



Medicine of Motion

PHYSICAL MEDICINE ASSOCIATES, NAPERVILLE IL

PHYSICAL SYMPTOMS CAN INCLUDE:

- Cravings for Sugar
- Cravings for Bread
- Chronic Bloating
- Cramps
- Depression
- Irritability
- Inability to Concentrate
- Mood Swings
- Aching Joints or Muscles
- Fatigue
- Binge Eating
- Excessive Weight Gain
- Water Retention
- Headaches
- Rashes
- Delayed Food Allergies
- Urogenital infections, itching, and discharge
- Premenstrual Symptoms
- Weakness



Is Candida the hidden link between what you eat and how you feel?

Common foods such as bread, cheese, alcohol and sugar can cause a host of physical, mental and emotional problems if you suffer from *Candidiasis*. Even when you are healthy, bacteria and yeasts, including *Candida albicans*, are present on your skin and in your mouth, nose and digestive tract. Normally, these micro-organisms exist on and in you without causing any harm. In fact, the micro-organisms present in the lower digestive tract are highly beneficial in assisting in the digestion of food and in synthesizing vitamins which are essential to your good health. Under certain conditions, *Candida albicans* can increase and upset the balance of your bacteria. This usually results in an infection known as *Polysystemic Chronic Candidiasis (PCC)* and can occur in men, women and children.

What causes Candida?

There are several factors which can allow *Candida albicans* to overgrow in the lower intestinal tract. Frequent courses of steroidal drugs and antibiotics can depress the intestinal bacterial population which permits the



overgrowth of yeast. The hormonal changes which occur when oral contraceptives are used or which can accompany pregnancies, have been implicated in increasing susceptibility to PCC in women.

Diets high in nutrients on which yeast thrive (i.e. sugars and other refined simple carbohydrates) encourage yeast overgrowth. Factors which depress immune function allow the opportunistic yeast *Candida albicans* to grow and multiply, causing PCC. Many people who have PCC also experience food allergies. To achieve the most complete recovery, it is recommended that you have your delayed food allergies identified. A diet, which eliminates IgG reactive foods, is free from yeast and sugars and is limited in carbohydrate content has proven effective for many patients in controlling PCC. Many people start to experience relief from their symptoms within two weeks of initiating their dietary modifications.

What is the solution?

Testing:

The *Candida albicans* Assay from Immuno Laboratories detects *Candida albicans* and assists in diagnosing PCC. Two blood tests are performed on each specimen submitted for *Candida albicans* testing.

What is the next step?

If you believe you may have PCC and/or food allergies, speak with your physician and discuss the need for a thorough evaluation of your symptoms and to arrange confirmatory blood testing such as the *Candida albicans* Assay for *Candida albicans* and

Delayed Food Allergies.

The *Candida albicans* Assay, has the advantage of detecting intermediate levels of *Candida*. The high sensitivity and specificity of the ELISA test, which detects the earlier stages of *Candidiasis*, will allow your physician to initiate therapy much sooner in the disease cycle.

Call Physical Medicine Associates Today for more information:

630.428.4300