

# Why Is Candida So Hard to Kill?

There are a lot of reasons why Candida is so hard to kill.

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

Candida mutates and develops resistance towards treatment. It has been found that *Candida Albicans* has the ability to rearrange its genes and adapt to many methods of eradication that may be used against it, including antifungal medications, oxidative stress, and temperature increases.

When Candida has access to the bloodstream (which happens with a leaky gut), it can colonize in the sinus cavities, glands, and organs in the body, including the skin and the brain. When areas of the body have less blood flow it's harder to fight off infection.

The cell wall of Candida is made up of mostly sugars and proteins. One of the sugars that make up the cell wall of Candida is called *beta-glucans*. Beta-glucans are also used as a structural building block for Candida biofilm. The beta-glucans can stimulate and suppress the immune system of the host.

Candida can bind to certain hormones, altering their shape so they're no longer able to fit into their target hormonal receptors. This is one way Candida can manipulate the endocrine system and disrupt hormonal balance.

A healthy gut has a healthy biofilm made up of beneficial bacteria with a little bit of yeast. Healthy biofilm has a beneficial symbiotic relationship with our body. Candida also develops a biofilm.

Candida biofilm is the resilient, gelatinous matrix that Candida creates around itself when it colonizes tissue around the body. This biofilm allows Candida to grow while protecting it from the immune system. In other words, Candida uses its biofilm to suppress or activate the immune response of the host to adjust its environment.

Some Candida proteins look similar to gluten protein molecules, which also look similar to the proteins that make up our thyroid. This causes autoimmune disease.

Candida needs an alkalinity to survive. When it finds itself in an environment that is too acidic, like your gastrointestinal tract, Candida will release ammonia to lower the PH of the environment.

An abundance of Candida causes anxiety, depression, ADHD, and other a plethora of other mental health disorders. The toxins released by Candida can impair neurotransmitter production and neurotransmitter function and disrupt brain chemistry. Your thoughts, feelings, moods, and your way of seeing the world can be profoundly influenced by Candida.

Yeast needs energy. Sugar supplies this energy. If oxygen is low or non-existent (like in the middle of a ball of dough, or inside much of our body), yeast will produce carbon dioxide and ethanol, also known as alcohol. Alcohol levels can be so high in the body that the individual may actually be drunk, fail a breathalyzer test, and experience a hangover after the sugar is used up.

## **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.