

Candi Quiz

By Susan U. Neal

Understanding Candida

Candida Albicans, a type of yeast common in the gut, causes a person to crave sugar, alcohol, and processed foods. If you love these foods you might have an imbalance in the flora of your gastrointestinal (GI) tract. An imbalance means the beneficial microorganisms have been killed off by antibiotics, preservatives in processed foods, and pesticides on produce. The destruction of the beneficial probiotics allows the harmful microbe, Candida, to multiply quickly, taking over your digestive tract.

Candida can grow roots into the lining of your GI system. The fungal overgrowth creates openings in the bowel walls, which is known as a leaky gut. These holes allow harmful microorganisms to enter the bloodstream. Our bodies don't recognize these particles, so our immune system creates antibodies that cause food allergies/sensitivities and autoimmune diseases to develop.

When Candida spreads out of control, it acts like a parasite sucking the life and energy out of you. Candida feeds on carbs, which is why you crave them. It is like a monster growing inside of you, craving sugar, and it is hard to fight its never-ending appetite.

I had an overgrowth of Candida in my colon, so I know how hard it is to fight this culprit. Yet I wanted my health back. I restored my health through an anti-Candida cleanse and diet, which I discuss in chapter 4 of [*7 Steps to Get Off Sugar and Carbohydrates*](#). It took eight months on a rigorous non-Candida diet to regain my health, but with determination I succeeded.

Below is a list of symptoms that might arise from an overgrowth of Candida. Check off the ones that apply to you now. The more symptoms you experience, the more likely you are to have a candida infection.

_____ Fatigue

_____ Anxiety

_____ Insomnia

_____ Irritability

_____ Depression

_____ Mood swings

_____ Poor memory

_____ Food allergies

_____ Foggy brained

_____ Decreased sex drive

_____ Hormonal imbalance

_____ Chronic fatigue, fibromyalgia

_____ Vaginal yeast infections, urinary tract infections

_____ Craving sweets and refined carbohydrates or alcohol

_____ Digestive issues (bloating, constipation, diarrhea) or disorders

_____ Skin and nail infections such as toenail fungus, athlete's foot, and ringworm

All of the symptoms listed above are indicative of candida. The more times in your life that you have taken antibiotics, without replenishing your gut with probiotics that contain greater than ten strains of microorganisms for several weeks, the more likely you have candidiasis (candida infection).

In addition to the list of symptoms above, a simple spit test can determine if you have an overgrowth of Candida. First thing in the morning, before you drink anything or brush your teeth, spit into a clear glass of water. In one to three minutes, check the cup to see if any strings hang down from the spit—strings are a positive sign of Candida. The spit will resemble a jellyfish. If the water becomes cloudy or the saliva sinks to the bottom, this is also a positive sign. Healthy saliva floats on the top of the water with no strings hanging down.

For additional explanation of the spit test see:

<https://www.nationalcandidacenter.com/Self-Test-2-My-Body-Fluids-s/1877.htm>

or <https://www.candidasupport.org/resources/saliva-test/>.

These two websites also include written Candida tests you can complete for further assessment.

Candida will take over your life if left untreated. If you exhibit many of the symptoms listed above, you need to restore the balance of microorganisms in your gastrointestinal system. My book [*7 Steps to Get Off Sugar and Carbohydrates*](#) will show you how.

Author Bio

Susan Neal RN, MBA, MHS, published the award-winning book *7 Steps to Get Off Sugar and Carbohydrates* and its corresponding [*Healthy Living Journal*](#). Her other books include [*Scripture Yoga*](#), a #1 Amazon best-seller, and [*Yoga for Beginners*](#). Her passion and mission is to help others improve their health and weight. She is a [Certified Health and Wellness Coach](#). To learn more about Susan visit her website at SusanUNeal.com.

Feel free to join Susan's closed Facebook group: [7 Steps to Get Off Sugar, Carbs, and Gluten](#). In this group, she is available to answer your questions. Susan created the [Healthy Living Series blog](#) to provide healthy lifestyle tips and the latest scientific findings regarding foods and health. Please subscribe to the blog to get these tips and updates.

