida overgrowth causes a number of problems. These problems range from vaginal infections to digestive disorders, fatigue, headaches, hormonal imbalances and weight gain. So we know that Candida causes a number of problems. However, what causes Candida to overgrow in the first place?

Causes of Candida Overgrowth

One of the most common causes of Candida overgrowth is a compromised immune system. People with HIV/Aids can be particularly susceptible. Young children and the elderly are also susceptible. However, if you've been sick and dealing with other illnesses, you can also be susceptible to Candida overgrowth.

For example, people fighting cancer or diabetes can be particularly susceptible to Candida overgrowth.

One common cause of Candida as it relates to previous illness is the prescription of antibiotics. Antibiotics kill bacteria including the good bacteria that help balance your body and your digestive system. This means antibiotics can have a direct influence on Candida overgrowth.

Another common cause of Candida overgrowth is actually quite simple to reverse. Candida grows naturally in the gut. However, if you have infrequent bowel movements and become constipated, you're giving Candida fuel to grow. Candida thrives in moist, dark environments like your intestines. If you're unable to completely process food you've eaten they're you're also providing Candida bacteria with a food source. To reverse this process, eat plenty of fiber so you clean your digestive tract and eliminate the food source Candida needs.

One of the most common causes of Candida overgrowth in the average individual is a diet that is high in sugar. There is some controversy surrounding this however many sufferers have found that simply changing their dietary habits and lifestyle virtually eliminate Candida overgrowth from their life. This is because Candida thrives on sugar. If you eliminate sugar from your diet you subsequently starve Candida. It's purged from your body and then you can resume a normal diet that is high in protein, fiber, fruits and vegetables and low in sugar.

Finally, because your immune system is affected by a number of factors, your lifestyle can play an important role in your Candida recovery. Things like stress, depression, nutrient deficiency and simply hormonal imbalances can cause Candida to grow. Personal hygiene also plays a role in some Candida cases.

Candida overgrowth has a number of causes. If you suffer from frequent Candida overgrowth problems, assess your lifestyle and diet and see your doctor. Treating the symptoms will provide immediate relief and treating the cause will provide lifelong relief.

You don't have to suffer from Candida overgrowth. Understand the causes and learn what's behind your Candida symptoms. Live Candida free!

What are the Symptoms of Candida?

Candida is a fungus like bacteria that naturally lives in your body. However, when certain conditions are present, Candida can become overgrown. When this happens a number of symptoms can become apparent. And you might be surprised to learn some of these symptoms.

The most common and well known symptom of Candida overgrowth is vaginal infections. These become apparent quite quickly. Recurrent vaginitis is a direct sign that you have a Candida overgrowth problem.

Here are some other common though potentially surprising symptoms:

Abdominal discomfort. Candida lives in your gut, even health guts. And when it becomes overgrown there are some common signs. These symptoms include abdominal gas, bloating, diarrhea, and constipation. In fact, many digestive disorders like IBS are linked to Candida.

Headaches and migraines. Interestingly enough, one of the common signs of Candida overgrowth are headaches. This is because Candida can enter your blood stream and wreak all sorts of havoc on your body.

Chronic fatigue. It's exhausting for your body to constantly be combating Candida. In addition to battling the bad bacteria, your body has to compensate for the systems that are being attacked. This can cause extreme fatigue. When your metabolism, digestive system, hormonal systems and immune system are working overtime to stay healthy and effective you're going to become very tired.

Candida can cause weight gain. In addition to causing bloating and constipation which will make you retain water and food you have consumed, people suffering from Candida overgrowth tend to crave sweets and even alcohol and fermented foods. This is because these are the fuel sources for the Candida bacteria.

Poor memory and unfocused thinking. Candida affects all of your systems including your neurological systems. When you are low on energy and trying to protect your body from these bacteria that is thriving in your body, your mind can suffer. You can experience foggy thinking, an inability to focus and your memory may suffer.

Skin problems. In addition to rashes many people who suffer from Candida overgrowth also suffer from acne.

Chronic illness. There's a bit of a catch 22 when it comes to Candida symptoms. A compromised immune system can cause Candida overgrowth however Candida overgrowth can also cause a compromised immune system. If your body is struggling to function, your immune system will be weakened. You'll be more likely to contract colds and viruses.

