



THE CANDIDA SYNDROME

(THE EMOTIONAL – SPIRITUAL SELF STRUGGLE & SURVIVAL SYNDROME)

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INTRODUCTION

The Candida Syndrome has been around for a long time (since the beginning of mankind) but in the last few years there has been more of an increase of the number of people having or developing this condition. It was observed that approximately 15 years ago, 1 in 20 people were seen to have Candida and today it is observed that 1 in 3 to 4 people have this condition.

According to the Merck Manual 17th edition, the Systemic Candida species has been found to have risen fivefold since the 1980's. It has been noted to be the 4th most prevalent organism found in bloodstream infection. It has been found to be the most common hospital acquired infection and with immune-compromised patients, it is been found to be the most common condition.

Candida can be behind many other health related conditions and/or be part of another health condition that hinders the body's functioning. Many therapists attempt to address this condition, but they only scratch the surface. The focus is to assist practitioners into looking more closely and understand what is happening behind the scenes and provide insights into what needs to be considered to bring the body back into harmony.

CANDIDA DEFINED

Candida relates to a genus of yeast-like fungi. There are different species of Candida (Candida – guilliermondii, krusei, lusitaniae, moniliasis, etc) but the most common form around is the Candida Albicans. The fungus family is related to free living eukaryotic saprophyte organisms that have a rigid cell wall layer and can be divided into two groups (yeasts and moulds). Yeasts are single celled organisms, about the size of a red blood cell that reproduce by a budding process and split into two through cell division and are usually smooth with a waxy or sticky texture. Moulds (also called hyphae, pseudo-hyphae) produce long, hollow branching filaments or threads (tentacles) that produce cotton-like powdery colonies composed of a knitted mat appearance. When moist, they can have a sticky texture. When the mould or hyphae become thick matted and intertwined networks (called mycelium or mycelia) these start to penetrate through surfaces and set down roots or branches, similar to a tree, so as to entrench themselves. Some research mentions that it has been observed that the fungi can have very strong types of suckers that can stick to membrane tissue. Most fungi reproduction characteristics can be sexual or asexual (no sexual organs but reproduce highly resistant spores that have a fruiting structure appearance).

Normally, Candida can be present on the mucous membrane, but can exist systemically within the blood system or attach to different organs/glands. The mucous membrane is normally anywhere where there is an entry or exit to the body and serves as a protection barrier to the internal environment of the body. This membrane is in the gut, digestive system, anus, urinary system, vagina, penis, mouth, sinuses, nasal cavity and ear canal.

Under normal circumstances, the Candida albicans fungal organism can tend to cohabitate alongside other microorganisms within the body in a low activity status. This forms part of the "intestinal micro-flora or gut flora" of the body. The status of the gut flora can have a major influence on the body's immune system. When the body is in harmony, there can be a balance of the gut flora and the immune system status. When a disharmony occurs that relates to the challenges of life (from allergies, infection, prolonged stress or trauma etc) then there is the possibility of a gut flora imbalance resulting in a proliferation of any of the microorganisms. One of these microorganism proliferations could be Candida Albicans and is often known as Candidiasis. There are some schools of thought that mention that it is not so much the proliferation of the Candida microorganism that causes problems, but more the release of its toxic excretions that causes the disharmony. This condition can lead on towards becoming systemic, meaning it can get deeply entrenched in the body and move around the blood and affect or entrench themselves with every organ and gland. It can open the door to a certain type of blood poisoning (Candida Septicemia) and again, the release of toxic excretions can create the severity of health disharmony. This also has been observed to be on the increase.

Mostly, it is the way that this fungi affects the pH (acid – alkaline) factor of the mucous membrane, the blood and the body, that tends to create the severity of problems. Most people think that this condition is only related to women, but it is also commonly seen in males and other living creatures, as they also, have mucous membranes and are prone to the same types of conditions and problems.

