

## Do you Know What Candida Is, Could it Be Related to Your Health Issues

Candida Albicans is an infection caused by a species of the yeast Candida. Actually everyone needs some yeast to maintain their health. When yeast is in proper balance within your system it is often called "good flora". If yeast overgrows it is often referred to as Yeast Overgrowth or Candida.

What causes yeast to overgrow? One of the common causes is antibiotics. Antibiotics tend to kill even the good microorganisms within your system allowing an imbalance or "bad flora". Other causes are diets high in sugars, white flour based foods, grains, yeasty items such as beer and wine etc.

It can also be related to a weakened immune system. Our immune system is designed to protect us but if we have neglected our health through poor diet, exercise habits, or environmental exposures it is more likely we can suffer from Candida symptoms.

Candida has a wide variety of symptoms. It presents itself in so many ways that often times physicians never consider it as a possible problem. Some of the common symptoms are itching, white tongue, allergies, rashes, headaches, joint pains, fatigue, mental fog to name a few. People who have symptoms find them ongoing and non-responsive to many treatments.

How does one treat Candida Abilcans? First of all if you are taking antibiotics you must find an alternative so you can get off of the antibiotics. Secondly it is important to improve your diet. Do not believe anyone who says they can cure Candida without your need to change your diet. You may not need to go on an extremely rigid diet, but you must greatly reduce Candida causing foods.

You should also avoid YEAST and yeast containing products including Alcoholic and Baked goods, as well as: Mushrooms, cheeses with rinds, coffee, most teas, condiments containing vinegar (ketchup, mustard, mayonnaise, salad dressing), fermented foods and drinks (cider, root beer), bottles or canned fruit juices, dried fruits, strawberries, melons, canned fruits, leftovers (older than 24 hours), malted products (barley malt, malted milk, cereals, candies), peanuts, pistachios, peanut oil, peanut butter, processed and/or smoked meats and smoked fish (beef jerky, corned beef, hot dogs, luncheon meats, pastrami, sausages), and pickled foods.

Finally a good probiotic is essential to help you regain the "good flora" balance to reclaim your health. Since Candida may have weakened your immune system a good immunity booster may also be helpful.

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### About the Author

Jerry Cahill is a webmaster and publisher. He has written considerable information in the alternative health area. See <http://www.stopcandida.com> for more information.