

Additional Information Regarding the Link Between Candida and Endometriosis

Mary Lou Ballweg

Mary Lou Ballweg is the president and executive director of the Endometriosis Association, an organization she cofounded in 1980 that promotes awareness of and education regarding endometriosis. Besides founding and leading the Association, she has overseen the publication of the Association's three books and its educational materials, an extensive body of literature on the disease, and the development of two million dollars-plus educational awareness campaigns, four public service announcement campaigns, and many other outreach efforts. She is editor of the Association's bi-monthly newsletter and has produced numerous articles and chapters for journals, magazines, newsletters, and medical textbooks.

According to Ballweg: "There is a clear cut relationship between chronic candidiasis and severe endometriosis." That connection is well-detailed in the book *OVERCOMING ENDOMETRIOSIS* which even devotes a entire detailed chapter for the endometriosis-candidiasis link. If there is a history suggesting chronic yeast is present, especially prolonged antibiotics and hormone usage, then the yeast infection must be treated as the top priority.

Ballweg helped establish the world's first research registry for endometriosis. She was responsible for a major breakthrough in research in 1992 linking dioxin to endometriosis for the first time, helped develop groundbreaking work on cancer and endometriosis, and has an ongoing collaboration with the National Institute of Health on research on autoimmune diseases and endometriosis. She was instrumental in establishing Association research programs at Dartmouth Medical School and Vanderbilt University School of Medicine.

Ballweg, Mary Lou. *The Endometriosis Sourcebook*. Contemporary Books, 1995. ISBN 0-8092-3263-4.

Ballweg, Mary Lou. *Endometriosis: The Complete Reference for Taking Charge of Your Health*. Contemporary Books, 2004. ISBN 0-07-141248-4.

In 1996 the Endometriosis Association described the relationship of *Candida albicans* and endometriosis in their newsletter. Here is a brief excerpt: "No other approach to endometriosis has given as consistent, long-term, positive results as the treatment for *Candida albicans* / allergy / infection and its related problems." (Endometriosis Association, 8585 N. 76th Place, Milwaukee, WI, 53223). According to a recent report, some women with endometriosis show an allergic reaction to *Candida albicans* and are "in need of treatment that includes...anti-fungal drugs and proper diet." (*Current Approaches to Endometriosis, Patient Care*, Jan. 15, 1997, pp.34-38).

"Clinical evidence of alterations in immune system function are twice as likely in women with endometriosis who have conditions such as chronic yeast infections".

Lamb K, Nichols TR (1986). *Endometriosis: A comparison of associated disease histories*. *Am J Prev Med* 2:324-329

Dr. Orion Truss

Dr. Orion Truss, an internist from Birmingham, Alabama and author of *The Missing Diagnosis*, says, "I think it is very unquestionable that there is a very high association of endometriosis with chronic candidiasis. Naturally we cannot, at this time, be sure whether the yeast is causing the endo or whether some common factor predisposes to both." However, Dr. Truss believes that yeast overgrowth precedes endometriosis. "My own feeling is that the yeast is the cause of endometriosis because it is associated with so much evidence of interference in hormonal function in both men and women." Dr. Truss has seen dramatic relief of endometriosis symptoms in women who have been treated with diet, anti-yeast medications and yeast desensitization shots.

Dr. John Curlin

In the 1980's, John Curlin, M.D., a Tennessee gynecologist, began treating some of his patients with menstrual irregularities, pelvic pain and endo. He writes that there is a strong link between candidiasis and endometriosis. (taken from *The Yeast Connection and Women's Health*)

Dr. Pamela Morford

Another gynecologist Pamela Morford, has another interesting viewpoint on the connection between candida, allergies and endo. Her viewpoint from experience with patients who have pelvic pain also have yeast and allergies along with endo. After treating the patient with anti-candida therapy, she will more than likely lose her pelvic pain and the pain. The actual endo may not go away at this point.