



CANDIDA OVERGROWTH

Our bodies contain several types of *fungi* not visible to our eyes. A category of fungi are *yeasts*. ***Candida*** is a kind of yeast that naturally and harmlessly exists within or on our bodies. Tiny portions can typically be found on our skin, in our mouths, intestines and vagina. With the help of healthy bacteria in us and our immune system, they interact at a certain level considered normal, and without any adverse effects to our bodies. There are however times, and for reasons yet to be fully determined, when candida growth and multiplication exceeds a normal level; thereby creating ***candida overgrowth (CO)***; otherwise known as ***candidiasis***. This condition manifests in our bodies as an infection. Candida has been considered to be the most common contributory factor for fungal infections in people. At the **Natural Medical Solutions Wellness Center, Dr. Gail Ravello**, with the use of ***integrative medicine***, will help you control CO by prescribing a customized treatment plan that will naturally enhance your body's immune system and help you to a recovery path where your candida level regularizes to a harmless state.

Overview of Candida Overgrowth

A myriad of reasons exist for the occurrence of CO. This differs from one person to the next and is influenced by factors such as lifestyle, eating habits, preexisting conditions or an immune system that has become weakened. Factors include excessive consumption of alcohol; a high sugar diet or one with an excess amount of refined carbohydrates; diabetes; certain medications, including oral contraceptives and long durations of stress.

Generally, CO is not infectious; however, if it passes into the bloodstream, it is possible for it to be transmitted to the kidneys, eyes, or other organs. There is also the potential for it to be transmitted through sexual intercourse (***vaginal candidiasis***).

CO symptoms also vary, and will depend on where the infection occurs. For example, when it exists in the mouth and/or throat (commonly called **oral thrush**), symptoms include pain/soreness; white blotches on the tongue, gums, or inside cheeks; difficulty in swallowing and sometimes an inability to taste. With women, when it exists in the vagina, it can lead to urinary tract infections. While men can also develop genital yeast infections, statistically, it is a majority of women that tend to experience at least one case of CO of the vagina. Symptoms include itching; pain during sex, redness, or a visible white discharge. When it exists on the skin, symptoms include itchiness; inflammation of the skin, leading to cracking or peeling; loss of hair, especially if the scalp area is affected. CO can exist in so many other parts of the body, including the nails. Please do not take any changes or symptoms you're experiencing for granted. Call us today (**770-674-6311**) to schedule your **initial consultation** with Dr. Ravello. Your medical history will be reviewed and tests conducted towards prescribing a treatment plan that will naturally help you prevent or control the excessive growth or spread of candida.