SIGNS AND SYMPTOMS

Below are some of the most common indications:

bloating, gas, intestinal cramps, rectal or anal itch, constipation, diarrhea, mucous in the stools, colitis, irritable bowel syndrome, heartburn, belching, altered bowel functioning, hemorrhoids, vaginitis, thrush, premenstrual cramping/fluid retention/pain/irritability, menstrual irregularity, itchy genitals, jock itch, frequent bladder and kidney infections, burning on urination, frequent urinary urgency, bad breath, alcohol or acetone type breath, dry mouth, sore throat, irritating cough, blisters or rash around mouth, reoccurring mouth ulcers, gingivitis, periodontitis, general itchiness, increased allergies, multiple food allergies, increased chemical sensitivities, leaky gut syndrome, clogged sinuses, headaches, internal ear itchiness, recurrent fluid in the ears, ear pain which can lead to partial deafness, burning eyes, constant eye teariness, blurred vision, continual nervousness, aching or stiffness in the joints and muscles, arthritis, burning tongue, white spots on the tongue, esophagitis, decreased libido, chronic fatigue, general malaise, depression, mood swings, hyperactivity, hypo activity, ADD, ADHD, thyroid under activity, heart and circulatory dysfunctional problems, blood sugar swings or problems, strong continuous sugar cravings, yeast or vinegar cravings,

diabetes, uncontrollable diabetes, weight gain or loss, eczema, psoriasis, athlete's foot, fingernail and/or toenail fungus, diaper rash in babies, memory loss, brain fog, poor concentration and learning ability and some conditions that have no set associated pattern.

DEVELOPMENT PROCESS & ACTIVATION

There are a number of triggers that can activate Candidiasis, but there is a common factor that occurs. To allow the physical and chemical proliferation of Candida fungi, it needs the feeding supply of yeast and sugar.

YEAST + SUGAR → FERMENTATION
→ ALCOHOL → PUTREFACTION →
DECAY

When this fermentation process starts to take place, this starts to alter the pH of the mucous lining, the blood and the body. In actual fact, the fungi actually feed off the result of fermentation, putrefaction and decay. Even the toxic excretions that get produced from the Candida fungi have a fermenting, putrefying content.

When these excretions start to affect the blood chemistry this opens up a new door to affect the status of organ and glandular functioning resulting in possible conditions of Systemic Candida and Candida Septicemia.

ETIOLOGY – TRIGGERING FACTORS

There can be a number of different origins that can trigger Candida.

Physical

Spine out of alignment
Twisted Bowel
Surgery / Post Surgery

Chemical

Allergies and Dietary Intolerances
High Use of Antibiotics / corticosteroids / other medications
Oral contraceptive pill (OCP) for women
Anti-Ulcer medications
Surgery anesthetics and medications
Mercury
Poor Diet
Nutrient deficiencies
Poor digestive function
Poor liver function
Poor gut flora
Suppressed or challenged immune system

Environmental

Toxic Chemicals – work, home
Industrial Chemicals, Pesticides, Cleaners etc
Toxic Workplace / Home
Constant exposure to electromagnetic radiation

Emotional

Emotions drive us and determine how we function and respond to the world. The expression of our spirit is through our emotions. The essence and memory of our emotions lives in the gut and its lining (the emotional brain). It is important to listen to our gut feelings to stay present and aware.

Home is where the heart is. Home is where our spirit lives. Home is where spirit feels safe, happy, at peace, so it can rest and play with ease. When spirit is not happy at home, it doesn't want to be there, so looks to be elsewhere. When spirit can't be elsewhere due to limitations or restrictions related to the body or situations, then spirit feels like the prisoner and this leads towards inner conflict, turmoil, inner self-struggle, survival, etc. This leads to physical manifestations of pH change, switching off, dehydration, adrenal and blood sugar fluctuations, surfacing of health conditions, putting us into deeper emotional survival mode.

