Common and Unexpected Causes of Candida Overgrowth

There are more microbial cells than human cells in our bodies. Collectively the microbes are called the microbiome. Many different kinds of bacterial and non-bacterial organisms make up this microbiome. We breathe in and swallow some of them, but most are produced in our gut based on the foods we eat. Most of these microbes are in our gut, but they also reside almost everywhere else in the body. Our gut supplies our body with these microbes. In other words, even a healthy gut leaks. Beneficial microbes crowd out pathogens and help keep infections from setting in all over the body. A gut teeming with pathogenic activity supplies the body with pathogens. It's imperative that the gut houses a diverse, healthy microbiome for the body's immune system to function properly.

Candida resides in a healthy human gut, in the yeast form. A healthy gut colony will keep this yeast in check. In an unhealthy gut, yeast is allowed to flourish. It converts into its fungal form, grows filamentous, burrows into the gut lining, and then deposits yeast spores into the bloodstream. This also causes the gut to become "leaky", which is to say it's much more porous than it is supposed to be, and consequently, undigested proteins and pathogens leak into the bloodstream. This causes an immune response. If we didn't live in such an antibacterial world with such an incredible abundance of sugars, candida would not thrive like this, but it is a tremendously versatile and opportunistic pathogen when left unchecked.

If candida is allowed to take over the gut and form its own biofilm, it becomes incredibly difficult to kill. The spores produced are nearly impossible to kill. For more on this, check *Why is Candida So Hard To Kill*. It's freaky what these

microbes can do!

Inflammation

An abundance of candida in the body is known to cause chronic inflammation, but what's less common knowledge is the feedback loop this creates.

Pathogens feed off of sugars, starches, and fats (lipids). Our cells are made up of sugars, starches, and fats. Some pathogens prefer one over the other. For instance, Lyme bacteria want starches, and candida loves sugars.

Pathogens flourish in a damaged body and the presence of these pathogens causes more inflammation. When cells die, they also trigger an inflammatory response. Chronic inflammation also causes more cellular damage, leading to more cellular die-off. A chronically inflamed body is a damaged body with a lot of damaged and decaying cells that are feeding pathogens creating a positive feedback loop.

Related: ***Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections***

Alcohol

Alcohol kills beneficial bacteria in the gut. It can kill fungi too, but candida spores are virtually indestructible and its biofilm can protect the microbe from alcohol as well. In other words, you're disrupting your beneficial bacteria which allows candida to flourish. Alcohol can also raise your blood sugar which can feed candida and other pathogens through the body.

Alcohol also damages cells.

Antibiotics

Antibiotics kill bacteria, leaving fungal infections to flourish. Some antibiotics also kill fungi including candida, but nothing adequately kills fungal spores. And even if something did, they'll be back faster than a healthy bacterial ecosystem could develop to curtail the candida and other pathogens.

Vaccines

Research has shown us that some vaccines will disrupt the gut's microbiota. In addition to that, one's gut microbiota affects how the host interacts with vaccines. A less healthy bacterial colony in the gut is more likely to lead to an immune response with inflammation throughout the body, which in turn can also, eventually disrupt the gut microbiota. Intestinal injuries caused by the rotavirus vaccine have been added to the government compensation program for adverse events. With the recent findings of how vaccines are more likely to cause damage with an undeveloped gut microbiome, scientists are very interested in how gut bacteria and vaccinations interact. We should see a lot more scientific discoveries about this issue in the near future.

Amalgam Fillings

When dental amalgam fillings are in the mouth, tiny particles break free and mercury vapor is released, inhaled, and swallowed. Incidentally, the mercury release is 50 times higher for those who have mercury fillings capped with gold. For a multitude of reasons, the body can't get rid of mercury easily.

Mercury suppresses the immune system and creates an environment that is not friendly for beneficial bacteria, but candida doesn't mind it. In fact, candida and many other fungi

love toxic heavy metals and actually thrive with mercury present.

> *"Mercury fed Candida become more and more virulent and eventually penetrates the intestinal walls and invades the cells. These fungal microorganisms become quite at home in the cell, and can easily be considered a principle characteristic of cancer." – Dr. Mark Sircus*

Antiacids

Many people are under the mistaken impression that all disease needs acidity to thrive. This is not true. It depends on the disease. Candida likes alkalinity. The presence of candida can help to make the body very acidic, but the areas where fungal candida thrives will be less acidic. Antacids raise the PH (less acidic) of the entire digestive tract. This can cause candida to infect the stomach, which is normally far too acidic for it.

All Pharmaceuticals

Virtually all pharmaceuticals, from vaccines to Aspirin, have toxic properties which cause cellular damage that pathogens including candida will feed off of.

Smoking

Sugar is added to tobacco products. We're not sure if inhaling the smoke from burning sugar can feed Candida or other pathogens, but it wouldn't be surprising if it does. Regardless, the toxicity of tobacco products causes other problems that promote Candida overgrowth (and other pathogenic activity).

