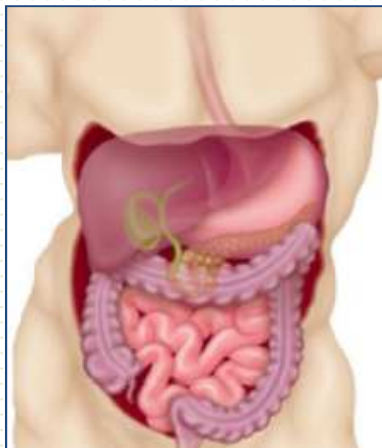


Special Candida Overgrowth Report



Empowering You with
Knowledge and Solutions
for Good Health

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1. Introduction

We would like to extend a warm word of thanks to you for acquiring this Special Report on Candida Overgrowth.

The reason why we decided to share this Special Report with you, is quite simply because ***we are innately compassionate and truly do care about your health and well-being.*** Furthermore, we have witnessed an alarming rate of increase in the number of people around the world who are suffering unnecessarily from persistent pain and discomfort caused by the presence of **Candida Albicans overgrowth** and other gastrointestinal tract disorders. The main reasons for this are over prescription of antibiotics and other medications like hormones and steroids that are the primary cause of Candida Albicans overgrowth. This is further compounded by the fact that many Doctors still don't recognize Candida Albicans overgrowth as a disease, and even if they did, they simply don't have a solution to treat it effectively.

This, one-of-a-kind, Special Report is **an essential guide** that will provide you with the knowledge you need to know about Candida Overgrowth and several other diseases and infections. The Report also shares an important and yet often ignored issue about **“Taking Direct Control of your own Health”** and how to find, and then work together with, a suitable Health Care Professional.

The information contained in this Special Report is largely based on successful protocols Doctors have used for diagnosing and then treating their patients, who present with Candida Overgrowth or related symptoms.

We therefore believe that if you read this Special Report it will almost certainly have a profoundly positive impact on your future health and your future quality of life.

If you are currently struggling with Candida overgrowth or associated diseases like Leaky Gut Syndrome or Dysbiosis and feel you are making little or no progress, even though it may have been for several years already, then please **don't despair** because **what you are about to read in this Special Report is going to provide the foundation for your future good health.**

In summary the general aim of this Special Report is to provide you with comprehensive information and facts about Candida Overgrowth so you can understand how it is affecting your health and Digestive System.

However, our primary aim is to provide you with REAL HOPE and with sustainable good health in the future.

We wish you all the best and trust that the knowledge you will acquire from this Report will enable you to find peace and good health.

Sincerely,

The Natural Health Team

2. Taking Direct Control of your own Health

First and foremost, there are too many people around the world that put their health in the hands of someone else. Just think about this a minute and ask yourself - would you normally trust a stranger with anything that could cause devastation in your life? Would you trust a stranger with your Credit Card when you have given them your pin number? Your answer is a most likely a definite NO. So the question is, why do you place so much trust in anyone else when it comes to your health? Your health is critical to your future.

There is only one way to put an immediate stop to this and that is **“Take Control of your own Health”** and as quickly as possible.

It really isn't difficult and the benefits in doing so are immeasurable. If you have already been suffering with bad health for a while We are sure that you will know precisely what we are talking about here. You have probably been through the mill with many different treatments and are most likely feeling far worse off now than when you first got ill.

Sadly, there are many people who wake up every morning feeling an overwhelming sense of despair when they repeatedly feel the same old aches and pains again and again. Well, you are not alone! We have seen this so often over the years and this makes us really determined to help you to **become a victor rather than another victim.**

The first step is for you to realize that **You (and only you) are responsible for your Health.**

We always encourage our clients to “Take Direct Control of their own Health”. You might ask why? This is simply because we have found that our clients who are in control of their own health, are generally far more healthier than the ones that don't. I also find that they are less prone to getting sick in the first place because they tend to eat a healthy diet, exercise regularly and are far more positive about life in general.

Here are 6 tips we believe will help you to lead a healthier life...

1. When you decide to take control of your own health, make sure that you stick to your decision.
2. When you start feeling ill, deal with it as quickly as possible.
3. Supplement your diet with a range of essential vitamins and minerals.
4. Build up your own knowledge base about the illnesses or diseases you or family members are most prone to. The more you know, the better. This is vital to being able make informed and confident decisions.
5. When looking for suitable treatments, always look for natural treatments that are supported by clinical and scientific evidence. Without this most claims made by the manufacturers are worthless.
6. Find a Doctor or Health Care Professional that is open minded and is willing to work together with you. This is an important part of this journey and you should rely on their experience for Diagnosis, Pathological Testing and general medical advice.

Once you have taken direct control of your health you will feel so much more confident about the future. After all **good health is your divine right and you deserve to live a long, happy, healthy and prosperous life.**

That's all great, but there is still one more very important aspect you need to add to the equation... **you need to find a suitable Health Care Professional.**

3. Finding a Health Care Professional

To complete your new health oriented structure, we encourage you to go and **find a good Health Care Professional** who you can really relate to and trust. It is extremely important to find a practitioner who will listen to you and be prepared to be part of your healing, one that **holds hope as an ideal**, and not Fear of disease.

Good health is your divine right. Remember, it is your responsibility and **you need to remain in direct control of it.** Practitioners in Complimentary and Alternative Medicines, like licensed Chiropractors, Naturopaths, Acupuncturists, Nutritionists, Homeopaths are generally less rigid and far more progressive in holistic therapy, natural healing and herbal alternatives.

When you have learnt something new please share it with your Health Care Professional and seek their confirmation and support before rushing into it. Remember that Health Care Professionals are highly skilled in diagnosing, testing, monitoring, and advising on most aspects of your health and alternative treatments. The key is for you and your Health Care Professional to work closely together, with the common purpose focused on your good health.

To find a suitable Health Care Professional we suggest that you do so by visiting the websites of various Associations for Naturopathic Doctors, Herbalists, Chiropractors, Acupuncturists, etc. in your country. Most of these associations provide a database where you enter your zip code and state and then provide a list of their members who have practices closest to your home.

Once you have located one or more nearby Healthcare Professionals, or in fact found someone with a good reputation for dealing with your specific kind of problem, set up an interview. All Healthcare Professionals are extremely busy, so be prepared to pay for the time you book for your interview. This is YOUR chance to find out whether or not you are going to work well with the Doctor. If such an interview is NOT granted, that's not your Doctor! Did you not choose your own Bank, Mortgage company Accountant? So choose your Doctor carefully, your life depends on it!



4. Candidiasis (Candida Albicans) Overgrowth

4.1 Do you have Candida Albicans overgrowth?

Candidiasis or Candida Albicans, as it is more commonly referred to, is not fully acknowledged in mainstream medicine as a significant disease or infection. But, don't be fooled because it really is a nasty yeast infection that's sole purpose is to dominate and control your gastrointestinal tract. If you have had even one treatment of antibiotics in the last 12 months there is a strong chance that you have Candida Albicans overgrowth.

4.2 What is it?

We all live in a virtual sea of microorganisms, (bacteria, viruses, fungi, etc.). These microbes can reside in the throat, mouth, nose, intestinal tract, almost anywhere; they are as much a part of our bodies as the food we eat. Usually, these microorganisms do not cause illness, unless our resistance becomes lowered.

Candida Albicans is a yeast that lives in the mouth, throat, intestines and genitourinary tract of most of us and is usually considered to be a normal part of the bowel flora (the organisms that coexist with us in our lower digestive tract). It is actually a member of a broader classification of organisms known as fungi.

