

Edwards L: Self-hypnosis and psychological interventions for symptoms attributed to Candida and food intolerance. Australian Journal of Clinical Hypnotherapy and Hypnosis 20(1): 1-12, 1999.

Abstract: Chronic Candida syndrome (Candida albicans overgrowth) diagnosis and treatment is controversial. Many people with debilitating symptoms commonly attributed to this condition are ineffectively treated. Given these difficulties and the mounting evidence for mind-body healing, nonmedical approaches need to be investigated. This case report covers the history, planning, administration and outcome of hypnotherapy and psychological interventions (self-hypnosis, meditation, guided imagery, music therapy, neurolinguistic programming, breath control, thought distraction, unconditional acceptance, Ericksonian metaphors, cognitive challenging of the idealized self-image, assertiveness training, inner-child work, and Gestalt therapy) for a female 21 yr old diagnosed with Candida albicans overgrowth who was not responding to medical treatment. After 4 sessions of hypnotherapy and psychological intervention, the client reported a 70% improvement in both emotional state and physical condition. The outcome is attributed not just to the techniques used, but also to the linking of symptoms to their underlying psychological causes and working with those issues. (PsycINFO Database Record (c) 2005 APA, all rights reserved) (journal abstract).