

# The Physical and Emotional Side of Candida

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# Candida Overgrowth

- How we get it
- Why we get it
- How to eradicate it
- How we might benefit from it
- Remember, educate and treat all pieces to the "healing puzzle"



# Physical Side of Candida

- We actually have candida in our gut and we create the overgrowth (appropriate term)
- Environment growth: moist, dark and warm places
- It can grow in the gut (highest density), the vaginal tract, eyes, mouth, ears, from LI up to ST and esophagus to sinuses
- Rashes, in orifices or ringworm



# Physical: How we get it

- C.R.A.P diet
- Making love with someone who has it
- Chronic stress
- Suppressed immune system
- Rx meds and over-supplementation
- Commonly see parasitic and bacterial overgrowth with candida



# Candida Symptomology

- See word doc handout



# How to treat it

- Conventional: Antibiotics (kill bad bacteria but also the healthy bacteria or flora)
- Pill form or topical
- The problem is that it typically kills the bad, but also the good...leading to a even worse fungal infection!
- Some of the Rx meds are VERY toxic to the liver (Diflucan)



# Diffucan Side Affects

- Immunologic: angioedema, face edema and pruritus
- Cardiovascular: QT prolongation
- Central Nervous System: Seizures, dizziness.
- Dermatologic: Exfoliative skin disorders including Stevens–Johnson syndrome and toxic epidermal necrolysis, alopecia.
- Hematopoietic and Lymphatic: Leukopenia, including neutropenia and agranulocytosis, thrombocytopenia.
- Metabolic: Hypercholesterolemia, hypertriglyceridemia, hypokalemia.
- Gastrointestinal: Dyspepsia, vomiting



# Holistic Treatment

- Kaufman Fungal Diet (see handout): The Fungal Link
  - Phase 1 for 3 months
  - Phase 2 for 3 months



# Holistic Treatment

- Cancid Forte (Orthomolecular): 3 caps 3 day
- Formula SF 722 (Thorne Research): 6 caps  
3x day 9 (Ricinolein Oil = Castor bean oil)
- Oregano Oil Caps: 3 caps 3x day
- Pau D'arco Tea: 1-3 xday



# Emotional Side

- How do we get it?:
  - Food, sex, Rx meds, stress
  - Stress has many faces
  - Not expressing emotions and internalizing them
  - Programming from tribe, not learning from life events, perceived fears and unhealthy



# Emotional Side

- Why do we get it?
  - Not expressing or internalizing emotions
  - Holding things in affects the LU and LI (TCM theory)
  - Creates yin or yang energy and over time the environment is created



# Emotional Side

- Why do we get it?
  - Programming: we are a product of our environment and never develop who WE are
  - We learn to get our needs met through other people or things
  - We learn coping skills of focusing on past or future (candida smoke screens present) to ignore the present



# Emotional Side

- Why do we get it?
  - Unhealthy relationships: marry mom and dad
  - Co-dependency: no sense of "I"
  - We get our emotional needs met through "look at me mom/dad!" = validation and praise
  - Viewing life through "tribal eyes"



# Emotional Side

- Why do we get it?
  - Victim consciousness = energy draining
  - Rescuer or prostitute consciousness = always giving "self" or lack of self away
  - The more you focus on others, the "we" or "all," the less you have to focus on "I"



# Emotional Side

- Why do we get it? (Karol Truman in Feelings Buried Alive Never Die)
- Begins with doubting self, resentment multiplying inside, inability to claim ones power, unresolved negative feelings, continually blaming others, inability to let go of past/allowing the past to dictate the present, and holding onto old concepts



# Where you get it

- Mouth: flower for the SP/ST (over-thinking, worry, lack of sympathy/empathy)- muscles
- Nose: flower of the LU/LI (sadness/grief, not being able to let go physically and emotionally, righteousness, disorder)- skin
- Tongue: flower for the HT/SI (arrogance, impatience, over joy, lack of peace and intuition (trust in self))- blood vessels
- Sex organs: fear, lack of fluidity, not living ones legacy, lack of sense of self and direction
- Ears: flowers for the KD/UB (fear, lack of fluidity and willpower) -bones
- Eyes: flower for the LV/GB (mental activity, nerves and anger)- nerves and nails



# Emotional Side

- How do we benefit from it?
  - Part of ego is fearful (intimacy, owned a belief about sense of worth, behavior of other people) = spiritually wounded = muscle tension and "pain" (all bodies)
  - We escape from pain by anesthetizing (intoxicating) oneself = we live life in a drunken stupor
  - Is the fear: Mom's truth, Dad's truth or YOUR truth?



# How to treat it!

- Values tree to establish legacy/"life script" and "I"identity
- Acupuncture and herbal remedies
- Acknowledgement of perceived belief patterns
  - Exercise: figure out perceived belief about weight, internal shame, etc
  - Moms beliefs, Dads beliefs and YOUR beliefs



# How to treat it!

- **Relationship Goals to learn from your experience:**
- What do I want in this relationship that is positive?
- What can I do to make this happen?
- What will I see, hear or feel that will let me know that I have achieved this goal?
- When, where, with whom, in what context do I want this goal?
- What is the expected impact of setting this goal, both for me and the others involved—short term, long term, and even longer?



# THANK YOU!

- Josh Rubin
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