

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Watching For Candida Symptoms: The First Steps Towards Prevention And Quick Recovery

By Charlene J. Nuble

Candidiasis, pronounced kahn-di-diya-sis, is more commonly known as thrush or yeast infection. It is caused by a type of fungi called Candida albicans.

Candida albicans is a type of yeast. And yeast is a kind of fungi (like mushrooms and molds). If you're familiar with fungi then you would know that these thrive in moist and slightly exposed areas. The same thing applies when it comes to your body. It is therefore common to find candidiasis in parts of the body like the mouth, the genitals and other areas where skin folds and keeps a lot of moisture.

But candida is most commonly found in your digestive system. The reason why people don't get sick because of the mere presence of candida is because good bacteria (called probiotics) keep the candida in check, preventing the fungi from growing to an extent it will do harm to your body.

However, if there is an overgrowth of fungi, your body will react negatively in several ways. The most common of which are:

- Problems in the digestive system Since it is mostly present in your body, the first to react when there is candida overgrowth will be here. Common symptoms are irregular bowel movement (constipation or diarrhea), bloating and cramps.
- Manifestation of several allergies (food or with other elements like dander or pollen) This is can be particularly tricky because you could mistake the symptom for a simple allergic reaction. To get a better idea of knowing whether this is candida-triggered or not, observe whether your allergy coincides with other symptoms mentioned.
- Rashes and itching on localized areas of the body, even the mouth. Skin problems that involve flaking and / or "weeping" of the skin (cutaneous candidiasis) that are also indicated by small pustules on the affected area.
- Creamy, white patches inside the mouth are called thrush and are found commonly on the tongue, palate and lips. Moist, but crusty skin at the corners of the mouth is also common.

Watching For Candida Symptoms: The First Steps Towards Prevention And Quick Recovery

– Itching and burning sensation in the vaginal area (more commonly known as yeast infection). Studies show that 75% of women would experience this kind of symptom at least once. A thick white or grayish discharge is often present around the vagina. Pain and discomfort during sexual intercourse is also possible.

– Frequent bouts of colds. Fungi do not have a direct cause on colds, but they do have an effect on the immune system. And when the immune system is weakened, you are more prone to catch colds and / or the flu.

The abovementioned symptoms are of the more localized variety and usually, when addressed early, treatment can be simple and recovery quick. However, left unattended, the effects of candidiasis can become very serious with symptoms such as:

– Headaches and irritability or being unable to concentrate or getting dizzy easily. This is simply more than just the result of an uncomfortable state due to other symptoms. Problems with concentration could be an indicator that the nervous system is already affected. Exhaustion despite the fact you did not exert too much activity is another indicator that the infection has spread throughout the body and is already systemic (deep candidiasis). More serious steps need to be taken to address the condition.

Despite these alarming indicators there are good news. The first is that most people infected with candidiasis can be treated without having real permanent damage done to their bodies.

The second good news is that people, who get well from candidiasis, for as long as they keep healthy, will be unlikely to undergo the disease the second time. Even those diagnosed with deep candidiasis, for as long as treatment is administered immediately to prevent the infection from reaching major organs, have good prospects for full recovery.

Note: This article may be freely reproduced as long as the AUTHOR'S resource box at the bottom of this article is included and all links must be Active/Linkable with no syntax changes.

Charlene J. Nuble 2006. For answers to All your frequently asked questions about candida, please go to:

<http://www.candidaanswers.com/>

Candida And Bloating

By Jane Symms

Candida is a condition of the digestive tract that can result in many common digestive symptoms. Bloating usually isn't considered as a major symptom when you're dealing with more urgent things like diarrhea, fatigue, thrush, cramps and fatigue, but bloating is a well-known symptom of Candida.

Candida's natural job inside the human body is to help in digestion. It helps to ferment food and in the

process, it naturally produces carbon dioxide, which causes flatulence. But those that believe that Candida can grow out of control, even inside those with healthy immune systems (something modern medical science strongly believes is impossible) believe that with large amounts of Candida, come large amounts of carbon dioxide. This carbon dioxide, in turn, causes severe and sometimes painful bloating.

Candida goes on to irritate the lining of your stomach and intestines so that you aren't able to properly absorb the nutrients in your food, leading to battles of constipation or diarrhoea. Candida is believed to be the number one cause of IBS or irritable bowel syndrome. What makes Candida so controversial is that as it spreads, it's believed that the Candida spreads large amounts of toxins in the human body, therefore causing a wide range of symptoms that makes diagnosis essentially impossible.

There are many products on the market that are made to help cure Candida, or at the very least, relieve the symptoms. Probiotics, the ingestion of `good' living bacteria to help fight the bad Candida is a common treatment. But what other options are there out there?

If the idea of swallowing pills containing bacteria freaks you out, there can be other methods of treating Candida overgrowth. The first logical step is to try to reduce the amount of Candida roaming around in your gut. This can be done by literally starving the rapidly breeding Candida to death by changing your diet to include less sugar and carbs. The Candida have a sweet tooth that loves to snack on sugar, just like most of the people it's affecting. The first and least evasive step is to simply change your diet.

Another step you can take to try to lower the number of Candida swimming around in your body is to try to limit or eliminate antibiotics from your medicine cabinet. It's believed by those that are suffering from Candida that the biggest culprit in the spread of the disease is that antibiotics are being over-prescribed and overused. The antibiotics kill many of the `good' bacteria in the digestive tract when they are taken to help treat a sickness. It's thought that this slaughter of the `good' bacteria is what gives Candida the ability to run wild through the body and make you sick. If you don't want to try probiotics, the next best thing is to simply remove the thing that could be making you sick in the first place.

Again, it can't be stressed enough that the best thing for anyone who thinks they are suffering from Candida to do is to consult with a doctor before starting any treatment regimen. The more you know about what's ailing you, the easier it will be to treat and the sooner you'll feel better.

Jane Symms has an interest in Candida. For further information on Candida please visit

<http://www.eliminating-candida.com/candida.html>

or

<http://www.eliminating-candida.com/blog/2006/09/27/candida-and-bloating/>

.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!