



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

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CANDIDA A Whole-Body Disorder

WHAT IS CANDIDA?

Candida is a type of yeast or fungal organism. Infection in the human body is either attributed to a bacterium, a virus, a fungus, or a parasite. The classification boundaries for these various microbes are a little fuzzy since some organisms may be classified in more than one category.

CELLULAR (LIVING)				ACELLULAR (NON-LIVING)	
					
Parasites (e.g. <i>helminthes</i>) ⇒ Tapeworm	Protozoa (e.g. <i>plasmodia</i>) ⇒ Malaria	Fungi (e.g. <i>tinea</i>) ⇒ Athlete's foot	Prokaryote (i.e. <i>bacteria</i>) ⇒ Leprosy	Virus (e.g. <i>HIV</i>) ⇒ AIDS	Prion ⇒ CJD

<http://ib.bioninja.com.au/standard-level/topic-6-human-physiology/63-defence-against-infectio/pathogens.html>

For our purposes we will consider this discussion of infection by *Candida albicans* to be equivalent to infection by a multitude of fungal microbes. *Candida albicans* is the most common type of *Candida* to plague humans. We can all think of *Candida* as an opportunist looking for a comfortable place to take up residence.

In the human body this translates to warm, moist protected areas such as skinfolds (such as the creases at baby's elbows and knees and bottom) the intestinal tract, or the vaginal tract. However, *Candida* can reside on any surface of the human body.

Candida is looking for food sources and for physical protection. *Candida* loves and thrives on sugar and certain vitamins. *Candida* organisms will find protected little areas in your intestinal tract to "nest" and start siphoning off some of your nutrients.



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When hordes of your Candida “guests” get hungry they will demand sugar and may actually take control of your food selection preferences and desires. Cravings for sweets, sugar, bread, and even alcohol may be augmented by the presence of Candida.

To help your body win the candida battle your willpower and your concerted conviction to avoid succumbing to the cravings that feed and perpetuate your Candida albicans infection is paramount. Click [HERE](#) to view Dr. Levy’s handout, *Cravings – You Can Conquer Them!*

In general terms, when discussing symptoms or problems of a Candida infection and natural treatments, these will apply to similar fungal or yeast infections and may not need definitive laboratory diagnostic testing (when considering and selecting home remedies).

The home remedies and simple treatments discussed in this article should help combat Candida and other fungal infections with equal effectiveness. When describing an infection by the yeast form Candida albicans the medical term is *candidiasis*. In common vernacular most people describe the candida albicans infection as the condition termed *Candida*.

When women think about Candida, they may think about it as a burning and very uncomfortable vaginal yeast infection. When men think about Candida they may think about the discomfort of jock itch or athlete’s foot, or even chronic prostatitis. Refer to prostatitis in the [men’s health newsletter](#) July 2018.

Often, the whole-body reality of the candida infection is hidden, or not yet discovered while you are focused on the one area of the body that is obviously suffering. These are some of the various manifestations of the whole-body disorder often referred to as Candida or Candida albicans. We are all susceptible to a variety of fungal infections.

Our susceptibility to fungal infections changes with age, immune system function, and various external factors. These external factors are categorized as those that surround your body such as humidity, air (candida may lurk in HVAC ducts and vents), and fabrics. Clothing, bedding, towels and wash cloths, carpeting, or upholstery (either furniture or car) may harbor Candida, mold, or fungus after being wet and not thoroughly dried. Therefore, leaks of roofs, windows, evaporative coolers, showers, or sinks that are undiscovered or unrepaired can lead to a significant mold problem in the home or office, sometimes with dire health consequences for the occupants. In these cases, multiple types of molds and fungi proliferate.

Years ago, one of my offices experienced dramatic flooding and damage from a toilet in the unit above overflowing all night long. My first-floor office had four inches of standing water, obviously saturated carpet and drywall, and probably should have been condemned.



