



YOU CAN DO WITHOUT CANDIDA

THERE ARE ABOUT 400 DIFFERENT SPECIES OF MICRO-ORGANISMS THAT CALL THE HUMAN GASTROINTESTINAL (GI) TRACT “HOME”.

These include the “beneficial” bacteria (Probiotics), so called because they provide us with many beneficial functions. Other GI residents include opportunistic squatters such as the yeast *Candida albicans*. We all have small amounts of this yeast present in our bodies – under normal conditions, it is a non-invasive yeast with no effect on bodily function, but if allowed to overgrow and proliferate, it can have a serious detrimental effect on overall health.

Candida overgrowth has been discussed in historical medical texts as early as the 1700’s when paediatricians described transmission of “thrush” from mother to baby during birth. Nowadays, certain naturopathic schools of thought estimate that 80% of the western population suffers from this infection, due to excess dietary sugars, high consumption of antibiotics, corticosteroids,

immunosuppressants and the oral contraceptive pill.

One of the roles of the immune system is to help maintain Candida and keep other “bad” micro-organisms in check. When its function is diminished, Candida seizes the opportunity to multiply. Therefore, strong immunity and balanced gut flora may be the key to prevention.

A good anti-Candida protocol will include Radiance® CandAid™, a synergistic blend of traditional herbs to help with the management of Candida whilst supporting proper immune system function. Together with a nutrition plan that includes whole foods and a sugar / alcohol free diet, Candida can, finally, be kept in check.

