

CandidaProfile

Test Report

Kit ID : GMBW6141

Patient Name : Ben Wilcox



Laboratory Report

Enclosed you will find the results of your laboratory examination. In addition to your results, you will also receive a summary of the correlating effects, regarding the tested parameters. These are compiled without any knowledge on the clinical background and as such, may only be used as an interpretation aid. In case of health problems, please consult a doctor or practitioner for medical treatment and accompaniment for making the best decisions for your health. We explicitly warn against beginning, suspending, or changing any medication or therapy without consulting your doctor or practitioner.

Candidate Test Report

Sample Material:

Stool

Received Date:

2024-12-03

Completed Date:

2024-12-23

Analyze

Results

Level

Candida albicans

Detected



Candida glabrata

Not Detected



Candida tropicalis

Not Detected



Candida parapsilosis

Not Detected



Candida auris

Not Detected



Candida krusei

Not Detected





Candida albicans

Candida albicans

Detected



For *Candida albicans*, a comprehensive approach begins with an anti-inflammatory diet low in refined sugars and carbohydrates to limit the primary fuel source for *Candida*. Research shows that sufficient levels of certain gut bacteria such as *Lactobacillus* and *Saccharomyces boulardii*, can help inhibit *C. albicans* growth. Therefore following your personal nutrition guide from a YourGutMap microbiome test could help to create a healthy gut microbiome foundation to limit the growth of *C. albicans*. Herbal antifungals, such as oregano oil, garlic, and caprylic acid, are also commonly used to reduce overgrowth naturally. Additionally, functional practitioners often recommend gut-supportive nutrients like glutamine and zinc to repair and strengthen the gut lining, reducing the likelihood of reinfection. Our treatment and advice suggestions have been devised by Nutritional Therapists and Functional Medicine Practitioners. Any treatment protocol should only be undertaken under the supervision of a Healthcare Practitioner. For persistent and/or serious symptoms, it is recommended to speak to your Doctor.

Candida glabrata

Candida glabrata

Not Detected



Candida glabrata is less common in the gut than *C. albicans*, but when detected in stool samples, it may signal an infection or imbalance, especially in individuals with recent antibiotic or immunosuppressant use. This species is known for its resistance to some antifungal treatments, making it more challenging to manage. Symptoms associated with *C. glabrata* include milder digestive disturbances, such as bloating, nausea, or discomfort. While it often causes less severe gut symptoms, it may lead to chronic infection risks, especially in immunocompromised individuals.





Candida tropicalis

Candida Tropicalis

Not Detected



Candida tropicalis is an aggressive species that can lead to significant gastrointestinal symptoms if found in high levels in stool samples. It is often associated with more severe gastrointestinal issues, such as diarrhea, cramps, and gut inflammation. C. tropicalis can also contribute to fatigue, weakened immune function, and, in rare cases, may lead to systemic infections in immunocompromised individuals. Because it is more pathogenic than other species, prompt treatment is usually recommended to prevent potential complications.

Candida parapsilosis

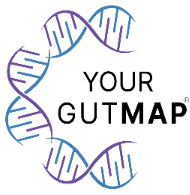
Candida parapsilosis

Not Detected



While Candida parapsilosis is not a common resident of the gut, it may appear in stool tests, particularly in those exposed to healthcare environments or medical devices. Overgrowth of C. parapsilosis may lead to bloating, mild digestive issues, and, occasionally, skin-related symptoms such as rashes or nail infections. It generally poses a greater risk for invasive infections in immunocompromised individuals, but in the gut, its symptoms are typically mild and manageable, though it may indicate a need for improved gut flora balance.





Candida auris

Candida auris

Not Detected



Candida auris is a rare but highly resilient fungal species that is often associated with healthcare settings and is known for its resistance to multiple antifungal treatments. Though more frequently found on the skin and in the bloodstream, if *C. auris* appears in a gut health stool test, it may indicate an unusual colonisation or infection that could pose potential health risks, particularly in immunocompromised individuals. Symptoms of *C. auris* colonisation or overgrowth in the gut may include persistent gastrointestinal discomfort, such as bloating, gas, diarrhoea, and abdominal pain, though in many cases it may remain asymptomatic.

Candida krusei

Candida krusei

Not Detected



Candida krusei is an uncommon *Candida* species in the gut and is typically associated with immune-compromised individuals or those who have undergone prolonged antifungal treatments, as it is naturally resistant to fluconazole. If found in a stool test, it may be associated with mild digestive discomfort, bloating, or altered bowel movements. While it is generally less pathogenic in the gut, its resistance profile can make treatment challenging, particularly in cases where it might spread beyond the gut.