



Health Matters

by
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It's estimated that as many as a 100 million Americans suffer from an overgrowth of Candida Albicans, a type of single-celled yeast that normally inhabit our bodies without harmful effects. It's when it's compromised by a chronically poor diet, extreme stress or the overuse of antibiotics that Candida can grow out of control.

A toxic overgrowth of Candida may trigger such common symptoms as gas, bloating, fatigue, irritability, foggy headedness or dizziness and eventually can weaken immunity. To help regain a healthy, more balanced gut, it's best to avoid refined carbohydrates, manage stress levels and supplement with probiotics.

When Candida is so persistent that extra help is needed, a product called **Candex**, a fiber-digesting cellulase enzyme can help kill off Candida by breaking down its fibrous cell wall. Symptoms will subside more quickly since it begins "digesting" the yeast right away with no "die-off" reactions normally found with anti-fungal medications.

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