

Healthy Perspectives

TOPIC:

Candida Albicans Symptoms

ALLERGY OR INTOLERANCE TO BEVERAGES AND FOODS CONTAINING DIETARY YEASTS AND MOLDS

- Alcoholic beverages
- Soy sauce
- Mushrooms
- Aged cheeses
- Brewers yeast
- Peanuts
- Vinegar
- B Vitamins with yeast
 - Bread and other yeast-raised items

AUTO-IMMUNE DISEASES

- Rheumatoid arthritis
- Thyroiditis
- Multiple sclerosis
- Myasthenia gravis
- Systemic lupus
- Hemolytic anemia
- Scleroderma

BRAIN & NEUROLOGICAL

- Fatigue & lethargy
- Suicidal thoughts
- Dizziness, light-headedness
- Behavior & Learning issues
- Nervousness
- Memory impairment
- Grumpiness
- Ability to reason
- Feeling "Spacey"/ unreal
- Crying
- Insomnia
- Autism
- Multiple sclerosis
- Mood swings
- Agitation / Irritability
- Lack of concentration
- Clumsiness
- Depression
- Anxiety / Restlessness
- Hostility
- Tantrums
- Lack of self-confidence

CHEMICAL INTOLERANCES

- Cigarette smoke
- Gasoline Odor
- Paint
- Exhaust fumes
- New carpet odor
- Solvent fumes
- Perfumes
- Cleaning agents

EAR

- Ringing in the ear
- Stuffed/clogged ears
- Recurring ear infections
- Ear pain
- Itching ears
- Diminished hearing

GASTROINTESTINAL

- Constipation
- Bloating & distension
- Colitis
- Irritable bowel syndrome
- Indigestion
- Decreased appetite
- Coated tongue
- Cramping
- Diarrhea
- Intestinal growling
- Crohn's disease
- Spastic colon
- Heartburn
- Oral thrush
- Excessive gas
- Itchy anus
- Canker sores
- Mucus/bloody stools
- Enteritis
- Gum inflammation

HEART / CIRCULATORY SYSTEM

- Rapid heartbeat
- Mitral valve prolapse
- Cold hands and feet

INHALANT ALLERGIES

- Mold
- Hay fever
- Mildew
- Dust, etc.

MENSTRUAL

- Delayed/irregular periods
- Fibrocystic breast disease
- Painful periods
- Endometriosis
- Infertility
- Scant or profuse bleeding
- Premenstrual symptoms
- Passing clots

MUSCULOSKELETAL

- Arthritis
- Joint stiffness
- Muscle weakness
- Fatigue
- Joint/Muscle swelling
- Joint pain
- Muscle pain/aching
- Arthraigia

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OTHER SYMPTOMS

- Underweight
- Anorexia nervosa
- General feeling of ill health
- AIDS
- Hot and cold sweats
- Elevation of blood alcohol levels without alcohol consumption
- Tendency to bleed easily/slow clotting
- Overweight
- Cancer
- Cravings for sweets, alcohol, bread, & cheese
- Multiple allergies to foods
- Fluid retention/edema

RESPIRATORY

- Asthma
- Snoring
- Chronic stuffy nose
- Recurrent infections
- Itchy throat
- Congested sinuses
- Shortness of breath
- Recurrent colds/flu

SENSES

- Disturbances of smell, taste, vision, and hearing, i.e. increased sensitivity to noise or light, deafness, salty or metallic taste, blurred vision, or watery eyes.

SKIN

- Acne
- Psoriasis
- Rosacea
- Hives
- Easy bruising
- Rashes of all kinds
- Rough/dry or scaly skin
- Generalized itching
- Folliculitis
- Tingling
- Eczema
- Numbness
- Recurrent staph infections
- Chronic/recurrent fungal infections of skin/nails

UROGENITAL

WOMEN

- Vaginal itching
- Burning &/or discharge
- Itching and inflammation
- Vaginal or pelvic pain
- Painful intercourse

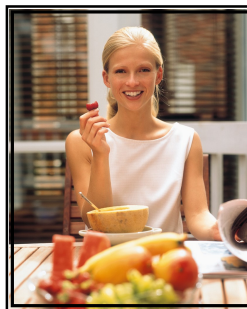
MEN

- Impotence
- Recurrent prostatitis
- Prostate inflammatic

For MEN and WOMEN

- Recurrent urethritis
- Bladder irritations
- Frequent urination
- Loss of sex drive
- Recurrent cystitis
- Painful urination
- Bladder cramping

Adapted from The Missing Diagnosis, 2nd ed. by C.O. Truss, M.D. and The Yeast Connection and the Women, by W.G. Crook, M.D. (Professional Books, Inc. 1995)



**"Thought become things...
CHOOSE WISELY!"**