

The Candida albicans Story

Part I of the Dysbiosis Saga

The *Candida albicans* Story

The story emerged with the publication of a famous paper by Orian Truss MD:

“Tissue injury induced by *Candida albicans*:
Mental and neurologic manifestations”

(*Journal of Orthomolecular Psychiatry*, 7:1, 17:37, 1978.)

The Candida albicans Story

Certainly many recoveries.

Anti-fungals produced many striking case resurgences.

But is that the whole story?

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Anti-fungals produced many striking case resurgences.

But is that the whole story?

It's very shaky and barely holds together!

The Candida albicans Story

There is a syndrome, definitely:

Abdominal bloating

Sugar cravings

Alcohol intolerance

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This was my “Terrible Trio”

The Candida albicans Story

Abdominal bloating

Sugar cravings

Alcohol intolerance

Add **chemical sensitivity**

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Abdominal bloating

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Add **chemical sensitivity**

This is my “Awesome Foursome”

The Candida albicans Story

We treated with sugar avoidance

A low-yeast/mold diet

Caprylic acid (Capricin)

Anti-fungals (Nystatin, Diflucan, Sporanox,
etc.)

The Candida albicans Story

Some doctors using energy testing (kinesiology) would end up giving HUGE amounts of Nystatin.

I started to suspect some other mechanism: maybe leaky gut blocked?

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We hunted around for effective tests
Candida and yeast skin sensitivity testing
was my favorite.

Anti-Candida antibodies (never convinced)
... we have all encountered Candida.

The *Candida albicans* Story

Thing is:

WE NEVER FOUND CANDIDA IN OUR PATIENTS! ... Not in any quantity

We know it shows up in severe immune compromised patients (cancer, AIDS etc.)

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Anti-Candida diets were circulated.

Most were just food allergy exclusion diets!

Ignorance and pseudo-knowledge
abounded/books published.

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Finally, we came to the fermentation tests

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Simplest was sugar loading (after a fast), followed by blood samples looking for alcohols.

Didn't prove much, except that fermentation was taking place.

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The whole story was incredibly shaky...
It was held in place by sometimes dramatic recoveries.

We got the “burn off” reaction, after anti-fungals, which seemed to reinforce it.

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We talked of “systemic Candida” but the most obvious thing to me was:

WE NEVER FOUND ANY CANDIDA!

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By the mid-1990s, I was asking “Is this all?”
There has to be more to the story...