4.3 How do you get it?

Candida Albicans enters us as infants during or shortly after we are born. Usually, *the growth of the yeast is kept in check by our immune system* and thus produces no overt symptoms. But, should the immune response weaken, the condition known as *oral thrush* can occur as a result. By six months of age, 90% of all babies test positive for Candida. And by adulthood, virtually all of us play host to Candida Albicans and are thus engaged in a life-long relationship.

Candida coexists in our bodies with many species of bacteria in a competitive balance. Other bacteria act in part to keep Candida growth in check in our body ecology . . . unless that balance is upset.

When health is present, the immune system keeps Candida proliferation under control; but when immune response is weakened, Candida growth can proceed unhindered.

It is an "opportunistic organism," one which, when given the opportunity, will attempt to colonize all our bodily tissues. The uncontrolled growth of Candida is known as Candida overgrowth.



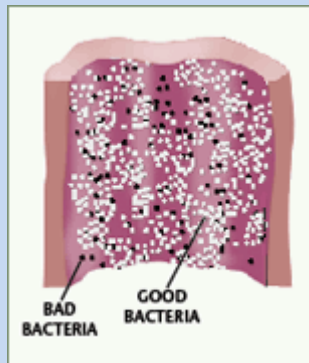
When you have too many bad bacteria your Intestine looks like this.

It is common to have too many “bad” organisms and not enough beneficial ones, resulting in digestive problems, an unreasonable amount of gas, and all kinds of discomfort.



After treatment with our proven treatment regimen...

Once you inhibit excess Candida and replace the bad organisms with good, beneficial flora, you'll promote better digestion of your food, minimize excess gas, help your body absorb nutrients, and keep your digestive tract in good shape. The ideal balance of bacteria is 85% good and 15% bad.



Unfortunately, there are many factors in our modern society that can upset the ecological balance of our body, weaken our immune system and thus allow the yeast to overgrow. Of these, the major risk factors which may predispose one to the proliferation of Candida are:

- **Antibiotics and Sulfa Drugs**

Probably the chief culprit of all, **antibiotics** kill all bacteria. They do not distinguish good bacteria from bad. Antibiotics kill our "good" flora which normally keeps the Candida under control. This allows for the unchecked growth of Candida in our intestinal tract. *It is normally difficult to recover a yeast culture from bodily surfaces.* The prevalence today of Candida may be most directly related to the widespread societal exposure to antibiotics -- from prescriptions for colds, infections, acne, and from additional consumption of antibiotic-treated foods such as meats, dairy, poultry and eggs. Notably, antibiotics do not kill viruses; they only destroy bacteria. Yet, they are universally prescribed for all colds, flus and other viral problems. Such indiscriminate and extensive use of antibiotics is not only considered a primary cause of Candida overgrowth, but is recently being found to be responsible for the unbridled development of "killer bacteria."

- **Steroid Hormones, Immunosuppressant Drugs**

Drugs like cortisone which treat severe allergic problems by paralyzing our immune system's ability to react

- **Pregnancy, multiple pregnancies or birth control pills**

These upset our body's hormonal balance.

- **Diets high in carbohydrate and sugar intake, yeast and yeast products, as well as molds and fermented foods**

- **Prolonged exposure to environmental molds**

"The rapid and direct proliferation of the yeast following antibiotic use, strongly suggests that the problem of Candida is one which stems from an inner state of imbalance, rather than from an outside attack by a microbe or disease."

This is a very important point to understand if you wish to get rid of an overgrowth problem, suggesting that Candida is not so much a problem as is the body's own failure to control it!

4.4 A serious problem

Once begun, if not recognized and treated appropriately, Candida overgrowth can result in a self-perpetuating, negative cycle. Large numbers of yeast germs can weaken the immune system, which normally protects the body from harmful invaders. Even though Candida is part of the ecological balance in the body since birth, it is still recognized by the immune system as a foreign body that needs to be controlled. So, when overgrowth occurs, a chronic stimulation to the immune system results -- every second, every minute, every hour, every day, every month, every year -- in an attempt by the immune system to regain control. In time, it is believed that this can exhaust the immune system, predisposing one to more serious degenerative processes. Many believe chronic drains on the immune system such as Candida and parasites can play a direct role in the development of cancer and AIDS. Seen in this light, **Candida overgrowth should not be taken lightly.**

The immune system may concurrently be also adversely affected by poor nutrition, heavy exposure to molds in the air, as well as an increasing number of chemicals in our food, water and air, including petrochemicals, formaldehyde, perfumes, cleaning fluids, insecticides, tobacco and other indoor and outdoor pollutants. Over 10,000 chemicals have been added to our food supply alone, that were not there just 100 years ago! We do not have the genetic recognition of these substances as foods or as useful additions to our bodies.

Resulting lowered resistance may not only cause an overall sense of ill health, but also may allow for the development of respiratory, digestive and other systemic symptoms. One may also become predisposed to developing sensitivities to foods and chemicals in the environment. Such "allergies" may in turn cause the membranes of the nose, throat, ear, bladder and intestinal tract to swell and develop infection.

Such conditions may lead your physician to prescribe a "broad spectrum" antibiotic . . . which may then further promote the overgrowth of Candida and strengthen the existing negative chain of events, leading to further stress on the immune system and increased Candida - related problems.

4.5 What are the signs of a Candida infection?

The result of heightened Candida overgrowth is a list of adverse symptoms of considerable length. Basically, the characteristics of Candida overgrowth fall under three categories, those affecting:

1. The gastrointestinal and genitourinary tracts
2. Allergic responses, and
3. Mental/emotional manifestations.

Initially the signs will show near the sights of the original yeast colonies. Most often the first signs are seen in conditions such as:

nasal congestion and discharge, nasal itching, blisters in the mouth, sore or dry throat, abdominal pain, belching, bloating, heartburn, constipation, diarrhea, rectal burning or itching, vaginal discharge, vaginal itching or burning, increasingly worsening symptoms of PMS, prostatitis, impotence, frequent urination, burning on urination, bladder infections.

But, if the immune system remains weak long enough, **Candida can spread to all parts of the body** causing additional problems such as:

fatigue, drowsiness, lack of coordination, lack of concentration, mood swings, dizziness, headaches, bad breath, coughing, wheezing, joint swelling, arthritis, failing vision, spots in front of the eyes, ear pain, deafness, burning or tearing eyes, muscle aches, depression, irritability, sweet cravings, increasing food and chemical sensitivities, numbness and tingling, cold hands and feet, asthma, hay fever, multiple allergies, hives and rashes, eczema, psoriasis, chronic fungal infections like athlete's foot, ringworm and fingernail/ toenail infections.

In addition, **79 different toxic products are known to be released by Candida**, which in itself places a considerable burden on the immune system. These get into the bloodstream and travel to all parts of the body where they may give rise to a host of adverse symptoms.

In Candida overgrowth, **the yeast colonies can dig deep into intestinal walls, damaging the bowel wall in their colonization.**

Candida can also attack the immune system, causing suppressor cell disease, in which the immune system produces antibodies to everything at the slightest provocation, resulting in extreme sensitivities.

Finally, **Candida overgrowth, if not controlled, can be dangerous.** The persistent, constant challenge to the immune system by an ever-increasing, long-term overgrowth of Candida can eventually serve to wear down the immune system and cause a seriously weakened capacity for resistance to disease.

