

CANDIDA AND H. PYLORI EVIL TWINS!



SIDE-BY-SIDE PATHOGEN COMPARISON

CANDIDA ALBICANS

Fungal Pathogen



Nano Banana
2/Gemini 3 Flash Image

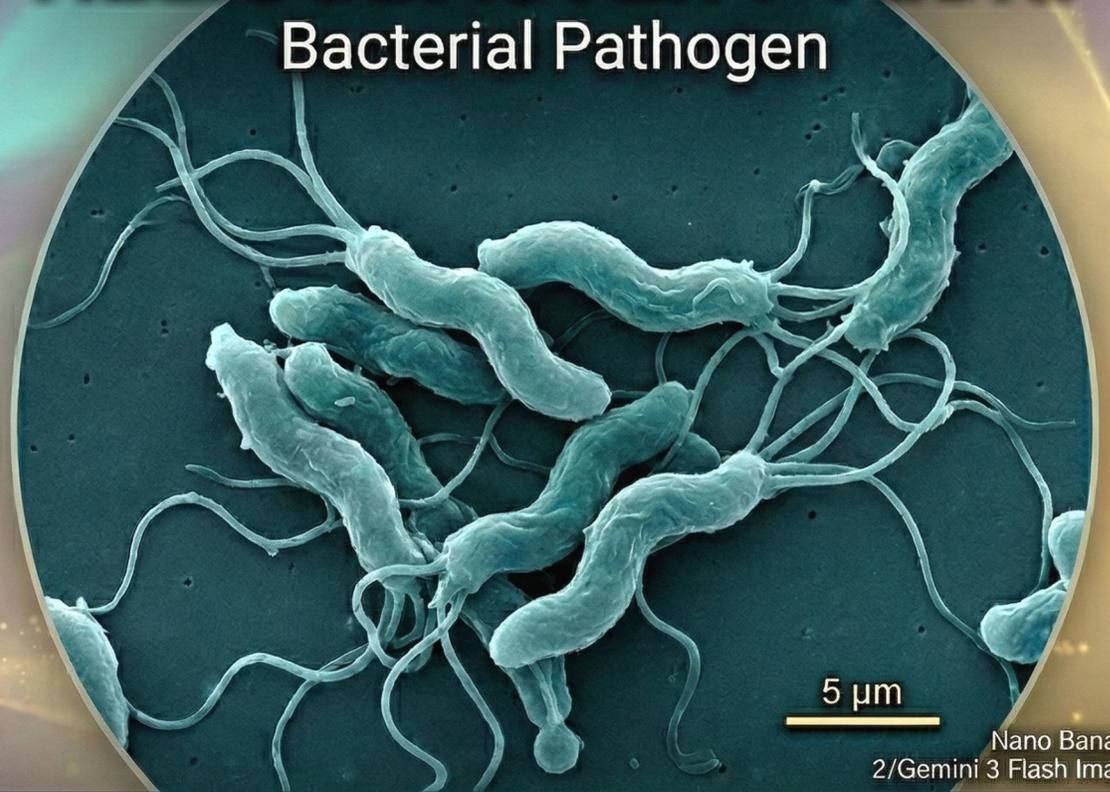
5 μm

- Fungal Yeast & Hyphae
- Biofilm Formation
- Common in Oral/Gut Microbiome



HELICOBACTER PYLORI

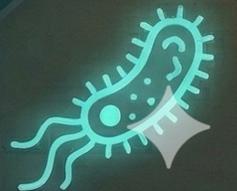
Bacterial Pathogen



Nano Banana
2/Gemini 3 Flash Image

5 μm

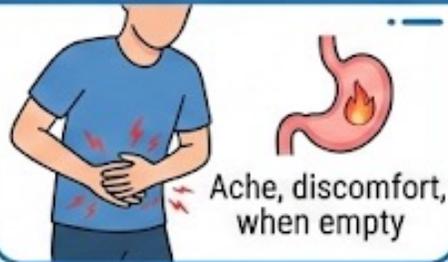
- Spiral-shaped Bacterium
- Flagella
- Stomach Acid Adaptation



TOP EIGHT SYMPTOMS OF H. PYLORI INFECTION

INFOGRAPHIC GUIDE

1 1. BURNING STOMACH PAIN



2 2. BLOATING



3 3. FREQUENT BURPING



4 4. NAUSEA



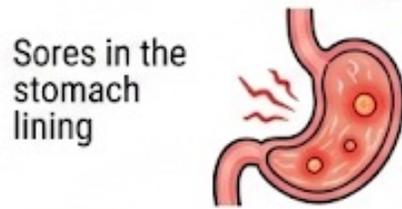
5 5. LOSS OF APPETITE



6 6. UNINTENTIONAL WEIGHT LOSS



7 7. STOMACH ULCERS



8 8. DARKENED STOOLS



TOP EIGHT SYMPTOMS OF CANDIDA OVERGROWTH

INFOGRAPHIC GUIDE

1. 1. RECURRENT UTIs



Frequent, painful urination; bladder discomfort; bacterial and fungal causes

2. 2. DIGESTIVE ISSUES



Persistent bloating; gas; abdominal swelling; altered bowel movements

3. 3. CHRONIC FATIGUE



Constantly feeling worn; lack of energy; difficult daily tasks

4. 4. BRAIN FOG



Difficulty concentrating; memory problems; feeling mentally cloudy or "spaced out"

5. 5. CHRONIC VAGINOSIS



Frequent vaginal infections;

6. 6. ORAL THRUSH



White patches on tongue or throat; soreness; difficulty swallowing

7. 7. SKIN & NAIL FUNGUS



Athlete's foot, ringworm; fungal nail infections; persistent rashes

8. 8. SUGAR & CARB CRAVINGS



Intense desire for sweets; powerful cravings for refined carbohydrates

THE GUT DEFENSE TRIO

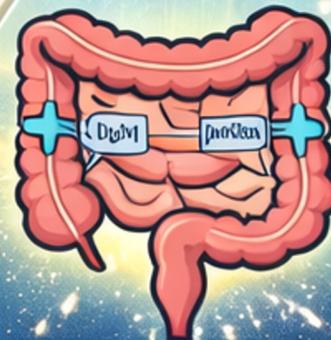
Rebuild Stomach Acid + Cut Fuel Supply + Repair the Barrier



REBUILD STOMACH ACID



CUT FUEL SUPPLY

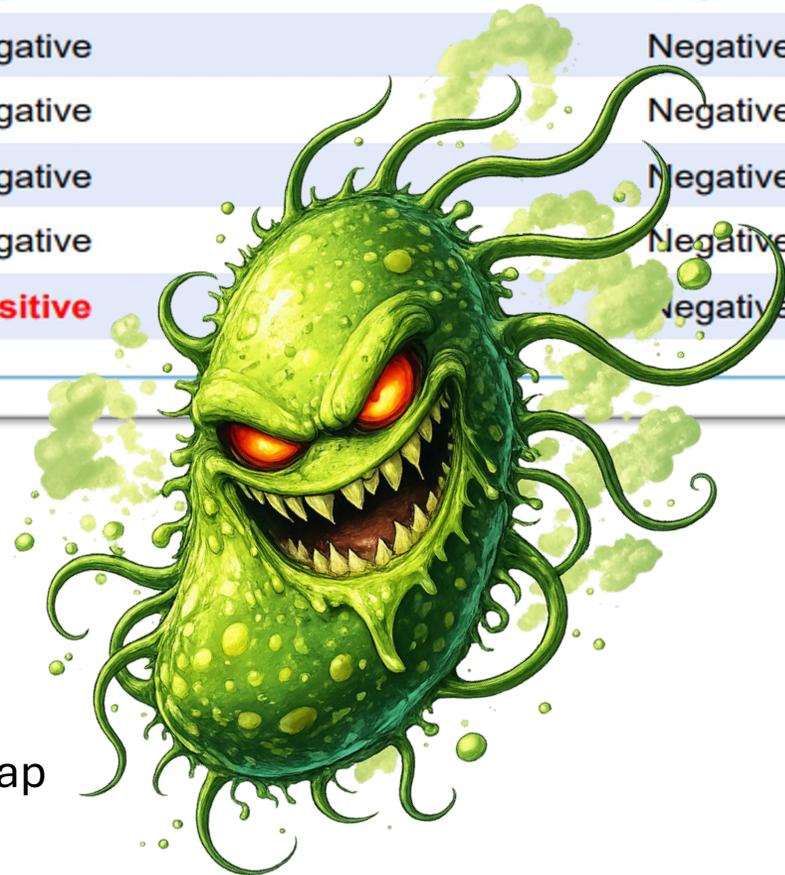


REPAIR THE BARRIER

HELICOBACTER PYLORI

H. PYLORI & VIRULENCE FACTORS

	Result	Reference
<i>Helicobacter pylori</i>	1.94e3 High ↑	< 1.00e3
Virulence Factor, babA	Negative	Negative
Virulence Factor, cagA	Negative	Negative
Virulence Factor, dupA	Negative	Negative
Virulence Factor, iceA	Negative	Negative
Virulence Factor, oipA	Negative	Negative
Virulence Factor, vacA	Negative	Negative
Virulence Factor, virB	Negative	Negative
Virulence Factor, virD	Positive	Negative

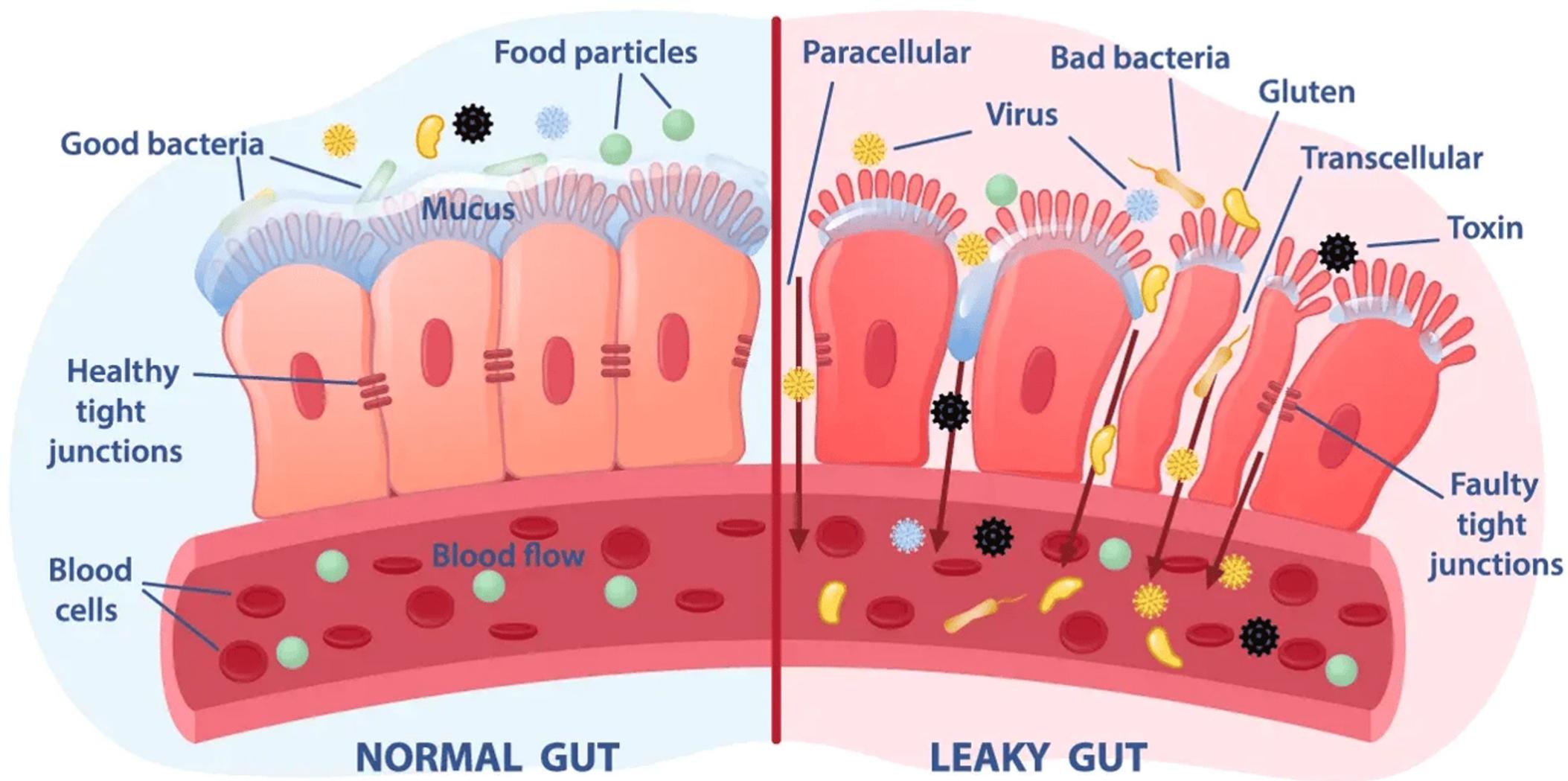


<https://www.diagnosticsolutionslab.com/tests/gi-map>

FUNGI/YEAST

FUNGI/YEAST	Result	Reference
<i>Candida</i> spp.	1.47e4 High ↑	< 5.00e3
<i>Candida albicans</i>	<dl	< 5.00e2
<i>Geotrichum</i> spp.	<dl	< 3.00e2
<i>Microsporidium</i> spp.	<dl	< 5.00e3
<i>Rhodotorula</i> spp.	<dl	< 1.00e3