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It took over a month to remediate the office, to dry and dehumidify the environment, and to replace damaged structures. I demanded a mold and pathogen evaluation of the HVAC system, and we discovered that *Candida albicans* prevalence was 3000 times normal levels.

This was remedied by purging the moisture with huge evaporative fans for many days. Then the emptied office was tightly sealed shut at all door and window seams while 3 industrial strength Ozone generators ran for 48 hours, pumping huge amounts of ozone through the entire space including the HVAC system.

The ozone succeeded in killing off the candida, the mold, and other fungal forms, as well as bacteria. If I had not taken this precautionary step to test and then remediate, that office space would have retained and propagated *Candida*, mold, and various fungi indefinitely.

Wet and damp conditions propagate a variety of forms of fungus, and these are easily breathed in to the lungs and otherwise internalized into the body of anyone living or working in a mold or fungus contaminated home, office, automobile, or recreational vehicle.

All living organisms exhale or excrete byproducts of their metabolism which are toxic to other organisms. In cases like this the mycotoxins are quite toxic and quite prevalent. See the EPA's Fact Sheet on Sick Building Syndrome [HERE](#).

Please be very proactive to check for leaks, water damage, or evidence of mold in your home, car, and office. Then take all necessary steps to identify and eliminate any form of mold or fungus. Follow-through of this sort is a great health benefit.

A wonderfully effective new home-use air filter destroys mold, bacteria, fungi and their spores as well as particulate pollutants in the air. This filter is called the Molekule. It uses a photo electrochemical oxidation technology. Click [HERE](#) to visit their website.



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Newborns and young infants do not have fully developed immune systems and are susceptible to thrush (a yeast infection of the tongue and mouth, characterized by a white film), and to diaper rash.



<https://www.pumpstation.com/blogs/articles/breastfeeding-and-thrush>

One of my patients had a newborn with a severe case of thrush. The mother had mastitis (a breast infection) and did not want to stop nursing or to take any prescription drugs. Both conditions were eradicated by the mother putting coconut oil on her breast and nipple prior to each feeding. The caprylic acid and the lauric acid in the coconut oil were effective at killing off the candida. This was the perfect solution since it was non-toxic and the baby got several doses each day.

Diaper rash may be simply irritation from normal body toxins in the urine contacting the skin. Diaper rash may be complicated by the composition of the diapers or chemicals contained in them. 100% pure cotton diapers laundered in a gentle and all-natural soap such as [Molly's Suds®](#) should present little chance for chemical irritation.

On the other hand, disposable diapers are fraught with plastics, plastic residues, and a variety of chemicals and dyes. These disposable diapers present many possible irritants to cause inflammation of the young baby's skin. Most disposable diapers are a soft absorbent concoction of dioxins, Sodium Polyacrylate, Tributyl-tin (TBT), ethylbenzene, toluene, xylene and dipentene, along with various dyes, fragrances, plastics, adhesive chemicals, and petrolatum.

Changing diapers frequently helps take the consistent irritation of urine and its natural chemicals away from the baby's skin. Letting baby sleep through a full nap and sleep peacefully between feedings has great merit for the child's rest and growth needs, as well as the parents' peace of mind. Diaper rash is inevitable. Sometimes the rash will contain Candida, and this may not be definitively known.

Proceeding with frequent diaper changes, good hygiene and minimalization of chemical exposures are logical approaches to any sort of diaper rash. Applying coconut oil with a few drops of lavender essential oil or tea tree oil may be the first line of defense for a Candida-aggravated diaper rash. Treating the whole body for baby, as we will be discussing in this article, will also be important.



