

Common Symptoms of Candida Overgrowth

Metabolic/Digestion Symptoms	Mental/Emotional Symptoms	Whole Body Symptoms
Weight gain, obesity	Headaches, migraines	Chronic fatigue
Increased belly fat	Sleep problems	Muscle weakness
High carbs, sugar, alcohol cravings	Night sweats	Irregular heartbeat
Cravings for dairy, sour foods	Lack of concentration	Cold hands & feet
Bulimia or anorexia	Mood swings	Allergies, acne, eczema, dandruff
Indigestion, acid reflux	Increased irritability	Frequent infections
Bloating, gas	High anxiety	Asthma / persistent cough
IBS (irritable bowel syndrome)	Hyperactivity / ADD	Itching, running nose / sinus inflammation
Hypoglycemia	Memory problems	Ear pain / itching
Metabolic syndrome	Brain fog, confusion	Chronic joint pain
Thyroid dysfunction	Indecisiveness	Low sex drive / impotence
Oral thrush	Sense of floating	Painful intercourse
Constipation/diarrhea	Learning disabilities	Fungal infections
PMS (pre-menstrual syndrome)	Depression	Rectal / vaginal itching