Women are more likely to get Candida overgrowth than are men. This is related to the female sex hormone progesterone which is elevated in the last half of the menstrual cycle. Progesterone increases the amount of glycogen (animal starch, easily converted to sugar) in the vaginal tissues which provides an ideal growth medium for Candida. Progesterone levels also elevate during pregnancy. Men are affected less frequently but are by no means invulnerable.

4.6 How do you know you've got Candida overgrowth?

Physiology

The species involved in about 80% of Candida infections is *C.albicans*. Other Candida infections can be caused by *C. krusei* and *C. tropicalis*. The Candida Antibodies test was designed specifically to detect *C. albicans*. However, *Candida albicans* has about a 95% homology with the antigenic determinants of the other two species. This means that there is high validity in measuring not only the level of *C. albicans*, but of the other two species as well.

Clinical Use

Determining the extent of a Candida problem is important in identifying mucosal physiologic impairment, immune system response, and gut permeability.

Conditions Assessed

Conditions that may be assessed include Candida overgrowth, chronicity of Candida overgrowth, leaky gut and immunodeficiency.

Logical Sequence of Testing

The logical sequence of using this test as an initial or a follow-up test is determined by a variety of individual considerations, including the patient's chief complaint, the array of signs and symptoms, the chronicity of the condition, the tests previously taken, and the judgment of the practitioner. Diagnosis is primarily clinical. Since almost everyone has Candida in their bodies, confirmation of overgrowth is sometimes difficult through laboratory tests.

4.7 Our Recommended Candida Albicans Test

We highly recommend the Metamatrix, Microbial Profile DNA Stool Analysis test (2105 - highlighted in yellow in the text box below) for accurately determining the status or presence of Candida Albicans plus bacteria and parasites that cause GI Tract illnesses and infections.

GI Effects – Stool Analysis

Test name:	2100* - Complete GI Effects Profile – Includes 2105, 2110, 2115, 2120 2105* - Microbial Profile – Bacteria, fungi/yeast, parasites 2110* - Mycology Profile – Fungi/yeast only 2115* - Parasitology Profile – Parasites only 2120* - Chemistry Profile – Digestive, inflammation, absorption *Not available in New York
Description:	GI Effects Stool Analysis Profiles go beyond "old stool technology" to bring you the most comprehensive stool analysis to date. GI Effects Profiles use DNA analysis to identify microbiota with 100% accuracy — including anaerobes, a previously immeasurable area of the gut environment. In addition to much more comprehensive bacteriology, mycology, and parasitology, GI Effects Profiles report drug resistance genes, antibiotic and botanical sensitivities, gliadin-specific sIgA, Elastase1, plus other inflammation, digestion, and absorption markers clinicians requested — with no hidden costs.
Method:	GC/MS, PCR ELISA, Automated Chemistry, Colorimetric, HPLC
Turnaround time:	10 - 14 days

Candida is considered to be an opportunistic organism. While often harmlessly present in the gut in small numbers, Candida is quick to exploit any tissue where physiological values have exceeded homeostatic limits. Overgrowth quickly occurs, and an intact immune system will produce characteristic antibodies in response.

4.8 How do you get rid of Candida overgrowth?

To effectively treat Candida overgrowth there are **four** objectives:

1. To fully understand the concept of Candida as a chronic infection and to appreciate that its treatment is a lifestyle change and **may take some time to treat**, unlike the commonly understood treatment of bacterial infections with antibiotics. One must commit to treating Candida fully to really benefit.
2. To eradicate the Candida through the use of anti-*Candida* products as well as deprive the yeast of the food on which it flourishes (namely, sweets, sugars, refined grains, fermented foods, yeast product),
3. Thirdly to re-introduce good flora by taking a good probiotic, and
4. Finally, to restore biochemical balance to the body and strength to the immune system, which will allow the body once again to regain and maintain control over Candida growth.

4.9 Recommended course of action

To inhibit, Candida, or to "even the odds," so to speak, the primary treatment required is a natural and potent anti-fungal that systematically kills off Candida.

The anti-fungal treatment needs to be supplemented with good quality Probiotics This is required to re-introduce good flora so that the ratio of good vs bad bacteria is able to sustain a stable ratio of 85:15 for optimum health.

4.10 The Herxheimer Reaction

Depending on the severity of Candida overgrowth and the dosage of the anti-fungal treatment taken, the Candida can be killed off in vast numbers in a very short period of time. As they are killed, they release substances which are toxic to the body. If this process occurs more quickly than the toxins can be cleared from the bloodstream and eliminated by the body, a temporary toxic or allergic-type reaction can occur in the form of headaches. The technical name for this experience is a **Herxheimer reaction**; it is more commonly referred to as "*die off*."

Usually die off lasts only a few hours, though it can last several days. It can usually be controlled almost entirely by reducing the dosage of the anti-fungal treatment or the rate or frequency it is taken for a few days if necessary. Signs of Herxheimer reaction can be many and varied but generally involve such discomfort as *aching, bloating, dizziness, nausea, and overall "goopy sick" feeling, or a worsening of original symptoms*. Fortunately, die off is generally short in duration, and although uncomfortable, is at least a confirmation of the presence of Candida and that something "good" is happening.

Exercise as well as ensuring proper, daily bowel evacuation has been reported as being helpful in countering the adversities of die off. Maintaining a high daily intake of purified water is also important to keep the channels of elimination open.

It is useful to have a general detox whilst you are treating Candida overgrowth and we recommend a number of products that will help you to do very effectively. These products are discussed in more detail under the heading "Dealing with Candida Overgrowth" further down in this report.

4.11 Balancing Body Chemistry

We would like to advise you to seek the advice of a Nutritionist who will be able to determine your Metabolic Type as this is very important step in your recovery process. It is also important to maintain this diet after treatment so that you can sustain good health in the future.

Acid and Alkaline Balance

Candida overgrowth manifests as hyperacidity in the body. An acid environment is ideal to foster increased growth of yeast and fungus.

Changes may also be made by selecting foods that are more alkaline than acid forming. See Acid & Alkaline forming Food List on **page 20**.

It is a commonly recognized and accepted fact that immune system efficiency is highly dependent on the proper biochemical balance in the body. This of course, is dependent on proper and adequate nutrition to supply the body with all the required biochemical constituents (vitamins, minerals, enzymes, intrinsic factors, etc.).

Usually such diets require the considerable restriction of carbohydrates (beans, fruits, breads, grains, cereals, peas, sweet potatoes and some squashes) sometimes altogether.

Although for some metabolic types this may be helpful, for others it may be responsible for worsening an already malnutritive condition.

Starving the yeast is one thing, but starving yourself or imbalancing the biochemistry at the same time can only be weakening to the immune system and therefore counter-productive.

In addition to the metabolic type diet, it is also recommended that you avoid foods as much as possible, which are known to stimulate Candida growth until the Candida are brought under control. The foods upon which Candida are known to thrive and flourish include the following:

- **Sugar, Honey, Molasses, Syrup & High Quantities of Fruit or Juices**
- **Molds and Fermented Foods** Vinegar, cheese, soy sauce, sour cream, buttermilk, cider, tofu, ketchup, mustard, relish
- **Yeast Products** Brewer's yeast, yeast-based vitamins, buttermilk, dried fruits, melons and frozen or canned juices. This is especially important if you are yeast sensitive or yeast allergic. However, it should be understood that eating yeast products doesn't actually further the Candida, but it can prove irritating to anyone with an existing yeast sensitivity. Yeast products are not themselves, Candida yeast, and also they are not live yeast. Many people with Candida overgrowth can handle them just fine.