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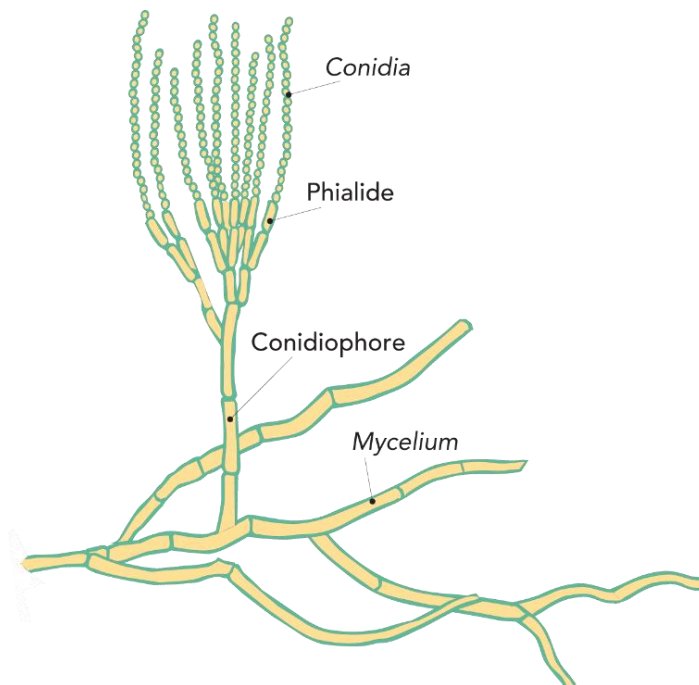
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HOW CAN CANDIDA BE A WHOLE-BODY INFECTION?

In most cases, Candida permeates your entire Gastro-intestinal system. Your digestive system is at the core of your being and its proper function is required to feed and nourish your entire body. Your digestive system is central to the functioning of many other systems and organs in your body. It interfaces with your nervous system, your hormonal system, and your circulatory system.

Candida also compromises your immune system and its proper function. In fact, dysfunction of the intestinal system detracts from your emotional well-being. Dysbiosis (a state of digestive dysfunction caused by Candida) contributes to brain fog, confusion, depression, addictive behaviors, erratic behavior, and emotional irritability.

I find the analogy of comparing Candida to bread mold to be a helpful visual model. Undoubtedly you have seen bread mold on the corner of a piece of bread. If you try to tear off that segment often you will find long white tentacles called mycelium.



<http://dairyprocessinghandbook.com/chapter/microbiology>

Mycelium can be considered to be roots that gather nutrients for the bread mold. They are actually composed of smaller "rootlets" called hyphae. The mycelia (plural of mycelium) were hidden from view until you exposed a raw edge of the bread.



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If you further tear off the visible mold and leave the part of the bread that seems to have no sign of mold sit for a day or two, you will find mold forming all over the remaining bread. Just as you may see a beautiful flowering plant above the surface of the earth; the root system penetrates below the soil surface and transports nutrients and water up to the plant, so do the mycelia source and direct nutrients to the candida colony.

In essence, *Candida albicans* “plants” itself in the soft tissues of your intestinal tract (especially the small intestine) and “takes root”. *Candida* then disrupts your metabolism, your food preferences, your hormonal system, and your immune system. *Candida* can move through your system to vulnerable areas such as wounds or moist warm areas while maintaining a presence in your digestive tract.

It seems that the longer *Candida* is present in your body, the more hospitable your body becomes for hosting *Candida*. When patients come to me and ask about solving their toenail fungus, I explain, “you are seeing it at the toenail, but **imagine that the fungal infection spilled out from your intestinal tract.**” Of course, this is a very simplified metaphor, but it clarifies the infectious process of systemic *Candida*.

HOW CAN I HELP MYSELF CONQUER THIS WHOLE-BODY CANDIDA INFECTION?

The first step is to stop feeding the beast!

Avoid sugar like *the plague*. The first category is refined sugar that includes sucrose, dextrose, fructose, maltose, corn syrup, corn sweeteners, high fructose corn sweetener and the like. It is advisable to ban these from your life forever because they have so many downsides and certainly can reestablish *Candida* overgrowth in your system if you avoid them for a few months and then add them back in to your diet.

