An Introduction to Candida

Candida albicans is a fungus that is normally present on the skin and in mucous membranes such as the vagina, mouth, or rectum in small quantities.

Candida albicans becomes an infectious agent when there is some change in the body environment that allows it to grow out of control. Most of the time, candida infections of the mouth, skin, or vagina occur for no apparent reason. A common cause of infection may be the use of antibiotics that destroy beneficial, as well as harmful, microorganisms in the body, permitting candida to multiply in their place. The resulting condition is known as candidiasis moniliasis, or a "yeast" infection.

There are many drugs on the market to treat this as well but I caution you to try something more natural to avoid a rebounding effect. We live in a quick fix society and want immediate results, often taking pills for the quick fix. Consult with your doctor or healthcare practitioner and explore your options. Also there are many books out there to educate you on this topic.

When I discovered that I had Candidiasis, an overgrowth of yeast, I had to do something about it and chose a diet geared towards “starving” the yeast so it would die off. I also incorporated a homeopathic for yeast issues and had much success with quick results.

There are many diets out there for Candida and some seemed nearly impossible to follow with infinite food restrictions. Therefore I decided to research extensively and create my own diet that was “do-able.” Enjoy!

There are many symptoms associated with Candida overgrowth such as:

- Fatigue
- Weight gain
- Weight loss
- Bloating in the abdomen
- Digestive disturbances (especially GERD)
- Depression
- White coating on tongue

- Vaginal yeast infections (recurrent)
- Mental confusion
- Off balance / dizziness
- Coordination changes
- Vision changes
- And many more …

Candida Diet