

Is your Bloating Caused By Candida?



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Maybe, maybe not... your bloatedness could also be dysbiosis which means an imbalance between good and bad bacteria in your gut, it might be a food allergy, it might be a low production of digestive juices, it might just be trapped wind or something else!

Up until recently it was difficult to be sure. Now there is a simple stool test available, which can be done from the comfort of your own home, giving you a scientific diagnosis on Candida so you can be sure.

Why a Stool Test may save you time and money

The test can be carried out simply and efficiently from home which can give a more accurate diagnosis of your symptoms. This saves you 'guessing' and wasting money on products which might not be appropriate. In the past, Intestinal Candida was only diagnosed by the use of a symptom questionnaire but the only scientifically correct test for Intestinal Candida is to take a stool sample from which a microbiological culture is prepared.

STOOL TESTING SERVICE

This is why we have joined forces with the Biological Testing Services (BTS) which is the UK arm of the Dr Hauss Laboratory, a micro-biological laboratory based in Germany. Through this association, we can offer you a comprehensive test that can be organised from your own home.

All samples are analysed in Dr Hauss's Laboratory in Germany. (www.hauss.de).

This will then show the species, strain and cell count. Based on this the laboratory can recommend the correct anti-fungal therapy and diet.

Each test will investigate the following:

1. Intestinal Candida and other fungi

This is a full screening for Candida Albicans and all other yeasts. It also tests for moulds from the stool sample and a mouth swab. Your stool will also be tested for its pH (the acidity) which gives us information about your friendly bacteria.

2. Intestinal parasites

Like worms, parasites are one celled organisms like blastocystis hominis amoeba and the stool test will determine if any are present.

3. The state of your immune system and the presence of leaky gut.

If you have consulted your GP and he is satisfied that there is no underlying serious problem, the test we offer might help you to find out whether you have Candida and its causes.

All tests are performed from stool samples, a very modern way of testing, as the procedure is low cost, not invasive and can be done relatively easily in everyone's own home.

How to order

For full details on how to order, please see page 4 (back page)

Should you proceed to have a stool test and it is confirmed as containing high levels of Candida, what's the next step?

Firstly, it is advisable to get advice from a specialised naturopath or nutritionist. BTS will advise you of someone suitable as close to you as possible.

On the following page, I am listing some recommendations that you can use for some self-help in the meantime.

Food

1. As far as your diet is concerned, you must avoid sugar and sugary foods as Candida literally thrives on it.
2. Avoid milk at all costs as lactose promotes Candida Albicans. Use sheep and goat's milk instead. Other milk substitutes like rice and soya milk are fine.
3. Avoid foods with yeast. This does of course mean bread as far as possible. There are some good breads that are yeast free so this shouldn't be too much of a hardship.
4. Whilst you are trying to rid yourself of Candida, it is good advice to refrain from – or at least reduce - alcohol as the yeast content will just encourage yeast growth and fermentation.
5. With your diet generally, eat fresh food as far as possible, particularly lots of vegetables. Keep up reasonable levels of fruit which is so healthy for you. However, as fruit contains sugar naturally, it may cause a 'flare up' so be vigilant.

Supplements

Probiotics

Firstly take a good probiotic capsule daily as the good bacteria helps to suppress the growth of the Candida. The inhibition of Candida by probiotic bacteria in the alimentary and vaginal tracts represents a key, first-line defence against mucosal and systemic Candidiasis. Probiotics are a vital addition to anti-fungal nutrients and reduce the risk of recurrence. The use of probiotics can also help to fortify natural resistance of the gut microflora to Candidan Albicans, particularly if antibiotics are used.

Digestive enzymes

Digestive enzymes can help you break food down more effectively and this means less fermentation and bloating after eating and this means less food for the Candida.

Grapefruit extract

There are a number of anti-fungals that can help your condition. Two of my favourites are Grapefruit extract and garlic. Grapefruit is an excellent anti-fungal and one of the reasons I like it is because it is completely non-toxic and it does not affect the beneficial intestinal flora. Grapefruit has been used in the treatment for Candida for many years and it is better tolerated than most anti-fungals. It is also non-allergenic even to people with citrus allergies.

