

# canxida



## CANXIDA

THE PATIENT EXPERIENCE

[www.canxida.com](http://www.canxida.com)

The goal of this document is to delve into the stories of individuals battling *Candida* and highlight how CanXida transformed their lives by conquering *Candida* overgrowth. Within this, a range of different conditions and symptoms that can be caused by *Candida* will be covered. It is also important to highlight the risk factors and lifestyles of those with *Candida* overgrowth, in the hope that this information may be beneficial to individuals with similar unexplained health issues.

## CANDIDA OVERGROWTH & INFECTION

*Candida* is a species of pathogenic fungi that colonizes multiple sites in the human body including the gastrointestinal (GI) tract, the genitourinary tract, and the skin, without causing infection<sup>1</sup>. However, changes in host immunity, stress, resident microbiota, and other factors can lead to *Candida* overgrowth and infection<sup>1</sup>.

*Candida* overgrowth can cause multiple different types of infections and different symptoms can manifest depending on the site of infection. Infections can occur in the mouth, throat, esophagus, vagina (known as vaginal thrush) and GI tract. *Candida* infection can cause many different unpleasant symptoms including<sup>2</sup>:

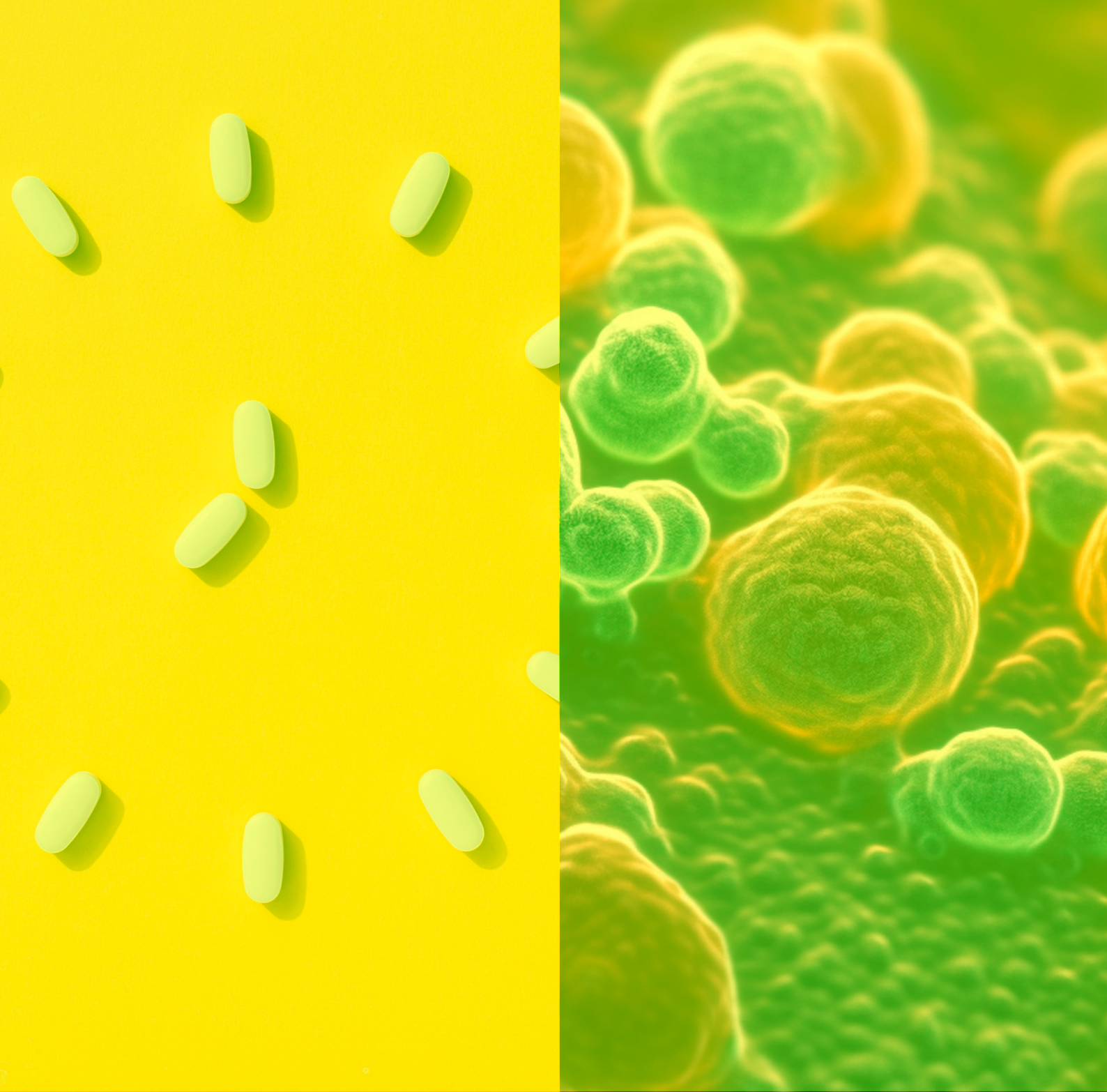
- ✓ Gas, Cramps, And Bloating.
- ✓ Unexplained Constipation, Diarrhea, And Nausea.
- ✓ Stomach Or Abdominal Pain.
- ✓ Vaginal Thrush Symptoms, Including Itching And/or Burning, Vaginal Discharge, Redness And/or Swelling, And A Yeasty Smell.
- ✓ Recurring Urinary Tract Infections (Uti) And Associated Symptoms.
- ✓ Fungal Infections, Particularly Of The Skin Or Nails.
- ✓ Oral Yeast Infection Symptoms Such As White Tongue, And/or Redness And Soreness Of The Tongue And Mouth.
- ✓ Lack Of Energy, Fatigue, And Tiredness.
- ✓ Joint Pain.

