

Healed From Candida Kelle Lambers

30% of people in the US have an overgrowth of candida, which is quite an epidemic. Our modern food system is full of sugars, processed foods and GMO's, which allow our bodies to become out of balance and cause many of our modern health issues. Some of the symptoms of candida are: white film on tongue, bad breath; rectal and/or body itching; frequent vaginal yeast infections, frequent fungal infections like athletes foot, toe nail fungus and "jock itch"; chronic fatigue, feeling down or fibromyalgia; digestive issues- gas, bloating, constipation or diarrhea; frequent use of antibiotics; autoimmune diseases such as hashimoto's thyroiditis, rheumatoid arthritis, ulcerative colitis, crohn's disease, lupus, psoriasis or multiple sclerosis; difficulty concentrating, poor memory, lack of focus, ADD, ADHD, and/or brain fog; skin issues such as acne, eczema, psoriasis, hives, and rashes; irritability, mood swings, anxiety, or depression; severe seasonal allergies or itchy ears or throat; strong sugar and refined carbohydrate cravings.

Candida is a natural bacterium within our digestive system. Problems arise when our bodies get out of balance due to environmental and/or health factors, which allow these organisms to overpopulate and release toxins into our system which lowers our immune system.

I had almost 15 years of dealing with candida before I finally figured out the many facets of healing I had to do to get my body back into balance. It's not just a matter of cutting all carbs out of your life or eating lots of probiotics. I found that I had to target and heal a few different areas in my body for me to truly and completely rid my body from my candida overgrowth.

WHAT ARE THE CONTRIBUTORS TO CANDIDA

I have found that candida overgrowth is usually caused not just by our diet choices, but from a combination of; digestive issues, hypothyroidism, poor adrenal function, a lowered immune system and stress. Once I started concentrating on healing each of these areas then I was finally able to rid myself of candida.

SUPPLEMENTS TO BALANCE CANDIDA

Some of the products I used to aid me in my cleansing and healing were Dr. Christopher's: Intestinal Sweep Formula- to cleanse and rid the digestive tract of candida and parasites. Soothing Digestion Formula- to aid in digestion, repair, and calming to the immune system. Licorice- Help's with stress, detoxifying the body, soothing spasms, reducing inflammation and treating stomach disorders. Ashwagandha- Calms stress and the nervous system.

Take all sugar, high carbohydrates and yeast products out of your diet while cleansing. Eat lots of vegetables, probiotics and nourishing fats to support your body. Do gentle yoga or Qi Gong to reduce stress. Make yourself a priority in your life; take time to rest and give yourself some special time just



for you. Healing is in your mind and body. You need to address the physical as well as the mental to truly heal. You can't do one without the other; your body is a complete package. So, make sure you treat it holistically.

Kelle Lambers~ *A consultant on health and healing, **author of FREE from Candida Cookbook**, creator of **completehealthandhealing.com** and now a Thai Yoga Therapist!!*