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| 42. Endometriosis (irregular or painful menstruation) | 53. Sinus infections | 67. Nasal congestion |
| 43. Kidney, bladder infections | 54. Bad breath | 68. Post nasal drip |
| 44. Cystitis (inflammation of the bladder with possible infection) | 55. Cough | 69. Sore or dry mouth |
| 45. Sores or blisters in the mouth | 56. Hair loss | 70. Nasal itching |
| 46. Wheezing or shortness of breath | 57. P.M.S. | 71. Nasal discharge |
| 47. Food allergies or food reactions | 58. Spots in front of eyes | 72. Sore or dry throat |
| 48. Cramps or menstrual irregularities | 59. Asthmatic symptoms | 73. Thrush |
| 49. Pain or tightness in the chest | 60. Burning on urination | 74. General allergies |
| 50. Vaginal itch, burning, or persistent infections | 61. Burning or itching eyes | 75. Hay fever |
| | 62. Ear pain | 76. Painful intercourse |
| | 63. Ear discharges | |
| | 64. Ear aches | |

As you can see, the symptoms are numerous and varied. Many times people give up on ever finding out what was wrong with them because these symptoms seem so unrelated.

Symptoms can vary according to one's diet. Sugar, alcohol, starches, fermented foods, sweets (even fruits) will increase symptoms by feeding the yeast organisms. This will cause them to grow and release more toxins which will produce more symptoms.

CANDIDA TREATMENT

CBT is a totally unique and powerful treatment for Candida. This revolutionary treatment stimulates your own immune system to eliminate the Candida overgrowth. No more than 4 successive CBT treatments are usually necessary, as long as you strictly adhere to the anti-Candida diet and take the prescribed probiotic supplements. Following your last treatment, the diet must be strictly followed for one additional week in order to prevent the Candida from returning. No matter what you may read on the internet, no Candida treatment is effective unless you also strictly adhere to an anti-Candida diet.

Do not start the Candida treatments unless you are totally committed to following this treatment program. If you have even a small amount of food or beverage that is prohibited, more treatments (and expense) will be necessary to eliminate your Candida. You must carefully read the ingredients of anything you put in your mouth. Never assume that a certain food or beverage is safe to consume until you have thoroughly checked the ingredients.

After each Candida treatment, you may experience mild to moderate fatigue or headaches. This results from toxins being released into your blood stream from the Candida that has been destroyed. Be sure to drink at least 8 glasses of water a day while being treated. This will help to flush the toxins from your colon. You should be having at least two bowel movements a day while being treated. It is OK to take natural bowel stimulants or laxatives in order to accomplish this. Colonics can also be very helpful during this time.

Candida can be passed from one spouse to the other. It is therefore a very good idea to have your significant other checked for Candida. A mother who has Candida can also infect her children when she is pregnant or through breast-feeding. If you would like any family member to be checked for Candida, we will be happy to do so at no charge.