## CANDIDA MANAGEMENT WITH CANXIDA

CanXida offers a complete solution for the management of *Candida*, including the elimination of infections, improvement of symptoms, and the restoration and maintenance of normal gut health.

- **CANXIDA REMOVE (RMV)** is an advanced, 12-ingredient formula that has been developed using natural ingredients with scientifically proven health benefits. CanXida RMV is designed to eliminate *Candida* infections, treat related symptoms, and restore normal, healthy gut function.
- **CANXIDA RESTORE (RST)** is a powerful, full-spectrum blend of key probiotics and enzymes designed to recolonize the gut following *Candida* infection treatment with CanXida RMV. CanXida RST re-colonizes the gut with the best probiotic strains for the inhibition of yeast, harmful bacteria, and parasites, maintaining normal and healthy gut function.
- **CANXIDA REBUILD (RBD)** is a synergistically designed formula of 32 vitamins and minerals, 9 antimicrobial herbs, and additional ingredients such as betaine hydrochloride, glutamic acid, and citrus bioflavonoids. CanXida RBD provides a complete profile of nutrients required for a strong immune system, helping to fight gut infections and improve recovery times following *Candida* infection.

The following case studies are from real patients suffering from *Candida* overgrowth who managed to relieve their symptoms and conditions with the help of CanXida. The case studies have been selected to show the range of different lifestyles, risk factors, symptoms, and conditions associated with *Candida* overgrowth. These case studies depict actual individuals; however, individual results may differ, and not everyone using the product will necessarily experience the same results.



# CHRONIC

## CANDIDA INFECTION

CASE STUDY

*The first case study follows a patient called Susan, who had been suffering from chronic health issues for over 20 years, typical of a prolonged yeast infection.*

Susan was 39 years old and had been suffering from multiple chronic health issues for more than 20 years. These included symptoms associated with sinusitis, hay fever, and other allergies. This caused perpetually blocked nostrils, postnasal dripping, sneezing, an itchy upper palate, and a recurring sore throat. To treat these symptoms, Susan had been taking antihistamines and antibiotics for most of her life.

From the age of 16, Susan had also developed extremely severe headaches, which were typically worse in the days leading up to her period. After undergoing an ECG and a brain scan to diagnose the cause of the headaches, Susan was told they were caused by stress and prescribed analgesics for treatment.

Moving into her 20s, Susan recognised that she was suffering from fluid retention, and had also gained a large amount of weight since her teenage years. After eating meals rich in carbohydrates, Susan would experience bloating, fluid retention, and weight gain (up to 8 lbs/4 kg over the course of 3 days). Susan was advised to reduce the salt in her diet. Susan excluded all salt from her diet and found that it didn't affect these symptoms, it actually made her fluid retention worse.

To address the underlying cause of her symptoms, Susan was placed on a targeted *Candida* cleanse diet, alongside CanXida supplements. This was implemented gradually, over a prolonged period of time, in order to ensure that the changes were permanent and Susan didn't go back to her old ways. With this treatment, Susan was able to see a significant improvement in her symptoms, and a reduction in stress that was also contributing to her health issues.