Candida causes a number of problems and we've only scratched the surface here. If you suffer from any chronic conditions like skin problems, fatigue, weight gain or frequent vaginal infections consider visiting your doctor and being tested for Candida overgrowth. There are real steps you can take to eliminate Candida from your body and to live a Candida symptom free life.

Candida Diagnosis and Medical Treatments

Candida overgrowth causes a number of health complications and problems. While there are many over the counter treatments that can and do work for mild and infrequent cases of Candidiasis, often times a medical diagnosis is required.

When To Seek Medical Advice

If you're suffering from an infection caused by Candida overgrowth, even if it is your first infection, it's important to visit your doctor. Your doctor will be able to confirm it is in fact Candidiasis and they'll be able to prescribe a treatment to alleviate the symptoms.

Common Candida infections include vaginal infections, skin infections and thrush. However there are also underlying symptoms that point to Candida overgrowth including chronic fatigue, gastrointestinal distress, depression, weight gain, headaches and chronic illness. If you suspect you have Candida overgrowth, visit your physician for a diagnosis.

If you are running a fever or suffer from immune deficiency it's important to get to the doctor right away. There are real dangers to your life if Candida becomes systemic.

While you're waiting for your appointment with the doctor, take good care of yourself. Get plenty of sleep, eat nutritious foods, and do what you can to relax and relieve stress. Keep the infected area dry and clean.

How Doctors Diagnose Candidiasis

Diagnosing Candidiasis is fairly easy if there is an infection present. Your doctor can examine you and diagnose. They'll also ask you about your symptoms. Be sure to communicate all symptoms including fever, stomach distress, headaches and all other symptoms to your doctor. Sometimes Candida infections can be symptoms of other underlying problems.

Medical Treatments For Candidiasis

Most often an antifungal will be prescribed. They'll either be topical or oral antifungals depending on your infection and symptoms. Antifungals are effective for alleviating immediate symptoms. However, if your

lifestyle supports Candida overgrowth, you may suffer from recurring and chronic infections. In this case, you need to take more action than a simple antifungal. And antifungals have side effects so tread lightly here.

Candida overgrowth and infections can often be prevented and eliminated from your life with a few lifestyle changes. A diet rich in nutrients and low in sugar can help you eliminate Candida from your body. Additionally, taking measures to boost your immune system and alleviate stress can help you live a Candida free life.

Candida infections can happen particularly when your immune system is low. Seek proper medical attention and take measures to prevent future infections from your life. Modify your diet and lifestyle and live Candida free from now on.

Candida Facts and Fiction: 5 Myths about Candida

When something is as common as Candida and Candida overgrowth is, myths tend to pop up. Unfortunately there are many myths about Candida. Believing these myths can affect your recovery. Let's dig deep and look at the 5 most common myths about Candida.

Candida Myth #1 Only women suffer from Candida overgrowth.

This isn't true at all. Both men and women have Candida living naturally in their body and both men and women can get Candida infections. In fact, men can get yeast infections on their genitals just like women can get vaginitis caused by yeast infections. In fact, many studies have shown that Candida overgrowth is present in 90% of the population.

Candida Myth #2 Only drugs and antifungals can kill Candida.

Drugs and antifungals can treat the symptoms of Candida. However, they don't treat the underlying cause. In fact, many Candida drugs and antifungals can cause a number of other harmful side effects and symptoms. If you suffer from recurring Candida infections it's important to look at the underlying cause. Relying on drugs and antifungals will not alleviate the problem and you'll continue to suffer.

Candida Myth #3 Home Remedies Don't Work To Treat Candida.

This is partially true however it depends largely on the home remedy. One popular home remedy for Candida overgrowth is to eat more yogurt. This actually can work if the infection is mild and you don't have other risk factors. Yogurt contains probiotics which are the good bacteria in your gut. When there's a balance of bacteria, Candida overgrowth can be eliminated. However, other home remedies like drinking vinegar do not work and can in fact worsen Candida overgrowth symptoms. If you have a home remedy for Candida overgrowth, consult your physician first.

Candida Myth #4 Candida overgrowth isn't a big deal.

Candida overgrowth can actually kill you. It can become systemic, and take over your blood and organs so it is a big deal. Candida overgrowth can also cause other surprising problems like weight gain, chronic fatigue, chronic illness, headaches, hormonal imbalances and a wide variety of pretty serious problems. Yes, Candida is a big deal.

