



Natural Medical Solutions

Wellness Weekly

	Week of 08/09/2021	
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What is Candida?

There are many fungi that live on and inside of the human body. One of them is a yeast called Candida. Normally, candida is found in small traces in the mouth and on the skin. However, it can become problematic when it grows uncontrollably. It causes an infection to the area, known as Candidiasis.

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More About Candida

Healthy bacteria in our bodies help keep the levels of Candida under control. The overproduction of Candida is caused when the healthy levels of bacteria becomes disrupted, or if there is a compromise in the immune system. Candida is a very common fungal infection among Americans, and there are many factors that can lead to candida overgrowth.

Factors Leading to Candida Overgrowth

- A diet high in sugar and refined carbs
- Taking antibiotics
- A weakened immune system
- A high intake of alcohol
- Taking oral contraceptives
- Having high levels of stress
- Diabetes

Symptoms of Candida Overgrowth

- **Oral Thrush:** This is most common in newborns and the elderly with compromised immune systems. Too much candida in the mouth causes lesions that are white and bumpy, or red and painful in the mouth and throat.
- **Reoccurring Urinary tract and Genital infections:** An overgrowth of candida in the vagina causes Candidiasis, which is another word for yeast infection. Less commonly, candida overgrowth can cause a reoccurring urinary tract infection.
- **Digestive Problems:** A healthy gut relies on the balance of good and bad bacteria. Overproduction of candida offsets the balance of bacteria. When there is an imbalance of bacteria in the gut, one may begin to experience symptoms such as diarrhea, nausea, bloating, and a influx of gas.
- **Fatigue:** One of the most common symptoms of candida overgrowth is fatigue. It is most common in people with weaker immune systems and is accompanied with nutritional deficiencies.
- **Sinus Infections:** It is believed that many chronic sinus infections are caused by fungi overpopulation in the sinus cavity.
- **Joint Pain:** Candida can cause arthritis as it passes through the bloodstream into the joints. It can affect the bones and joints, causing stiffness and swelling.
- **Skin and nail fungus issues:** An overgrowth of candida can cause athlete's foot, ringworm, and fungal infections of the nail.



The Best Natural Remedies to Combat Candida Overgrowth

The best way to combat a candida overgrowth within the body is to evaluate the underlying causes. The foods that we eat have a major role in the way that our bodies function... or malfunction. Things such as refined sugars, carbs, and dairy products encourage the growth of bad bacteria which causes an imbalance in the gut, which then causes a buildup of candida, then causes Candidiasis, thus triggering the symptoms and conditions. The following are great healthy and natural foods to rid candida in the body.

- Garlic
 - Coconut Oil
 - Aloe Vera
 - Pomegranate
 - Kombucha
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Visit us at:

1130 Upper Hembree Road
Roswell, GA 30076

(770) 674-6311

natmedsol.com