# A COMPLETE

## CANDIDA TRANSFORMATION

CASE STUDY

*The following case study is from a patient called Natalie, who suffered from multiple severe Candida symptoms and conditions for almost 30 years.*

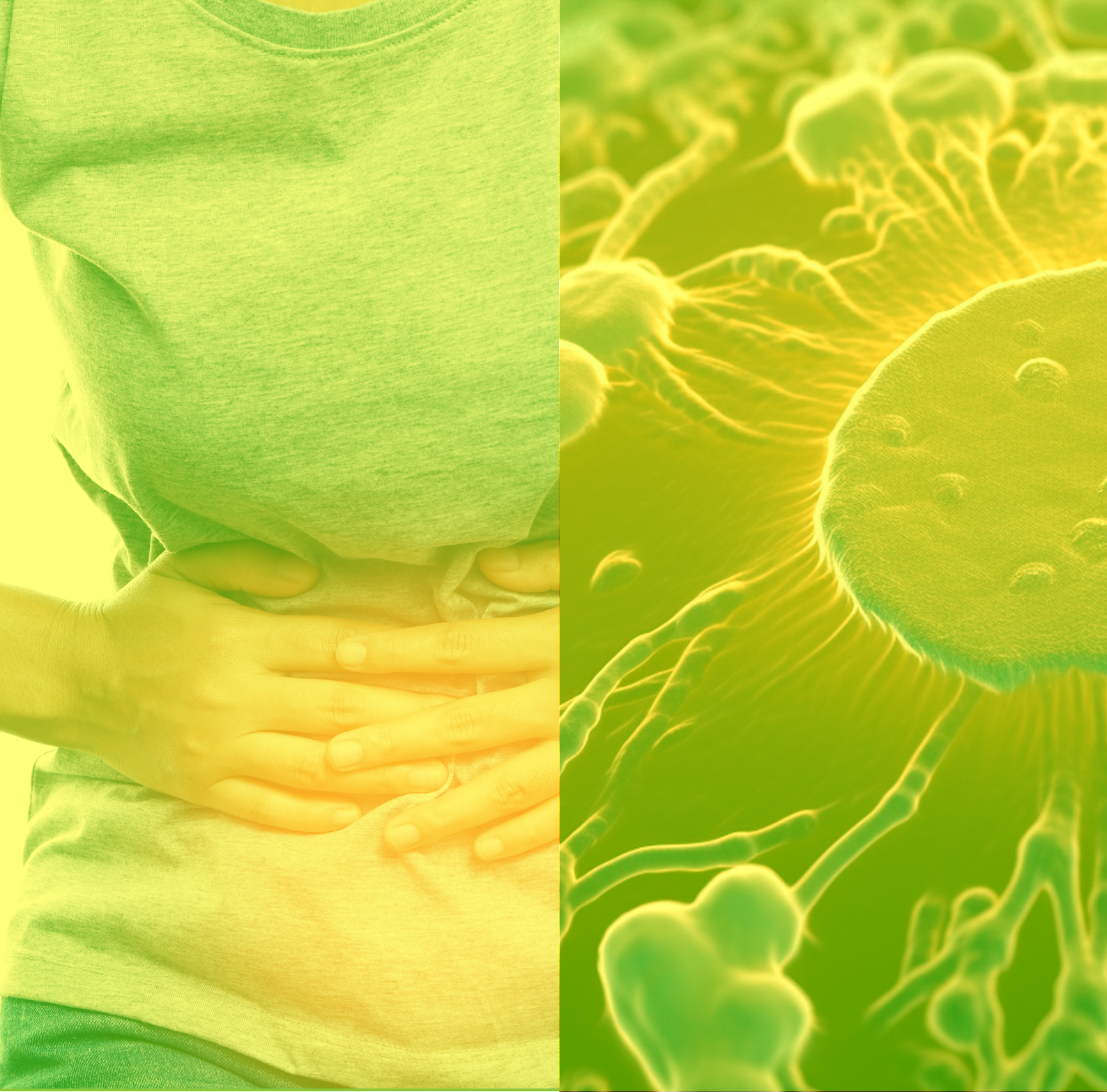
Natalie suffered from multiple illnesses throughout the whole of her life. Before the age of 10, she had received 20 antibiotic treatments and approximately 20 more leading up to the age of 43. In her teenage years, Natalie suffered from many different conditions, including endometriosis, kidney stones, gallbladder issues, inflammatory bowel disease, cardiac issues, headaches, constipation, and diarrhea.

Although this list of conditions appears very severe, such conditions are not unusual for someone who has had a chronic yeast infection. Furthermore, repeated treatments with antibiotics only serve to exacerbate these issues. There is also a relationship between high estrogen levels, endometriosis, and *Candida*, which can increase the risk of *Candida* overgrowth and lead to a worsening of symptoms.

