



Knowledge is
your secret
weapon to good
health.

CLEANSING/DETOX

Candida (Yeast Overgrowth)

Candida Albicans are a type of yeast that normally reside in a healthy gut.

Most of the time they are completely harmless, as they are kept under control by the other "good" bacteria co-existing there. Yeast only becomes a problem when there is a change in gut balance, leading to an excess growth throughout the body. Overgrowth can occur in the intestines, genital tract, mouth, throat, skin or nails. Candida overgrowth can lead to damage in the gut ("leaky" gut), resulting in toxins and undigested food particles entering the bloodstream. This is associated with the autoimmune response and allergies/sensitivities. Candida overgrowth can have many negative side effects including higher risk of infections, hormone imbalances, brain fog, sugar/alcohol cravings, muscle aches, joint pain, insomnia, low libido and digestive disturbances.

Contributing Factors

Antibiotic use, birth control pills, pregnancy, diabetes, eating a high sugar diet (from fruit, dairy, refined grains, sugars), heavy metal exposure, poor liver function, chronic stress, coffee intake, cortisone drugs, sedentary lifestyle, poor digestion & elimination (due to low HCl, fibre, enzymes, good bacteria)

Lifestyle Recommendations

- Cutting out sugars is key! This includes added sugars, naturally occurring sugars, and any ingredient that breaks down into sugars (carbohydrates). This "starves" the candida, as they feed off of sugar.
- Focus on organic whole foods, such as non-starch vegetables, quality proteins, nuts & seeds (avoid peanuts and cashews though!), and non-glutinous grains. Avoid dairy, gluten, and processed foods.
- Some people may experience die off symptoms when cutting out sugars, or undertaking a candida cleanse. To mitigate these symptoms, practice moderate exercise, support liver and immune function, increase water intake, manage stress, ensure regular bowel movements, and temporarily reduce your dosage of probiotics or antifungals. Symptoms should subside within a week.
- It can take a minimum of three months on a specific diet and supplements to clear candida.

Product Recommendations

- Improve digestion and heal the gut: Probiotics, Enzymes, Betaine Hydrochloride, L-Glutamine, C-NAG, Zinc, L-Carnosine, Marshmallow, Aloe Vera
- Antifungals (often come in combination in the form of a candida cleanse kit, but can purchase separately as well): Caprylic Acid, Oregano Oil, Citrus Extracts, Garlic, Ionic Silver, Olive Leaf Extract, Pau D' Arco, Peppermint, Clove, Oregon Grape Root, Uva Ursi, Berberine
- Use binding agents to trap toxins produced by the candida: Activated Charcoal, Bentonite Clay
- Extra Fibre to promote bowel movement and ensure toxins and dead yeast cells are eliminated: Flax, Psyllium, Chia, Acacia, Guar Gum (all are available in powdered supplement form)
- Support Immune System and Inflammation: Plant Sterols, Fish Oils, Vitamin C, Vitamin B Complex

Book a free 15 minute consult with a GNN Product Advisor!

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