HEALTHY TIPS

Top 6 Symptoms Of Candida And Their Causes

By bestfolkmedicine · 21/05/2019 · 3 min read



Did you know that Candida albicans is the most common yeast infection in the mouth, intestinal tract, and vagina? It may also affect the skin and other mucus membranes.

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When the immunity is working optimally, this infection is not serious. But, if it is not, it can spread to other parts of the body, including the blood, heart, and brain and lead to more severe symptoms or invasive

candidiasis.

Candida overgrowth is used to explain the overgrowth of candida in the body. This chronic health problem may contribute to other health issues like allergies, sensitivities, and intolerances to different foods.

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What Causes Candida Overgrowth?

The causes of candida overgrowth are several. Here are the 5 major ones in addition to a diet rich in sugar, simple carbs, and alcohol:

- **Antibiotics**

Overuse of antibiotics is known to contribute to the development of an environment suitable for candida overgrowth. This is because the antibiotics do not just destroy the bad bacteria, but the good ones as well. The good bacteria are important for proper digestion and normal levels of candida.

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- **Birth control**

If a woman eats a diet rich in refined sugar and has taken antibiotics, the birth control pills she may be taking can have a negative effect on the body and trigger candida overgrowth.

- **Oral corticosteroids**

People with asthma who use corticosteroid inhalants have a higher risk of candida overgrowth in the mouth. This is why they need to follow the instructions for mouth swishing after every use.

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- **Weakened immunity**

Every person with a weakened immunity has a higher chance of candida overgrowth. The most affected population is children, elderly, people with HIV/AIDS, and those with other autoimmune and inflammatory conditions.

- **Diabetes**

In people with type one or two, the sugar amount in the mouth and other mucus membranes are higher than in people without diabetes. As candida is yeast and sugar is its major food source, it is logical that those with diabetes are at a higher risk of candida overgrowth.

How to Recognize Candida Overgrowth?

Consult your physician if you happen to experience some of the following symptoms:

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- **Oral thrush**

This yeast infection is triggered by candida in other mucus membranes, including the vagina. It may spread throughout the body if not treated. This infection can be transmitted to newborns during birth, in children by sharing toys with other children, while adults can share it through saliva.

- **Brain fog**

Candida overgrowth is known to decrease the focus, weaken the physical coordination, and impede concentration. One may also experience poor memory.

- **Fungal infections on the skin and nails**

Recurrent infections like Athlete's foot or toe fungus may indicate a candida overgrowth.

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- **Intestinal problems**

Ongoing flatulence, bloating, diarrhea, and constipation may be caused by low level of good bacteria in the gut. Namely, when yeast spreads in the intestines, the good bacteria diminish and are unable to fight.

- **Chronic tiredness**

If you have a tiredness that does not go away even after a good night's sleep or a rest, you may have chronic fatigue syndrome. This tiredness lasts a minimum of 6 months and it is often followed by other symptoms of candida such as joint ache, brain fog, and headaches.

- **Recurrent vaginal and UT infections**

In these instances, candida may be the underlying cause. Remember, candida can be sexually transmitted and partners may transfer it back and forth. If you are a woman, lower your risk by wearing lighter underwear and avoiding hot baths during an infection.

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