

CANDIDA YEAST AND RELATED FUNGUS

One of the most overlooked diagnoses in many chronic health conditions is candidiasis. It seems to be the least understood.

In simple terms, it is an overgrowth of unfriendly bowel bacteria. This may sound innocuous, but it can cause a multiplicity of health problems. Fatigue, digestive problems, urinary and sex dysfunction, depression and so-called 'incurable' diseases such as arthritis, colitis, Crohns and other conditions may be yeast connected according to many authors such as William Crook M.D. in his book 'The Yeast Connection', which followed 'The Missing Diagnosis' by Dr. Orion Truss, M.D..

Thousands of cases are not recognized and therefore go unreported. Gas Flatulence, bloating, allergies, mood swings and chronic inflammation are also a possible connection with yeast.

It has been estimated that 3 out of 4 women have experienced at least one vaginal candida infection during the course of their childbearing years. Hormonal changes seem to play a part. Men too can suffer - couples can infect one another.

Prior to the use of broad-spectrum antibiotics in the sixties and seventies, candida overgrowth was not an issue. Today there is an increasing body of opinion that antibiotic use may be the single most important trigger for candida overgrowth.

Other factors in the last few decades also contribute to candidiasis. For instance, birth control pills, corticosteroids, anti-ulcer medications, lack of digestive secretions and too much sugar in the diet, according to the 'Encyclopaedia of Natural Medicine and Alternative Medicine', by the Burton Goldberg group of doctors. They also include junk and fast food, coffee, soda pop, alcohol, tobacco plus toxins and chemicals in the environment - air we breath, the water we drink and bath in and some foods we eat.

WHAT ABOUT BABIES AND Children?

If a Mother suffers candida infections prior to or during pregnancy, then it follows that the foetus also can be infected. Babies and children can suffer thrush, ear and throat infections, colic and other digestive problems. Autism too has been linked to candida.

THE IMMUNE SYSTEM

The major defence of any infection is a strong immune system. Various factors compromise and depress the immune system besides those already mentioned. A stressful lifestyle, lack of exercises, lack of rest and a lack of interest in prevention.

The immune system is like an army for protection from disease. It includes antibodies and many kinds of white blood cells. They are protectors, which recognize the enemy, neutralize them and then eliminate them.

If the immune system has been weakened and not restored to strength, it will be powerless in its defence against any disease.