Garlic

Garlic has traditional dietary and medicinal applications as an anti-infective agent. There is plenty of evidence of the antimicrobial activity of fresh and freeze-dried garlic extracts against many bacteria, viruses and fungi including Candida Albicans. The active constituent of garlic is the compound allicin which is formed when garlic cloves are crushed.

Psyllium husks

Use a detoxifying soluble fibre like Psyllium husks. Because this fibre forms a soft, absorbent gel as it winds its way through your digestive system, it helps to 'mop up' Candida and take it through to the large bowel where it can be eliminated. I know of no other fibre that has the cleansing properties of Psyllium.

Some important facts about Candida

So, you hear and read a lot about this mysterious Candida, but what is the truth and what is myth?

The Intestinal Flora

In our intestines we have about 500 different species of micro-organisms, mostly bacteria. Usually bacteria are thought to be the bad guys, which make us ill, but in fact we need these tiny tenants to keep food bugs and upset stomachs at bay and to produce a number of useful substances for our health. These good guys are called "The intestinal flora".

What is Candida?

Candida is a fungus which also belongs to the intestinal flora. These can be yeasts, similar to the ones we know for baking bread or making wine or moulds similar to the tasty ones, which make cheeses. Or they can even be the black stuff, which causes food to ferment and decay. Usually their numbers are small. Candida is a kind of yeast, a tiny single celled organism, which in normal circumstances is a harmless part of our intestinal flora.

However, sometimes when we are not so fit these Candida yeasts can develop the ability to get nasty, grow into large numbers

and cause symptoms.

There is more than just Candida

Candida is a much used term. Usually it refers to *Candida Albicans*. Yet there are many more species like *Candida parapsilosis*, or *glabrata*. Sometimes symptoms can also be caused by moulds like *Aspergillus niger* or *Geotrichum* (milk mould). It is essential therefore to know which of these many possibilities is the cause of the problem, and that is why an accurate analysis is needed before treatment should begin.

Typical symptoms of an intestinal Candida overgrowth

When an uncontrolled overgrowth of Candida or other fungi occurs in the intestinal tract, you can get many and sometimes seemingly unrelated symptoms.

The most common is heavy bloating, especially after eating. Diarrhoea or constipation may also be part of the picture; frequently these alternate.

However, different symptoms like nausea and acid regurgitation can also be present, as can extreme tiredness, lethargy, sweet craving, IBS, depression, allergies, recurrent colds, eczema, palpitations, recurrent vaginal thrush, recurrent cystitis and even more.

Why does Candida cause all these symptoms?

Once Candida or other fungi have managed to overgrow our healthy intestinal flora, they usually grow from harmless round cells into filament shapes. These develop the ability to cling to our intestinal walls and they can be very persistent.

An important part of our immune system is located in our intestines. Here, white blood cells get their training to distinguish bad from good and then they migrate to many other parts of the body to do their work. The fungal overgrowth can irritate this system heavily and may cause the immune system to react allergically to different substances, especially foods.

The local irritation can also cause the “tight junctions” between the gut wall cells to become leaky (Leaky Gut Syndrome), so that food not properly digested can slip into the blood stream and also cause allergic reactions.

In addition to this, fungi give off gas and toxins, especially when they are well fed. The gas results in heavy bloating, especially after a rich meal in carbohydrates, and the toxins stress the liver and nervous system, thus causing the chronic tiredness.

Why do we get Candida?

Usually our own friendly bacteria keep fungi in our intestines at bay. Just sometimes our little helpers are weakened, for example by treatments with antibiotics, cortisone, hormones, other drugs or too much sugar in our diet, or our immune system is weak for some reason. In this case the fungi can cause symptoms rapidly.

Candida is not always the culprit

Even if you think you clearly recognise your own problems in this description, fungi may not be the cause at all. These symptoms can also be caused by something completely different.

This is why a safe diagnosis is essential; otherwise you could waste money and possibly lose valuable time by “barking up the wrong tree”.