LEAKY GUT SYNDROME



When *H. pylori* and *Candida* (specifically *Candida albicans*) co-inhabit the gastrointestinal tract, they don't just exist side-by-side; they often form a **synergistic relationship** that makes each pathogen more resilient and damaging than it would be alone.  +1

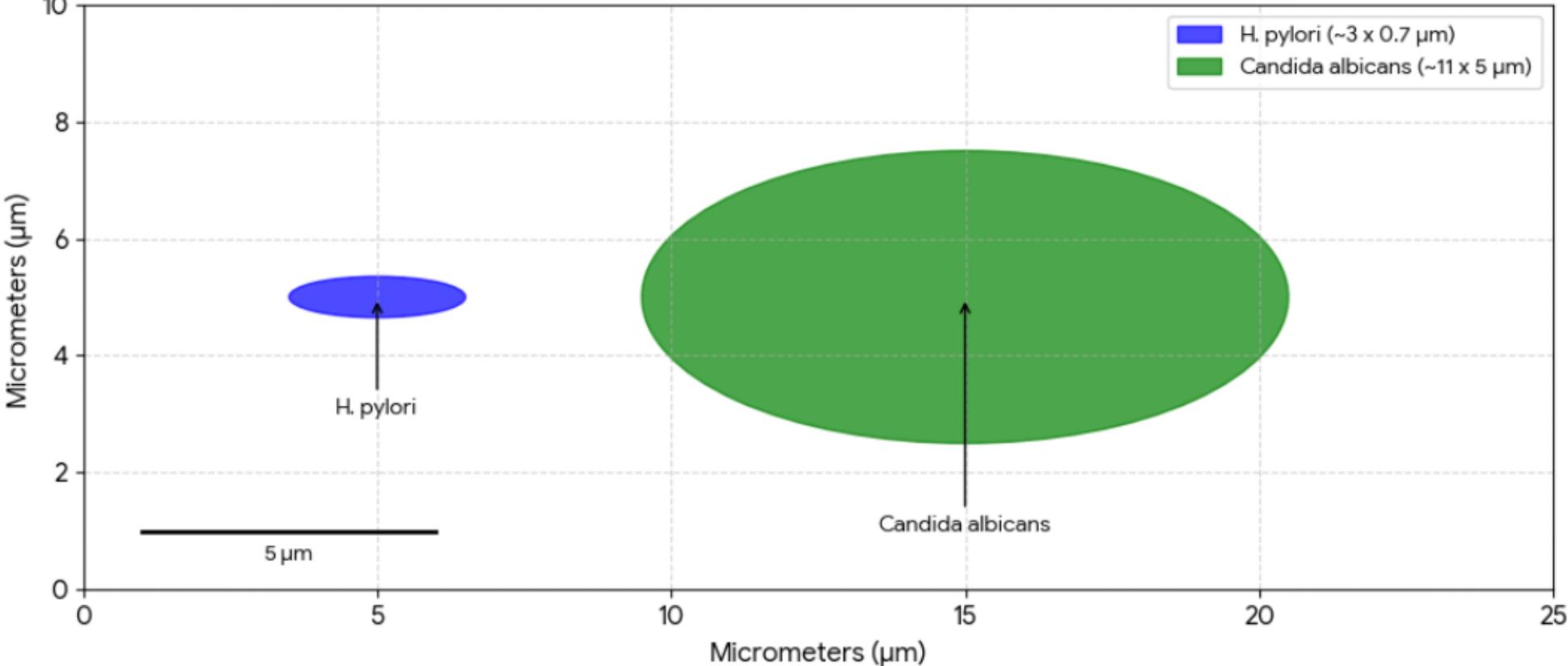
1. The "Trojan Horse" Strategy

One of the most fascinating and problematic interactions is that *H. pylori* can actually live **inside** *Candida* yeast cells. 

- **Protection from Antibiotics:** Inside the yeast, *H. pylori* is shielded from the stomach's immune response and, more importantly, from antibiotic treatments.  +1
- **Environmental Stability:** *Candida* provides a stable "home" for the bacteria, allowing it to survive even when environmental conditions in the gut are unfavorable. 

[H. pylori and Candida Gut Interactions](#)

Size Comparison: H. pylori vs. Candida albicans



2. Biofilm Cooperation

Both organisms are master biofilm builders. When they coexist, they can create **polymicrobial biofilms**—slimy, protective layers that adhere to the gut lining.

3. Chronic Mucosal Inflammation

Both pathogens trigger the immune system, but together they create a "double-hit" to the gut barrier (Leaky Gut).

The Vicious Cycle of Low Stomach Acid (Hypochlorhydria)

H. pylori survives by producing the enzyme **urease**, which neutralizes the acid around it. This creates a major problem because strong stomach acid is the body's primary defense against fungal overgrowth.

When *H. pylori* successfully **weakens the stomach acid** (causing the **pH to rise** from a healthy 1.5 toward a more neutral 4 or 5), it removes the "acid barrier." This creates a perfect, alkaline-leaning "**greenhouse**" that allows *Candida* to bloom in the stomach and migrate into the small intestine, potentially leading to **SIFO** (Small Intestinal Fungal Overgrowth) or **SIBO**.

[H. pylori and Candida Gut Interactions](#)

The pH Scale

How acidic or alkaline common substances are



HELICOBACTER PYLORI

H. PYLORI & VIRULENCE FACTORS

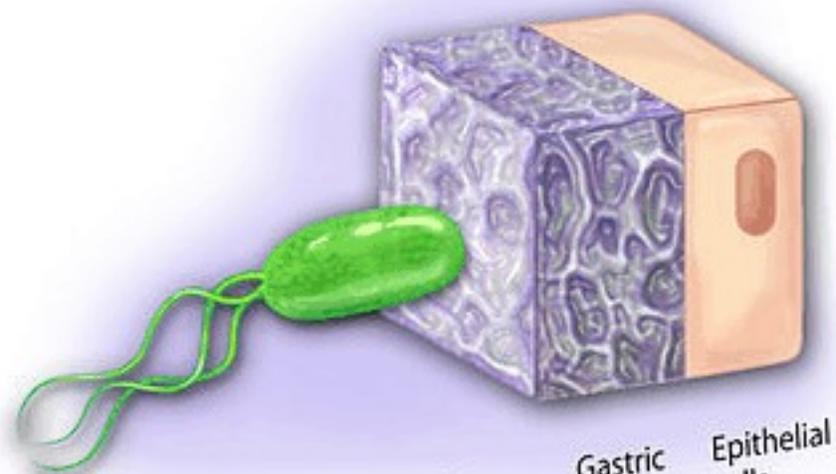
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Virulence Factor, dupA	Negative	Negative
Virulence Factor, iceA	Negative	Negative
Virulence Factor, oipA	Negative	Negative
Virulence Factor, vacA	Negative	Negative
Virulence Factor, virB	Negative	Negative
Virulence Factor, virD	Positive	Negative



Summary Table

Lab Value	Scientific Notation	Actual Number
Patient Result	1.94e3	1,940
Reference Limit	< 1.00e3	1,000