Another common occurrence in those with an uncontrollable yeast infection is the further exacerbation of symptoms, caused by treatments targeting the other symptoms of *Candida* overgrowth. For example, along with multiple antibiotics, Natalie had been prescribed fluconazole and diflucan many times for vulvovaginal candidiasis. She had been prescribed many different types of medications for her heart conditions, including beta blockers, and analgesics such as oxycontin and morphine. As well as this, Natalie had also taken Xanax and other types of antidepressants. Although these treatments were designed to eradicate symptoms and conditions, none of them addressed the underlying issue - *Candida* overgrowth - and therefore Natalie actually experienced a worsening of conditions.

After reaching a very low point, Natalie began researching alternative causes of her multiple health issues. She realized that her symptoms suggested a severe *Candida* infection, and decided to follow a program to tackle *Candida* overgrowth combined with CanXida. After a few weeks, Natalie's condition began to improve. She started to become more active and was able to do things that most people take for granted, like going to the gym.

Seven months after starting with CanXida products, Natalie was almost completely free of all symptoms, including those affecting her gallbladder, gut, muscles, and brain fog. Natalie had a substantial increase in energy levels, and was able to find enjoyment in her life for the first time in 30 years. Natalie adapted quickly and efficiently to her *Candida*-free diet, lifestyle, and CanXida - she intends to continue this lifestyle for the rest of her life. The treatment has allowed Natalie to feel healthy; she can eat and drink what she wants and enjoy her life - something that hasn't been possible for a long time.



# GUT & INTESTINAL

HEALTH CASE STUDIES

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CASE STUDY

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***The following two case studies have a specific focus on gut and intestinal health issues caused by Candida overgrowth. The first of these is from a patient called Trudy, who was suffering from irritable bowel syndrome (IBS) for many years.***

Trudy was 62 years old and had symptoms including ongoing constipation and diarrhea, which affected her for more than 10 years. She had consultations with many healthcare professionals about her symptoms and all of them had recommended treatments targeting IBS. These treatments included antibiotics and specific IBS diets, such as the GAPs diet and the Paleo diet. However, none of the treatments were able to improve the symptoms that Trudy was experiencing. Even following a colonoscopy, endoscopy, abdominal x-rays, and numerous blood tests, Trudy was unable to get a true diagnosis for her symptoms or any effective treatment solutions.

Trudy also presented with an itchy scalp and thickening and discoloration of her toenails. A stool sample test showed high levels of yeast, harmful bacteria, and other parasites, indicative of an ongoing yeast infection. The multiple courses of antibiotics that Trudy had been prescribed to treat her IBS symptoms had not addressed yeast infection and only served to exacerbate the symptoms.

