

CONSIDER CANDIDA

Candida is a type of yeast that normally lives in harmony with other microorganisms in the digestive tract. You might experience yeast infections from candida, but there are many other less-known—and equally distressing—effects when candida grows out of control. If you experience any of the following, it's worth considering candida.

SYMPTOM

SKIN RASHES

Skin is one of your body's major detoxifying organs (along with the liver, kidneys and colon). Toxins are released through the skin when other organs can no longer process them effectively. The result can be rashes, hives, or other skin conditions like eczema or psoriasis. If you develop a red, itchy rash that won't go away, Consider Candida.



WHAT YOU CAN DO

One of the many natural antifungals is common garlic: mince one clove in about 2 teaspoons olive oil, then rub on the affected area. Best used at night. . . unless you don't mind the obvious scent of "eau de garlic"!

ALLERGIES

Allergies can be associated with candida in the intestinal tract, leading to a condition called "leaky gut," when candida causes microscopic tears in the intestinal lining, and the immune system interprets otherwise harmless foods as allergens. If you've developed a new allergic reaction to food, Consider Candida.



Treating leaky gut requires a multi-pronged approach and can include an anti-candida program like the **Candida Kick-Start**. A good first step is to remove processed and refined foods from your diet, as they put more strain on the digestive system. Supplementing with quercetin can also relieve allergic symptoms.

CHRONIC SINUS INFECTIONS

Did you know that studies show many chronic sinus infections are caused by fungi rather than bacteria—so antibiotics won't help (and might even allow candida to flourish!). If you have chronic or recurrent sinus infections and usual treatments prove ineffective, Consider Candida as a possible cause.



A simple, effective remedy is a neti pot: a traditional method for flushing out the nasal cavity and keeping sinuses clear. Always use boiled and cooled filtered water, with salt and baking soda for the proper pH. Get full **instructions here**. Use a neti pot up to three times a day when symptoms are severe.

IBS (IRRITABLE BOWEL SYNDROME)

Candida interferes with healthy bacteria in the intestinal tract, often leading to inflammation and poor digestion. Symptoms of IBS include gas, bloating, constipation or diarrhea. Toxins normally flushed out through the colon may remain longer to be re-absorbed into the blood, making the problems worse. If you've been diagnosed with IBS, it makes sense to Consider Candida.



Getting candida under control can help return digestion to normal. In some cases, antacids make the problem worse, so you may want to try natural digestive aids like lemon juice or raw apple cider vinegar in filtered water, or probiotic-rich lacto-fermented sauerkraut, taken about 20 minutes before eating.

ANXIETY AND DEPRESSION

Candida loves to feast on sweets and refined carbohydrates, causing spikes to blood sugar that can stress the adrenal glands. Long-term adrenal stress can lead to adrenal fatigue or even exhaustion, which may result in **lethargy and depression**. If you have general anxiety without any apparent reason, Consider Candida.



If candida is causing your mood swings, clearing it up can also help to lift the depression. A diet that stabilizes blood sugar and includes foods to reduce the candida can also help elevate your mood. You'll find loads of **healthy anti-candida recipes** on my blog.

To learn more about a healthy lifestyle, visit rickiheller.com

Note: This handout is provided for informational purposes only and is not intended to diagnose, prescribe or treat candida or any other condition. Please always check with your doctor or healthcare provider before following this, or any other advice about your health.