



Week 8: Biomedical & Nutritional Blueprint

How Candida & Gluten affect one another and the Human Body:

Nieuwenhuizen and his colleagues postulate that *Candida albicans* is a trigger in the onset of celiac disease, one of the most severe forms of wheat sensitivity. Transglutaminase is an enzyme found in the mucosa, the lining of the gastrointestinal tract that helps in the digestion of gluten. Gluten is very rich in the amino acid glutamine and the chemical reaction of the transglutaminase involves the movement of glutamine in gluten. The first step in this reaction is to covalently bind the glutamine of gluten to the enzyme. If the person has extensive gastrointestinal *Candida*, the HWP1 on the *Candida* cells will compete for gluten for binding to the transglutaminase enzyme and, as a result, gluten is unable to be digested. Furthermore, this covalent bond to *Candida* antigen binds the *Candida* cells to the mucosa until the mucosa is eventually sloughed off and replaced. Furthermore, this combination of *Candida* cells bound to a human enzyme is recognized by the immune system as a foreign entity and an autoimmune reaction against the transglutaminase *Candida* antigen complex may be initiated. Antibodies against *Candida*, gluten, or against the *Candida* gluten complex would probably all cross-react with each other so that a person with *Candida* antibodies might also react against gluten and vice-versa.

Furthermore, the similarity of the *Candida* and gluten antigens means that many individuals with *Candida* antigens will very likely cross react with one another so that they may elicit allergic reactions from each other even if autoimmune reactions do not occur.

Reference: Nieuwenhuizen WF, et al Is *Candida albicans* a trigger in the onset of coeliac disease? *Lancet*. 2003 Jun 21; 361(9375): 2152-4.

Here are 10 common candida symptoms

1. Skin and nail fungal infections (such as athlete's foot or toenail fungus)
2. Feeling tired and worn down or suffering from chronic fatigue or fibromyalgia
3. Digestive issues such as bloating, constipation, or diarrhea
4. Autoimmune disease such as Hashimoto's thyroiditis, Rheumatoid arthritis, Ulcerative colitis, Lupus, Psoriasis, Scleroderma or Multiple sclerosis
5. Difficulty concentrating, poor memory, lack of focus, ADD, ADHD and brain fog
6. Skin issues such as eczema, psoriasis, hives, and rashes
7. Irritability, mood swings, anxiety, or depression
8. Vaginal infections , urinary tract infections, rectal itching or vaginal itching
9. Severe seasonal allergies or itchy ears
10. Strong sugar and refined carbohydrate cravings

How do you treat candida overgrowth?

Effectively treating candida involves stopping the yeast overgrowth, restoring the friendly bacteria that usually keep them in check, and healing your GI tract (gut) so that candida can no longer enter your bloodstream. Getting rid of the candida overgrowth primarily requires a change in diet to a low carbohydrate diet. Sugar is what feeds yeast, so eliminating sugar in all of its simple forms like candy, desserts, alcohol and flours. Reducing to only one cup a day of grains, fruit, bread, pasta, and potatoes will help prevent the Candida from growing. It's a must to restore the healthy bacteria that typically keep your candida population under control, you can help with taking probiotics on a daily basis. Finally, healing your GI tract by eliminating inflammatory foods that can harm your GI tract and introducing foods that aid in digestion and nutrient absorption, will prevent candida from working its way through your body, and will dramatically improve your overall health.

CANDIDA CONTROL DIET
ALLOWABLE FOODS

Vegetables:

All vegetables except mushrooms and all potatoes

Scrub all vegetables before use. Also peel or skin when possible.

Condiments:

Apple Cider Vinegar (raw & unfiltered-refrigerate)

Fresh Herbs (i.e. basil, parsley, etc.)

Sea salt Pepper Spices (without additives, MSG, etc.)

Fruits (one - two per day):

Apples (granny smith-peeled) Blueberries

Grapefruit Lemons & Limes

Oils:

Flaxseed, Sesame oil, Sunflower oil (not for cooking, just flavoring)

Olive oil (good for cooking)

Drinks:

Water-filtered & Mineral Herbal Teas (in moderation)

Seeds:

Chestnuts Pumpkin seeds Sunflower Seeds Sesame seeds

Sweeteners:

Stevia

Grains: Brown rice, Millet, Pasta Wild rice

Miscellaneous: Carob-unsweetened

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