Do I need to mention avoiding soda pops and other sweetened and sugary beverages? Guess what? Alcoholic beverages are included in this category of “sugary” items to avoid.

You may also need to avoid essentially healthy natural sweeteners including molasses, sorghum, maple syrup, Sucanat®, barley malt, rice syrup, raw unfiltered honey, date sugar, carob, and stevia. We can consider these natural sweeteners to be a second category of sweeteners that **may** be allowed in moderation once you have made significant progress in battling your candida infection. Click [HERE](#) for a list of good natural sweeteners.

Please avoid artificial sweeteners since they are so likely to overtax your liver, and many of them are carcinogenic. Aspartame is associated with over a hundred side effects. Retraining your taste buds is the best path to follow. Click [HERE](#) to read Dr. Axe’s excellent article on artificial sweeteners.

The next step is to read Chapter 7, *Candida: Causes and Treatment* in [YOUR BODY CAN TALK, 2nd Edition](#).



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Now go back to modifying your diet and limit starchy vegetables and milled flour products (breads, rolls, crackers, pies, cakes, etc.). Other doctors ask you to stringently eliminate whole grains, and I take exception to this approach. If your system is accustomed to eating whole grains, it has probably been utilizing the carbohydrates as prebiotics that help feed and maintain your beneficial bacteria.

You may need a good digestive enzyme supplement to fully digest these grains. I find cooking them in a crockpot for several hours softens them and makes them more digestible as well. Wise grain inclusion is discussed further on page 133 in chapter 7 of in [YOUR BODY CAN TALK, 2nd Edition](#).

Historically, many native cultures have relied on whole grains such as rice, millet, wild rice, and seeds such as quinoa and amaranth. We can also benefit from these food sources, especially when they are organic and are not genetically modified. For many people it is a good idea to avoid wheat since it is often hybridized or genetically modified, and gluten intolerances are more and more prevalent. Click [HERE](#) to find Dr. Levy's article on grains that contain gluten.

Sprouting your grains will make them even more digestible. Refer to Chapter 8 in [YOUR BODY CAN TALK, 2nd Edition](#), page 155. Click [HERE](#) to read Dr. Josh Axe's article on sprouting. Be sure to carefully rinse and drain your sprouts to avoid growing mold and contaminating your sprouts. Avoid peanuts since they grew underground and often contain the residual fungal toxin, called aflatoxin.

Many resources also suggest limiting other legumes such as lentils and beans. This may not be a necessary sacrifice throughout your candida infection battle. The best way to determine your appropriate diet regimen while conducting your candida battle is to consult your clinical kinesiologist for a food sensitivity test and find out which foods are truly compatible to your body.

Fermented foods do have a place in your candida battle plan. Decades ago when Dr. Orian Truss and Dr. William Crook first did their research on Candida they suggested that all Candida sufferers should avoid fermented foods and beverages. An excerpt from chapter 7, *Candida: Causes and Treatment* in [YOUR BODY CAN TALK, 2nd Edition](#) (page 132) will help explain this:

“Fermented Foods: To Eat or Not to Eat?”

The groundbreaking works of Dr. Orian Truss and Dr. William Crook admonished Candida suffers to avoid fermented foods and beverages as if they represented a type of plague. Today, I see that habitual lack of healthy, wild-cultured fermented foods in our societal diet may be laying the groundwork for Candida to take hold. Including wholesome, naturally-fermented foods in our diet from childhood forward provides more intestinal flora biodiversity and an extra measure of immune system preparedness.



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Prior to World War II, it was more common to find grandmother's homemade sauerkraut, pickles and yogurt in the home. After the war and the "modernization" of daily life, Wonder bread, Twinkies, boxed macaroni and cheese, and pizza crowded the fermented food choices right out of homes. Soda pop, Kool-Aid and antibiotics became common place. As a society, we largely gave up the beneficial fermented foods while we began consuming large amounts of devitalized, processed, useless carbohydrates. We exchanged grandmother's stoneware crock of sauerkraut for Betty Crocker's boxed cake mix.

