

Treating Candida

Health Kinesiology (HK) is a holistic system that uses muscle testing to identify imbalances that have caused Candida symptoms. It then applies gentle yet powerful energy-balancing techniques to enable your body to heal itself.

Understanding Candida

Candida Albicans is a simple yeast or fungus that lives in the intestines. In a healthy body, its growth is controlled by a large population of 'friendly bacteria'. However, sometimes antibiotics used to combat infection (e.g. ear infection) wipe out these friendly bacteria, while leaving the Candida unaffected. This leaves the Candida free to proliferate in the intestines.

Symptoms of Candida

- Bloating and flatulence
- Cravings for sugary or carbohydrate-rich foods
- Headaches
- Poor tolerance to alcohol
- Chemical sensitivities or allergies
- Thrush infection of the mouth, penis or vagina.

Leaky gut syndrome

Candida can also mutate, growing fine filaments out through the intestinal wall and creating holes. This is known as 'leaky gut syndrome'. Undigested food and toxins can then pass through the holes directly into the blood. Symptoms include:

- Headaches
- Poor concentration
- Mood swings
- Rashes
- Depression
- Persistent tiredness
- Cravings
- Arthritis-like pains

If left, Candida can infest the whole body, weakening the immune system and increasing the risk of infection and other more serious health problems may result.

How HK can treat Candida

HK offers a personalised, gentle and yet powerful approach to treating an overgrowth of Candida. There are several ways HK can help fight Candida, depending on what your body needs.

For example, a weakened immune system sometimes actually fails to 'notice' the harmful overgrowth of Candida. It therefore does not attack the Candida, but allows it to keep growing. In this case, an HK practitioner can use specific techniques to help the body recognise the need to destroy the Candida. HK can also help by:

- Strengthening the immune system and initiating body detoxing
- Identifying and eliminating any allergy to Candida
- Reducing sugar cravings and uncomfortable body symptoms
- Working out nutritional programmes to address dietary deficiencies, and identifying the most effective supplements to replace beneficial bacteria.

If you would like to find out more about HK or if you would like to book a session please call:

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