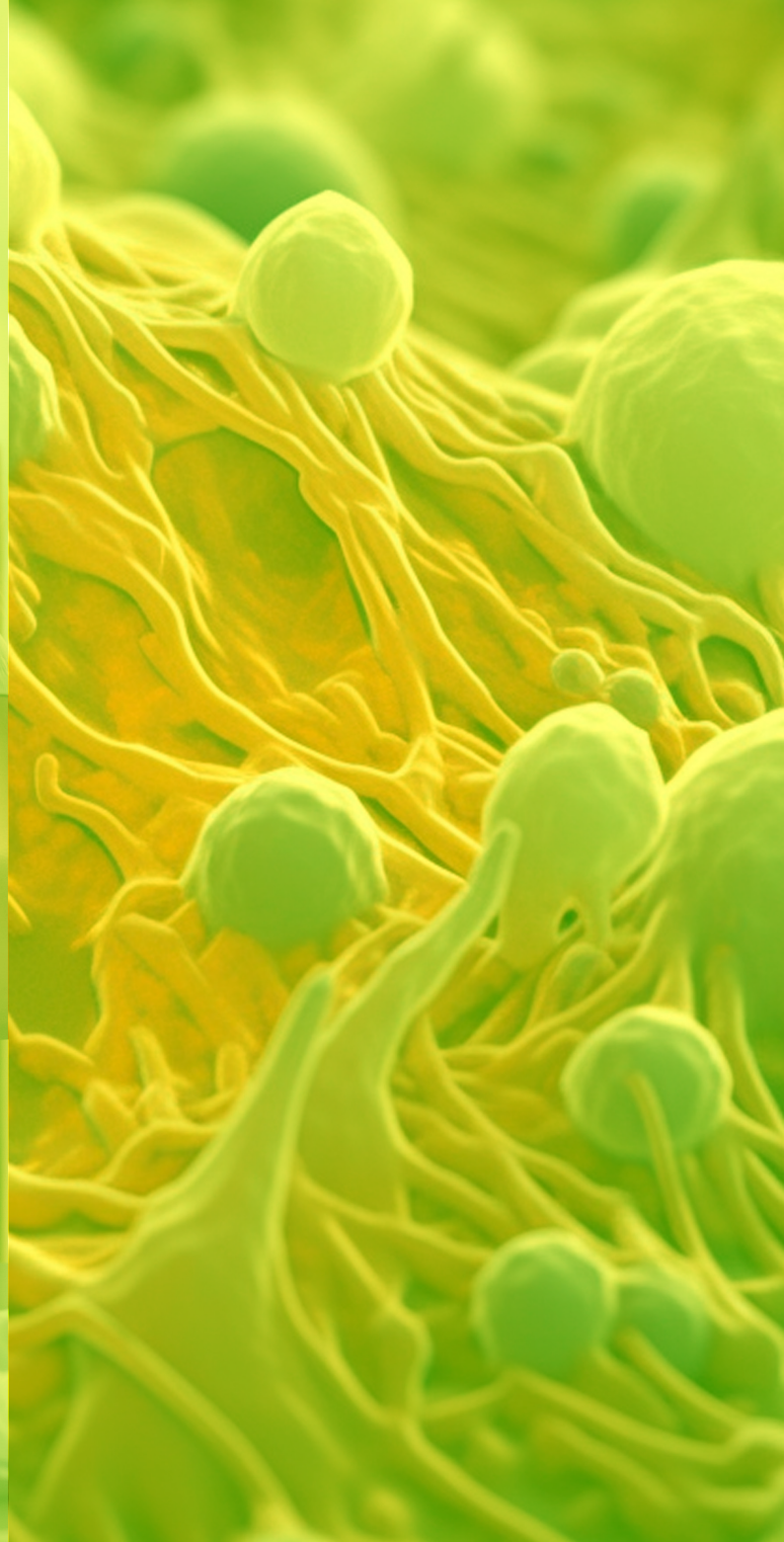
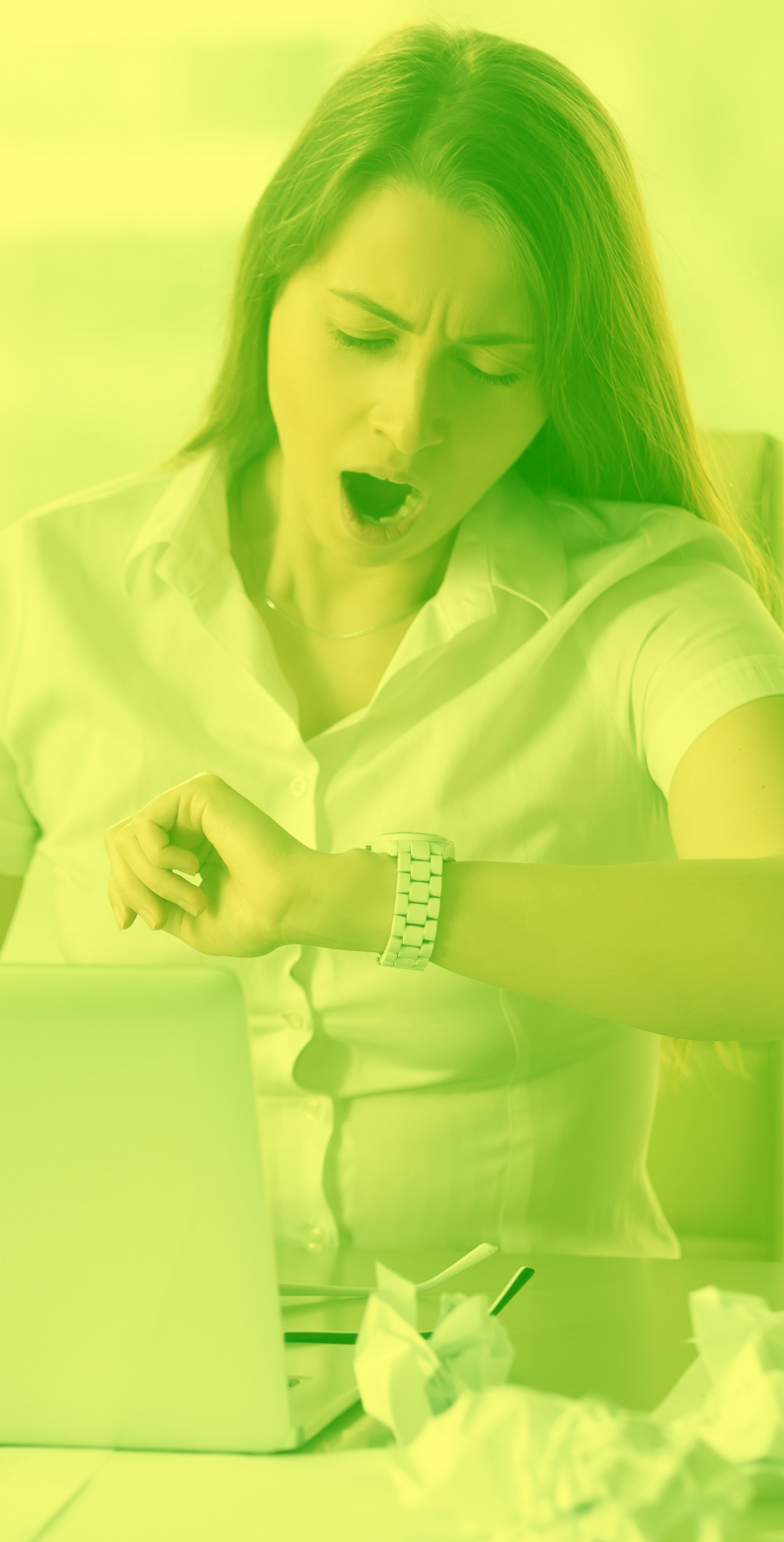
Trudy began to initiate slow diet changes and started using the CanXida Remove antifungal agent, and starting to see gradual improvements in her conditions. In total, it took approximately nine months to address all of her symptoms and to get Trudy back to full health. CanXida Remove is a natural antifungal, which is ideal for addressing IBS symptoms, bloating, flatulence, and helping those with any kind of intestinal pathogens.

