

Understanding Candida

What is Candida?

- Candida (Candida Albicans)
- Not a female-specific issue
- A kind of yeast, a fungus and a microorganism in every human body
- Lives mainly in the mucous membranes of the mouth, intestinal and digestive tract and vagina.
- Candida is normally kept under control by good health and probiotics, live symbiotically within us.

Why will Candida overgrow?

When there are factors promoting the Candida overgrowth and the body is immunocompromised, Candida overgrowth is very likely to appear. Some risk factors are listed below:

- Chronic illnesses and stress
- Antibiotics overdose
- Nutritional deficiencies
- Oral contraceptives
- High sugar and low protein diet
- Damp living environment

Isn't Candida just a female or skin issue?

Yeast infections are mostly occurred on the body surface or locally at vagina. These infections often can be cured by simple treatment. Typical swab test can only evaluate localized Candida infection.

Yet Candida presents deep inside our body, plus the use of antibiotics and other lifestyle factors encourage Candida to grow. There is a need to take a look on how Candida affects us systemically.

The manifestations of Candida overgrowth are hard to detect as these symptoms tend to overlap with other illnesses, making Candida overgrowth easily ignored.

Affected Parts	Possible Symptoms
Skin	Acnes, Skin rashes, Onychomycosis
Digestive System	Irritable Bowel Syndrome(IBS), Diarrhea, Constipation, Bloating
Cognitive & Psychological	Chronic fatigues, Anxiety, Depression, Attention deficit, Irritability, Premenstrual tension, Attention deficit
Head & Neck	Oral thrush, Headaches, Recurrent sore throats, Nasal congestion or Ear infection
Others	Vaginitis, Urinary tract infections, Athlete's foot, Heart palpitation, Delayed food allergy, Sexual dysfunction, Sweet craving

How Candida overgrowth affect our body?

Toxins excreted by Candida

- Metabolite produced by Candida is toxic to our system: Destroy cell membranes and enzymes
- Red blood cell → Blood flow in capillaries and oxygen carrying ability impede
- White blood cell → Reduce ability to fight against infection—————
- Thyroid hormone → Weaken the metabolic capacity that led to body temperature drops, unable to tolerate cold and lead to fatigue
- Enzymes → Slow down body functions

Influence of Candida overgrowth and colonization : Leaky Gut

- Gut is a major place for Candida to grow, the strains will grow and penetrate intestinal mucosa, making it more permeable.
- “Leaky Gut” is formed when the wrong molecules (i.e. Large protein molecules, toxins and food allergens) pass through the mucous membrane and absorbed into bloodstream, it will lead to digestive problems and food sensitivities.

Source and lab test service provider: HK Biotek

Enquiry

Ms Yolanda Che

Welspring

3622-1287 (after 12noon)

info@welspring.hk

room 303, keen hung commercial building,

80 queen's road east, wanchai, hong kong