Triggering Factors

Stress – work, family, relationships, financial, etc
Perfectionism
Inner conflict, the conflicting inner dialogue, the constant self put down, the crossroads within self
Battle of the Wills with self and others, the struggle
Excessive worry and anxiety
Constant mixed troubled emotions, always unhappy, out of touch
Suppressed anger and frustration
Fear, phobia
Constantly switching on & off

Reality Check

In today's world with rising costs of fuel, interest rates, general cost of living etc, this opens the door for a lot of frustration and uncertainty to be present. On TV, all that is seen is violence, aggression, frustration and unrest, which leads to uncertainty with where our world is going and is it safe to travel anywhere. The media creates frenzy and fear to the public and so now everyone watches their back (kids driven to school, riding or walking is out, security is at its highest). People have to work longer hours to cover all the overheads that comes with living the lifestyles that some to do. This brings tiredness, exhaustion and sometimes stress on relationships and family life. These people get cranky, irritable, depressed, withdrawn, explosive, etc and this puts further pressure on individuals to perform or do the right thing by others. They start to eat on the run (takeaway, microwave foods) and often eat sweet foods to provide more of energy boost and end up being more cranky, irritable and explosive. Medication starts to get taken to calm due to the aggressive behaviour. This opens the door for Candida. This can further progress onto a health condition, like stomach or bowel problems that are not being relieved by medication. The doctor decides to do further tests and

show all clear with no evidence of condition found. The conclusive evidence points towards a psychosomatic condition (meaning that nothing has been found so condition has been brought on by mental/emotional stress or it has been made up). This further compounds the challenged emotions due to fear of the unknown, knowing full well that a real painful condition exists that is debilitating. (What is wrong with me? Do I have cancer?) This further compounds the Candida condition.

RESTORATIVE PROTOCOLS

It is important for the practitioner to look at the **whole picture** with the treatment regime. What is helpful is using the Triad of Health Principals. It is important to check all factors relating to:

Structural / Postural

Chemistry / Dietary
Emotional / Spiritual

There are specific Kinesiology Balancing formats that need to be followed and can be integrated with the practitioner's existing skills. Important formats to consider are the following:

The location, the structure type and proliferation of the Candida; the status of emotion; sabotage events; individual constitutional type make up; hereditary factors; the emotional brain-digestive status; the gut functioning %; the pH status; the fermentation %; the regulating gland & organ status; the thyroid and sex hormone status; the adrenal status; the bloodsugar status; the hydration status; the switching status and time status.

The goal is to bring the individual back to a harmonious state on every level that is

acceptable and possible for each individual's parameters. It is important that individuals can function in a grounded manner, stay present in time, still living within the confines of what life presents to them, heading in a positive building direction, and stay at one with themselves and their living and working environment.

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About the Author:

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Bach Health Science - Dipl App Science
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PROFILE HISTORY

JOHN HOLODNAK has been involved in natural therapies since 1987, after looking for a change in career direction. Initiating studying and doing massage, he got introduced to kinesiology and got captivated by its dynamic expansiveness (kinesiology training in TFH, 3 in 1, PKP, Hyperton-X, NOT, some App Phys; Blueprint Series, ICPKP). Whilst completing his formalized studies, John was also building and running,

what is now, a successful and busy clinic utilizing all his skills in an integrative manner. Since the 1989, John has been a Kinesiology trainer for TFH, 3 in 1 and a Senior Faculty Trainer for ICPKP program. Over the last few years, he has been starting to develop his own training programs, whether they are kinesiology or non-kinesiology based, so as to share some of the extensive wealth of knowledge and experience as a practitioner and trainer. (Nutritional Education & Awareness; Health Awareness Series; Chakra Dynamics; Muscle Tension Reset) John's focus is about helping people and animals on their journey of life, from the physical to the spiritual.

John and his wife, Vicki, live in Western Australia, in one of the fastest developing coastal cities, called Mandurah. It offers an abundance of fishing, bird-life and pleasure living. He owns and operates 2 multi-modality complexes called Mandurah Natural Therapies Centre and Mandurah Yoga & Tai Chi. Other practitioners enjoy sharing the zest and energy vitality with working at these complexes alongside John and utilizing their skills, as health care providers for the community.

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