Candida Myth #5 Only people with compromised immune systems get Candida infections.

While people with compromised immune systems are in danger of more serious complications from Candida, the truth is that anyone can get a Candida infection. Healthy, unhealthy, good dietary habits, poor dietary habits, male, female, young and old – Candida exists in everyone and everyone is at risk.

However, you strongly improve your chances of avoiding Candida overgrowth if you take great care of yourself. This includes making sure you reduce stress, eat a nutrient rich, low sugar diet, eat lots of fiber and you don't smoke or drink heavily.

Candida is a bacterium that lives in everyone. It can cause real and serious health problems and no one is immune. If you suffer from Candida overgrowth, visit your doctor and get a diagnosis and then start changing your life for the better. Simple lifestyle changes can make a big difference in living a Candida free life.

5 Lifestyle Changes Necessary to Overcome Candida

Overcoming chronic Candida can take a concentrated effort. Chances are if you've suffered from chronic Candidiasis then you're going to have to make many lifestyle changes. Let's take a look at a few of the changes you probably need to make and then we'll offer tips to make it easier to accomplish.

Lifestyle changes required to overcome Candida

- Nutrient rich, high fiber, and low sugar diet
- Plenty of restful sleep
- Little or no alcohol
- No smoking
- Exercise
- Reduce stress

Tips to Adjust To Your Lifestyle Changes

#1 Take it one step at a time. Trying to accommodate all these lifestyle changes at once is enough to drive someone crazy. It can be completely overwhelming. Focus on the immediate steps necessary to resume good health. For example, reducing or eliminating sugar.

#2 Reward your successes. One of the best ways to stay motivated to achieve significant lifestyle changes is to reward yourself for your successes. For example, eliminating sugar from your diet can be extremely difficult. Find something you want or enjoy more than sugar. Treat yourself to a spa treatment. Go to the beach. Take a day off and go shopping. Run a bubble bath. Find ways to celebrate you and your successes. They'll help take your mind off of the changes and you'll feel motivated to stick to it.

#3 Reduce stress. We tend to jump back into bad habits when we're stressed. Reducing stress will help you stay in control over your lifestyle changes. Additionally, stress contributes to Candida overgrowth so there are two great reasons to reduce stress.

- How do you reduce stress? There are a few tactics you can try.
- Determine what is stressing you and take measures to eliminate it.
- Exercise to help your body and your mind manage stress better.
- Look at #2 above and treat yourself well. Pamper yourself and do things you enjoy

-
- Get some fresh air and sunshine

#4 Modify your surroundings to support your lifestyle changes. If you're eliminating sugar, get it out of your house. If you're quitting smoking, don't hang out with friends that smoke. If you're trying to get more sleep, get rid of the television in your bedroom. Create surroundings that support you.

#5 Enlist help. Tell your friends and family what you're up to. You don't have to tell them you have Candida but you can tell them you're eliminating sugar, quitting smoking and so on. When your friends and family are behind you, they can help you stay on track and focused on the ultimate goal – eliminating Candida.

Living a Candida free life and making the necessary lifestyle changes isn't easy but it is entirely possible. Stick to it, create a plan and you'll reap the benefits for the rest of your life.

2 Ways What You Eat and Drink Affects Candida

Candida is a bacterium that lives naturally in your body. It thrives in moist dark places like your intestines. An overgrowth in Candida can cause real problems like chronic fatigue, weight gain, vaginal and skin infections and even complications with your immune and metabolic systems. There's good news however. Often with a few dietary changes you can reverse Candida overgrowth.

Let's take a look at how your diet affects Candida.

There are two keys to modifying your diet to affect Candida. The first is fiber. Candida, as we mentioned, lives in your digestive tract. When you don't get enough fiber what happens? You stop going to the bathroom as frequently as you need to. Your bowel movements are reduced. And even when you have bowel movements a lot can be left in your intestine because you don't have the fiber to clean your system. The result is that you create a fantastic food source for the Candida in your body to grow and thrive on.

What's the cure? Eat more fiber. Make sure you eat plenty of fruits, vegetables and whole grains each and every day. Get your body and your digestive systems functioning optimally.