<https://www.diagnosticsolutionslab.com/tests/gi-map>



H. pylori

Gastric
mucin
gel

Epithelial
cells

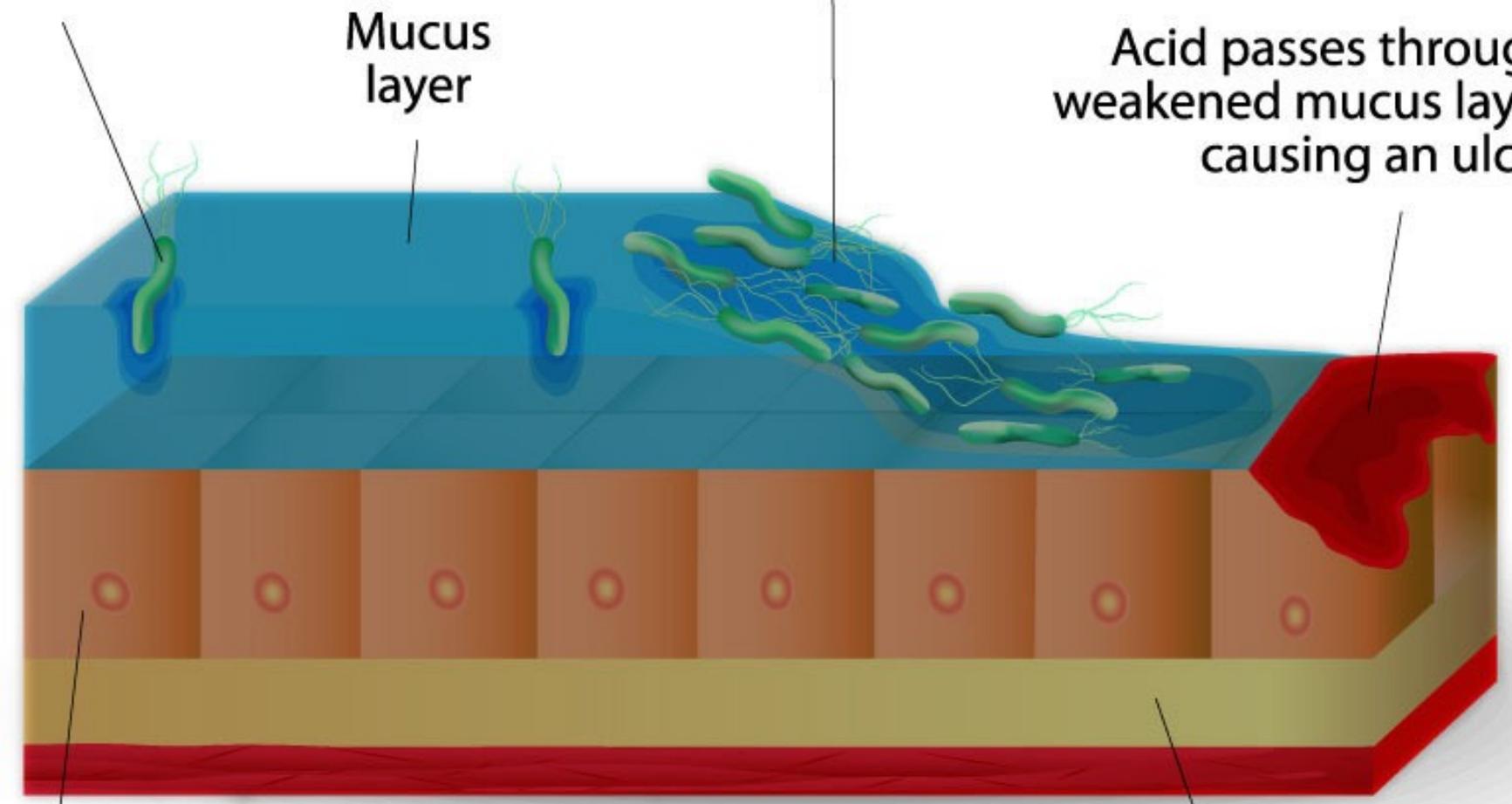


H. pylori raises pH, mucin de-gels

Helicobacter pylori
damage protective
mucus layer

The bacteria colonize
the stomach mucosa

Acid passes through
weakened mucus layer
causing an ulcer



Mucus
layer

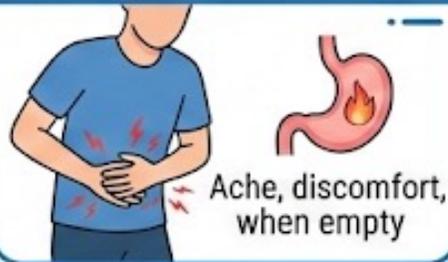
Epithelial
cells

Connective
tissue

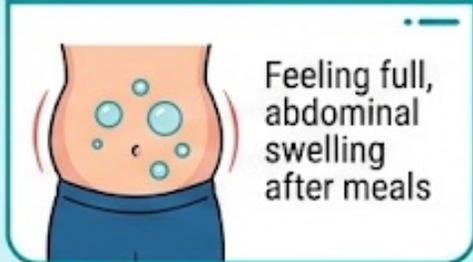
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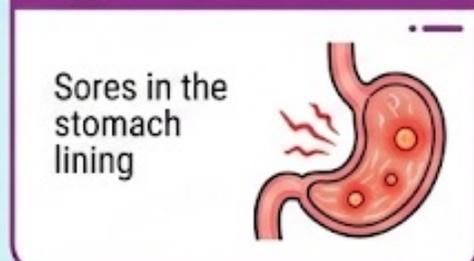
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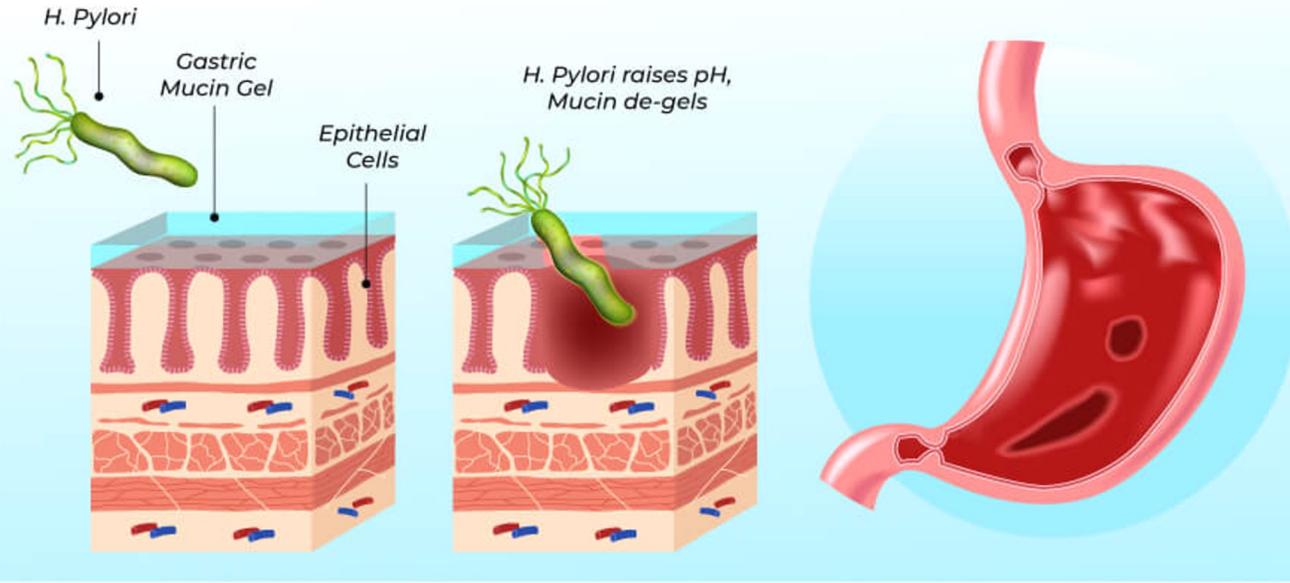
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HOW H. PYLORI GETS INTO THE STOMACH LINING

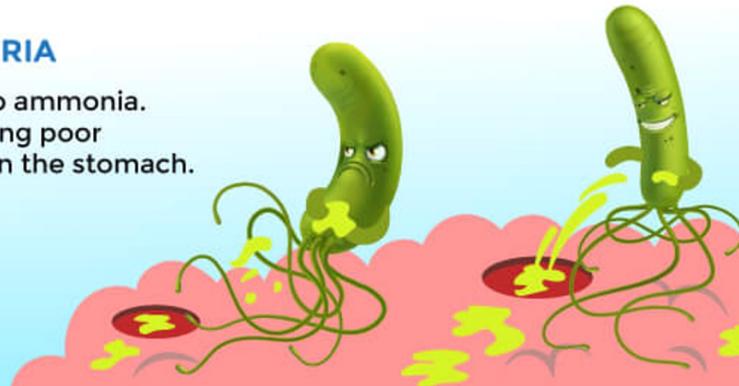


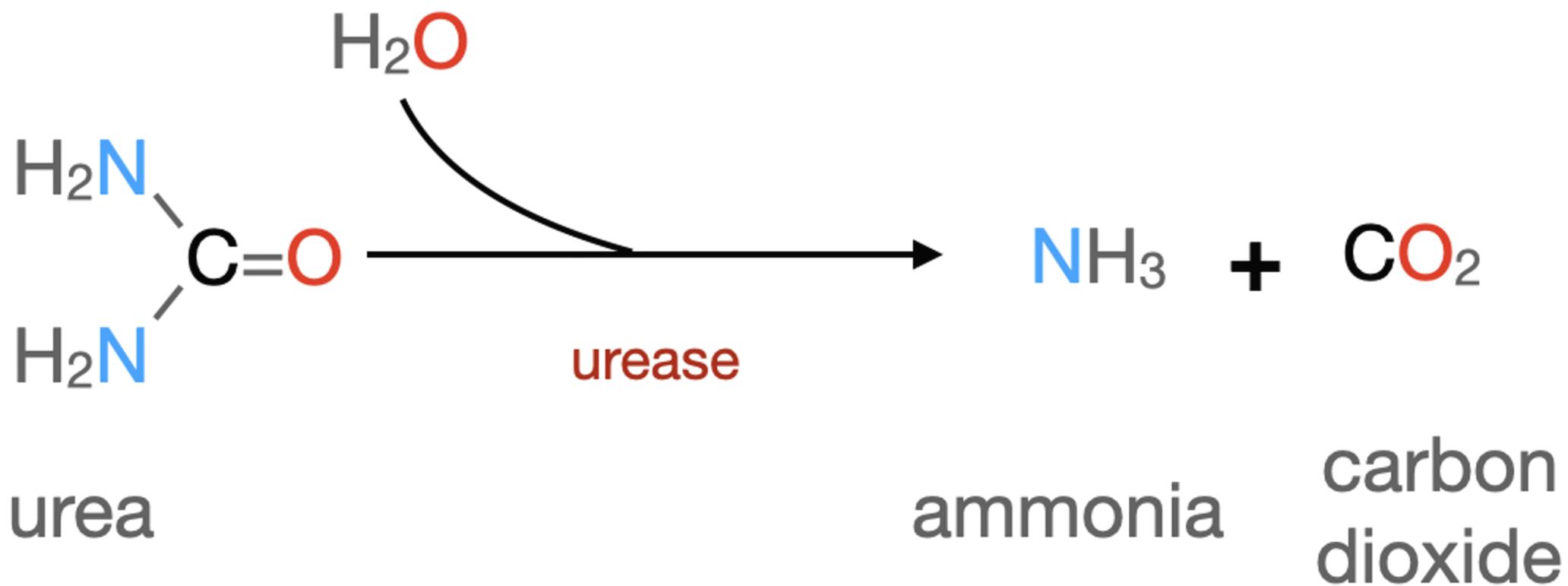
CURVED GRAM NEGATIVE BACTERIA

H. Pylori creates urease which turns into ammonia. This neutralizes the stomach acid, causing poor digestion and allows H. Pylori to thrive in the stomach.

RISK FACTOR FOR GASTRITIS,
GASTRIC ULCER & STOMACH CANCER

DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH

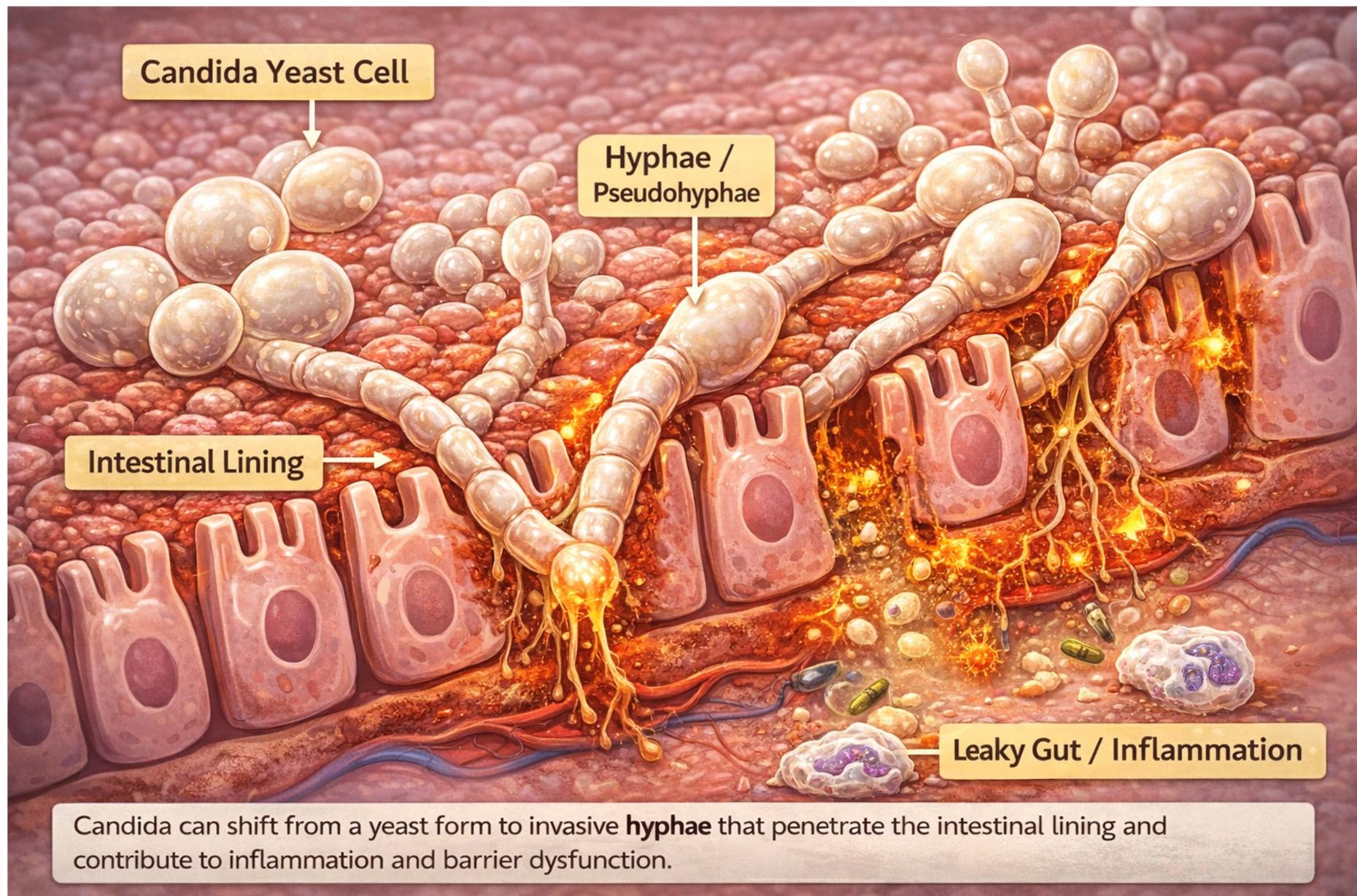




The pH Scale

How acidic or alkaline common substances are





Candida Yeast Cell

Hyphae /
Pseudohyphae

Intestinal Lining

Leaky Gut / Inflammation

Candida can shift from a yeast form to invasive **hyphae** that penetrate the intestinal lining and contribute to inflammation and barrier dysfunction.

