



CANDIDA OVERGROWTH MAY BE CAUSING YOUR INFERTILITY STRUGGLES

SYMPTOM CHECKLIST

Some of the more easy to identify/major symptoms are: cravings for sugar, bloating every month before period, fatigue, rashes of any kind, yeast infections, insomnia. Information from Health Mastery Institute

Mental/Emotional/Nervous System:

- Headaches and migraine headaches
- Depression
- Sleep problems – difficulty falling asleep, or waking up in the middle of the night with a mind that won't calm down (typically between 1 and 3 am)
- Irritability and confusion
- Poor memory
- Anxiety attacks, panic attacks
- Obsessive-compulsive disorder (OCD)
- Heart beating too fast or irregularly
- Sexual problems – impotence or lack of desire, or excessive sexuality
- Attention deficit, hyperactivity (ADD/ADHD)
- Dizziness
- Numbness
- Feeling of floating or not quite being in your body
- Indecisiveness, difficulty organizing and cleaning messy areas



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Digestive System:

- Cravings for sugar, chocolate, milk, cheese, vinegar, pickles, alcohol, bread, nuts or fruit
- “Metabolic syndrome” which includes the following: large abdomen (“beer belly”), adult-onset diabetes, high cholesterol or triglycerides, high blood pressure
- “Beer belly,” also called truncal obesity – excess weight centered around the abdomen
- Acid reflux/GERD (heartburn)
- Hypoglycemia (low blood sugar)
- Bloating, flatulence or abdominal pain
- Rectal itching
- Constipation and/or diarrhea
- Excessively thin or anorexic/bulimic

Immune Disorders:

- Asthma and allergies
- Recurring infections – colds, ears, bladder, sinus
- Autoimmune disease (lupus, hypothyroidism, arthritis, others)
- Penicillin allergy



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Skin, Eyes, Hair:

- Skin and nail fungal infections (current or past), including: athlete's foot, vaginal yeast infections, fungal toenails, ringworm, jock itch, tinea versicolor, or itchy eyelids
- Skin problems like eczema, rashes, psoriasis
- Prematurely graying hair
- Pupils always dilated
- Unusually green eyes, or eye color has turned greenish

Whole Body:

- Fatigue
- Muscle or joint pain, fibromyalgia
- Cold feet, cold hands, sometimes cold nose
- Sweating, especially at night
- Uncomfortable at any temperature

Women's Health Issues:

- Premenstrual syndrome (PMS)
- Endometriosis (chronic pelvic pain)
- Infertility (female), some miscarriages, toxemia of pregnancy (preeclampsia)



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Depression and Candida:

- Sadness
- Lack of interest in things that used to be interesting, exciting, or important to you
- Irritability and negativity, everything bothers you
- Inability to feel happiness or pleasure, or inability to feel much of anything
- Pessimism, hopelessness, and anxiety
- Fear for the future

Common symptoms in Children:

- Early allergy to foods like milk
- Diaper rash recurrences
- Frequent ear infections, tonsillitis, strep throat or bladder infections, especially if these infections were treated with antibiotics
- Cravings for milk, cheese, yogurt, macaroni and cheese, or peanut butter
- Asthma
- “Drama king” or “drama queen” — complains quite vocally and often
- Difficulty going to sleep, sleeps too lightly or has frequent nightmares, and wakes up too early (or sometimes too late)
- Attention deficit with or without hyperactivity (ADD/ADHD)
- Aggressive, poor social interactions, can’t stop moving, frequent fights or arguments, frequent crying



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- Autism
- Pale complexion, dark circles under the eyes
- Thrush, hives, eczema, athlete's foot, colic lasting over 2 months, digestive gas and bloating, diarrhea and constipation, craving for sweets, headaches, persistent cough.

Factors that contribute to a Candida Overgrowth:

- Antibiotics
- Stress
- Acidic diet
- Chemicals like chlorine and fluoride in your drinking water
- Birth control pills taken for a year or longer
- Mercury fillings in your teeth

If you have any of these symptoms, get in contact with Alira for a FREE CHAT to discuss your best course of action going forward

FILL IN CONTACT FORM HERE:

<https://linktr.ee/Thenaturalfertilitycoach>

Or contact me on my website & social media:

[instagram.com/thenaturalfertility.coach](https://www.instagram.com/thenaturalfertility.coach)

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www.thenaturalfertilitycoach.com

About THE AUTHOR

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I help women optimise their health & show them how to take charge of their fertility to become pregnant naturally. I am also a prenatal health & nutrition coach and a natural birth educator. I educate, guide & empower women to empower themselves through their natural conception journey, starting at pre-conception all the way through pregnancy, birth, postpartum & motherhood.



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