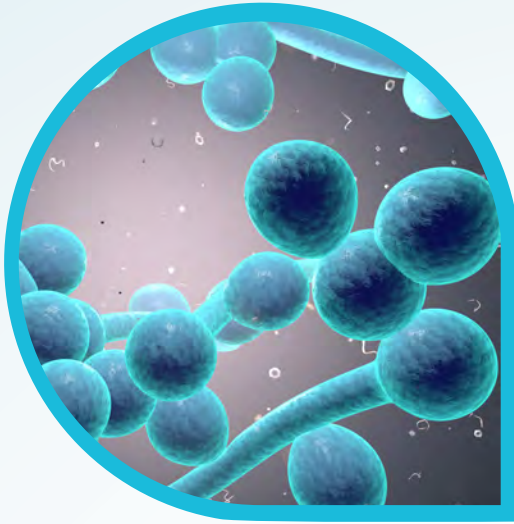


# Candida Albicans



## What is Candida Overgrowth?

Candida is a fungal yeast species that is native to the microbiome. Everyone has Candida; it is opportunistic and can overgrow when there is low microbial diversity, immune system dysregulation and during times of chronic infection.

## Why Vibrant?

Vibrant utilizes microchip technology that allows for high-quality & accurate test results, fast turnaround times and low-cost testing.

## How is Candida Detected?

The Gut Zoomer™ microbial DNA test available through Vibrant Wellness measures relative abundance of Candida albicans DNA. If high abundance is detected, a culture confirmation test may be performed if requested by the ordering provider.

## SYMPTOMS OF CANDIDA OVERGROWTH



### 1 CHRONIC FATIGUE

Fatigue regardless of the number of hours that you sleep.



### 2 BRAIN FOG

Lack of focus, poor physical coordination, difficulty concentrating on tasks.



### 3 MOOD DISORDERS

Anxiety, irritability, depression, and even panic attacks.



### 4 HEADACHES / MIGRAINES

A painful throbbing or aching in the neck, head, or sinuses.



### 5 RECURRING YEAST INFECTIONS

Skin, nail and/or vaginal yeast infections stem from Candida.



### 6 INTERSTITIAL CYSTITIS

Bladder pain syndrome.



### 7 INTESTINAL DISTRESS

IBS, gas, bloating, constipation or diarrhea.



### 8 ESTROGEN DOMINANCE

Early menopause, PMS, low sex drive, water retention.

# STEPS TO MITIGATE CANDIDA OVERGROWTH

## THERAPEUTIC DIET:

- Eliminate refined sugar (white sugar, brown sugar, powdered sugar)
- Avoid consuming alcohol
- Include a diversity of non-starchy vegetables
- Moderate use of starchy vegetables and “drying grains” like quinoa, barley, teff, sorghum and amaranth (approximately one serving per day).
- Foods high in epicatechin like organic blackberries, dark chocolate, cacao, organic sweet cherries and broad beans
- Foods high in gallic acid like organic blackberries, organic grapefruit, sage, oregano, cloves, raw chestnuts, organic chicory root.
- Prokinetic foods like ginger, lemon juice and cayenne pepper
- Cinnamon
- Coconut oil (caprylic acid, capric acid and lauric acid) / MCT oil
- Probiotics / fermented foods
- Clean water (fluoride and chlorine can kill healthy gut bacteria)



## SUPPLEMENTS and ESSENTIAL OILS:

- Activated charcoal
- Red propolis
- Milk thistle
- Dandelion
- Essential oils like clove, lavender, oregano, Allium sativum (garlic) and myrrh



## MYTHS AND FACTS

**Nutritional yeast** will not increase the candida yeast; however, some people with a candida overgrowth find that they cannot tolerate nutritional yeast.

**Allowed sweeteners** include Stevia and monk fruit sugar because they are sweeteners that do not feed candida.

**Mushrooms**, although a fungus, do not increase the fungal candida; however, some people with a candida overgrowth find that they cannot tolerate any kind of mushroom.

**Diet** alone will not cure a candida overgrowth. Talk with your provider for additional recommendations.


**Low carbohydrate / high protein diets**, such as Ketogenic diets, are not the solution to fixing a candida overgrowth. Candida can turn protein into glucose, just like the human body naturally can.



### Regulatory Statement:

This information is provided for educational purposes only. Vibrant Wellness does not diagnose, treat or prescribe for any health condition. This test has been laboratory developed and its performance characteristics determined by Vibrant America, a CLIA-certified laboratory performing the test. The test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Although FDA does not currently clear or approve laboratory-developed tests in the U.S., certification of the laboratory is required under CLIA to ensure the quality and validity of the tests.

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