FUNGI/YEAST

FUNGI/YEAST	Result	Reference
<i>Candida</i> spp.	1.47e4 High ↑	< 5.00e3
<i>Candida albicans</i>	<dl	< 5.00e2
<i>Geotrichum</i> spp.	<dl	< 3.00e2
<i>Microsporidium</i> spp.	<dl	< 5.00e3
<i>Rhodotorula</i> spp.	<dl	< 1.00e3

Summary Table

Lab Value	Scientific Notation	Actual Number
Patient Result	1.47e4	14,700
Reference Limit	< 5.00e3	5,000

TOP EIGHT SYMPTOMS OF CANDIDA OVERGROWTH

INFOGRAPHIC GUIDE

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1. RECURRENT UTIs



Frequent, painful urination; bladder discomfort; bacterial and fungal causes

2

2. DIGESTIVE ISSUES



Persistent bloating; gas; abdominal swelling; altered bowel movements

3

3. CHRONIC FATIGUE



Constantly feeling worn; lack of energy; difficult daily tasks

4

4. BRAIN FOG



Difficulty concentrating; memory problems; feeling mentally cloudy or "spaced out"

5

5. CHRONIC VAGINOSIS



Frequent vaginal infections;

Vaginal Wall

6

6. ORAL THRUSH



White patches on tongue or throat; soreness; difficulty swallowing

7

7. SKIN & NAIL FUNGUS



Athlete's foot, ringworm; fungal nail infections; persistent rashes

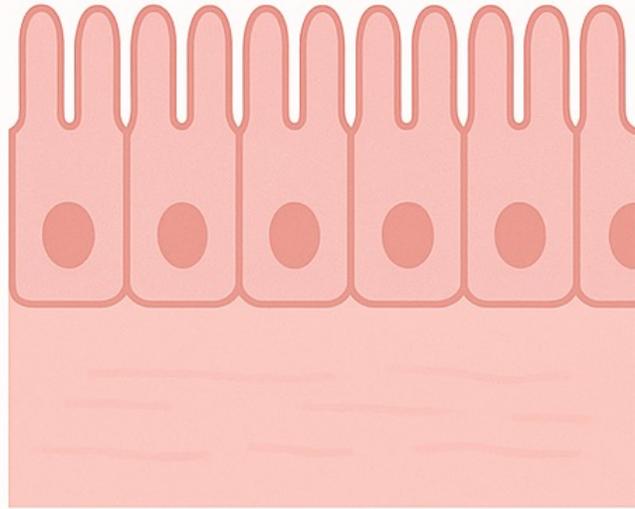
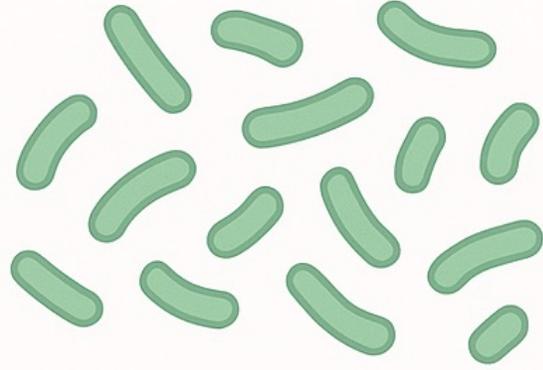
8

8. SUGAR & CARB CRAVINGS

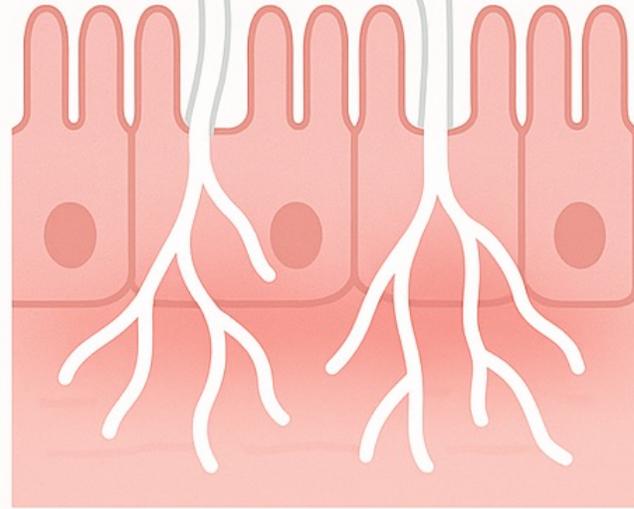
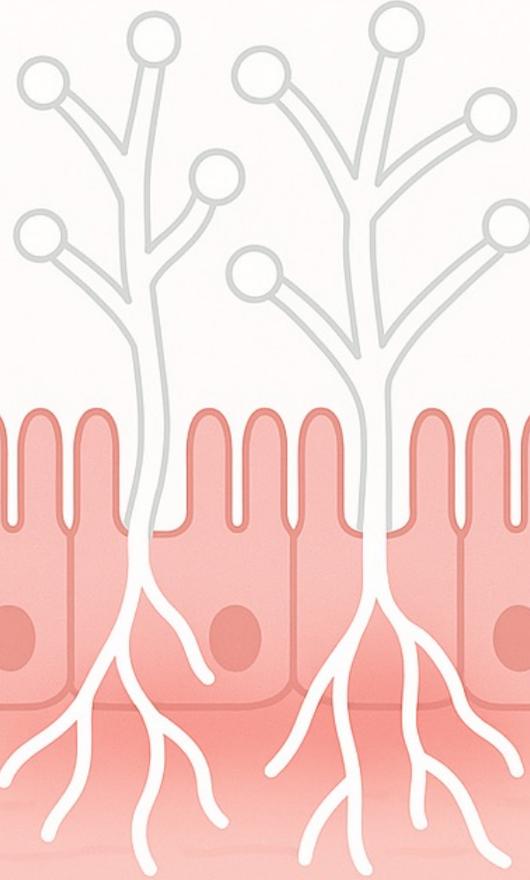


Intense desire for sweets; powerful cravings for refined carbohydrates

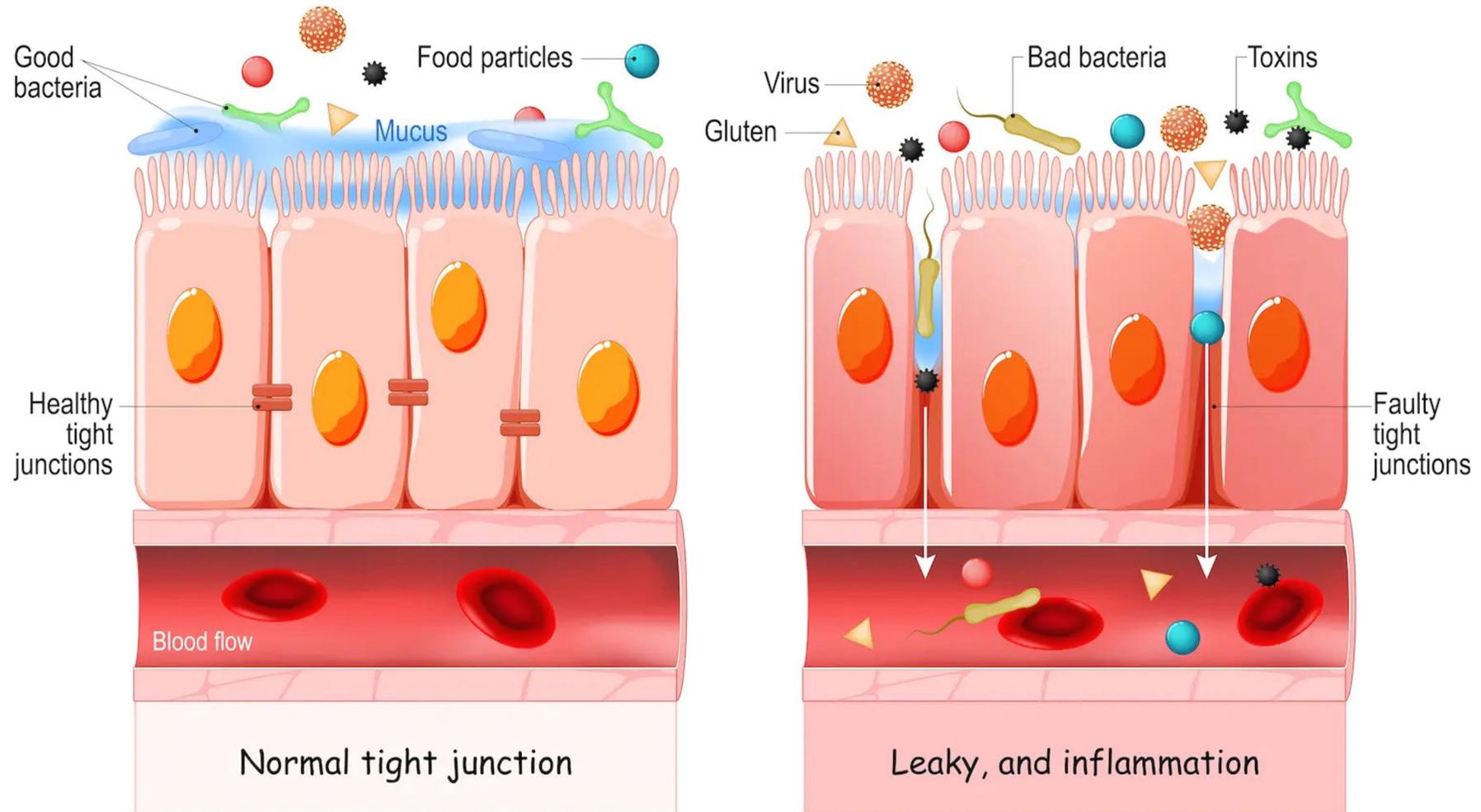
HEALTHY GUT



CANDIDA OVERGROWTH



Leaky gut syndrome



THE GUT DEFENSE TRIO

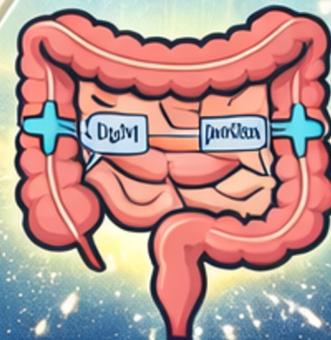
Rebuild Stomach Acid + Cut Fuel Supply + Repair the Barrier