The safe diagnosis

Micro-organisms are far too small to be seen by the naked eye and even if they are grown in a dense layer, completely different kinds can look alike. That is why the only safe way to diagnose intestinal Candida is a stool analysis. If you are diagnosed with having Candida, The Hauss laboratory with whom we are working with will not only identify the exact species of fungus but also investigate if it is a harmless or an invasive kind.

Can a diet kill Candida?

Often the advice is given to treat Candida overgrowth with a strict sugar and carbohydrate free diet. As these fungi live on sugar and carbohydrates this type of restriction will certainly reduce the number of cells but in most cases it can't reverse the fungi's ability to cling to the intestinal walls. So Candida will use its fungal ability to rest when it is starved and start replicating again when its food supply gets better.

When conditions are favourable for these fungi, they can switch to protein digestion anyway, leaving us with an impossible dietary challenge. This means that although a healthy diet will help, it will not, on its own, eradicate an overgrowth of Candida.

The treatment

Ever since the first days of your life intestinal bacteria have been colonizing your bowel. Over the years they have become adapted to your nutritional habits and to your intestinal condition – for better and for worse. The treatment, which will be suggested by your therapist, should improve the composition of these gut bacteria and the condition of your intestines. A healthy intestinal flora and a strong gut immune system are the most important allies in our fight against Candida.

However, this won't happen within a few days or weeks by simply taking some pills! This therapy requires your co-operation and discipline. Your therapist will advise you to take certain supplements, keep an appropriate diet and proper hygiene measures and advise you on anti-relapse precautions. Only when you combine all of these will you achieve your objectives.

To order

Please tick below any symptoms that relate to you:

Unpleasant bloating and wind, especially after eating carbs	diarrhoea or constipation which might alternate	
nausea and/or acid regurgitation	extreme tiredness or lethargy	
sweet craving	IBS	
depressive moods like 'winter blues'	recurrent colds and/or a low immune system	
eczema	recurrent vaginal thrush	
recurrent cystitis and alike		
Persistent diarrhoea or alternating diarrhoea and constipation	Attacks of sweating or feeling cold	
Fever	Colic like pains	
Hunger attacks which alternate with times of no appetite	Persistent cough	
Weight loss	Anal itching	
Anaemia	Symptoms following foreign travel	
recurrent vaginal thrush	recurrent cystitis and alike	
Anxiety	Arthritis	Acne
Asthma	Abdominal Pains	Bloating
Fluid Retention	Constipation	Diarrhoea
Headaches	Lethargy	Itching
Eczema	Psoriasis	Skin Problems
Migraine	M.E.	IBS
Weight which does not shift	Sinusitis	Rashes
Rhinitis	Tired all the time	

1x a comprehensive screening test for candida and other fungi, parasites, inflammation and leaky gut:

Total Price **£149.00**

There are four ways to place your order:

- 1 FREEPHONE: 0500 127249** and pay by credit card
- 2 FAX** this order form with your credit card details to 0121 779 3110
- 3 POST:** Please fill out this form and send a cheque (made payable to The Healthy Bowels Company Ltd) or details of your credit card and return to:
The Healthy Bowels Company Ltd, Unit 10, Tile Cross Trading Estate, Birmingham, B33 0NW
IMPORTANT: If you are ordering by post please remember to complete your full name and address details in the boxes below.
- 4 Visit** our website www.healthybowels.com

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		Postcode:
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Issue No:	Start Date:	Expiry Date:
		* Security Code:

* last 3 digits on back of card

The safe diagnosis

Once your order form has been completed and submitted along with your payment, you will be sent a test kit with a prepaid return envelope. This will then be sent direct to the Hauss laboratory in Germany who will not only identify the exact species of fungus but also investigate if it is a harmless or an invasive kind.

You will normally receive your stool test results back within three weeks along with a detailed explanatory letter and recommendations from BTS. If Candida is found, then BTS will recommend a nutritionist or naturopath located near to you.

If you would like further information **FREEPHONE 0500 127249**
or visit our website **www.healthybowels.com**

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