

Radiant Health-ness

CANDIDIASIS

What is it and how do I know if I have it?

HOW TO IDENTIFY THE SYMPTOMS

Firstly, what is Candidiasis? Candida is a yeast in the body that occurs naturally and lives in harmony with a variety of other micro-organisms performing important functions. It is absolutely normal for it to be present in our bodies and work in symbiosis when we are healthy.

There are well in excess of 100 strains; however there are 5 that have been identified as the most common.

However, when imbalance causes proliferation it is responsible as the underlying cause of many chronic illnesses we see so frequently. The symptoms of Candida are so vast, it's almost unbelievable. It can creep up and develop into virtual incapacitation of a person.

When the balance of bacteria in the body is upset, this allows the yeast organisms to proliferate and take over the healthy micro-organisms creating massive imbalance. We continue to feed it with unhealthy dietary choices, and other factors such as antibiotics, prolonged use of the birth control pill, alcohol and bad carbohydrate choices, one main one being wheat and wheat products, and all these cause it to multiply. It basically has a big party and goes – “ eee haaa ” when it sees these choices coming in!

Because mainstream Doctors are so often uneducated about its impact on our health, it is almost always overlooked when asking for a diagnosis, and as a result, patients are treated for conditions that are caused by this overgrowth instead of treating the actual cause. Make no mistake, symptoms can develop into serious conditions.

This yeast normally resides in the intestinal tract, mouth, throat and genitals. However it can burrow holes in the intestinal tract, enter the blood stream and then make it's way into any organ of the body. To make matters worse, it emits over 70 different toxins into the body. Some people may even become allergic to the yeast itself.

Once this stubborn organism proliferates uncontrollably in the body, it literally wreaks havoc and is the initiator of many common maladies, conditions, syndromes and illnesses.

Some of the most frequent Candida Symptoms are found on page 2 & 3.

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The sneaky peculiarity of candida is that it can vary from one person to another and often move back and forth between systems/places within the same individual. One day you may experience symptoms in the musculoskeletal system and the next day the digestive system etc. etc.

As mentioned previously, there are a variety of causes of candida overgrowth; the leading contributors being a diet high in sugars including alcohol, refined foods, unhealthy dietary choices, wheat and wheat products, the birth control pill and/or the use or overuse of antibiotics. Stress also contributes.

Dietary changes are critically important to combat the overgrowth and the GOOD NEWS is that there IS an excellent natural remedy that I have developed and tested that has worked successfully every time it has been used. It is a proprietary blend of essential oils, together with capsules and a full protocol. The remedy has also been energized with frequencies to enhance its efficacy. This is in combination with several other necessary components that make up the protocol besides a change of diet.

However, whilst this highly effective remedy assists enormously to combat this, one still has to expect anything between 3 and 9 months of an holistic integrated approach including a change of diet . The time will depend on your own input and how your body chemistry responds to treatment. It cannot be overemphasized that a concentrated effort is required by each individual with this condition to follow a prescribed diet and follow an integrated approach to combat it successfully and for it to remain under control in the long term.

Because it is sneaky, it is a good thing to test oneself regularly as per the instructions below on page 5

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SYMPTOMS/MANIFESTATIONS OF CANDIDA ALBICANS

Abdominal gas, bloating & belly fat weight gain

Acid reflux

Acne

Allergies / intolerances and sensitivities

Anxiety

Athletes Foot

ADD – Attention Deficity Disorder

Auto-immune conditions and diseases

Brainfog - Inability to think clearly or concentrate

Cheekbone or forehead tenderness/pain

Chronic pain

Cognitive impairment

Cold hands or feet : low body temperature

Cold like symptoms – excessive mucus in sinuses, nose, throat, bronchial tubes and lungs

Constipation

Cravings for and/or addictions to sweets, alcohol, sugar, bread, pasta and other high carb foods

Crohns

Cysts – abnormal formation of in different parts of the body, especially around the neck, throat, ovaries

Bladder or scrotum

Depression

Diarrhea

Diabetes

Dizziness

Ears / earaches, tinnitus, sounds in the ears, ear infections, dryness, itchiness, pain, ear discharges, fluid

retention in the ears, deafness and abnormal wax build up

Endometriosis

Eyes, blurred vision, spots in front of the eyes, eye floaters, redness, dryness, itching, watery eyes,

excessive tearing or inability to tear.

Eczema

Fatigue, sometimes excessive, drained of energy, lethargy, drowsiness including chronic fatigue

syndrome

Fibromyalgia

Glands, swollen, too little saliva (dryness in the mouth), blocked salivary glands, swollen lymph nodes

Glutathione deficiency

Hair loss, scum on the scalp, dandruff, itchy scalp, scalp sores and dryness

Heart palpitations and irregular heart beat

Headaches / Migraines

Hemorrhoids, rectal itching, rash, irritation and redness

Hormonal imbalances

Hyperactivity

Hyper or Hypothyroidism or other thyroid conditions (there is also a correlation to an iodine deficiency)

Indigestion

Irritability, Nervousness, Jitteriness and Panic attacks

Irritable bowel syndrome (IBS), chronic constipation or diarrhea & leaky gut syndrome

Itching anywhere/everywhere

Joint/bone pain, stiffness or swelling

Lack of proper appetite

Learning difficulties

Lesions on the skin, and inside the body i.e. brain

Libido – loss of

Low Blood sugar

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Male problems – jock itch, loss of sex drive, impotence, prostatitis, infections, difficulty urinating, Frequency or urgency of urination, swellings etc.

