

## CANDIDA OVERGROWTH

Candida albicans is a yeast-like fungus that inhabits the gastrointestinal tract, genitourinary tract, mouth, and throat. This organism, which normally lives in a healthy balance with other bacteria and yeasts within the body, can multiply out of control resulting in a condition known as candidiasis. This overgrowth can manifest in diverse symptoms, such as tiredness, digestive disorders, bloating, constipation or diarrhea, vaginitis, cystitis, menstrual problems, migraines, numbness or tingling of the face or extremities, allergies, itching, sinus infections, thrush, irritability, anxiety, depression, mood swings, and forgetfulness. It affects both men and women. For additional information, you may also refer to the Fungal Infections page of this guide.

### Homeopathics

**Cancordistat™**- detoxification of Candida infection, indicated for bloating of the stomach, flatulence, and rhinitis.\*\*

**Candida Albicans Phenolic**- isopathic remedy to temporarily relieve symptoms associated with reactions to yeast or mold in foods, indicated for indigestion.\*\*

**Candida Cord**- homeopathic cord of Candida albicans, indicated for bloated abdomen and indigestion.\*\*

\* **Candique™**- homeopathic nosode for Candida infections, indicated for vaginal discharge, vaginal discomfort, abdominal distention, and bloating.\*\*

**Cort Sym™ Gel**- topical gel indicated for temporary relief of itchy skin irritations, inflammation, rashes, and genital or anal itching.\*\*

**Fungustat I™**- detoxification of various molds and fungi, indicated for heartburn, distention, burning with urination, flatulence, and apathy. \*\*

\* **Fungustat II™**- detoxification of Candida infections, indicated for bloating of the stomach, flatulence, and rhinitis.\*\*

**Mannan Phenolic**- isopathic remedy for reactions to mannan, which is a significant component of Candida cell walls.\*\*

### Herbals

**Black Walnut**- single herb known for its antifungal and laxative properties.

**Echinacom™** or **Echinacom C™**- fortifier for the immune system, indicated for yeast and fungal infections.

**Grapefruit (seed)**- single herb known for its antibacterial and antifungal properties.

\* **Lapachocom™**- fortifier for the immune system, indicated for fungal and Candida overgrowth.

**Lomacom™**- topical ointment to fortify the skin, indicated for fungal conditions.

**Pau D' Arco**- single herb known for its effectiveness in controlling fungi, Candida and bacteria.

**Pyloricom™**- fortifier for the stomach and small intestines, indicated with Candida or H. pylori overgrowth.

## CANDIDA OVERGROWTH (CONTINUED)

*\*Denotes primary remedies*



## THERAPEUTIC GUIDE

- Sugar Metabolism Formula-** Amazon Rainforest formula that satisfies sweet cravings and balances blood sugar.
- \* **Yeast Formula-** Amazon Rainforest anti-yeast formula, indicated for yeast and fungal infections.

### Nutritionals

- B-Complex-** Vitamin B formula to replace vitamin deficiencies due to malabsorption associated with Candida overgrowth.
- \* **Caprylic Acid Plus-** antifungal blend to support healthy microbial balance in the digestive tract.
- Colo-Cleanse™-** source of fiber and cleansing herbs to prevent Candida die-off symptoms and promote more frequent bowel movements.
- \* **Enervimin™ Candida/Yeast Focus-** full spectrum vitamin and mineral supplement for individuals with Candida overgrowth.
- Flax Seed Oil-** source of healthy essential fatty acid with anti-inflammatory and antifungal benefits.
- G.L.A. Borage-** essential fatty acids to support the immune system and correct possible deficiency associated with Candida overgrowth.
- \* **H.D.A. (High Delivery Acidophilus)-** encapsulated live “friendly” bacteria specially processed to deliver the greatest amount of beneficial cultures to the intestines to improve the balance of intestinal flora.
- Immunique™-** essential nutrients for tissue healing and immune support.
- Magnesium Chelate or Magnesium Oxide-** deficiency in this mineral may be associated with Candida overgrowth, indicated for constipation.
- N-Acetyl Cysteine Plus-** this sulfur-containing amino acid may help break up biofilms associated with Candida overgrowth and support detoxification of the body.

### Additional Considerations

The use of certain pharmaceuticals (such as cortisone, oral contraceptives, and antibiotics) may upset the balance and cause an overgrowth of Candida in some individuals.

Certain foods may aggravate Candida overgrowth, depending on the individual. Common problem foods are: aged and fermented foods, alcohol, chocolate, dried fruits, gluten-containing grains, vinegars, sugary products, and yeast-containing products. The diet may need to be free of fruit, sugars, yeast, and high-carbohydrate foods. The patient should eat vegetables and meats, including fish. Eating live yogurt adds acidophilus to the body and helps restore normal balance.

Inform your patient that cotton clothing is preferred over synthetic fabrics that tend to hold in moisture.

## CANDIDA OVERGROWTH (CONTINUED)

\*Denotes primary remedies



## THERAPEUTIC GUIDE



864-408-8320 - Orders  
864-214-2264 - Clinical Support  
support@anovahealth.com  
www.anovahealth.com

Individuals with chronic fungal infections may have a suppressed immune system. Immune systems may become compromised by toxins, infections, stress, or pharmaceuticals such as antibiotics, cortisone, and birth control pills, to name a few. High mercury levels have been linked to fungal infections. If toxic levels are present, you may wish to consider Energique's Metalstat, Dentastat, or other detoxifiers. Please refer to the Detoxification pages of this guide for more information.

\*\*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

*\*Denotes primary remedies*