4.12 Dealing with Candida Albicans Overgrowth

This is not something that can be dealt with quickly. Because of the tenacity of this yeast and the relative difficulty of the dietary regime, a Candida syndrome can last for quite some time. In some extreme cases we have even had to treat some clients for over a year before their tests came back clear. However, don't lose hope, because the whole way along the treatment path, you will feel better and better.

The first step is to identify the possible cause, or aggravating factor. After the cause is identified and eliminated, the treatment can begin. Treatment of Candida overgrowth includes adjusting your diet. The intention is to starve the Candida, bring in more beneficial bacteria and correct inflammation and nutritional imbalances. The strength of your general immune system should be addressed with as much intention as the Candida itself. To speed up your recovery process I suggest that you consult with a doctor of natural medicine to help with this last point.

Here are some general dietary guidelines and specific remedies for Candida overgrowth.

4.13 Recommended Diet for Candida Overgrowth

As far as diet is concerned, you need to eliminate all 'foods' that feed Candida. Think 'mould'.

Cut out all refined carbohydrates: *bread, flours, jams, sugars, pizza, cakes, pastries, cookies, chocolates, ice-cream, jellies, golden syrup, pastas.* Get the idea? Replace these with *brown rice, millet, buckwheat, quinoa, carob, rice cakes, corn cakes, rice flour, potato flour or other grain flours, polenta.* Some people need to cut even these alternatives out, and resort to a pure fat and protein diet.

Cut out dairy products especially *sweetened yogurts, cheese spreads, 'smelly' cheeses, yellow cheese and blue veined cheese.*

Cut out all vinegars, vinaigrettes, fermented alcohol (wine, beer, cider), dried fruits, peanuts, pistachios and peanut butter. Avoid *pickles and vinegar containing foods like mayonnaise, barbecue sauce, mustard sauce.* Eliminate processed *luncheon meats, commercial fruit juice, soya sauce, oxo, bovril and marmite.*

Limit your daily *fruit intake and avoid moldy or bruised fruits as well as fruits with high sugar content like melons and grapes.*

There is no limit on the amount of vegetables, especially green leafy vegetables. Very limited amounts of white cheese like cottage cheese or goats milk cheeses like feta are permitted.

4.14 Our Recommended Treatment Program for Candida Overgrowth

An essential component for treating Candida effectively is at least two consecutive months treatment of [Matula Herbal Formula™](#). It has been scientifically proven to inhibit **93%** of Candida, without any side effects. In addition to [Matula Herbal Formula™](#) also take the best quality [PROBIOTICS](#) for a period of at least 3 months and [CHLORELLA](#) for 3 months if female and 1 months for males. Additionally we highly recommend a single 21 day treatment of [Matula ULTRA](#) to boost your immune system. Additional treatment options include OIL of OREGANO, CAPRYLIC ACID for 1 month and to complete the treatment protocol we recommend a [GENERAL DETOX](#) that ideally contains a mixed fibre supplement and Psyllium Husk.

[Please click on the above links for information on the recommended products.](#)

4.15 Important Note

Truly yeast-free diets, or people, are both impossible to come by. They can only be totally avoided in the diet by eating solely fresh dairy, meat, fish and peeled fresh fruits and vegetables. From a practical standpoint, this is neither feasible nor necessary. Total elimination of yeast from the body is also neither feasible nor desirable, considering that yeast are very likely beneficial to the body when a proper balance exists.

Treatment of Candida overgrowth does not seek the eradication of Candida from the diet or the person, but rather a restoration of the proper and balanced ecological relationship between man and yeast.

Candida Albicans, if left uncontrolled, **may indeed pose a serious threat to health and well-being**. Another perspective, however, may view Candida as a kind of "early warning system!" Candida in a well-balanced body chemistry is merely a part of a greater environmental whole which very likely provides some benefit to the host with whom it coexists.

5. More Information you will find useful

5.1 Good vs. Bad Bacteria in your system

Believe it or not, there are more bacteria in your intestines than there are humans on this planet! And just as on this planet, there's competition for space to live. Just as local conditions affect people's preferences for somewhere to live, the local conditions of the large intestine determine the types of bacteria that will grow. Like people, bacteria directly affect their environment: while some bacteria have minimal effect, 'harmful' bacteria may damage their environment and increase the risk of infection, whereas 'good' bacteria help keep the environment healthy, often improving digestion and absorption of nutrients, as well as producing certain vitamins. The key is to get the right balance between 'good' and 'bad' bacteria in the intestine. The target balance should be 85% good bacteria vs. 15% bad bacteria for a health digestive system.

5.2 Probiotics and Prebiotics – what's the difference?

There are millions of bacteria naturally and necessarily present in the human gut (colon; large intestine). The population of different types of bacteria are called the microbial flora of the colon, and we know of many useful functions they carry out which support health. The bacteria ferment the small amount of starch that resists digestion in the small intestine to

produce ‘short-chain fatty acids’; these are an energy supply for the body and also keep the cells of the colon wall healthy. The microbial flora also acts as a physical barrier to protect the colon from pathogenic (disease-causing) bacteria.

The bacteria in the colon described as being beneficial are mainly lactobacilli and bifidobacteria, and the well-being of the ‘host’ is supported when these prevail over other bacteria that may be potentially harmful. The concept of supporting the balance of microbial flora to favour benign bacteria has led to the development of ‘colonic foods’ described as probiotics and prebiotics.

Probiotics are live microbial supplements that have been shown to survive transit through the upper digestive system, and may beneficially colonize the microbial flora of the large intestine. Such benign digestion-resistant bacteria have been added to many popular and now widely-available ‘functional’ foods such as yogurts and milk-based drinks.

Prebiotics are types of carbohydrates (oligosaccharides) that cannot be digested in the small intestine: they reach the colon where they selectively support the growth of benign bacteria already present. In this way, the healthier bacteria in the colonic microflora are stimulated and are given a competitive advantage over other types of bacteria present. Some foods naturally contain small amounts of oligosaccharides (*leek, asparagus, chicory, Jerusalem artichoke, bananas, oats*), but higher levels are usually found in functional foods fortified with prebiotic ingredients. Human breastmilk can be considered the original functional food; it contains many factors that support bifidobacteria growth in the colon, and this may protect the infant from gastrointestinal problems.

The balance of colonic microflora is known to be affected by the use of antibiotics, and may also be adversely influenced by diets low in unrefined carbohydrate, ageing and some disease conditions. The use of probiotics/prebiotics have been investigated to support colonic health in inflammatory conditions such as Crohn’s disease and inflammatory bowel disease. Some studies also support benefits for the protection from, and the treatment of diarrhoea. Research is currently investigating other possible health effects.

5.3 The Warning Signs when things start to go wrong

Your digestive system can go wrong in many different ways, but it usually sends out some signals to let you know that things aren’t right. The following symptoms may occur: Indigestion, heartburn, bloating, cramping, flatulence, gurgling sounds, abdominal pain, changes in bowel habit, constipation, diarrhea, nausea or vomiting are all tell-tale signs that your food is not digesting, but rather fermenting or putrefying. The usual result is that the micronutrients are not being absorbed properly which may then have the following consequences: fatigue, headaches, dry skin, weight loss, anemia, joint pains and stiffness, lowered immunity, poor concentration, brain fog, depression, PMS, greasy and sticky stool, and in some circumstances may lead to inappropriate weight gain. Clearly these problems arise from deficiencies of nutrients like the fat-soluble vitamins A, E, D and K, generally the B group vitamins, as well as minerals like iron, calcium, potassium and magnesium. The lack of these coupled with the lack of absorption of calories as carbohydrates or fats, and the low uptake of repairing proteins, will cause you to have unexplained cravings. Usually these are sweet cravings.