REBUILD STOMACH ACID



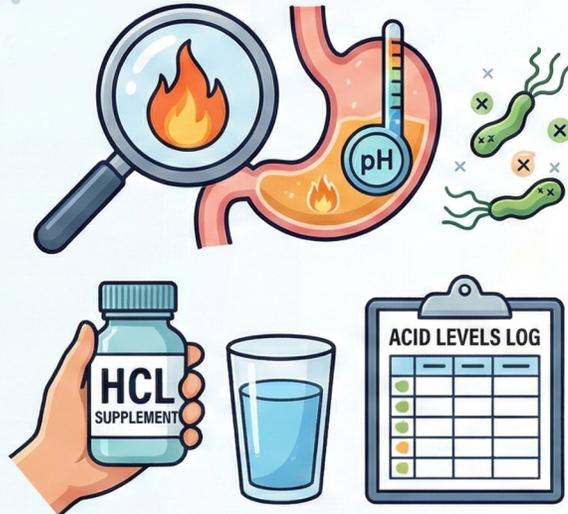
CUT FUEL SUPPLY



REPAIR THE BARRIER

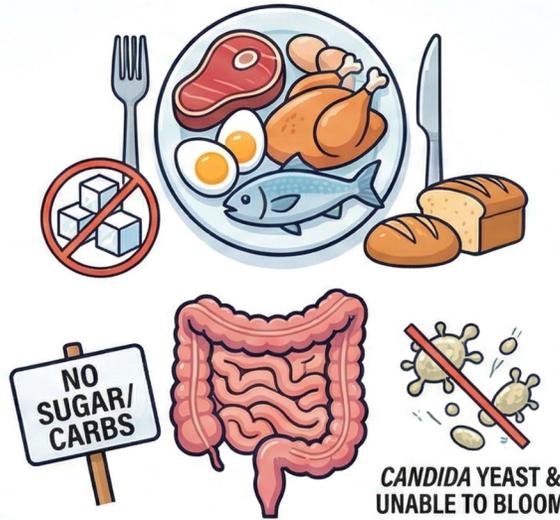
INTEGRATIVE SOLUTIONS FOR DUAL PATHOGENS: H. PYLORI & CANDIDA

SOLUTION 1: THE HCL CHALLENGE (HYPOCHLORHYDRIA ASSESSMENT)



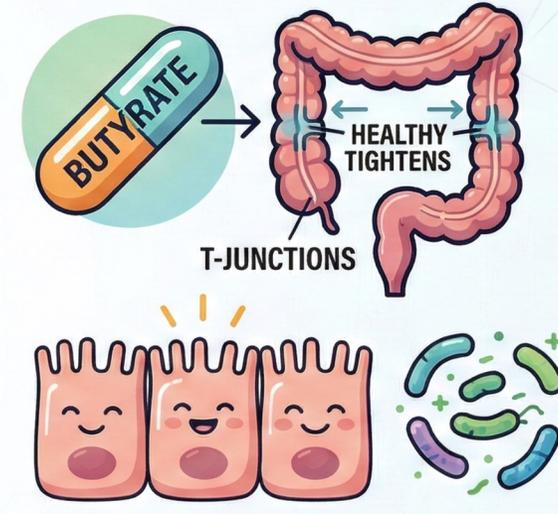
- RE-ESTABLISHES STOMACH ACID BARRIER
- MONITORS FOR BURNING/DISCOMFORT
- HELPS ELIMINATE H. PYLORI ENVIRONMENT

SOLUTION 2: THE CARNIVORE DIET (STARVING THE OVERGROWTH)



- ELIMINATES FERMENTABLE CARBOHYDRATES
- REDUCES CANDIDA & SIBO FUEL
- PROMOTES GUT LINING REPAIR

SOLUTION 3: BUTYRATE SUPPLEMENTATION (MUCOSAL SUPPORT)



- STRENGTHENS THE GUT BARRIER (LEAKY GUT)
- PROVIDES ENERGY FOR COLONOCYTES
- SUPPORTS BALANCED INFLAMMATION



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hcl challenge



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The HCL Challenge (Gas, Bloating, Constipation)

Struggling with digestion? Discover how the HCL Challenge can reveal low stomach acid and help you restore gut health for optimal digestion.



From Bedridden to Rejuvenated: An Extraordinary Holistic Healing Transformation!

Read the inspiring story of a bedridden patient who recovered using holistic care, organic acid tests, and the



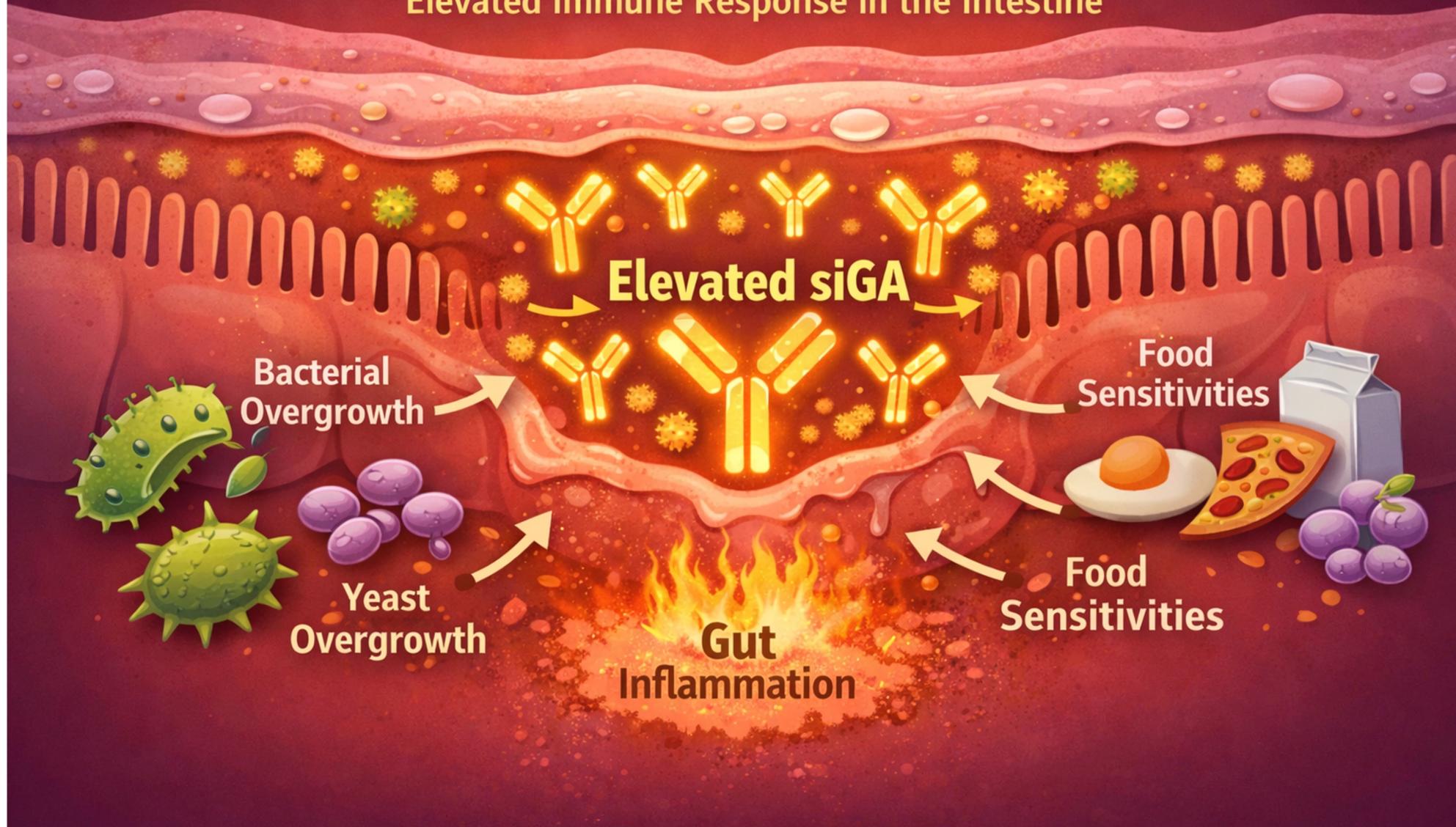
USP Grade Methylene Blue with added Vitamin C Ester and Organic Cacao Powder 60 capsules - Dietary Supplement

New topic

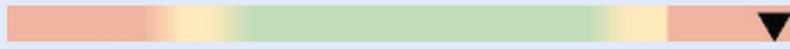
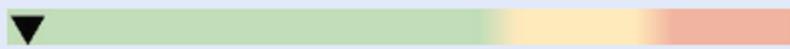
Secretory IgA

HIGH SECRETORY IgA IN THE GUT

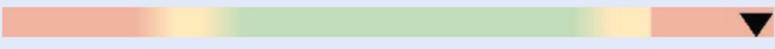
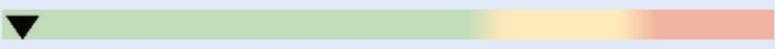
Elevated Immune Response in the Intestine

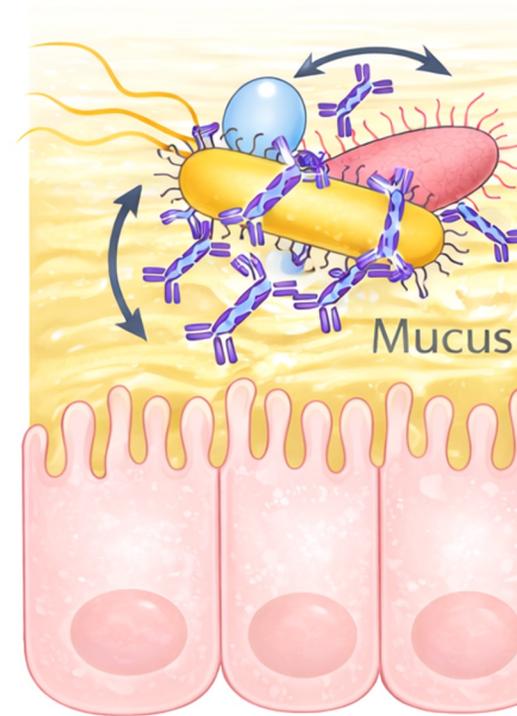
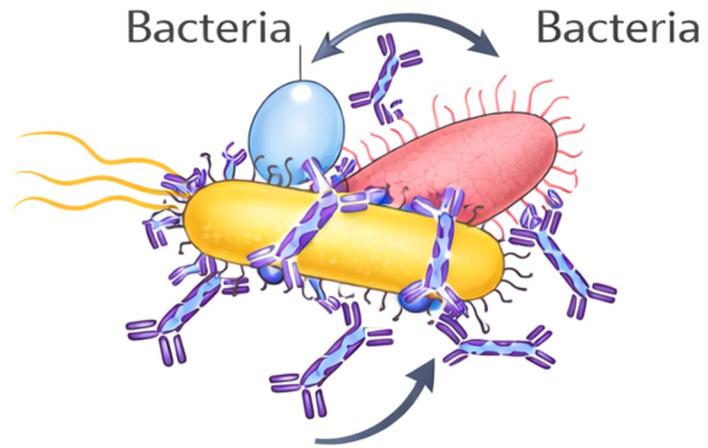
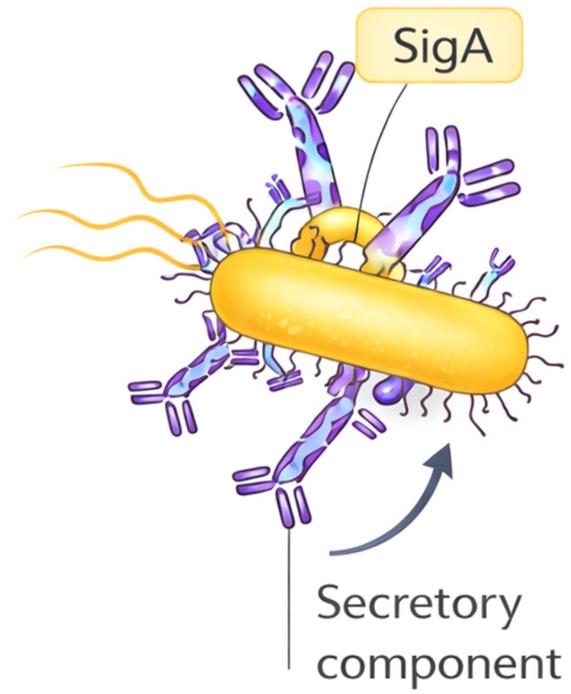


IMMUNE RESPONSE

Secretory IgA	3938 H		510 - 2010 ug/g
Anti-gliadin IgA	60		< 175 U/L
Eosinophil Activation Protein (EDN, EPX)	0.30		< 2.34 ug/g

IMMUNE RESPONSE

Secretory IgA	5905 H		510 - 2010 ug/g
Anti-gliadin IgA	76		< 175 U/L
Eosinophil Activation Protein (EDN, EPX)	<dl		< 2.34 ug/g

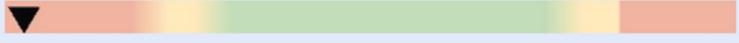
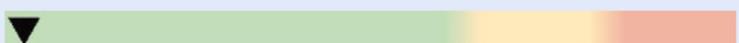


What an "Increase" Means

When your test shows **Increased Secretory IgA**, it means your gut's security team is working overtime. It is not necessarily a bad thing; it's actually a sign that your immune system is doing its job. However, it tells us that **there is currently a fight happening.**

Think of it like seeing a lot of police cars with their sirens on. The sirens aren't the problem, but they tell you that something (like a break-in or a disturbance) is occurring nearby.

