

Candida's Most Common Symptoms

Yeast/Fungal Problems

Recurring fungal problems

Chronic vaginitis/yeast infections, vaginal itching, burning or discharge

Reproductive/Sexual Issues

Menstrual irregularity and/or cramping

Prostatitis

Impotence

Infertility

Premenstrual tension

Endometriosis

Decreased libido or loss of sexual desire

Digestive/Elimination Problems

Abdominal pain

Bloating, belching or intestinal gas

Heartburn, indigestion

Constipation

Diarrhea

Mental/Emotional/Energy/Quality of Life Issues

Fatigue or lethargy

No sense of looking forward to anything, feeling "drained"

Irritability, anxiety

Poor memory

Mental fogginess/cloudiness/spaciness

Disorientation/confusion

Inability to make decisions

Periods of crying or anxiety

Depression

Irritability or shaking when hungry

Chemical sensitivities

Insomnia

General Body Problems

Muscle aches, weakness, or paralysis

Headaches

Joint pain or swelling

Cold hands or feet, or chilliness

Problems difficult to see

Adrenal exhaustion

Weakened immune system

Thyroid problems (over- and underactive)

Other Symptoms

Issues Centered Around the Head

Pressure in head- feels like head is swelling
Dizziness, poor balance, lack of coordination
Dry mouth or throat
Rash or blisters in mouth
Bad breath
Tongue coating
Sore throat
Nasal itching
Nasal congestion or post nasal drip
Burning or tearing of eyes
Spots in front of eyes or erratic vision
Recurrent ear infections or fluid in the ears
Ear pain or loss of hearing
Laryngitis, loss of voice

Issues Centered In the Chest

Wheezing or shortness of breath
Pain or tightness in chest
Cough or recurrent bronchitis

Mental/Emotional/Energy/Quality of Life Issues

Drowsiness
Inability to concentrate
Mood swings

Digestive/Elimination Problems

Food sensitivities
Rectal itching
Mucus in stools
Burning in urination
Urinary incontinence, frequency or urgency
Bruise easily
Skin problems- rashes, itching, eczema, acne, etc.
Psoriasis or recurrent hives
Body odor (foot, hair, body)- not relieved by washing

Unsuspected Candida Connections

Chronic Fatigue Syndrome
Fibromyalgia
Hyperactivity
Attention-deficit Disorders
Autistic tendencies
Breast and prostate cancer
Inflammatory bowel diseases