You should see your Doctor, preferably a Chiropractor, Naturopath, Acupuncturist, Nutritionist or Homeopath, for advice if...

- Your bowel habit has changed within the last two to three months and you’ve not changed your diet, been traveling or started taking medication
- You’ve seen blood in your stools – fresh red blood, or black stools (containing digested blood)
- **You have persistent, unexplained abdominal pain or discomfort**
- You have lost 2-5kg (4lb) in weight recently for no obvious reason
- **You have lost your appetite and/or frequently feel sick for no obvious reason**

- You are frequently constipated and simple treatments such as a high-fibre diet, more fluids, more exercise and over-the-counter laxatives haven't worked
- You frequently open your bowels more than three times a day or if your stools are often loose or watery
- You frequently get a lot of unexplained wind (flatulence), bloating or abdominal distension

5.4 What causes Indigestion?

Considering the digestive organs, namely the mouth and teeth, digestive enzyme glands throughout the mouth, stomach, gall bladder and liver, the pancreas and the small and large intestine, any problem with these areas singularly or collectively will result in indigestion and promote malabsorption. Your stomach produces a strong acid that helps digest food and protects you against infection. A layer of mucus lines the stomach, esophagus and intestines to act as a barrier against this acid. If the mucus layer is damaged, the acid can irritate the tissues underneath causing various degrees of indigestion and discomfort. You may also have too little stomach acid, which will promote fermentation of your swallowed food rather than digestion.

Singularly or collectively the following make the symptoms worse ...

- The food you eat – lack of soluble and insoluble fibre in your diet, high levels of bad fats (trans-fats like margarine, cooking oils, shortenings etc, highly processed foods rich in food chemicals like stabilizers and preservatives.
- Your lifestyle: too much of a hurry, eating too fast and too much. It takes about twenty minutes for your brain to register a full stomach, so eating too much too fast, is definitely overloading your stomach.
- Being overweight, gallbladder disease
- Traveling
- Lack of sleep (you should have at least 7- 8 hours restful sleep every night)
- Dehydration (you should drink 8 glasses of purified water each day)
- Getting older
- Having irregular meals, because long periods between meals give the acid more time to act (each meal neutralizes the acid for a while)
- Drinking excess alcohol
- Smoking
- Long term or Frequent use of Pharmaceutical or other) Drugs and their side effects
- An impaired or dysfunctional Immune System
- Lack of Prebiotics (*allium group of carbohydrates*)
- **Lack of Probiotics** (especially of the *acidophilus*, *lactobacillus sporogenes* and *bifidobacter groups*) that are essential bacteria required to digest your food, particularly after use of Antibiotic treatments
- Lack of Omega 3 essential fatty acids
- Stress and anxiety
- Pregnancy
- Peptic ulcer (stomach or duodenal ulcer) and presence of Helicobacter Pylori
- **Candidiasis (presence of Candida Albicans) – fungal infection in the stomach**
- Chronic Parasitic infections
- Small bowel and gastric surgery
- AIDS related gastroenteritis
- Certain cancers
- Acid Reflux, Heartburn

5.5 Similar Digestive Disorders and Infections

Digestive disorders are probably the most overlooked and yet important problem in most Western countries. These diseases, including chronic gastritis (inflammation of the stomach wall), ulcers, gallstones, pancreatitis from chronic alcohol abuse, liver diseases, irritable bowel syndrome, Crohn's disease, ulcerative colitis, and Coeliac's disease are common examples of the condition that result in malabsorption syndromes. Colo-rectal cancer is one of the top three cancers. They also appear to be occurring with increasing frequency when

compared to 10 years ago and more alarmingly they are now cropping up at an earlier and earlier age in teenagers.

The CRUX of the MATTER

Considering that the body works as a complete unit (in physiological terms), it's not difficult to see how malabsorption can lead to certain dreaded illnesses like *heart disease, cancer, osteoporosis, arthritis, auto-immune problems* – in fact this may be the basis for all so-called chronic illnesses that are constantly on the rise despite billions of Dollars being thrown into research and development of more drugs.

5.5.1 Leaky Gut Syndrome

Leaky gut syndrome, or gut hyperpermeability, is the name given for the condition that allows larger food particles (macromolecules) to pass through the gut wall. The cells that make up the lining of the gut, are linked together by a chemical bond called a tight junction. This junction maintains the integrity of the gut wall. Ordinarily, only properly digested food (micromolecules) permeates through the intestinal wall. When this wall is damaged, larger particles, such as partially digested food, pathogens such as parasites or yeasts and toxins, pass through. The body does not recognize them and activates the immune system to search and destroy. The result is inflammation.

Leaky gut syndrome is linked to autoimmune diseases such as arthritis, lupus, fibromyalgia, chronic fatigue syndrome, and IBD. Many health practitioners see leaky gut syndrome as the underlying cause of many food allergies and food sensitivities because the body begins to recognize many types of food as foreign. When food slips through the intestinal wall, the body automatically goes into attack mode. Eventually, the body habitually recognizes these foods as the "enemy," and every time you eat them, the body reacts—you have a food sensitivity.

There is no single cause of leaky gut syndrome. Antibiotics, caffeine and alcohol, severe trauma like burns or prolonged surgery, chronic constipation, chemicals and other environmental pollutants, stress, poor diet, parasites, yeast, and bacteria could all contribute to a leaky gut.

Dealing with Leaky Gut Syndrome

Many health practitioners recommend a hypoallergenic diet. Sugar, white flour products, wheat, oats, dairy products, high-fat foods, alcohol, and foods often linked to sensitivities and allergies **must be eliminated for periods of time to see if problems resolve**. If so, they should be eliminated from your diet.

How you eat is also important. Chew food more thoroughly and attempt to eat frequent small meals instead of a few large meals.

Our Recommended Treatment program

An essential component for treating Leaky Gut syndrome effectively, is that same as for Candida and is at least two consecutive months treatment of [Matula Herbal Formula™](#). It has been scientifically proven to inhibit **93%** of Candida, without any side effects. In addition to [Matula Herbal Formula™](#) also take the best quality [PROBIOTICS](#) for a period of at least 3 months and [CHLORELLA](#) for 3 months if female and 1 month for males. Additionally we highly recommend a single 21 day treatment of [Matula ULTRA](#) to boost your immune system. Additional treatment options include OIL of OREGANO, CAPRYLIC ACID for 1 month and to complete the treatment protocol we recommend a [GENERAL DETOX](#) that ideally contains a mixed fibre supplement and Psyllium Husk.

[Please click on the above links for information on the recommended products.](#)

5.5.2 Dysbiosis

Introduction to Dysbiosis

"Dys-symbiosis, or Dysbiosis," is a state of living with intestinal flora where the delicate balance of good and harmful bacteria and yeasts has been disturbed, usually causing an overgrowth of harmful flora, (including viruses and parasites). These harmful bacteria and yeast can have harmful effects. Toxic amines produced by bacterial putrefaction of food are the cause of degenerative diseases, and by ingesting fermented foods containing Lactobacilli we could prolong life by decreasing gut putrefaction. The consideration of Dysbiosis with digestive flora as an influence in the development of inflammatory diseases and cancer has received considerable experimental support over the past two decades.

