



June 21, 2010 – Grand Rapids, MI

Candida

As I was doing the background research on *Candida* for my radio show, I came across something I didn't quite believe: a test you can take to see if you have a *Candida* overgrowth. All you have to do is spit into a glass. There are videos with full explanations and then a list of symptoms that indicate whether you have a *Candida* infection.

Candida is a yeast that normally occurs in the body, living on the skin and in the gastrointestinal and genitourinary tracts, and generally does no harm. But a whole subset of alternative medicine focuses on treating all the symptoms that they say are caused by an overgrowth of *Candida* in the gut, and needless to say, there's a lot of hoopla about it on the Internet.

So I decided to take all the tests. I woke up, spit into a glass of water, and then watched over the next hour as the strands developed indicating I had a *Candida* infection. I also took a questionnaire, and even though I answered almost every question negatively, it showed I had a *Candida* infection. I kept changing the answers to show fewer and fewer symptoms and still, the test said I had a *Candida* infection.

Do you see where this is going? You can rig any test to get the results you want. Everyone feels bloated or fatigued some of the time—that doesn't mean you have a *Candida* infection. If you think you do, go see your doctor. If nothing else, reduce refined carbohydrates, because they feed the yeast, and take a probiotic which completes the breakdown of carbohydrates. And those are things you can believe in.

What are you prepared to do today?

Dr. Chet

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