



Holladay Physical Medicine

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This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

Candida Albicans

Candida Albicans is an opportunistic fungus (or form of yeast) that is the cause of many undesirable symptoms ranging from fatigue and weight gain, to joint pain and gas.

The Candida Albicans yeast is a part of the gut flora, a group of microorganisms that live in your mouth and intestine. When the Candida Albicans population starts getting out of control it weakens the intestinal wall, penetrating through into the bloodstream and releasing its toxic byproducts throughout the body.

As they spread, these toxic byproducts cause damage to your body tissues and organs, wreaking havoc on your immune system. The major waste product of yeast cell activity is Acetaldehyde, a poisonous toxin that promotes free radical activity in the body. Acetaldehyde is also converted by the liver into ethanol (drinking alcohol). Some people even report feeling a drunk or hungover feeling along with debilitating fatigue from the high amounts of ethanol in their system.

Do You Have Candida?

Almost everyone has Candida Albicans in their gut, and a significant proportion of us may have Candidiasis, or an overgrowth of Candida. Candida Albicans starts to cause trouble when there is some change in your body that allows it to overgrow. This change could be anything from a few courses of antibiotics, a prolonged diet rich in carbohydrates and sugar, or even something as common as a lengthy period of stress at work.

So if you suspect that you have an overgrowth, the first place to look is your lifestyle to find what could have caused this imbalance. Antibiotics? Oral contraceptives? A diet high in sugar and carbohydrates? Alcohol and drugs? Stress? Or all of the above? Eliminating all of these risk factors is a crucial step in tackling your Candida problem.

Many sufferers of Candidiasis remain undiagnosed by their doctors and unaware of their condition. Unfortunately, many doctors don't recognize the systemic problems that Candidiasis causes. They only treat the symptoms such as vaginal infection or [oral thrush](#). Don't be surprised if your doctor thinks it's all in your head and sends you off with an anti-depression prescription.

Some healthcare professionals don't believe in Candida, so you need to find a doctor with an open mind, or see a naturopath, homeopathic doctor or kinesiologist.

Is Candida Albicans Always A Bad Thing?

So why is Candida a bad thing? Ordinarily it isn't – the Candida Albicans population is kept under control by the friendly bacteria in our gut. However, when your immune system is down, Candida starts to multiply and can quickly take over.

The overgrowth of Candida Albicans produces toxins that your body's immune system can struggle to cope with. The wide-ranging side effects of this battle range from headaches and fatigue to abdominal pain and depression.

The occurrence of Candidiasis has actually been increasing rapidly over the last few decades. Our modern diet of processed food and sweets is partly to blame, but so are the increased prevalence of obesity and diabetes, plus the much more frequent use of antibiotics.

Candidiasis is a debilitating condition that prevents you from waking up strong, healthy and bursting with energy. Fortunately, there are many things you can do to fight it.

PREMISE

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page www.holladayphysicalmedicine.com Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

USE OF PRESCRIPTION DRUGS

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

SUPPLEMENTATION:

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

GENERAL DAILY SUPPLEMENTS

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

SPECIFIC FOR THIS CONDITION

- Zymex
- Prosynbiotic
- Spanish Black Radish
- Cal Amo

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

HOMEOPATHIC REMEDIES

GENERAL INSTRUCTIONS

When using homeopathic preparations, take as directed and as soon as the symptoms are gone and you feel very well, stop the use of this product and store it(not less than 6 feet from microwave). Should the symptoms return, follow the instructions for use again. If symptoms do

not remit within 4 days, consult your doctor of chiropractic. Homeopathic combinations and liquids intended for sublingual absorption should be preceded with a distilled or filtered mouth rinse and followed by nothing by mouth for 4 minutes.

When using herbal and food supplementation, continue usage for at least three months before attempting to determine or assess the outcome.

Any patient following a nutritional homeopathic or dietary form of treatment should see the doctor at least every 30 days.

By following the prescribed usage excellent clinical results and relief of symptoms have been realized for the indicated condition and related complaints. Following these instructions will help to attain natural health as a gradual process. You may expect some symptomatic relief within a few days but permanent results may come from following this process for at least 6-12 weeks.

IMPORTANT NOTE: Homeopathic medication is safe and has no hazardous side effects. You may experience some "proving" on first using this in the form of mild skin or mucosal lining irritations. There is also a toxic release action to this remedy which may give you some unusual temporary symptoms. Do not be alarmed as this is an indication that your body will react to the medication by stimulating your immune system. Should this reaction alarm you or persist, contact your doctor of chiropractic.

SPECIFIC REMEDIES

CANDIDA ALBACANS DOSAGE: 6 drops

EXERCISE

Begin a daily walking routine of 1 minute on the first day. Add 1 minute each day until you are at 45 minutes of continuous walking. Make this a specific time and walking around stores, work or home does not count.

MAINTENANCE:

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

OTHER INFORMATION:

We offer a wide variety of health information at our web site.

www.holladayphysicalmedicine.com All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at

Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.