IMMUNE RESPONSE

Secretory IgA	249 L	▼		510 - 2010 ug/g
Anti-gliadin IgA	28	▼		< 175 U/L
Eosinophil Activation Protein (EDN, EPX)	<dl	▼		< 2.34 ug/g

In the gut, low **Secretory IgA (SIgA)** means your "bouncers" aren't there to stop harmful bacteria and undigested food particles from sticking to and irritating your intestinal lining.

Without this protective coating, your immune system may become overreactive to everyday foods, leading to increased **food sensitivities**, bloating, and general digestive discomfort.

Ultimately, a drop in SIgA weakens the gut barrier, making it much easier for "bad" microbes to take up residence and cause chronic, low-grade inflammation.

OPPORTUNISTIC/OVERGROWTH MICROBES

DYSBIOTIC & OVERGROWTH BACTERIA

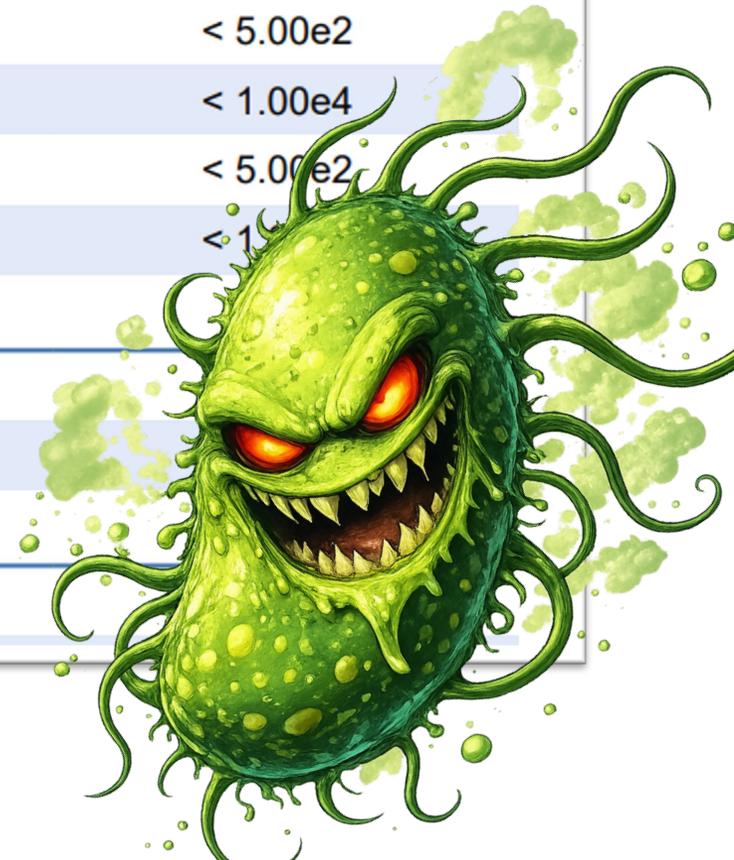
	Result	Reference
<i>Bacillus</i> spp.	3.34e6 High ↑	< 1.76e6
<i>Enterococcus faecalis</i>	1.42e3	< 1.00e4
<i>Enterococcus faecium</i>	1.88e5 High ↑	< 1.00e4
<i>Morganella</i> spp.	<dl	< 1.00e3
<i>Pseudomonas</i> spp.	<dl	< 1.00e4
<i>Pseudomonas aeruginosa</i>	<dl	< 5.00e2
<i>Staphylococcus</i> spp.	<dl	< 1.00e4
<i>Staphylococcus aureus</i>	7.74e2 High ↑	< 5.00e2
<i>Streptococcus</i> spp.	2.98e4 High ↑	< 1.00e4

COMMENSAL OVERGROWTH MICROBES

<i>Desulfovibrio</i> spp.	2.55e4
<i>Methanobacteriaceae</i> (family)	2.63e7

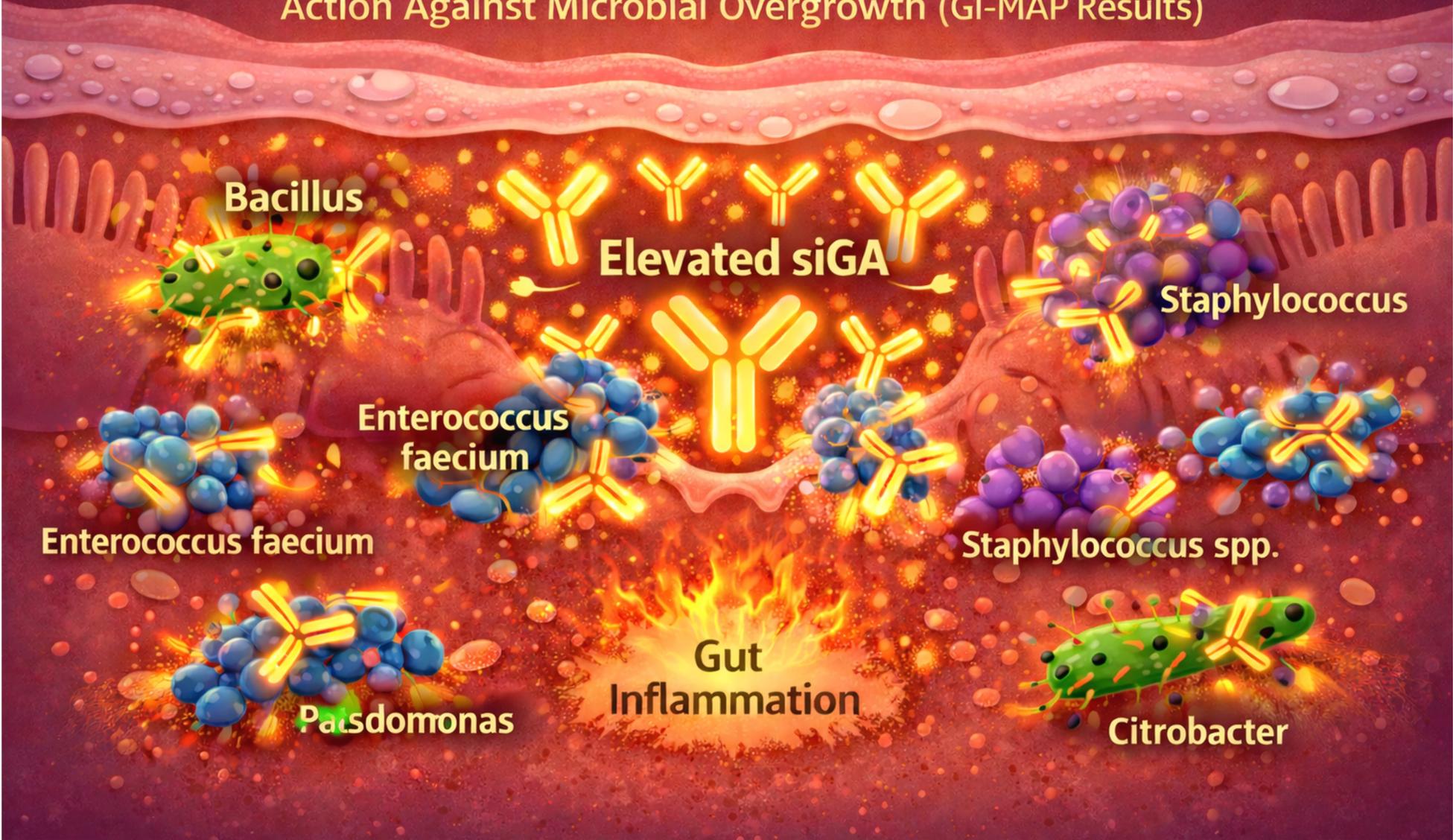
INFLAMMATORY & AUTOIMMUNE-RELATED BACTERIA

<i>Citrobacter</i> spp.	8.26e6 High ↑
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HIGH SECRETORY IgA IN THE GUT

Action Against Microbial Overgrowth (GI-MAP Results)



THE GUT DEFENSE TRIO

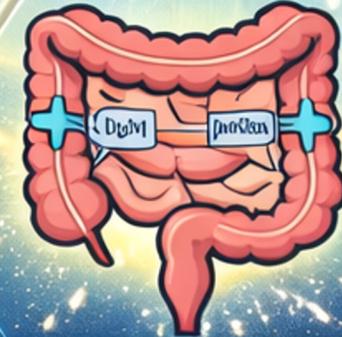
Rebuild Stomach Acid + Cut Fuel Supply + Repair the Barrier



REBUILD STOMACH ACID



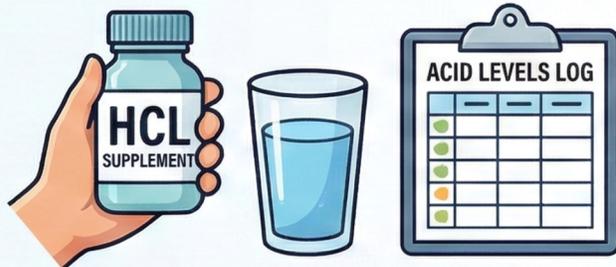
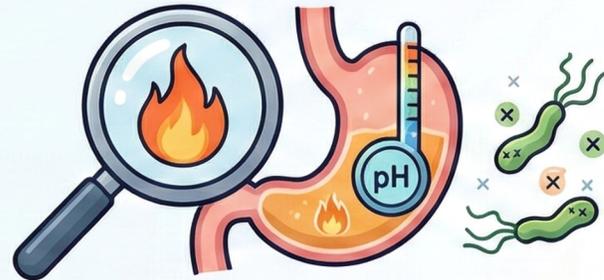
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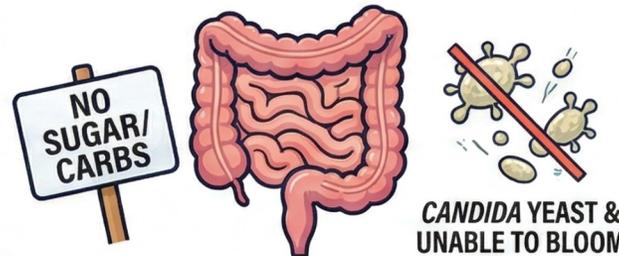
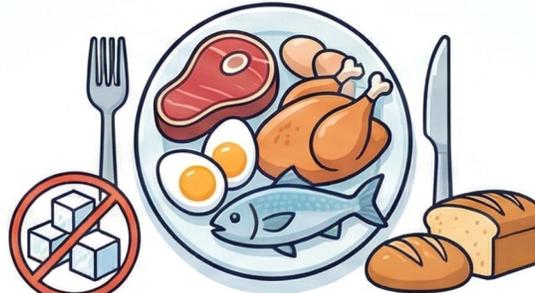
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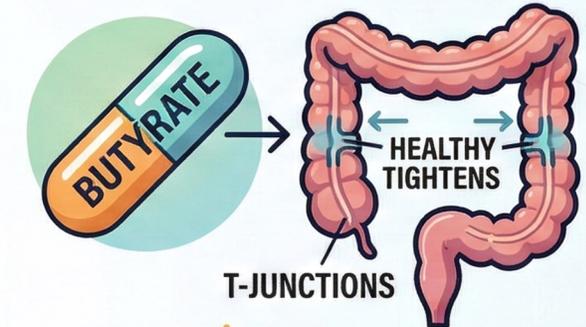
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SOLUTION 3: BUTYRATE SUPPLEMENTATION (MUCOSAL SUPPORT)