The second way your diet can have a profound effect on Candida overgrowth is sugar. Candida thrives on sugar, its Candida's main food source. So when your diet is full of sugar, you're feeding the Candida and helping it take over your systems. Interestingly enough there are many other foods that your body treats just like sugar. They include alcohol and other fermented foods. Foods that are pickled and foods that are fungus like mushrooms and yeast. Additionally dairy foods which contain lactose are also fuel sources for Candida.

So what do you do? How do you modify your diet to eliminate sugar and starve Candida? The first step is to actually go on a sugar elimination diet or a Candida diet. This will require you to eliminate all sources of sugar, from doughnuts to fruit, from alcohol to cheese. Don't worry, you don't have to eliminate these foods forever, just until the Candida dies and leaves your body.

Once you've eliminated Candida overgrowth you can resume eating most foods as long as you keep sugary foods to a bare minimum. Each

body is different and your body may be more sensitive to Candida overgrowth.

If you suffer from Candida overgrowth you are not without hope. A few dietary changes including adding fiber to your diet and eliminating and reducing sugar will help you get control over Candida overgrowth and Candida overgrowth symptoms.

Candida overgrowth doesn't have to be a lifelong affliction. Take a good look at your dietary habits and make some lifestyle changes to support optimal health.

Food Choices for A Candida-Free Diet

A Candida diet requires you to eliminate sugar and foods that act like sugar in your body. This can feel like an overwhelming diet with a number of restrictions. Let's take a look at the foods you need to avoid to eliminate Candida and then the potential substitutions and alternatives. Don't worry, there are still tons of foods you can enjoy and still eliminate your Candida overgrowth.

The basics of the Candida diet require you to eliminate:

1. Sugar and all products containing sugar
2. Refined grains
3. Yeast and any products containing yeast
4. Stimulants
5. Dairy

What's left includes vegetables, protein and whole grains which is actually quite a lot. However, you're likely accustomed to dairy, drinking something other than water and sugary foods. Let's take a look at what you can have.

You can have - Rice Cakes, Crisp breads, and Oat Cakes. Smear them with sugar free peanut butter or natural peanut butter. Read the labels. Make sure there is no malt in the crackers and no sugar or sugar substitutes in the peanut butter.

You can also have yeast free bread. You can find a number of these bread options in a natural food market. You can also find them at specialty bakers.

Dairy is a "no no" on the Candida diet however; you can have Soya, Rice, and Almond Milk. You can also have a little bit of butter and you can have plain yogurt. In fact, Greek yogurt is high in protein and very good for you. You can also have cottage cheese.

Beans and pulses make great snacks. Hummus is made from sesame paste and chick peas and is delicious with fresh vegetables like carrots and celery. You can also dip your whole grain crackers in it.

Eggs, whole grain pastas, cold pressed oils, nuts, and seeds are all allowed on the Candida diet and this is a great time to try every vegetable under the sun.

As far as drinking things other than soda, alcohol and juice, try mineral water and flavored mineral waters as long as there is no added sugar. Herbal teas are also acceptable and during the summertime they make tasty ice teas too.

And don't forget when you're preparing foods you can season them with herbs and spices. We rely on sugar a lot for flavoring. It's in our ketchup, our toothpaste and even our milk. This means changing your dietary habits can take time. However, once you eliminate Candida from your diet you can resume eating many previously banned foods. A healthy and balanced diet low in sugary and yeasty foods is the key to eliminating Candida for good.

7 Tips to Prevent Candida

All right, so you've learned that Candida overgrowth can cause miserable symptoms. You're ready to take your life back and prevent Candida overgrowth from ever happening again. Here are seven top tips to help you prevent Candida.

#1 Eat fiber, plenty of fiber, every day. Fiber comes in two sources, soluble and insoluble. Both sources have value in preventing Candida. Fiber helps you stay regular and it cleans out your digestive tract. When your digestive system is running optimally the Candida that lives in your digestive tract have no fuel sources. They're kept under control and you are able to maintain a balance of bacteria.

#2 Speaking of bacteria. Consider adding probiotics to your diet. Probiotics support the growth of good bacteria in your digestive tract. When the good bacteria are present in your gut the bad bacteria cannot thrive.