***The second case study follows a patient called Pamela, who was experiencing diarrhea and flatulence caused by Candida overgrowth, along with symptoms of fatty liver disease.***

At the age of 66, Pamela started to present with a persistent cough, symptoms associated with sinusitis, increased flatulence, and diarrhea. A yeast infection had also developed under her breast, along with vaginal thrush caused by *Candida*. Blood tests revealed that Pamela had some liver dysfunction and elevated levels of liver enzymes. Physical examination showed that the area around her liver was tender and caused pain when examined, indicative of fatty liver disease.

It was discovered that along with *Candida*, the underlying cause of these symptoms was alcohol abuse. Pamela was drinking a considerable amount of alcohol, and this was affecting her general health as well as exacerbating the *Candida* symptoms. Changes to Pamela's lifestyle came slowly - she went from drinking excessively every day to a moderate level of alcohol consumption.

The immediate effects of this were substantial weight loss and a significant improvement in intestinal function. However, fatty liver disease requires a more prolonged change in lifestyle. Along with a reduction in alcohol consumption, Pamela started on a special *Candida* diet, supplemented with CanXida Remove antifungal agent. This aimed to completely change her alcohol habits within six months and tackle her *Candida* infection, ensuring that she could return to a healthy lifestyle after many years of alcohol abuse.



# **CANDIDA**

## AND CHRONIC FATIGUE

CASE STUDY

***The next section will look at how Candida can cause chronic fatigue (and related symptoms), and how these can be addressed with the help of CanXida. The first of these case studies highlights a patient named Kirsty, who was suffering from fatigue, brain fog, and thrush.***

Kirsty was a 19-year-old student who was suffering from chronic fatigue. This left her feeling exhausted and she found it hard to concentrate at university. In turn, this led to increased anxiety and depression, caused by the inability to control these symptoms. Other symptoms included cognitive dysfunction (commonly referred to as brain fog), occasional vaginal thrush, nausea, and abdominal pains. Kirsty also displayed a fungal skin infection on her arms and legs, a typical symptom of chronic Candida overgrowth.

In terms of lifestyle, Kirsty was consuming large amounts of alcohol and occasionally smoked cigarettes. Her diet was not balanced, including large amounts of fast food, ready meals, and takeaway food. Kirsty also was experiencing high levels of stress from multiple sources - university, financial stress, and emotional stress.

The main approach to addressing Kirsty's *Candida* infection was a change in diet and lifestyle. This included a substantial reduction in alcohol and cigarettes, and a diet focused on high-quality foods (particularly proteins) whilst avoiding sweet and processed foods. After this treatment, Kirsty began to show an improvement in symptoms, with a dramatic improvement in her skin infections and removal of other *Candida* symptoms.

***Next is Sarah - a patient who had symptoms including adrenal fatigue and hypothyroidism, combined with prolonged Candida infection.***

At 35 years old, Sarah developed symptoms associated with severe burnout and chronic fatigue. These symptoms were caused by serious hypothyroidism, adrenal fatigue, and a chronic yeast infection. A blood test also showed that Sarah was deficient in potassium, chromium, selenium, and magnesium.

Sarah was also experiencing high levels of chronic stress, which was a key contributing factor underlining her multiple health issues. This stress was caused by a combination of multiple components, including a high-pressure job, a family to provide for, and an ongoing divorce. The initial step in Sarah's treatment was to address the factors contributing to her underlying stress by implementing lifestyle changes to remove stress and allowing increased relaxation.