So, here you are today trying to determine if fermented foods should be on your menu. I suggest that if your system is not accustomed to healthy fermented foods, keep them to a minimum (or avoid them) until you have taken enough steps to greatly diminish your Candida. If your system has had frequent exposure to well tolerated fermented foods, you will likely tolerate them now. Using your self-testing skills for food compatibility will give you the best answer."

Please feel free to [contact](#) Dr. Susan Levy to have various fermented foods tested for compatibility.

Click [HERE](#) to read Dr. Susan Levy's newsletter on Smart Food Selection.

You may want to read more about fermented foods and their benefits on pages 154 - 156 in [YOUR BODY CAN TALK, 2nd Edition](#).

Click [HERE](#) to see a simple raw sauerkraut recipe.

Another step to take in helping yourself conquer Candida is to become aware of your naturally occurring micro-biome, also called your normal bacterial flora, and to incorporate several proactive measures to nurture it. Both terms are essentially synonymous and refer to the state of having a diverse and sufficient supply of beneficial bacteria living and working in your intestinal tract. Become familiar with the names of typical "resident strains" of beneficial bacteria that we should constantly have in our system. These are listed and further discussed on page 159 in [YOUR BODY CAN TALK, 2nd Edition](#).

The 7 verified resident strains are: 1. Lactobacillus acidophilus, 2. Lactobacillus salivarius, 3. Bifidobacteria bifidum, 4. Bifidobacteria infantis, 5. Bifidobacteria longum, 6 Streptococcus faecalis, 7. Streptococcus faecium. You will see these names on labels of probiotics supplements, and on yogurts and kefirs.

Welcome these symbiotic (helpful to their host) bacterial guests into your intestinal tract. Eating prebiotic foods such as greens, berries, beans and legumes as well as unhulled and unmilled gluten-free grains and seeds will give your "guests" sustenance as you are being nourished with good, healthy whole foods. Read more about prebiotic foods and their benefits on pages 156 and 157 in [YOUR BODY CAN TALK, 2nd Edition](#).



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Jerusalem artichoke is an especially beneficial prebiotic food that also can balance your blood sugar. The edible part is the root. It is slightly sweet and nut-like in flavor. Jerusalem artichokes are easy to grow, and they multiply quickly. The roots should be lifted out of the ground after the first frost when the stalks have withered. Jerusalem artichoke flour is available for gluten-free baking and is used as a prebiotic component of some nutritional supplements.

The next step is augmenting your naturally occurring beneficial bacteria. Yogurt, kefir, sauerkraut and other fermented vegetables should be incorporated into your diet as appropriate. This may require food compatibility testing, and or trial and error efforts.

Adding supplements to correctly acidify the large intestine and make it more habitable by the lactic acid bacteria is one approach. Adding a beneficial yeast form called *Saccharomyces cerevisiae* to compete with the *Candida albicans* is another approach.

Adding a comprehensive probiotic formula is another method to help your body re-establish and strengthen its natural micro-biome. Quite a variety of nutritional products are available and selecting them by yourself may be confusing if not overwhelming. Clinical kinesiology testing for compatibility is a very helpful tool.

A variety of herbs and nutrients are known to be helpful in limiting population of *Candida* organisms in a person's body. Pau d'arco herb used as a tincture or a tea has been a traditional *Candida* fighter for years. Be sure that your pau d'arco is organic. This herb is sourced from South America and may be subject to strong pesticides.

Garlic, echinacea, and olive leaf extract are other useful herbs. Essential oils of clove, oregano, tea tree oil, lavender and thyme can be beneficial in your fight against *Candida*. Citrus seed extract, colostrum, colloidal silver, and caprylic acid are also quite useful.