Symptoms of Dysbiosis

Dysbiosis does more than interfere with digestion, it makes you tired. It may also alter your immune system and upsets your hormonal balance. Dysbiosis can even make it difficult for you to think clearly and is known to cause anxiety, depression or mood swings. In fact, Dysbiosis can affect almost every aspect of health. If you have Dysbiosis, then you are likely to suffer from fatigue, headaches, intestinal upsets, and many of the symptoms normally attributed to Candida.

What causes Dysbiosis?

We are sure that everyone can, by now, guess that modern medical drugs have a large roll to play...right. Antibiotics, anti-inflammatory drugs, cortisones, hormonal medicines including contraception are just some of the more common culprits. Acute or chronic worm or parasite infestations will also give rise to Dysbiosis. Major intestinal trauma or surgery may also have an important role in some individuals.

Altered ratios of the gut flora may produce disease. Bacterial enzymes can alter the intestinal environment in numerous ways, some of which can be easily measured in a properly collected sample of stool and evaluated by a Laboratory. Bacterial antigens may cause dysfunctional immune responses that contribute to autoimmune diseases of the bowel and of connective tissue. The pathology surrounding Dysbiosis is very similar to that of candidiasis.

Effective treatment of Dysbiosis is, as always, best achieved by identifying and treating the underlying cause. Broadly speaking, one needs to eliminate allergic foodstuffs as well as food chemicals such as preservatives, colourants and flavourants. One needs to eliminate common “drugs” such as alcohol, caffeine and sugar. A program of parasite elimination must be undertaken, preferably with known anti-parasite herbs like Taheebo, Artemisia, Grapefruit seed extract, Black Walnut and Clove. Occasionally it may be necessary to use one of the stronger medicines to help eliminate more potent bugs like Giardia, or worms. One can then start to re-inoculate the bowel using a good quality probiotic supplement. For more difficult cases, this is best done using the help of a specialist stool analysis laboratory. When this approach is not helpful, a more specialized diagnosis is required:

Based on available research and clinical data, there are four general causes of intestinal dysbiosis: *putrefaction, fermentation, deficiency and sensitization.*

Putrefaction

Putrefaction Dysbiosis results from diets high in fat and animal flesh and low in insoluble fiber.

Putrefaction Dysbiosis is corrected by decreasing dietary fat and flesh, increasing fiber consumption and feeding Bifidobacteria and Lactobacillus preparations.

As there is a decrease in friendly bacteria, the production of short-chain fatty acids and other beneficial nutrients is decreased.

There is also an increase in ammonia which can have negative effects on many bodily functions. Research suggests that this type of Dysbiosis is contributing towards colon cancer and breast cancer.

Fermentation (Small Bowel Bacterial Overgrowth)

This is a condition of overgrowth of bacteria in the stomach, small intestine and beginning of the large intestine and causes carbohydrate intolerance.

This may be the only symptom of bacterial overgrowth, making it indistinguishable from intestinal Candidiasis.

Gastric bacterial overgrowth increases the risk of systemic infection.

British physicians working with the gut-fermentation syndrome have tentatively concluded, based on treatment results, that the majority of cases are due to yeast overgrowth and about 20% are bacterial in origin. The symptoms include abdominal distension, carbohydrate intolerance, fatigue and impaired mental function.

Bacterial overgrowth here is encouraged by:

- Hypochlorhydria (low stomach acid),
- sluggishness due to abnormal bowel motility,
- immune deficiency or
- by malnutrition.

Gastric bacterial overgrowth increases the risk of systemic infection and can lead to intolerance to carbohydrate.

Any carbohydrate ingested is fermented by bacteria and results in production of toxic waste products.

Dietary sugars can be fermented to produce ethanol.

Chronic exposure of the small bowel to ethanol may impair intestinal permeability.

Deficiency

Exposure to antibiotics or a diet low in soluble fiber may create a deficiency of normal friendly flora, including *Bifidobacteria*, *Lactobacillus*, etc...

This condition has been described in patients with Irritable Bowel Syndrome (IBS) and food intolerance.

Deficiency and putrefaction Dysbiosis are complementary conditions which often occur at the same time and call for the same treatment regimen.

Sensitization

Aggravation of abnormal immune responses to components of the normal intestinal flora may contribute to the development of Inflammatory Bowel Disease (Crohn's Disease and Ulcerative Colitis), spinal arthritis, other connective tissue disease and skin disorders such as psoriasis or acne.

Our Recommended treatment program for Dysbiosis

Here, the trick is in getting the balance right. In the same way you would have the timing set in the engine of your car in order to make the ride smoother and more efficient, so too do we need to get the balance of fauna and flora right within the bowel. The guidelines laid out for managing Candida and other chronic gut infections apply here. Essentially, eliminate all foods from the diet that may lead to overgrowth of yeasts and fungi. That is essentially all refined starches, sugars, dairy, vinegars, acidic foods like tomatoes, caffeine and fermented alcohols like wine, beer and cider. Eat a diet rich in whole foods like seasonal fruits and vegetables, free range meats, fish and poultry. Avoid the unnecessary use of any medications, especially antibiotics. Make use of a doctor of natural medicines, like a homeopath, chiropractor or naturopath to help you get through infections as well as any other illness. Keep the powerful

drugs of modern medicine for emergencies. These drugs all impact negatively on the delicate balance of bacteria and yeast in the bowel.

An essential component for treating Dysbiosis effectively is to use [Matula Herbal Formula™](#) twice daily for **two** consecutive months. This herbal blend has proven very strong anti-bacterial properties as well as anti-candida properties.

On a daily basis, take [COMPLETE PROBIOTICS](#) for **3 months** or until your stool microbiology shows good balance. Also take [CHLORELLA](#) for 1 month. Also look for products that also offer a "prebiotic" as well. The prebiotic facilitates the growth and multiplication of the probiotic. Use a good [omega-3](#) supplement, like [ARCTIC KRILL OIL](#) to reduce inflammation in the gut lining. Additionally we highly recommend a single 21 day treatment of [Matula ULTRA](#) to boost your immune system too. An optional supplement to use is L-Glutamine to help repair damaged gut lining. Either take a basic multivitamin and mineral supplement, or have your vitamin and mineral levels tested and use appropriate supplements. Finally, do a general parasite cleanse of your bowel at least twice a year. We recommend a [GENERAL DETOX](#) that ideally contains a mixed fibre supplement and Psyllium Husk.

[Please click on the above links for information on the recommended products.](#)

5.6 Balanced pH Diet

Essentially, the alkaline diet is not aligned with the high protein, high fat, low carb diets that are currently in vogue. Most people have never heard of alkaline-acid balance, but many holistic doctors and nutritionists consider a properly balanced diet to be important to optimal health and preventing diseases such as cancer.

The theory behind an alkaline diet is that because our body's pH level is slightly alkaline, with a normal range of 7.36 to 7.44, our diet should reflect this and also be slightly alkaline. An imbalanced diet high in acidic foods such as animal protein, sugar, caffeine, and processed foods tends to disrupt this balance. It can deplete the body of alkaline minerals such as sodium, potassium, magnesium, and calcium, making people prone to chronic and degenerative disease.

Thorough scientific studies are lacking on the alkaline diet.

Many conventional doctors do not believe in the alkaline diet.

Who is this diet for?

