

Signs You Have Too Much Candida

A gut filled with Candida leads to chronic illness. It inhibits beneficial bacteria and proper digestion, which increases toxicity and nutrient deficiencies. Candida also increases zonulin levels, the substance that controls the tight junctions between enterocytes in the gut, which leads to weaker junctions and the development of leaky gut. Candida filaments also penetrate directly through the wall of the gut lining and contribute to leaky gut in this manner as well. Undigested proteins and pathogens seep through the gut lining causing inflammation and infection throughout the body. Candida and other fungal pathogens open up pathways for infection with filaments that damage organs and glands. This leads to the immune system becoming overwhelmed.

Candida also disrupts the endocrine system causing hormonal imbalances that also cause chronic illness. Lyme disease, celiac disease, Morgellons, and most other chronic infections and chronic ailments are an indication of an abundance of Candida in the gut and throughout the body.

Related: *How To Heal Your Gut*

Tiredness, Physical Fatigue

Adrenal fatigue is a common symptom of Candida overgrowth. Being exhausted or fatigued regardless of how many hours you sleep along with other symptoms including headaches, joint pain, difficulties with memory and concentration is a sign of chronic fatigue syndrome. One of the main symptoms of candida overgrowth is chronic fatigue.

Mental Fatigue, Depression, Anxiety, Mood Swings, and Mental Illness

Our brains are inextricably tied to our gastrointestinal tract. Your gut health affects your brain health. Candida overgrowth leads to an inability to concentrate, brain fog, headaches, depression, anxiety, and worse. With a leaky gut, the 180+ toxins produced by Candida travel to the rest of your body through your bloodstream, affecting your different tissues and organs, including your brain. In addition to that, Candida, its toxic byproducts, and other pathogens in the gut can reach the brain through the millions of nerves and neurons that run between your gut and brain.

Ethanol and acetaldehyde are toxic byproducts of Candida which are known to interfere with cognitive function, the respiratory system, the endocrine system, and the immune system.

Candida also affects serotonin production, the key neurotransmitter responsible for regulating mood, with 90 to 95% of the chemical produced in our gut. A deficiency in serotonin causes depression and anxiety.

Related: *Sugar Leads to Depression – World's First Trial Proves Gut and Brain are Linked (Protocol Included)*

Intestinal Distress, Digestive Issues

Diarrhea, constipation, flatulence, bloating, cramps, IBS, stomach ulcers, and most digestive issues are an indication of Candida overgrowth. We need a healthy microbiome for our immune system to properly breakdown food to assimilate nutrients.

Allergies and Allergic Reactions

Rash and hives are typically a sign of increased fungal activity. Seasonal allergies and food allergies almost always vanish when Candida is brought under control. It sounds radical, but it's true. Celiac disease, wheat allergies, and gluten sensitivity also subside when the gut is healed.

Joint Pain

Uric acid is one of the many byproducts of Candida albicans, which leads to joint pain in various parts of the body, and can lead to gout. High levels of uric acid can eventually do damage to the tendons and joints.

Candida can also enter the bloodstream and infect joints like the knees and hips.

Related: *Running Without Knee pain*

Skin, Athlete's Foot, and Nail Fungal Infections

Candidiasis on the skin causes red, itchy rashes to form, typically in the folds of the skin and then spreading to other areas of the body. An abundance of Candida in the gut also degrades the immune system and depletes the body's beneficial bacteria which can lead to other skin infections as well. Liver toxicity, hormonal imbalances, and autoimmune reactions from Candida also lead to other skin issues.

Floaters

The longer thread-like floaters (not the small round ones) are a sign of an abundance of yeast in the body. Candida can also negatively impact vision.

Body Odor

Candida converts sugar into alcohols that can contribute to body odor. An abundance of Candida also reduces the beneficial bacteria on the skin that would otherwise keep odor-causing bacteria in check.

White Tongue, Oral Thrush

White tongue is a typical sign of an overgrowth of candida.

Genital or Urinary Tract Infections

An unhealthy gut microbiome leads to most UTIs and yeast infections. An abundance of Candida can reduce the variety of beneficial bacteria which can then allow a select few to become pathogenic.

While some UTIs are directly caused by yeast, many UTIs are caused by E. coli. The body relies on a variety of beneficial bacteria, including lactobacillus, to keep bacteria like E. coli in check. If the E. coli, normally found in a healthy gut, are able to proliferate, it can infect the urinary tract.

Kidney infections are often caused by slow kidney function due to swollen reproductive systems putting pressure on the kidneys (swollen prostates and PMS can cause this).

Related: *How To Stop a UTIs & Yeast Infections Naturally, and How To Prevent Them From Reoccurring*

Sinus Infections

Like the rest of your body, your sinuses rely on a healthy microbiome to ward off infection. Doctors used to believe that almost all chronic sinus infections were caused by bacteria. Recent research shows that many of the long-term, chronic

sinus infections are often fungal. A Mayo Clinic study looked at 210 patients with chronic sinusitis and found fungal infections in 96% of the patients' sinuses.

More Candida Overgrowth Symptoms

Due to the fact that Candida can affect all of the body's major systems and infect every part of the body, virtually any health issue could be a sign of Candida overgrowth. While any one symptom on this page doesn't mean Candida has taken over, it's a safe bet that if the body hasn't been working properly for long periods of time, Candida is one of the main underlying causes.

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

- Acne
- Alcohol cravings
- Allergic reaction to certain medications including antibiotics or steroids
- Asthma
- Bad breath
- Bad PMS and erratic periods
- Body odor
- Chronic aches and pains
- Chronic nasal congestion
- Congenital heart disease
- Constant colds and other infections
- Constant feeling of dehydration
- Constantly craving sugar or carbs
- Cracked tongue
- Feeling slightly drunk without drinking alcohol
- Hayfever
- Insomnia
- Itching
- Itchy anus
- Itchy ears

- Itchy eyes
- Mood swings
- Night sweats
- Panic attacks
- Post-nasal drip
- Psoriasis
- Recurring cystitis
- Recurring vaginal discharge
- Regular fevers
- Restless leg syndrome
- Sensitivity to smells such as chemicals and perfumes
- Stuffy nose or itchy ears after eating
- Thrush infections
- Tinnitus (ringing in the ears)
- Vertigo, Dizziness
- Weight gain

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

I recommend taking the SF722, Berberine, MycoCeutics, and Microdefense with meals, and the Abzorb and Syntol separately, on an empty stomach (like in the morning and before bed). The Abzorb and the Syntol are a bit redundant, but I find good results using both if the budget can afford it. If money is really tight, just get the SF722 and put your money into your

diet. And be sure to check out *How To Heal Your Gut* for more on this.