Anti-*Candida* formulations can be found that includes several of these items. Choosing the exact protocol for your self is a critically important but challenging step. You may want to consult with your clinical kinesiologist or natural healthcare practitioner to help in making these selections.

Click [HERE](#) to make an appointment to be evaluated for *Candida* and find remedies that may help you.

The essential oil selections are especially good for topical applications, but they can be used internally (except tea tree oil) as well. Lavender oil and tea tree oil each can be used for *Candida* on the skin such as diaper rash or *Candida* in the folds of skin (behind the knees or elbows or the crease of the buttocks). These can be used for toenail fungus or ear fungus.



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A douche prepared with a few drops of either tea tree oil or lavender oil can be quite helpful for a vaginal yeast infection.

Gentian violet is an old remedy that is especially good for toenail or fingernail fungus. The liquid is applied to the area and will absolutely leave a beautiful purple stain on the nails, the skin, and anything it comes in contact with. Colloidal silver lends itself to topical applications as well.

You can read more about these topical applications on pages 134 and 135 in [YOUR BODY CAN TALK, 2nd Edition](#).

HOW CANDIDA AFFECTS THE BODY

Candida can affect much of the body in various ways. Below are some of the more common alerts that may be experienced by those struggling with this very widespread ailment:

Skin	Aggravating Odors	Urinary	General
Athlete's Foot, Ring Worm, "Jock Itch" or other chronic fungus infections of the skin or nails	Exposure to perfumes, insecticides, fabric shop odors and other chemicals	Urinary urgency or frequency	Crave sugar, breads, or alcoholic beverages
Itching	Damp muggy days or in moldy places	Burning during urination	Burning or tearing of eyes
Thrush, rash or blisters in mouth	Tobacco smoke		Recurrent infection or fluid in ears
Other rashes			Ear pain or deafness
Dandruff			Joint swelling or arthritis
Swimmer's ear			Muscle aches
			Muscle weakness or paralysis

Brain / Nervous System	Hormonal	Digestion	Respiratory
Fatigue or lethargy	Prostatitis, vaginitis, or other problems affecting your reproductive organs	Abdominal pain	Dry mouth
Feeling of being "drained"	Troublesome vaginal discharge	Constipation	Bad breath



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Poor memory	Persistent vaginal burning or itching	Diarrhea	Nasal congestion or discharge
Feeling “spacey” or “unreal”	Impotence	Bloating	Postnasal drip
Depression	Loss of sexual desire	Heartburn	Cough
Numbness, burning, or tingling	Endometriosis	Indigestion	Pain or tightness in chest
Pain and/or swelling in joints	Cramps and/or other menstrual irregularities	Belching and intestinal gas	Wheezing or shortness of breath
Spots in front of eyes	Premenstrual tension	Mucus in stools	
Erratic vision		Hemorrhoids	
Drowsiness		Dry mouth	
Irritability or Jitteriness		Bad breath	
Lack of coordination		Nasal itching	
Inability to concentrate		Sore or dry throat	
Frequent mood swings			
Headache			
Dizziness / loss of balance			
Pressure above ears / feeling of head swelling or tingling			
Failing vision			

Remember that medications play a big part in the body’s propensity to suffer from Candida. The above symptoms are more likely if you have taken any of the following drugs.

Short or long-term doses of antibiotics such as Sumycin®, Panmycin®, Vibramycin®, Minoncin®, Penicillin®, Tetracycline® and their derivatives. Corticosteroid drugs such as Prednisone®, Prednisolone®, Hydrocortisone®, Decadron® or other cortisone-type dugs, birth control pills, etc. also promote Candida by suppressing immune system function.

Due to hormonal shifting, pregnancy may also increase your chances of experiencing infection. Again, please feel free to [contact](#) Dr. Susan Levy if you think you may be at risk.

If you are experiencing any of the above symptoms, click [HERE](#) to take the Candida Questionnaire and discuss it with Dr. Susan Levy at your next appointment!

Best wishes in your efforts to conquer Candida.