

# How to Cure Candida



## The Free Mini Guide

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## Introduction



You've had various health problems for a while now and it seems although you can't find any answers. Doctors aren't helping and all they seem to want to do is give you drugs. You're frustrated. You do some research and have come across something called Candidiasis or Candida for short. This *very* hot topic in the Natural Health Movement is said to cause a wide range of health problems. By chance, you've come across this mini eBook.

To start, this is the ultimate and last resource you will need in your quest to end your Candida suffering once and for all. Not only will the How To Cure Candida Full Guide eliminate your Candida for life and all the symptoms associated with it, but we will bring you to a state of pristine health that you have never felt before. This mini eBook is just a glimpse of what is in the Full Guide.

## Free Survey

We highly recommend you take our Candida Survey by clicking [HERE](#) to determine if you even have Candida. It's a 100% free survey that will accurately help you determine if your symptoms are caused by the fungus *Candida Albicans*.

To get things started, let's begin by answering the question what is Candida.

## What is Candida?

Candida is a yeast-like fungus that lives on human skin. It can be found on the mouth, in the intestine and, for women, in the vagina. There are actually more than 150 species of Candida yeasts and of these ten cause trouble for humans. In the case of *Candida Albicans*, the balance between the yeast cells and the bacteria that kept their numbers in check is upset. The yeast cells multiply quickly and aggressively, especially if the immune system is unable to step in and help the body.

A Candida infection or **Candidiasis** can occur on a variety of locations throughout the body. Remembering that Candida already lives on the skin and in the mouth, intestinal tract, and vagina, it will come as no surprise to you that these sites are the most common areas for localized (contained to one part of the body) Candida infections.

Unfortunately, when you have a yeast infection in a specific region it means that you have it elsewhere as well. This is why a full approach that deals with the entire body is crucial to full recovery.

## What Is The Difference Between Candida and A Yeast Infection?

It is common mistake that a yeast infection always is only localized in the vaginal region. A vaginal yeast infection is only a symptom of Candida, you can bet that you have a yeast infection elsewhere as well.

## What Are Common Causes Of Candida?

The following can all result in Candidiasis.

<b>Medications and Drugs</b>	Antibiotics Steroids Prescription drugs Birth control pills
<b>Genital Irritation</b>	Douching Sprays, soaps and other hygiene products (especially the anti-bacterial kind) Direct contact with an infected area (sexual intercourse)
<b>Immune Dysfunction</b>	A compromised immune system Allergies Fatigue (adrenal burnout) Stress Repeated bacterial infections
<b>Internal and External Environment</b>	Environmental toxicities Diet Hormone changes (PMS, menopause, pregnancy) Diabetes Exposure

## How Is Candida Different In Men And Women?



Men and women experience chronic systemic Candida in very much the same way. Treatments for men and women follow the same general guidelines. The primary difference between men and women when it comes to chronic systemic Candida is that men with diabetes are more likely to get it.

Candida infections if localized to the genital area appear differently in men and women. Women a wide variety of symptoms, men however can have a Candida infection in the genital area and have no symptoms at all. Chronic groin infections in men appear as flat, brown or red-brown patches. When the skin becomes moist or warm, the patches may get redder and itch.

## Common Symptoms of Candida

In adults, the most common indicators or symptoms of Candida are:

### 1. A Childhood History of

- ADD
- ADHD
- Hyperactivity
- Skin problems
- Respiratory problems
- Intestinal problems

### 2. Poor Overall Health

- Poor endurance and weakness
- Asthma
- Bronchitis
- A habitual cough that doesn't produce phlegm
- Postnasal drip
- Hay fever
- Headaches, including migraines
- Fatigue to an incapacitating degree (especially after eating)

### 3. Recurring Infections

- Recurring throat and/or ear infections
- Recurring vaginal, oral, or skin (yeast) infections
- Urinary tract infections
- Athlete's foot
- Jock itch
- Skin rash
- Dry, brownish patches on the skin
- Ringworm
- Psoriasis
- Low grade fever
- Chronic sinus problems
- Blisters on the tongue, in the mouth, or in the throat

### 4. Digestive System Problems

- Poor digestion
- Loose or constipated stools
- Irritable bowel
- Painful gas
- Bloating
- Nausea and vomiting

### 5. Sexual / Genital Problems

- Menstrual difficulties
- Male impotence
- Male and female infertility

### 6. Mental & Emotional Problems

- Anxiety
- Panic attacks
- Depression
- Irritability
- Paranoia
- Poor concentration, or feeling in a persistent mental 'fog'
- Unexplained feelings of being 'hung over,' as if after an alcoholic binge
- Feeling not in total control of one's actions, often expressed as "I know the right thing to do, but I can't do it."
- Schizophrenia and mental instability

### 7. Other

- Arthritis-like symptoms
- Joint pain, similar to that of having the flu
- Cravings for carbohydrates
- Chronic dental problems
- White coating on the tongue

## The Anti-Candida Diet Principals of Avoidance

### Sugar

Yeast, including Candida, feed off of sugar and require sugar to maintain their growth and development. So in order to prevent this from happening you must eliminate ALL sugar from your diet.



**These include:** *white sugar, brown sugar, maple syrup, corn syrup, high fructose corn syrup, honey, molasses, fruit and fruit juices.*

White flour and starchy foods will also convert to sugar in your body and feed the Candida growth and should be avoided. Sugar is far worse than most people are even aware of. It makes you wonder how healthy something like sugar must be when it feeds organisms like fungus and parasites.