- STRENGTHENS THE GUT BARRIER (LEAKY GUT)
- PROVIDES ENERGY FOR COLONOCYTES
- SUPPORTS BALANCED INFLAMMATION



New Topic Zonulin

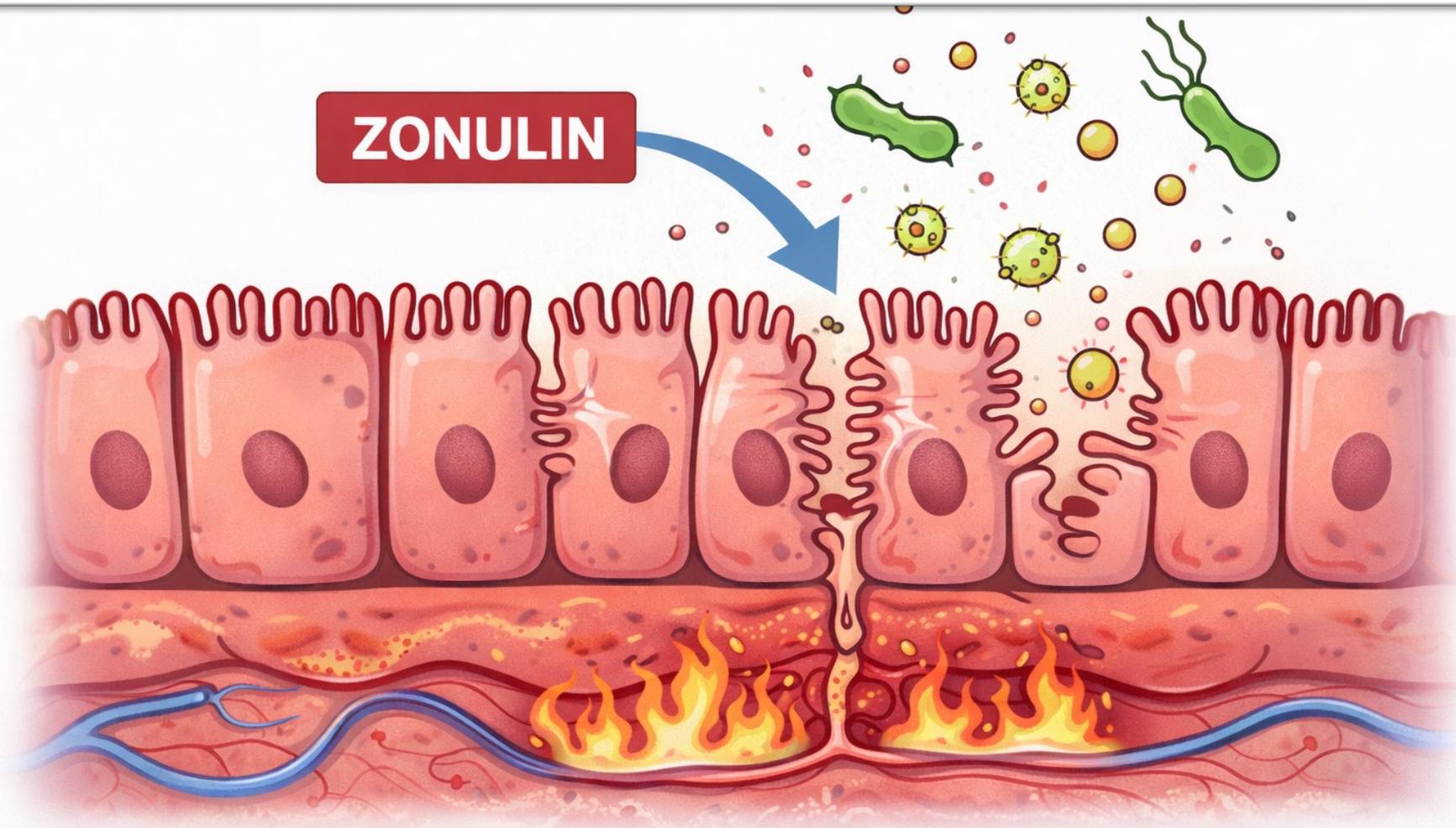
ADD-ON TESTS

Zonulin

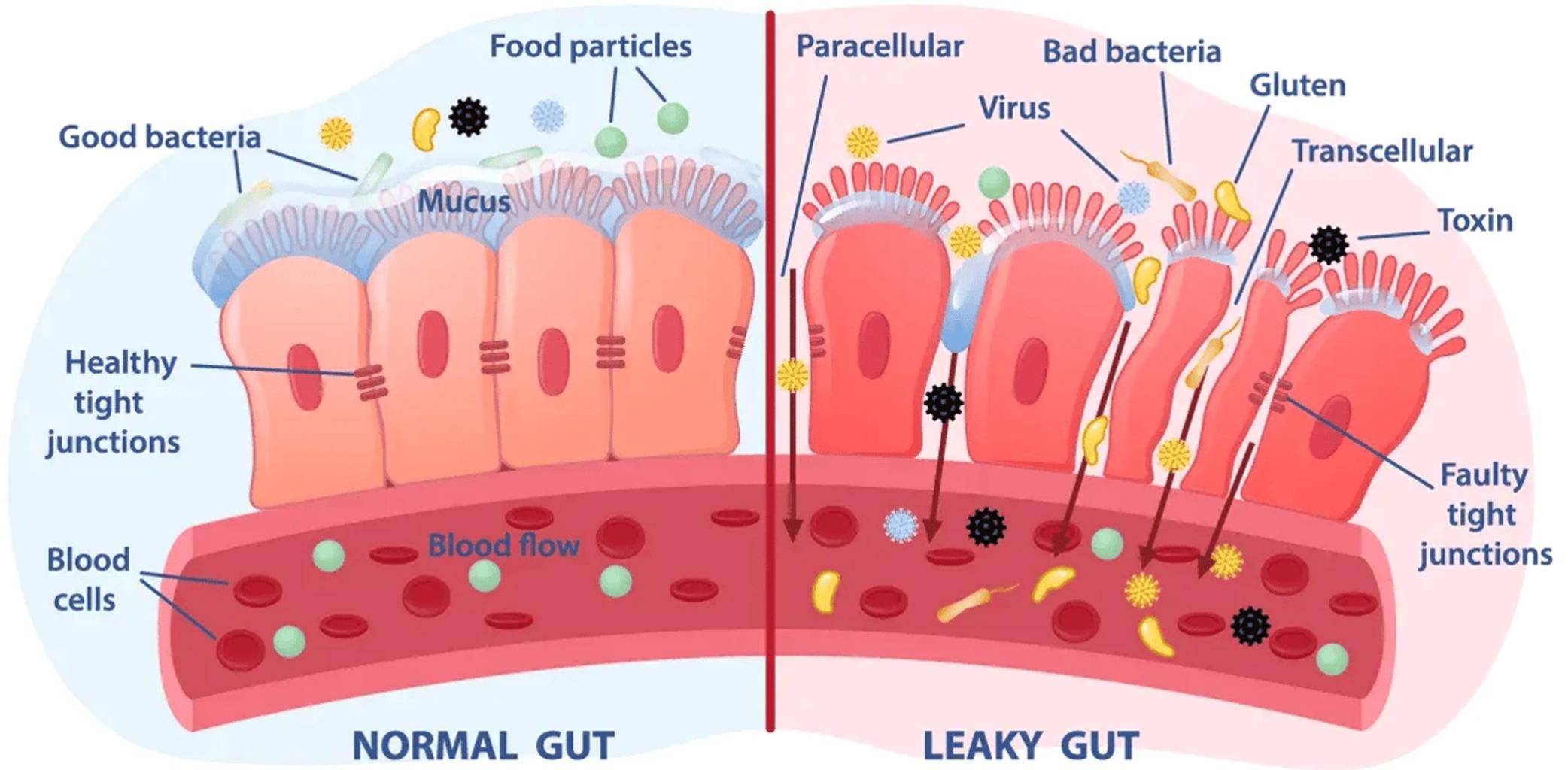
537.7 H



< 175 ng/g



LEAKY GUT SYNDROME



ADD-ON TESTS

Zonulin

537.7 H

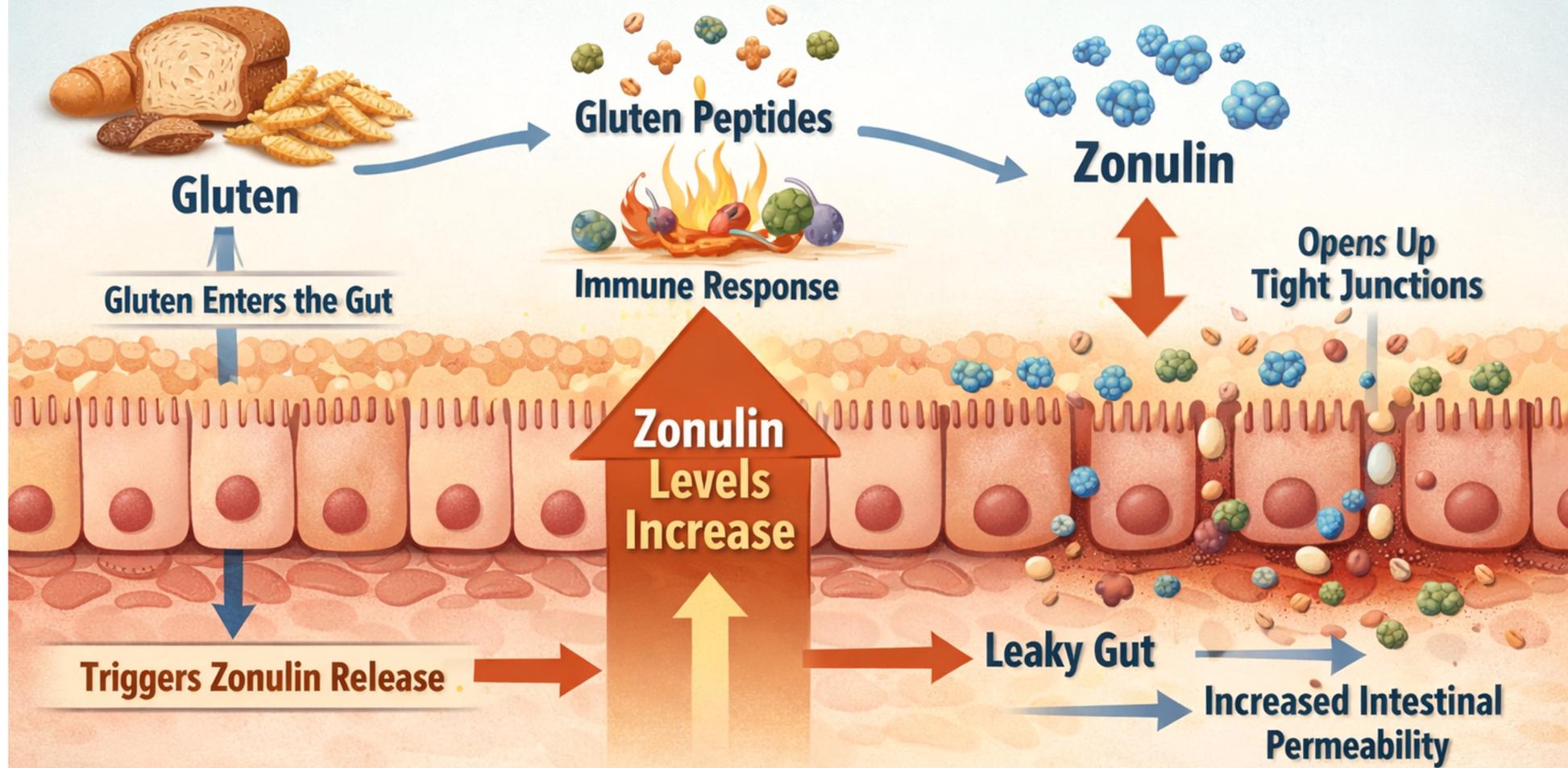


< 175 ng/g

Think of **zonulin** as the "gatekeeper" of your intestinal wall. Its job is to control the tiny doors between the cells of your gut, which should normally stay closed to keep food particles, **bacteria, parasites,** and toxins out of your bloodstream.