#3 Reduce or eliminate sugar in your diet. Yes, we're talking a lot about dietary changes here but they can make a significant difference to preventing Candida overgrowth. Candida's main source of fuel is sugar. The more sugar you eat, the more fuel you give Candida. To prevent Candida from taking over your body, reduce the sugar you consume. And become food smart. Learn what foods act like sugar in your body. They include alcohol, dairy, yeasty breads and sugar and sugar substitutes.

#4 Maintain good hygiene. Candida loves to live in very specific areas of your body. Your digestive tract is one and your genitals are another. Maintaining proper hygiene can help your body stave off Candida infections.

#5 Protect your immune system. Your immune system helps you fight off infections including Candida overgrowth infections. When you protect your immune system and keep it healthy and strong you help your body fight Candida and Candida overgrowth symptoms. Wash your hands, fuel your body with nutritious foods, steer clear of stress and get plenty of sleep and exercise.

#6 Avoid antibiotics. Now this isn't always possible however antibiotics have the effect of killing both good and bacteria. This means Candida gets room to grow and thrive once the good bacteria are gone.

Antibiotics disrupt the balance in your body. If you can avoid taking them, do so.

#7 Reduce stress. Stress affects all of your body's systems including your immune system. When you take measures to reduce stress you help your body stay healthy and Candida free.

Candida overgrowth can be a real problem for millions of people around the world. However, it doesn't have to be. You can take specific measures to prevent Candida from overgrowing in your body. You can create habits that support Candida prevention and a long and healthy, Candida free, life.

5 Things You Can Do to Prevent Candida Overgrowth Symptoms

Candida overgrowth causes a number of problems for millions of people around the world. The good news is that you don't have to live with it. While doctors and therapists are definitely a good step to take, you can take steps at home to alleviate Candida symptoms from your life.

#1 Dietary changes make a huge difference. There are two key things you can do right now to alleviate Candida overgrowth symptoms. They include adding fiber to your diet and eliminating sugar and sugary foods. However, instead of feeling overwhelmed by the changes you have to make you can start by simply adopting a healthy approach to your diet.

For example, instead of eating sugar during snack times and after meals, reduce your sugary foods to one small snack each day. Maybe a cookie or even better, a piece of fruit. And add fiber to at least one of your meals each day. Small steps help make dietary changes easy and not as overwhelming.

However, if you're dealing with a serious Candida overgrowth problem. You may want to look into a sugar elimination or Candida diet to kill off the Candida. This gives you a fresh slate and you can gradually resume a normal, healthy, diet.

#2 Exercise. Exercise reduces stress, helps your body optimize your systems and helps boost your immune system. You don't have to train for a marathon ride the Tour de France. All you have to do is get moving. Move your body each and every day. Walk, swim, ride your bike to the store or around your neighborhood. Move your body and you'll help balance your systems.

#3 Get enough sleep. Sleep is incredibly important to your overall health. It helps your metabolism stay fully efficient and optimized. It strengthens your immune system, helps you fight stress and it helps your body fight Candida. Create a sleep habit or routine and make sure to get your zzzz's.

#4 Kick your bad habits. If you smoke, drink habitually, or have a substance abuse problem, do everything you can to kick these habits. When it comes to fighting Candida, your body needs every advantage it can have. Your immune system, stress response, and overall health

need your full attention and these habits can detract from your health and ability to fight Candida.

#5 Take care of yourself. We tend to run ourselves ragged, taking care of everyone else first and putting ourselves last. Put yourself first. Make sure you're fueling your body with nutrients to keep it healthy and strong.

Reduce stress by exercising, doing something you love, and taking time out to relax. Kick your bad habits and embrace new good ones. They may feel like small steps but they'll have a huge impact on your overall health. They'll help you prevent Candida overgrowth and the related symptoms permanently.

What's Next?

I hope you've found this e-Book useful.

For a more in-depth guide to effectively treating candida yeast infections, I recommend Candida Crusher. The author Eric Bakker is a candida yeast infection expert and naturopathic doctor with over 30 years of clinical experience.

Candida Crusher is a comprehensive 730 page self-help book which was developed over 35 years. Its teachings are scientifically backed and based on thousands of successful cases. It provides a step-by-step, natural holistic approach to getting rid of candida permanently.

>> Visit the Candida Crusher official website to find out more <<