

## THE IGG AND CANDIDA CONNECTION

The Great Plains Laboratory tests for *Candida albicans* (a microscopic fungal organism and pathogenic yeast) as part of IgG food allergy testing. High levels of IgG antibodies to *Candida* have been found in patients who reported many symptoms of yeast overgrowth. *Candida* problems are caused when the benign yeast form of *Candida albicans* transforms to its fungal form and produces a buildup of toxins in the body. *Candida* can overgrow areas of the intestinal mucosa resulting in numerous symptoms, including creating microscopic holes in the lining of the intestines, leading to what is commonly known as "leaky gut" syndrome. *Candida albicans* proteins may trigger an inflammatory response. A wide range of disorders have been linked to *Candida* overgrowth including autism, multiple sclerosis, depression, chronic fatigue, fibromyalgia, migraines, and irritable bowel syndrome. Immunocompromised patients with cancer or AIDS can have life-threatening complications if *Candida* enters the bloodstream, resulting in systemic candidiasis. Use of antibiotics, oral contraceptives, chemotherapy, anti-inflammatory steroids, and diets high in sugar and starch increase susceptibility to *Candida* overgrowth.

Research has revealed a relationship between health of the gastrointestinal tract and overall well-being. Imbalance between good and bad bacteria (dysbiosis) has been shown to worsen behavior disorders, hyperactivity, aggression, and cause fatigue. Evidence is mounting that dysbiosis impairs the immune system and contributes to food allergies, digestive disorders, nutritional deficiencies, and cognitive dysfunction. Using the Food MAP (which will include a separate report for *Candida* and brewer's yeast) will help identify food allergies and *Candida* sensitivity that may be creating a variety of problems for patients. Practitioners may then recommend elimination of the identified foods and supplementation with various natural products that control *Candida* overgrowth and assist with healing of the gut. Depending on the levels of *Candida* and the severity of a patient's symptoms, further testing may be recommended, including a Comprehensive Stool Test or Organic Acids Test.