On a **GI-MAP test**, checking zonulin levels tells you if those doors are stuck open. High levels act as a red flag for "**leaky gut,**" meaning your intestinal barrier is compromised and allowing substances through that can trigger body-wide inflammation. [🔗](#)

How **Gluten** Causes **Zonulin** to Increase



Zonulin Causes Gut Lining to Become More Permeable

OPPORTUNISTIC/OVERGROWTH MICROBES

DYSBIOTIC & OVERGROWTH BACTERIA

	Result	Reference
<i>Bacillus</i> spp.	3.34e6 High ↑	< 1.76e6
<i>Enterococcus faecalis</i>	1.42e3	< 1.00e4
<i>Enterococcus faecium</i>	1.88e5 High ↑	< 1.00e4
<i>Morganella</i> spp.	<dl	< 1.00e3
<i>Pseudomonas</i> spp.	<dl	< 1.00e4
<i>Pseudomonas aeruginosa</i>	<dl	< 5.00e2
<i>Staphylococcus</i> spp.	<dl	< 1.00e4
<i>Staphylococcus aureus</i>	7.74e2 High ↑	< 5.00e2
<i>Streptococcus</i> spp.	2.98e4 High ↑	< 1.00e3

COMMENSAL OVERGROWTH MICROBES

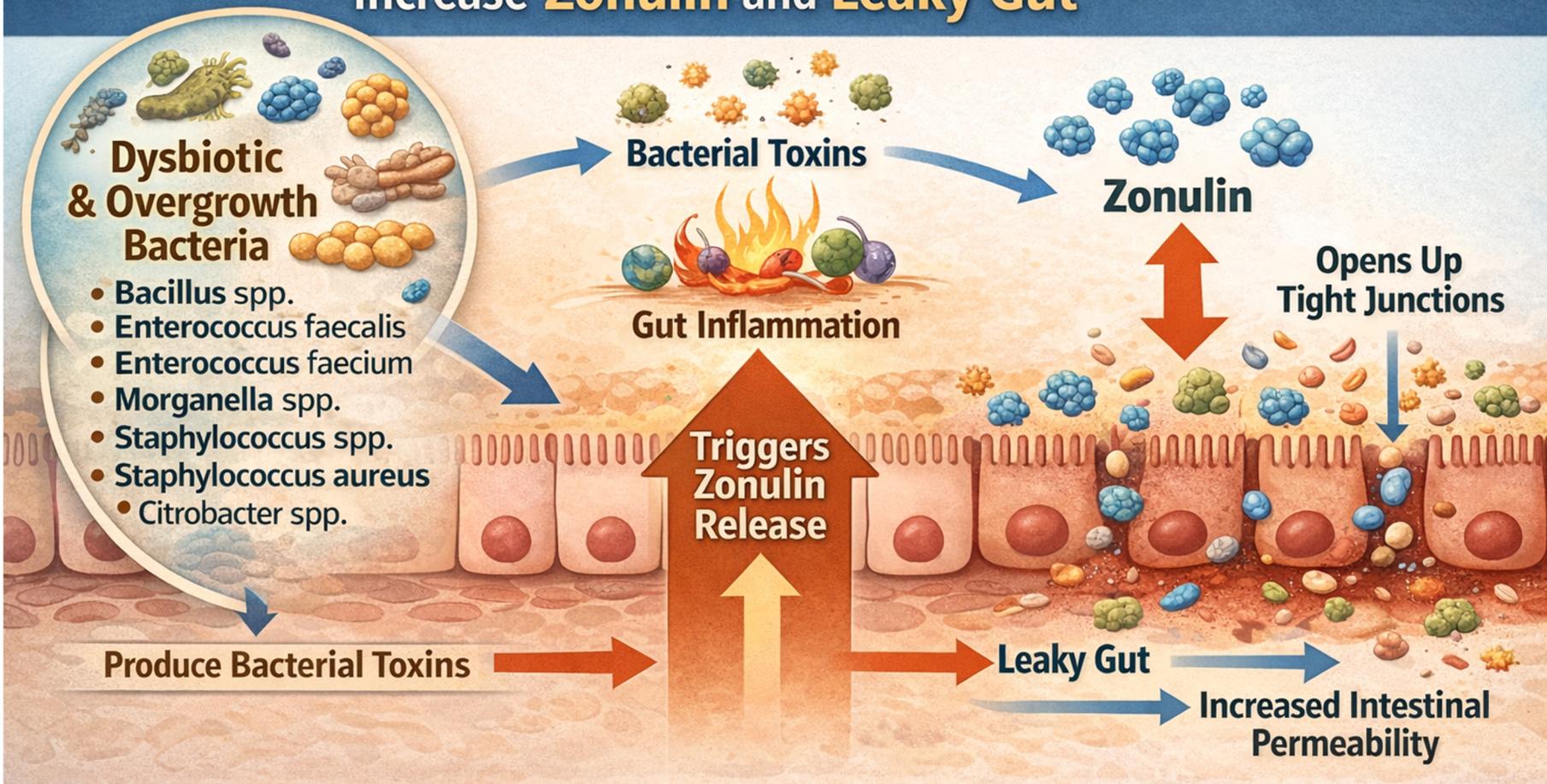
<i>Desulfovibrio</i> spp.	2.55e4	< 7.98e8
<i>Methanobacteriaceae</i> (family)	2.63e7	< 3.38e8

INFLAMMATORY & AUTOIMMUNE-RELATED BACTERIA

<i>Citrobacter</i> spp.	8.26e6 High ↑	< 5.00e6
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How Dysbiotic & Overgrowth Bacteria Increase Zonulin and Leaky Gut



Unhealthy Gut Bacteria Produce Toxins & Increase Zonulin Leading to a Leaky Gut

THE GUT DEFENSE TRIO

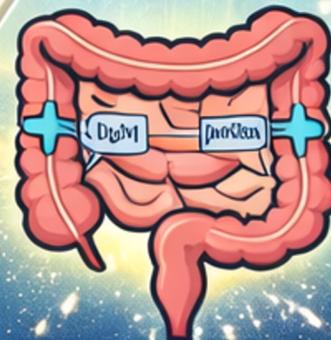
Rebuild Stomach Acid + Cut Fuel Supply + Repair the Barrier



REBUILD STOMACH ACID



CUT FUEL SUPPLY



REPAIR THE BARRIER

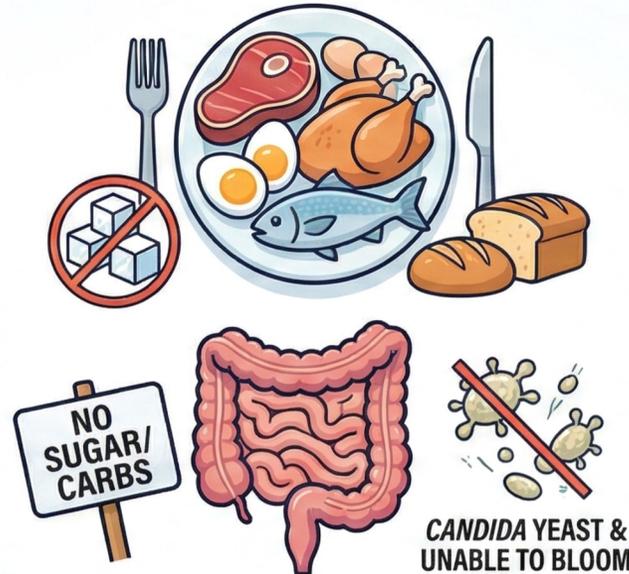
INTEGRATIVE SOLUTIONS FOR DUAL PATHOGENS: H. PYLORI & CANDIDA

SOLUTION 1: THE HCL CHALLENGE (HYPOCHLORHYDRIA ASSESSMENT)



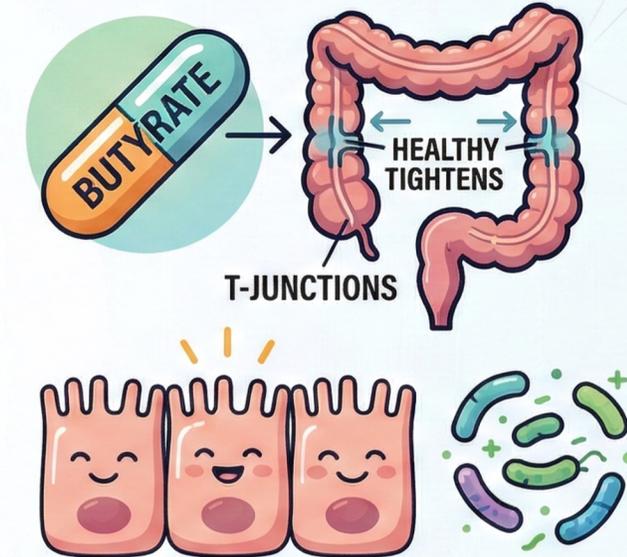
- RE-ESTABLISHES STOMACH ACID BARRIER
- MONITORS FOR BURNING/DISCOMFORT
- HELPS ELIMINATE H. PYLORI ENVIRONMENT

SOLUTION 2: THE CARNIVORE DIET (STARVING THE OVERGROWTH)



- ELIMINATES FERMENTABLE CARBOHYDRATES
- REDUCES CANDIDA & SIBO FUEL
- PROMOTES GUT LINING REPAIR

SOLUTION 3: BUTYRATE SUPPLEMENTATION (MUCOSAL SUPPORT)

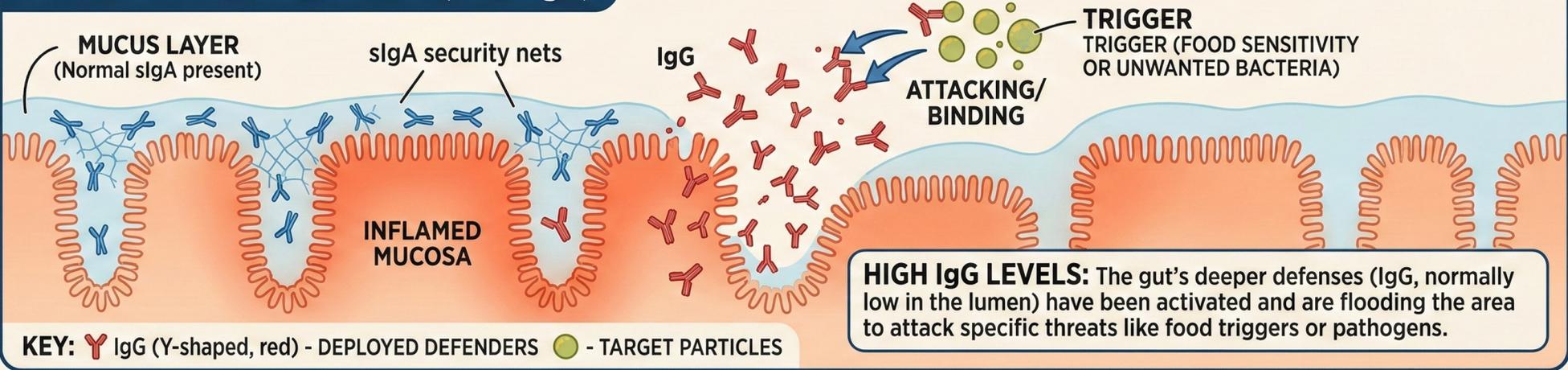


- STRENGTHENS THE GUT BARRIER (LEAKY GUT)
- PROVIDES ENERGY FOR COLONOCYTES
- SUPPORTS BALANCED INFLAMMATION



VISUALIZING HIGH GUT IgG: A SIGN OF INFLAMMATION

PANEL 1: THE INFLAMED GUT (HIGH IgG)



PANEL 2: CAUSE OF THE FLOOD (LEAKY GUT / DAMAGED LINING)