This diet is for people who feel unwell on a high fat, low carb diet. It is also for people that lead stressful lives and who consume large amounts of acidifying foods such as protein, sugar, processed food, cereals, starches, and caffeine, with little alkalinizing vegetables.

What are the symptoms of excess acidity?

- Low energy, chronic fatigue
- Excess mucous production
- Nasal congestion
- Frequent colds, flu, and infections
- Nervous, stressed, irritable, anxious, agitated
- Weak nails, dry hair, dry skin
- Formation of cysts, such as ovarian cysts, polycystic ovaries, benign breast cysts (fibrocystic breasts)
- Headaches
- Joint pain or arthritis
- Neuritis
- Muscle pain
- Feel better after a detox diet
- Hives
- Leg cramps and spasms
- Gastritis, acid indigestion

Medical doctors try to test the acidity or alkalinity of the body tissues and cells by analyzing the blood. Pioneers Carey Reams, Harold Hawkins, or Emanuel Revici developed methods to measure urine pH and other factors such as saliva pH. Modern proponents of the alkaline diet look at the pH of blood, saliva, and urine, in addition to health symptoms and other factors.

What are the guidelines of this diet?

An alkaline diet is composed of approximately 75-80% alkaline foods and 20-25% acid foods.

Alkaline Foods

Higher alkaline are better

Vegetables -- High alkaline: wheat grass, barley grass, alfalfa sprouts, broccoli sprouts, other types of sprouts, cucumber, kale, parsley, sea vegetables. Moderate alkaline: avocado, arugula, beets, bell peppers, broccoli, cabbage, celery, collard, endive, garlic, ginger, green beans, lettuce, mustard greens, okra, onion, spinach, tomato. Slightly alkaline: artichoke, asparagus, Brussels sprouts, carrot, cauliflower, kohlrabi, leeks, peas, rhubarb, rutabaga, turnip, watercress, zucchini

Fruit -- Slightly alkaline: coconut, grapefruit, lemon, lime

Beans and legumes -- Moderate alkaline: lima beans, soy beans, white beans. Slightly alkaline: Lentils, tofu.

Nuts, seeds, oils -- High alkaline: pumpkin seeds. Slightly alkaline: almond, borage oil, coconut oil, cod liver oil, evening primrose oil, fish oil, flaxseed oil, olive oil, sesame seeds.

Grains -- buckwheat, quinoa, spelt

Condiments -- Moderate alkaline: cayenne, red chili pepper, sea salt, stevia. Most herbs and spices are somewhat alkaline.

Dairy -- Slightly alkaline: goat milk

Acidifying Foods

Lower acid are better. Most acidic are worst

Dairy and Dairy Substitutes -- Slightly acid: cow's milk, rice milk, soymilk. Most acid: cheese (including cottage cheese, hard cheese, aged cheese, and goat cheese), ice cream, soy cheese, whey protein powder.

Animal meat -- Moderate acid: wild fish. Most acid: beef, chicken, duck, eggs, farmed fish, gelatin, lobster, organ meat, pheasant, pork, poultry, seafood, squid, turkey, veal, venison.

Grains -- Slightly acid: amaranth, millet. Moderate acid: oats, rice (brown rice, white rice), rye, wheat. Most acid: barley, corn, rye.

Beans and legumes -- Slightly acid: black beans, chickpeas, kidney beans.

Vegetables -- Most acidic: mushrooms, potatoes. Fruit -- Slightly acid: cantaloupe, dates (not dried), nectarines. Moderate acid: apple, apricot, banana, all berries, figs (fresh), grape, honeydew, mango, orange, papaya, peach, persimmon, pineapple, tangerine, watermelon. Most acid: dried fruit.

Nuts, Seeds, and Oils -- Slightly acid: brazil nuts, flaxseeds, hazelnuts, pecans, sunflower seeds, sunflower oil, grapeseed oil. Moderate acid: butter, ghee, corn oil, margarine, walnuts. Most acid: cashews, peanuts, pistachios.

Condiments -- Moderate acid: ketchup, mayonnaise, table salt. Most acid: jam, mustard, soy sauce, vinegar, white sugar, molasses, sugar cane, barley malt syrup, honey, maple syrup, brown rice syrup, yeast.



5.7 Detoxification after Candida Overgrowth Treatment

Body Pollution

We are all exposed to thousands of toxins and chemicals on a daily basis at work, in the home, through the air we breathe, our food and water supply, and through the use of pharmaceutical drugs. In addition, we are eating more sugar and processed foods than ever before in human history and regularly abuse our bodies with various stimulants and sedatives.

If you never wondered or cared much about the pollution around us, it's time to change your views and start paying attention to this problem. For decades, scientists have been studying the pollutants in our air, water, food, and soil. U.S. industries manufacture over 6 trillion pounds of 9,000 different chemicals a year. They dump billions of pounds of industrial chemicals into our air and water year after year. So now scientists have started to examine pollution levels in humans and their findings are deeply disturbing. Research clearly proves that our bodies are not capable of eliminating all the different toxins and chemicals we inhale and ingest every day. They simply accumulate in our cells (especially fat cells), tissues, blood, organs (such as the colon, liver and brain) and remain stored for an indefinite length of time causing all kinds of health problems.

Parasites

All the toxins and 'dead' processed foods lead to poor digestion causing a toxic build-up in the body, including the colon. This toxic waste material in the colon then frequently turns into a sinister world of monstrous creatures that feed on living flesh - parasites.

Every living thing has at least one parasite that lives inside or on it, and many, including humans, have far more. Scientists are only just beginning to discover exactly how powerful these hidden inhabitants can be, but their research is pointing to a remarkable possibility: Parasites may rule the world. The notion that tiny creatures we've largely taken for granted are such a dominant force is immensely disturbing. We are collections of cells that work together, kept harmonized by chemical signals. If an organism can control those signals - an organism like a parasite - then it can control us. And therein lies the peculiar and precise horror of parasites.

The combination of environmental toxins, an unhealthy diet and parasites poses a grave danger to humans. "In fact, parasites have killed more humans than all the wars in history", reported *National Geographic* in its award-winning documentary, *The Body Snatchers*.

When Do You Need a DETOX?

If this is the first time you've been exposed to this life-changing information, you've probably never considered this simple question: Are you clean inside? Of course you take care of the outside: You shower, brush your teeth and wash your hair on a regular basis, but do you clean yourself inside? In this modern, toxic world it's becoming a simple fact of life that our

colon (the ‘sewer system’ of the body), liver and other organs also require regular cleaning. Just like a car requires an oil change periodically.

How do you know when it's time to free your body of accumulated toxins, parasites and other waste materials? NOW is the time. We recommend you do a proper detox twice a year. If that seems too much to you, then if you experience one or more of the following, it's definitely time to detoxify:

- Candida infection
- Frequent fatigue and low energy
- Flatulence, gas & bloating
- Excess weight
- Food allergies
- Impaired digestion
- Irritability, mood swings
- Bad breath & foul-smelling stools
- Parasites in stool
- Frequent colds
- Recurring headaches
- Chronic constipation
- Irritable Bowel Syndrome (IBS)
- Protruding belly
- Powerful food cravings
- Skin problems, rashes, etc.
- Metallic taste in mouth
- Hemorrhoids

6. Healthy Living

6.1 Introduction

Every day we are bombarded with nutrition and health messages and a seemingly endless array of concerns about lifestyle and diet. Healthy eating and a healthful way of life are important to how we look, feel and how much we enjoy life. The right lifestyle decisions, with a routine of good food and regular exercise, can help you make the most of what life has to offer. Making smart food choices early in life and through adulthood can also help reduce the risk of certain conditions such as obesity, heart disease, hypertension, diabetes, certain cancers and osteoporosis.

