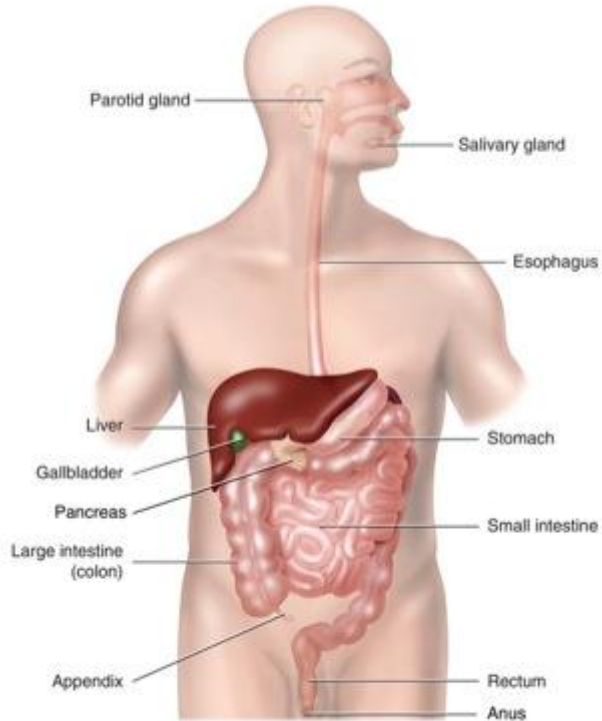


CANDIDIASIS

Digestive System



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Normally, the body has a balance of healthy bacteria and yeast (Candida) to assist in digesting food and synthesizing vitamins.

Under certain conditions Candida can increase rapidly and overgrow the beneficial bacteria resulting in a myriad of symptoms. Such imbalances can be caused by frequent courses of antibiotics or steroids, among others.

The result can be fatigue, muscle aches, delayed food allergies, sugar craving, feeling "spaced out," depression, irritability, headaches and/or digestive problems.

If you think your health problems may be yeast related, we encourage you to learn more from our [handout](#) and then download and fill out a Candida-screening [questionnaire](#). If the results of your questionnaire suggest the diagnosis we can do blood or fecal testing to confirm the diagnosis.

At the Integrative Healthcare Center we have had great success treating this condition.