### Alcohol



Your body is actually producing an abundance of alcohol when you suffer from Candida. When yeast and sugar are combined the byproduct is alcohol. When Candida is flourishing in your body, the alcohol production is increased. Acetaldehyde, a toxic by product of alcohol also becomes produced in the body. Acetaldehyde is 30 times more toxic than alcohol and is responsible for many Candida related health problems including brain-fog and fuzzy thinking. When you have Candida acetaldehyde is produced every day!

Consuming alcohol will put unneeded stress on your body and specifically your liver. Your liver is already carrying a major burden by attempting to detoxify all the toxic compounds released by Candida every day. Degeneration of the body leading to aging, and accelerated disease, will occur over time if not treated effectively by the body.

### Yeast

As mentioned, Candida is a form of yeast, and when a Candida sufferer consumes other types of yeast it acts as a fuel for Candida to multiply. This additional yeast works hand in hand with sugar to produce what is called fermentation in the body. This creates alcohol and the toxic acetaldehyde is again produced as a byproduct.

There are many more foods to avoid such as dairy, processed foods and fermented foods to name a few. This full list is listed in complete detail in the How To Cure Candida Full Guide available at [www.HowToCureCandida.com](http://www.HowToCureCandida.com)

## What Can I Eat?

The type of food you should be focused on eating is natural unprocessed foods that are sugar free. These are just some examples of what you should strive to eat on an Anti-Candida Diet.

### Vegetables

These include all vegetables except for the ones high in sugar such as carrots, potatoes, and tomatoes. Leafy green vegetables are your best option, as well as foods such as broccoli, asparagus, okra and onions.



### Meat

Lean meats such as chicken, turkey and fish are great, and ideally should be organic or free range. Processed cold-cuts and pork should be avoided.

### Grains

These include quinoa, millet, amaranth, buckwheat and sometimes brown rice.

## How Do I Eliminate Candida Other Than Using The Diet?

Whereas the Anti-Candida Diet is focused on preventing further Candida overgrowth and allowing your body to overcome it, it is not the most direct form of attack against a Candida infection. There are 2 things you need to be use if you want to begin to dramatically reduce Candida growth – probiotics and anti-fungals.

Before I get into describing these, there are 3 goals to treating a Candida Infection effectively. These are:

1. To restore a healthy balance of microorganisms within your body
2. To restore and maintain the health of your immune system.
3. To eliminate behaviors that increase your risk of developing an infection

### Probiotics

These are the beneficial bacteria or healthy microorganisms that you want to increase in your body.

### Beneficial Bacteria Work to Do The Following

- Improve bacterial and yeast vaginal infections and bacterial bladder and urinary tract infections

- Improve inflammatory bowel disease
- Improve food allergies and inflammatory allergic conditions like eczema and asthma
- Reduce some risk factors for cardiovascular disease
- Reduce some risk factors for intestinal cancers
- Shorten the duration of gastroenteritis (stomach flu) and rotavirus-related diarrhea in infants
- Reduce the rate of childhood respiratory infections
- Improve travelers' diarrhea, which is sometimes known as Montezuma's Revenge
- Help prevent tooth decay
- Allow some people to better digest foods with lactose due to their production of lactase in the body

Most importantly research shows that probiotics help immune responses return back to normal levels, inhibit chronic low-level inflammation, and help improve some inflammatory conditions that have an autoimmune component like allergies and Crohn's disease.

Probiotics such as *Acidophilus* thrive in oxygen rich environments and as a result try to create this type of environment in your body. *Candida* and most other pathogens on the other hand, are anaerobic meaning they thrive in zero oxygen environments. So when probiotics come into contact with *Candida* a battle ensues as the probiotics work to kill off *Candida*.

Unfortunately, most peoples' diets favor dead processed foods. These foods work together to create an environment in your digestive tract that is oxygen depleted and as a result favor *Candida* overgrowth.

With a clean diet and probiotics you can rapidly deplete *Candida* levels in your body. Both are necessary.

### Natural Anti-Fungals

Natural anti-fungals such as garlic, olive leaf, grapefruit seed extract and oregano oil all of work to directly destroy *Candida*. In some instances they can also destroy good bacteria as well, so it is imperative that you continually supplement probiotics for various reasons.

After 2-3 months using natural anti-fungals, probiotics while on the Anti-Candida Diet, your *Candida* infection will ***appear to be eliminated***. It is important that you continue well past this point because the *Candida* is not gone yet, but has only been reduced. Your *Candidiasis* is still very much alive and rampant at this point, only populations have been severely depleted.

## How Do I Make Sure I Never Suffer From Candida Again?

In our experience, about 90% of people will redevelop Candida after they treat it using the methods above unless they ALSO eliminate all parasites and heavy metals from their bodies as well. Both of these suppress immune function and allow Candida to thrive. Parasites and heavy metals can also be blamed for many of your health problems. The sooner you eliminate them from your body, the faster you'll eliminate Candida, and the healthier you'll be. You also need to properly flush out your bowels and clean your liver as well.

All the toxic drugs and antibiotics you have taken, chemicals, artificial ingredients and pesticides you have eaten, and much more have built up residues within your liver that unless properly treated will continually suppress your immune response and allow Candida to thrive.

Typical Candida and yeast elimination techniques are not enough to fully eliminate Candida for life. A system needs to be followed to ensure that all the root causes of Candida are corrected.

If you want to learn the secrets on how to eliminate Candida entirely, find out about our 5 step protocol and secret step 5, learn about supplements, how to eat properly in depth and much much more you can find these at [www.HowToCureCandida.com](http://www.HowToCureCandida.com). Good luck and remember you can take control of your health right now.



Sincerely,  
[www.HowToCureCandida.com](http://www.HowToCureCandida.com)

*The How to Cure Candida & Yeast Infections Team*