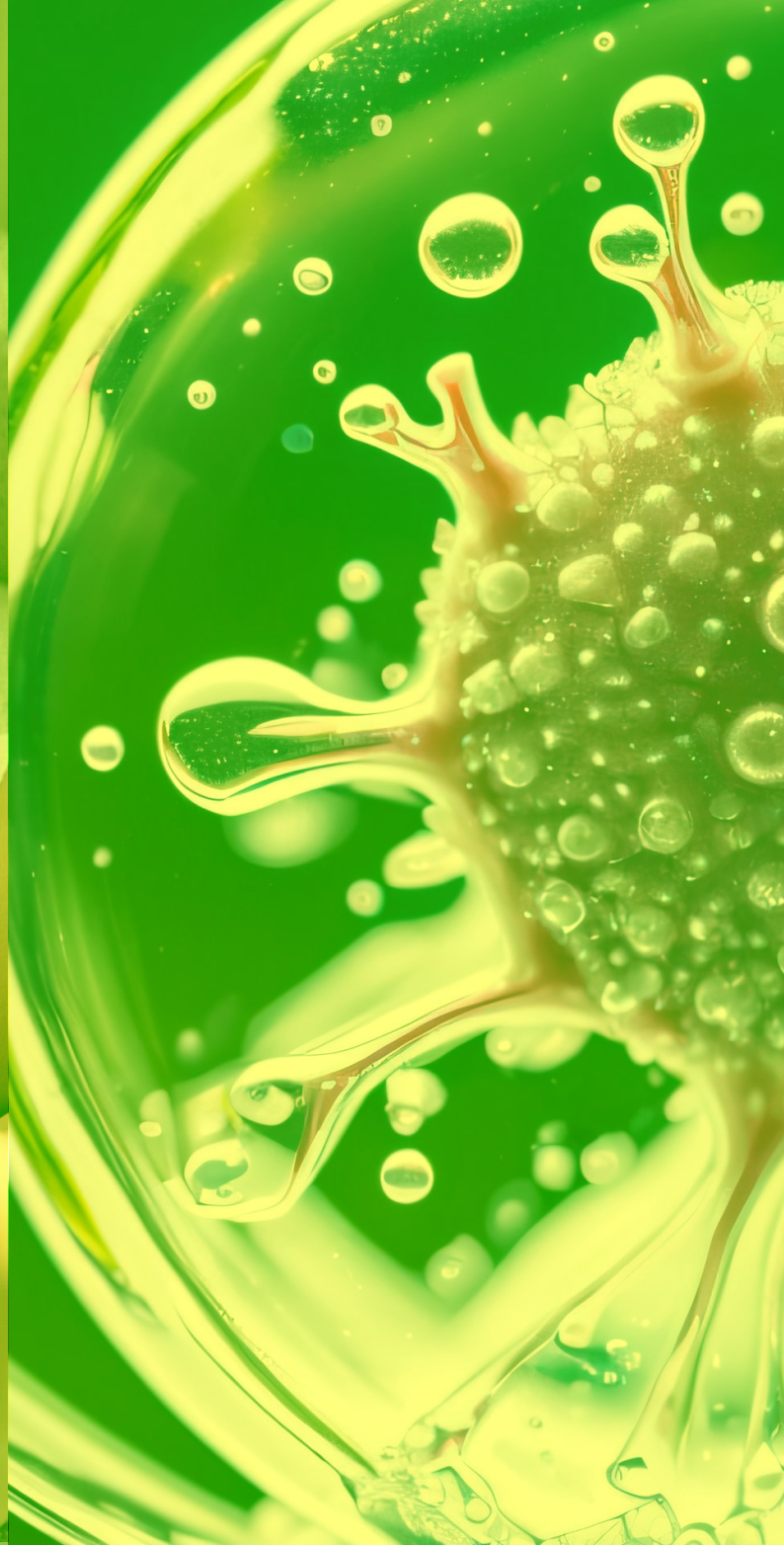
Improvements in her stress management enabled Sarah to make improvement in her adrenal fatigue and hypothyroidism, which in turn then meant she was also able to better address her ongoing *Candida* infection. Sarah initiated a *Candida* diet, including a reduction in alcohol and caffeine, and the addition of CanXida Remove to treat the symptoms of vaginal thrush.

***The final case study in this section focuses on Linda, a patient that was also suffering from adrenal fatigue combined with Candida overgrowth.***

At 55 years old, Linda developed adrenal exhaustion combined with vaginal thrush, bloating, increased flatulence, and constipation. Linda ran a successful business with her husband, in which she had also worked full-time for many years. This meant that Linda was extremely busy and combined with very little downtime, was a cause of extreme fatigue.

