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What is Candida?

Candida albicans is a saprophytic fungus which grows and multiplies at 37° C. It is normally found residing in the intestinal tract and does not provoke any particularly harmful effects. Nonetheless, in some circumstances it can become a pathogen, invading mucous membranes and causing a variety of problems. This occurs when a variety of predisposing factors cause the yeast population to multiply and overcome the normal competition between the bacteria residing in the intestine. Normally these resident intestinal bacteria keep the yeast population within the normal population numbers.

An unbalanced overgrowth of *Candida a.* can become an insidious enemy to our health and wellbeing, and unfortunately it is more widespread and more threatening health problem than it is generally thought to be. *Candida a.* is well known because it often presents with a vaginal yeast infection, or a yeast infection in the mouth/tongue/throat or on the skin in form of rash (especially when exposed to sunlight). Urethral /urinary infections can often be attributed to candidiasis.

Those who suffer with vaginal candidiasis know how difficult it is to overcome this health problem and its recurrence with conventional medicine. In fact, *candida a.* can adhere and attack many types of the body's tissues, and it is also contagious. Its dispersive nature compels its continuing need to grow and overpopulate any tissue it attacks unless it is kept in check.

Can *Candida a.* become a parasitic affliction to our intestines?

When *Candida a.* becomes parasitic it can release up to 79 different types of endotoxins, (each toxin can provoke a variety of symptoms), which can circulate and penetrate into the most hidden nooks and crannies of our body. It is a dimorphic micro-organism. This means that it is gifted with a great capacity for adaptability to the environment in which it reproduces, and it can choose to differentiate into two forms which ramify - almost like an Ivy plant's branching long tentacles and roots onto and into the mucosa it affects. These ramifications, called Rhizoids, creep across the intestinal walls, inflating them and facilitating the entry of undigested fragments of protein through passages they create in the mucosal walls of the affected intestinal mucosa.

Once the selective permeability of the intestinal mucosa is altered in this way, the undigested protein molecules penetrate into the bloodstream causing an alarm reaction and hence allergy. During this phase the patient usually becomes sensitised i.e. intolerant one or more foods which contain the ferment forming allergenic protein. Hence, the patient remains a hostage to allergies, intolerances, and symptoms which closely resemble Irritable Bowel Syndrome until he/she is liberated from the unwelcome guests that have taken up residence in their body.



How can we find out if we have Intestinal Candidiasis?

Applied Kinesiology is a test method (which is used for diagnosis) and it is the least invasive and quickest method of determining the presence of *candida a.* infection.



What are the symptoms of a Candida infection?

- Leaky Gut, Leaky Brain, Panic Attacks;
 - Depression;
 - Chronic Fatigue Syndrome/ME/Post Viral Syndrome;
 - Fibromyalgia;
 - Muscle Fatigue/Weakness and Bone Pain;
 - Diarrhoea and/or Constipation, excessive Intestinal Gas, Abdominal Cramping/Colitis alleviated by evacuation;
 - Gastro-Oesophageal Reflux;
 - IBS;
 - Ulcerative Colitis;
 - Crohn's Disease;
 - Milk/lactose Allergy/Intolerance, Food Intolerances;
 - Hypoglycemia;
 - Sinusitis/Rhinitis, Catarrh/Phlegm of Respiratory Airways Mucosa;
 - Inflammation of Hair Follicles on the Body or Head Hair;
 - Red eyes;
 - Psoriasis, Seborrhoeic Dermatitis, Dry skin, itching, eczema;
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- Polyuria (excessive urine production);
 - Puffy Face and Lips;
 - Headaches, Migraines
 - Vaginal Inflammation and Female Reproductive system
 - Prostatitis, Urethritis;
 - Low Libido;
 - Irregular Menstruation, Premenstrual Syndrome (PMS);
 - Cystitis;
 - Insomnia, Sleepiness;
 - Throat Inflammation Requiring Constant Clearing, Laryngitis, Nasal Congestion, Coughing.

How can it be treated?

There are two fundamental approaches:

The first approach involves modifying the patient's food habits as well as providing nutritional support and alternative substitutes. He/she will need to drastically reduce or avoid sugars and refined carbohydrates in their diet, and develop an awareness of the role played by excessive sugars in his/her life. Sugars and refined carbohydrates which need to be particularly avoided are:

- Yeast found in pizza, bread, cakes etc;
- All refined sugars (brown, raw and white);
- Sugary fizzy drinks and sweetened drinks and fruit juices and drinks;
- All alcohol;
- Some fruits, such as cherries, bananas, figs, melons, dates, grapes, persimmons;
- Mushrooms;
- Dried fruit;
- Refined Carbohydrates
- Cow's milk and fresh cheeses made from cow's milk, (except buffalo, goat and sheep milk which are OK);
- Food additives - colourings and preservatives.

The second approach is through **Homotoxicology**. As well as being specific in its ability to fight the development and progress of Candidiasis, Homotoxicological therapy can also recreate a state of intestinal eubiosis, rather than dysbiosis, i.e. it can, together with the adjunctive use of specific personalised probiotics, Homotoxicology detoxification and specific Homotoxicology Candida treatment, help in reinstating/rebalancing the normal good/useful intestinal bacteria.

Homotoxicology is the modern form of Homeopathy, developed by Dr.Hans-Heinrich

Reckeweg in 1952, which understands illness as the human body's defence against toxic substances (homotoxins) that threaten to overwhelm the intercellular matrix. According to this therapeutic model, the type and severity of an illness are determined by the duration and intensity of an individual's toxic load in relationship to the body's inherent capacity for detoxification.

The resulting disturbances, which eventually manifest as illness, are the body's attempt to restore a state of biochemical balance. In contrast to classical homoeopathy which treats disease in stages, each time with a single remedy/substance according to the homoeopathic repertory with a chosen titrated/diluted dose/s, Homotoxicology combines various homoeopathic repertory remedies, each at varying dosages from least to more dilute into one complete remedy in order to address all the causes and offshoots involved in any given symptom presenting as illness.

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