Smoking adds a plethora of toxic heavy metals into the body,

and yeast, as mentioned above, likes toxic heavy metals. Smoking and the use of other tobacco products also affect liver function.

> *Every time you light a cigarette, nicotine triggers the liver to dump a large amount of glycogen into the blood stream. The blood sugar level is brought up too high, so the body calls on the pancreas to bring it back down.” – Cynthia Perkins, Holstic Help*

Smoking affects the entire body, not just the liver and lungs. Smoking damages cells and causes inflammation and constriction everywhere. It also inflames and constricts the intestinal tract (if you smoke, you may notice the need to have a bowel movement after smoking). Some confuse this with “relaxing the bowels” but the truth is there is less room for digestion and so the stool is evacuated before digestion is complete. Smoking also causes rectal discharge. And smoking constricts and inflames the kidneys as well, which has the opposite effect compared to the intestinal tract. Kidneys process fluid at a slower rate and fluids can become rancid and infectious.

Juicing

Juicing has lots of benefits, but that carrot, beet, apple juice can do more harm than good for some people with an abundance of Candida in their gut. Juicing removes the fiber and other nutrients from the fruits and vegetables, and these nutrients are needed to feed a healthy gut microbiome. What’s left are sugars. If you’re just juicing kale, turmeric, lemons, collards, and garlic, or something like that, feel free to keep on juicing. But if you’re sweetening your juices with sweet fruits or carrots or beets, it doesn’t take much to make candida happy.

Fruit

We’re not saying that fruit is bad, but anyone who is suffering from an over-abundance of candida needs to lay off the fruit (not including lemons, limes, cranberries, granny smith apples, and other non-sweet fruits). Fruit is much sweeter than it used to be. Even on an all-natural, unrefined, raw food diet, we have way more access to sugar than our paleolithic ancestors did. Google wild bananas and check out what watermelon used to look like. Not only was fruit seasonal and harder to come by, but it was also much more fibrous and mealy, and much less “fruity.”

Condiments

Many condiments including salad dressings, mustards, ketchup, and hot sauces have sweeteners in them. Even without sweeteners, they are typically refined and processed with the addition of too many unnecessary ingredients. Read the ingredient labels. Better yet, make your own condiments, and use more herbs and better cooking methods to add flavor to your meals.

Organic Junk Food

Refind and processed foods fed pathogens including candida. Let’s take chips for instance. Chips often have sugar in them, including the organic varieties, but even those sugar-free brown rice and bean chips can still feed candida. Brown rice is ok for most people who aren’t very ill. When digesting brown rice, provided the gut has enough bacterial activity to do the job properly, fiber-loving gut microbes get to eat and proliferate first, before the sugar and starch molecules are exposed. But if you grind brown rice into a flour to make chips or pasta with it, you’re exposing the sugars and starches. The digestive process is altered. This is why it’s

better to eat, cook with, and chew your own whole foods. Looking at those same chips as an example, the bean flour used is laden with enzyme inhibitors (unless the corporation making the food soaked and sprouted those beans properly, which is doubtful!) Enzyme inhibitors disrupt healthy gut microbiome, inhibit nutrient assimilation, and damage the digestive system. Similar examples exist for almost every single pre-packaged, processed food item in your organic health-food store.

Conclusion

When you're chronically ill, forget the store-bought cereal, boxed nut milk, nut butters, chips, "healthy" chocolates, and food bars. To build up healthy bacterial colonies in the gut, you a variety of need whole foods. Nothing helps to grow a healthy microbiome like huge, diverse salads. Check out this article, *Detox Cheap and Easy Without Fasting* for a recipe for gut-healing salads and be sure to read *How To Heal Your Gut.*

Fungal Supplement Stack – Knock Out Yeast, Candida, Mold, Fungus

The first three should be plenty for most people, but for really prominent fungal issues or for impatient people with a bigger budget I'd recommend all of these:

- Formula SF722 – Thorne Research
- Abzorb Vitamin & Nutrient Optimizer (500mg) HCP Formulas
- Syntol AMD – Arthur Andrew Medical
- Berberine 500mg – Thorne Research
- MycoCeutics MycoPhyto Complex – EcoNugenics
- MicroDefense – Pure Encapsulations

Sources:

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- *Does alcohol affect blood sugar levels in diabetes?* –

Medical news Daily

- *Influence of the microbiome on response to vaccination* – NCBI
- *Your Gut Microbiome Could Affect Vaccines' Effectiveness* – Discover
- *What do the bacteria living in your gut have to do with your immune system?* – The Conversation
- *Seven-Valent Pneumococcal Conjugate Vaccine and Nasopharyngeal Microbiota in Healthy Children* – CDC
- *More Evidence Links Gut Microbiome to Autism* – NEJM
- *The Candida Mercury Link* – Lotus Dental
- *How Nicotine Affects Candida Overgrowth* – Holistic Health