



healthcare for the whole family

Contemplating Candida

Q: I think I might have a problem with Candida and was wondering if you treat this condition?

A: Of course I do! Candida Albicans or chronic yeast syndrome can cause a wide variety of symptoms. Some of these may include fatigue, waking unrested, weight gain, and increasing cravings for sweets and breads, gas, bloating, diarrhea, cramping, heartburn, itching anywhere, sinusitis, bad breath, allergies to foods and the environment, mood swings, lack of concentration, inability to handle small amounts of alcohol, and recurrent infections including the bladder and prostate. There may also be increased allergies to perfumes and other odors and an overall sense of feeling unwell. Unhealthy gut flora from antibiotic use, birth control pills and diets too high in sugar can make a haven in our bodies for yeast to grow. To treat Candidiasis, I put people on a Candida Program. This program consists of three stages. First of all, killing of the present yeast is essential. Yeast thrives on sugar and fermented foods so we eliminate these in the diet. Avoiding these foods is the hardest thing about the program. However, once we have educated patients on what they CAN eat, they often comment on how it wasn't that hard after all! Then, we put the proper bacteria back into the system so that your environment is no longer a haven for the yeast. Finally, I put people on a maintenance program so the Candida overgrowth doesn't recur. Patients usually feel much better and, by the end of the program, are happy with their weight loss, the improvement in their digestive system, and their general sense of well being. Come in and get candid with your Candida.