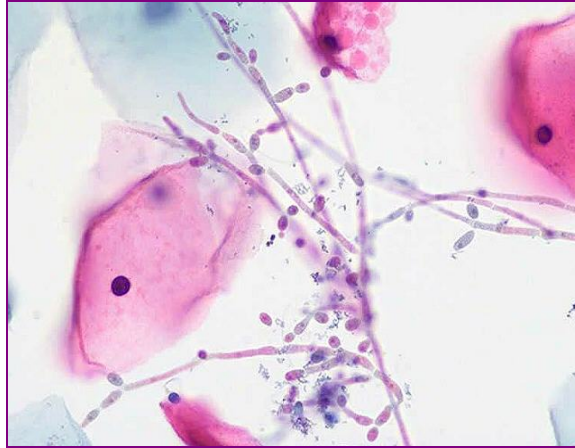


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CANDIDA ALBICANS – yeast infection

Candida albicans is a yeast (or fungus) that grows in the gastrointestinal tract along with many other micro-organisms. Under normal condition, Candida is kept under control by our healthy bacteria in the gut. But when conditions are right (or wrong, as the case may be), this yeast begins to grow out of control and causes a myriad of problems.

Antibiotic use is the most important contributing factor in the development of chronic candidiasis. Other factors are: birth control pills, hormone replacement drugs and steroid drugs, such prednisone, cortisone, hydrocortisone, fluprednisolone, dexamethasone and betamethasone, to name a few. These drugs are used to treat conditions such as allergies, arthritis, adrenal insufficiency, skin eruptions and asthma.

Some signs that you have chronic systemic yeast infection are: cravings for bread, sugar, cheese, alcoholic beverages, hypoglycemia, skin rashes, diarrhea, bloating, anxiety, depression, gastritis, lethargy and a feeling 'bad' all over dilemma.

There are natural supplements that one can take to correct this problem, which when coupled with dedication and patience can control yeast and re-establish the good intestinal bacteria.