6.2 Key factors of a healthy diet

Enjoy the wide variety of foods

This concept is the most consistent health message in dietary recommendations around the world. We need more than 40 different nutrients for good health and no single food can supply them all. That's why consumption of a wide variety of foods (including fruits, vegetables, cereals and grains, meats, fish and poultry, dairy products and fats and oils), is necessary for good health and any food can be enjoyed as part of a healthy diet. Some studies have linked dietary variety with longevity. In any event, choosing a variety of foods adds to the enjoyment of meals and snacks.

Eat regularly

Eating is one of the life's great pleasures and its important to take time to stop, relax and enjoy mealtimes and snacks. Scheduling eating times also ensures that meals are not missed, resulting in missed nutrients that are often not compensated for by subsequent meals. This is especially important for school children, adolescents and the elderly.

Breakfast is particularly important as it helps kick-start the body by supplying energy after the all-night fast. Breakfast also appears to help control weight. All mealtimes offer the opportunity for social and family interaction. So whether it is three square meals or six mini-meals or snacks, the aim is to make healthy choices you can enjoy.

Balance and moderation

Balancing your food intake means getting enough, but not too much, of each type of nutrient. If portion sizes are kept reasonable, there is no need to eliminate favourite foods. There are no "good" or "bad" foods, only good or bad diets. Any food can fit into a healthy lifestyle by remembering moderation and balance.

Moderate amounts of all foods can help ensure that energy (calories) intake is controlled and that excessive amounts of any one food or food component are not eaten. If you choose a high fat snack, choose a lower fat option at the next meal. Examples of reasonable serving sizes are 75 -100 grams (the size of a palm) of meat, one medium piece of fruit, ½ cup raw pasta or one scoop of ice cream (50g). Ready-prepared meals offer a handy means of portion control and they often have the energy (calorie) value listed on the pack.

Maintain a healthy body weight and feel good

A healthy weight varies between individuals and depends on many factors including gender, height, age and hereditary.

Excess body fat results when more calories are eaten than are needed. Those extra calories can come from any source - protein, fat, carbohydrate or alcohol - but fat is the most concentrated source of calories.

Physical activity is a good way of increasing the energy (calories) expended and it can also lead to feelings of well-being. The message is simple: if you are gaining weight eat less and be more active.

Don't forget your fruits and vegetables

Many of us do not meet the recommendations for at least five servings of fruits and vegetables daily. Numerous studies have shown an association between the intake of these foods and a decreased risk of cardiovascular disease and certain cancers. An increased intake of fruits and vegetables has also been associated with decreased blood pressure. People can fill up on fresh fruit and vegetables because they are good sources of nutrients and the majority are naturally low in fat and calories.

Nutritionists are paying much more attention to fruits and vegetables as "packages" of nutrients and other constituents that are healthful for humans. The "antioxidant hypothesis" has drawn attention to the role of micronutrients found in fruits and vegetables like vitamins C and E, as well as a number of other natural protective substances. The carotenes (beta-carotene, lutein and lycopene), the flavonoids (phenolic compounds that are widespread in commonly consumed fruits and vegetables such as apples and onions and beverages derived from plants like tea, cocoa and red wine) and the phytoestrogens (principally isoflavones and lignans), are being demonstrated to have beneficial roles in human health.

Drink plenty of fluids

You need to drink at least 1.5 litres of fluid daily, even more if it's hot or you are physically active. Plain water is a good source of liquid but variety can be both pleasant and healthy. Choose alternative fluids from juices, soft drinks, tea, coffee and milk.

Fats in moderation

Fat is a nutrient in food that is essential for good health. Fats provide a ready source of energy and enable the body to absorb, circulate and store the fat-soluble vitamins A, D, E and K. Fat-containing foods are needed to supply "essential fatty acids" that your body cannot make. For example, oil-rich fish and fish oil supplements are rich sources of the omega-3 polyunsaturated fatty acids (n-3 PUFAs) alpha linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These, along with omega-6 polyunsaturated fatty acids (n-6 PUFAs) such as linoleic acid (LA) and arachidonic acid (AA), must be consumed in the diet. Bad fat however, especially hydrogenated and trans-fats, can lead to adverse health effects such as overweight and high cholesterol and increase the risk of heart disease and some cancers.

Balance the salt intake

Salt is made up of sodium and chloride. Sodium is a nutrient and is present naturally in many foods. Sodium and chloride are important in helping your body to maintain fluid balance and to regulate blood pressure.

For most people, any excess sodium passes straight through the body however in some people it can increase blood pressure. Reducing the amount of salt in the diet of those who are sensitive to salt may reduce the risk of high blood pressure. The relationship between salt intake and blood pressure is still unclear and individuals should consult their doctor for advice.

Start now - and make changes gradually

Making changes gradually, such as eating one more fruits/portion of vegetables each day, cutting back on portion sizes, or taking the stairs instead of the lift, means that the changes are easier to maintain.

6.3 Why is physical activity so important?

Have fun doing your favorite form of physical exercise. The advice for increased physical activity is strongly linked to overall healthy lifestyle recommendations because it affects energy balance and the risk of lifestyle-related diseases. Over the past few years, many position papers have set out the importance of moderate physical activity for good health. These reports indicate that being physically active for 20 to 30 minutes daily reduces the risk of developing obesity, heart disease, diabetes, hypertension and colon cancer, all of which are major contributors to morbidity and mortality in western countries. In addition, in both children and adults, physical activity is related to improvements in body flexibility, aerobic endurance, agility and coordination, strengthening of bones and muscles, lower body fat levels, blood fats, blood pressure and reduced risk of hip fractures in women. Physical activity makes you feel better physically and encourages a more positive mental outlook.

6.4 Supplementing your diet

In our fast paced lifestyle we often take short cuts when it comes to meals. If you miss meals regularly or in between rushing to make appointments on time you indulge on fast foods you can be sure that you aren't getting enough nutrition. Over a period of time this will affect your immune system that will begin to make you feel lacking in energy. Once you begin to lack energy this is normally a warning sign that all is not well within your body.

7. Final Word

Well Done! You have just made THE most important step towards your ultimate Holistic Health. Your total healing is about to notch up to another gear.

As you would have picked up, there are a great number of conditions in the gastrointestinal tract that have overlapping symptoms. This highlights the very important understanding that “the part cannot be well unless the whole is well”. Sadly, this is not always the approach of the medical industry. Now that you have a more complete picture of how the vitally important gastrointestinal system works, you are better equipped to work together with a Health Care Professional to achieve optimum health.

If you have read through this entire Special Report, or even parts of it that are appropriate to your Candida Albicans overgrowth, you will have picked up the common thread that runs through it: **BALANCE**. In as much as the sun rises and sets, the seasons constantly rotate and the tides swing rhythmically, so too is your body in flux. It always moves around a central point of balance or ease. When this balance is upset further than what can be managed by our in-built healing mechanisms, we call this state Dis-Ease.

You have seen how each function in the digestive tract is orchestrated to work as part of a fine symphony. If you don't chew thoroughly there is insufficient pre-digestion of food before entering the stomach, this means food may ferment instead of digest. This in turn causes inflammation, bacterial imbalance, yeast overgrowth and ultimately problems in other seemingly unrelated parts of the body!

Wishing you an abundant life in good health,

Yours sincerely,

The Natural Health Team