It was proposed that reducing the amount of time that Linda spent working for her business would allow her to have more free time, increase her relaxation, and enable her to address her health issues. By increasing her free time, Linda was able to increase the amount of exercise she was doing, which included simple tasks such as taking the dog for a walk and attending exercise classes.

Another key benefit of Linda's increased free time was the ability to spend more time focusing on her diet. Linda implemented a diet that would help with reducing *Candida* overgrowth, which included choosing healthier options and preparing fresh food. The changes that Linda implemented in her diet and lifestyle led to a dramatic improvement in her constipation symptoms, along with a general improvement in her health, and other factors including her business.



# THE DIVERSITY OF CANDIDA CONDITIONS

CASE STUDY

***The final group of case studies showcase the diversity of different conditions that can be caused by Candida overgrowth. The first focuses on Aaron, who was suffering from acne and prolonged antibiotic use.***

At 15 years old, Aaron developed a severe case of acne and was prescribed a low dose of tetracycline, an antibiotic. After an initial improvement, the acne did not clear, and so after 12 months, Aaron was prescribed a higher dose of antibiotic. His antibiotic treatment continued for three years, until at 18, Aaron developed multiple intestinal issues and other symptoms. Aaron had developed a severe case of jock itch, athlete's foot, and also had significantly increased levels of liver enzymes.

The initial recommendation for Aaron was to implement an improved diet, with a particular focus on a reduction of high-sugar soda and an increase in fresh foods. Alongside this, he also started a regime of antioxidants and a natural facial cleansing regime to address the acne. It took around six months to clear Aaron's chronic yeast infection. Other natural alternatives to acne treatment include zinc, B vitamins, and tea tree oil preparations.

***The next case study is about John, a diabetes patient who also suffered from bouts of psoriasis.***

John was 58 years old and had Type 2 diabetes, which caused major patches of psoriasis that occasionally spiraled out of control. The psoriasis caused John a large amount of embarrassment and he wanted to have clear skin, particularly in the summer when wearing long clothes to cover up was impractical. In terms of *Candida* risk factors, John had a diet that was often high in alcohol and sweet food.

There is an underlying link between *Candida* overgrowth and psoriasis. Many individuals with *Candida* and psoriasis experience cravings for alcohol, sweet foods, and takeaway foods, in the same way that John did. Fortunately, after successful liver detoxification, John was able to achieve almost total remission of his psoriasis. On top of this, when he follows a *Candida* diet, he is able to live completely free of psoriasis.

***The final case study looks at Paul, who was suffering from prostatitis and inflammation of the prostate, caused by Candida infection.***

Paul was 27 years old when he began suffering from nighttime urination issues and other symptoms, such as night sweats, insomnia, bloating, and depression. Paul had undergone several blood tests, which came back normal, and he was unable to find an explanation for the symptoms he was facing.

Six months before these symptoms started, Paul had begun a new relationship, and so it was suspected that he might have caught a sexually transmitted disease. However, after multiple urine and blood tests came back clear, this was also ruled out. After this, it was discovered that Paul had an undetected yeast infection, which had traveled up his urethra and infected his prostate gland. Paul played in a rock band, an occupation that usually involves staying up late and drinking alcohol. This type of lifestyle can also lead to disrupted sleep patterns, an unhealthy diet, and often eating at unusual times. To address Paul's *Candida* infection, he was put on CanXida Remove antifungal, and a strict no-alcohol diet.

## CONCLUSION

Not only can *Candida* overgrowth cause infections and candidiasis, but it can also lead to a range of different conditions, symptoms, and co-morbidities. The aim of this white paper was to explore the experience of individuals affected by *Candida*, and how treatment with CanXida was able to help them in their *Candida* management.

The individuals presented in the case studies are real patients who suffered from *Candida* overgrowth and the multitude of symptoms associated with it. It is hoped that by highlighting the different risk factors and lifestyle choices that are associated with *Candida*, other individuals with unexplained health issues may find answers to what they are looking for and the treatment that they need.

CanXida Remove, Restore, and Rebuild are all available to purchase from the CanXida online store. If you have any further questions or require any more information please contact CanXida at [support@canxida.com](mailto:support@canxida.com) or alternatively, our telephone line is open at +1 (888) 508-3171 Mon–Fri 9am – 10pm ET, Sat–Sun 8am – 5pm ET.

## REFERENCES

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2. Arya NR, Rafiq NB. *Candidiasis*. Treasure Island (FL): StatPearls Publishing; 2023 Jan.