Memory problems

Menopausal difficulties

Migraines

Mood swings, anxiety, crying spells, depression, manic feelings, irritability, mental disorders

Mouth sores or blisters, canker sores, dryness, bad breath, coated tongue, blocked salivary glands

Multiple chemical sensitivities

Muscle weakness and muscle pain, burning or tingling, numbness, lack of strength and coordination

Nails – fingers or toes , fungus

Nasal congestion, postnasal drip or persistent runny nose, frequent colds, itching, dryness

Nerves – Central Nervous System disturbances

Odor of the feet, hair or body not relieved by washing

Organ malfunction

Persistent cough

Pre-menstrual syndrome

Rectal itching

Respiratory – cough, bronchitis, pneumonia, pain or tightness in the chest, wheezing, shortness of breath, asthma and hay fever

Sick all over feeling

Sinus inflammation, swelling and infections most especially chronic infections

Skin – dry, itchy, red, acne, eczema, psoriasis, rosacea, hives or rashes, seborrhea, ringworm, contact dermatitis, dark and light patches on the skin (tinea versicolor) Vitiligo etc.

Sleep disturbances, insomnia, waking up frequently, nightmares, restless sleep etc.

Sore throat, hoarse voice, constant tickle in the throat, laryngitis (loss of voice) etc.

Stomach – h. pylori bacteria (causing ulcers), heartburn, indigestion, hiatal hernia, acid reflux, belching, vomiting, burning, stomach pains, needle like pains, food that seems to sit in the stomach like a lump etc.

Tastes – odd tastes in the mouth such as metallic (can also be caused by gallbladder)

Thrush

Urinary issues – frequency or urgency, burning, difficulty urinating or low output, odor, dark, chronic kidney or bladder infections, UTI's ; cystitis

Vaginitis

Weight gain and difficulty losing weight

The brain is the organ that is most frequently affected by Candida Symptoms but profoundly negative effects can manifest in these systems:

Cardiovascular

Digestive

Endocrine

Lymphatic

Musculoskeletal

Nervous

Respiratory

Reproductive

Urinary

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SELF TEST FOR DETERMINING PRESENCE OF CANDIDA

Before going to bed at night, prepare a clear glass of plain bottled or borehole water (PLEASE DO NOT USE TAP WATER AS THE TEST WILL PROBABLY FAIL) and stand it near you on a flat surface.

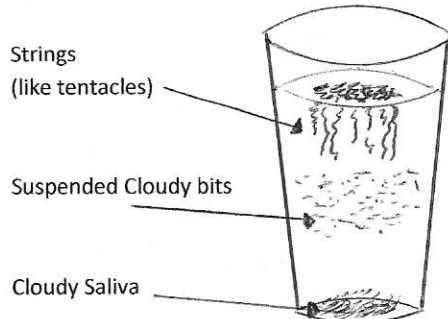
Upon waking in the morning do this test BEFORE drinking or eating or teeth brushing .

Work up a good collection of saliva in your mouth and spit it gently onto the top of the water. Do not disturb or move the glass.

Observe the glass for the next 10-15 minutes and perhaps even take a photo after this time lapse to have it checked if you are unsure (you are welcome to email or whatsapp (+27 (0)73 935 6498 the photo to me).

Whilst this test is purported to not be 100% accurate, in every case I have asked my clients for it, it has been accurate and re-confirmed by the other symptoms pointing to the presence of candida overgrowth.

See the drawing below for guidance



There is an indication of Candida overgrowth present when:

- Your saliva stays at the top and you see strands that look like tentacles/strings or spider legs Extending downwards
- Your saliva floats down to the bottom and looks cloudy
- Your saliva is suspended midway in the water and looks like little specs are floating around.

If there is no overgrowth, your saliva will remain floating on top.

If the saliva remains floating on top unmoving after 15 mins, gently vibrate the glass and check for a reaction. If there is none , everything is fine. If you are still unsure, repeat the test again.

Should you be concerned or unsure, you are welcome to contact me on the given number.

I am also available for consultations via skype. If you are unsure about whether or not you would like assistance from me, you can book a short skype discussion with me to explore further. You can then decide if you would like treatment from me and we can take it further.

You may well be suffering from nutritional deficiencies so that correcting these will also assist you in combating the condition. After undergoing treatment for this condition coupled with the dietary recommendations given under treatment, you will find that many of the current symptoms disappear. At the very least, the underlying cause of many physical manifestations will be removed, allowing for an easier treatment of remaining symptoms.

I hope that this article has given you some insight and inspiration into just how important diet and gut health are in your life going forward and I look forward to being of service to you should you so choose. Thank you for taking the time to read this.

Please contact Miranda : Radianthealthness@gmail.com or phone /whatsapp +27 73 935 6498

In gratitude,

Miranda