



BecomeHealthyNow.com
Natural Health Care With Results!

BecomeHealthyNow.com, Inc • 519 Cleveland St. Ste 115
Clearwater, FL 33755 • Voice: (727) 461-7354 • Fax (727) 443-6664



email: info@BecomeHealthyNow.com • Web: www.BecomeHealthyNow.com

What Is Candida Albicans?

Candida Yeast Infection, both when affecting the digestive tract and the entire body, is a serious problem. Literally millions of men and women have a potential yeast infection that is causing, directly or indirectly, a significant number of existing health problems or conditions. If it is not completely removed and/or the body protected, it will continue to grow and will reduce your resistance to a host of physical ailments and complications.

The devastation and discomforts that await the body because of this insidious and tenacious parasite is immeasurable and in most cases the means of its removal or control is inadequate. Going from doctor to doctor and product to product is not the answer. It requires special attention and knowledge to overcome a serious to severe yeast infection and the following information will introduce you to a "Candida Yeast Answer Program" that definitely has the advantage of complete and permanent removal of most Candida Yeast conditions.

If you have a yeast overgrowth, or if you know of others who are bothered or incapacitated by the presence of a yeast infection, then please read the enclosed information and/or give to those who you feel may benefit. This particular program is remarkably effective and you will find a thorough and scientific explanation that promises and end to a rather difficult situation.

What Causes Candida?

Candida Albicans is a yeast that lives in our intestinal tract. It is also the yeast that causes vaginal yeast infections. It is normal to have small amounts of candida so the friendly and protective bacteria in our body called "Acidophilus and Bifidus" can use it as food.

When something happens to kill off these friendly bacteria the candida cells begin to multiply out of control.

Candida can spread throughout the intestinal tract causing bloating, gas, food reactions and allergies, constipation, diarrhea and a host of digestive complaints.

Candida can also spread to the vaginal area, the prostate, the heart, lungs, liver and cause numerous symptoms and illnesses.

The true causes of candida are not a mystery. They are also not the same for each individual person. Some people have candida due to a combination of causes. To begin with let's look at the true causes and discuss each.

1. ANTIBIOTICS

Antibiotics are a common cause of candida. Antibiotics destroy both harmful bacteria and good bacteria. When antibiotics destroy friendly bacteria it gives the candida a chance to begin to multiply. Anyone who has been treated with antibiotics for acne, major dental work or any condition where antibiotic use has been frequent,

more than 1 course of 7-10 days, is a prime candidate for candida.

2. BIRTH CONTROL PILLS OR DEVICE

Oral birth control pills are mostly the hormone estrogen. Supplemental estrogen in the synthetic form has been found to promote the growth of yeast. Several years ago the Great Smokie's Medical lab published studies showing that hormones could effect intestinal bacteria.

A common complaint of women on birth control pills is yeast infection. The copper IUD is another possible yeast promoter.

It has been observed by David Watts, Ph.D., that copper promotes the growth of yeast. Often copper IUD users develop excessive levels of copper in their tissues. Excess copper can depress the adrenal, thyroid and immune systems of the body. This can make it more difficult for the body to resist yeast.

3. EXCESSIVE STRESS AND ELEVATED CORTISOL

Stress can cause yeast growth for several reasons. Stress causes the release of certain hormone called CORTISOL . Cortisol can depress the immune system and also raise blood sugar. The elevation in blood sugar can feed the yeast cells allowing them to grow quickly. The depression in immune function will leave the body defenseless against the sudden elevation in yeast. These two reaction tend to happen together as cortisol goes up. This is the exact reason why stress causes candida. Cortisol can be addicting to the body. It raises sugar and relieves inflammation. There have been a few studies that show the body can become addicted to it and try to keep it elevated. There are several simple nutrients that help lower cortisol levels back to normal by telling the nervous system to relax.

4. TAP WATER CONSUMPTION

Common tap water is high in chlorine which has been found to destroy friendly intestinal bacteria. This will allow candida to grow as covered earlier.

5. PARASITES AND INTESTINAL WORMS

Parasites and intestinal worms are more common then anyone would think. Some researchers have estimated that over 85% of all people living in North America and Canada have parasites. Parasites can be large worm-like creatures or small microscopic organisms. Either type destroy friendly bacteria in the intestines making yeast overgrowth possible.

6. CONSTIPATION

Constipation can be caused by candida. However constipation can also lead to candida. If one does not have candida and then becomes constipated for any reason, candida may begin to grow. A digestive tract which is constipated is slow moving and becomes very alkaline. An alkaline environment is exactly what candida does best in. The more alkaline the digestive tract the happier the candida becomes.

It does not matter what causes the constipation. Constipation for any reason can easily cause candida.

7. DRUGS AND ALCOHOL

Excess alcohol can directly destroy friendly bacteria and allow yeast to grow. Beer can be a particular problem not because of the yeast but because of its maltose content. Maltose is a sugar that is derived from malt. Malt sugar is very potent and can feed yeast cells very quickly. People with candida also tend to develop allergies to all yeast products whether the yeast is healthy or not. This does not mean that hard spirits or wine in excess are any safer. Alcohol should always be used in moderation. Drugs can also cause yeast overgrowth particularly if they disturb the digestive system. Any medication or drug that can cause a gastrointestinal side effect may cause yeast growth by disturbing friendly bacteria.

8. HYPOTHYROID

Low thyroid is very common in cases of candida. The thyroid gland has an important effect on the immune system. Adequate thyroid function also helps the digestive system operate correctly. As pointed out earlier, lack of proper digestive secretions can cause reduction of friendly bacteria. Constipation is also common with low

thyroid. Body temperature will drop if thyroid function is low. A drop in body temperature stops many different chemical reactions from taking place. Some of these chemical reactions stop candida overgrowth.

9. IMMUNE DEFICIENCY

Any condition that results in a weakened immune system can bring about candida. Most notable are AIDS and CANCER.

Candida can be considered a side effect of these more threatening illnesses.

10. HORMONAL IMBALANCE

It has been long recognized that an imbalance between estrogen and progesterone can be a causative factor in yeast overgrowth. In order to support friendly intestinal flora, adequate amounts of both hormones are needed. Great Smokies Medical Lab published a paper several years ago which explained how these hormones are essential to the health of friendly bacteria. Any upset in this balance can cause yeast overgrowth. The hormonal imbalance must be corrected after the yeast has been reduced or relapse is sure to occur.

11. EXCESSIVE BOWEL CLEANSING

I am a firm believer in colonic irrigation and bowel cleansing. However, it does happen that one can overdo cleansing. If someone has an excessive amount of colonics without replacing friendly Bifidus bacteria that lives in the colon, candida may grow. This is a rare situation, but noteworthy.

12. DIABETES

This is the most difficult case to deal with. It is essential that the diabetes be addressed first and the blood sugar be gotten under control. It is impossible to eliminate candida while the blood sugar is high. There are specific herbs that are anti-fungal and have traditionally been used to lower blood sugar. I developed this protocol 2 years ago and have used it with good results, but I feel that most people should go right on a diabetic protocol to lower their sugar before attempting any candida elimination.

So here you have the 12 true causes of candida. Candida is becoming a very well known and recognized problem in this country. It has been estimated at 30% of all Americans have candida. Now that we've addressed the causes, let's discuss why it is serious.

CANDIDA DESTROYS YOUR HEALTH

Candida Albicans has become a household word for many health conscious Americans. Candida is a yeast that lives in the human digestive system. It has the ability to change from a yeast and become a fungus. As a fungus it operates in a similar fashion to any other fungus such as athletes' foot fungus, etc. Candida is kept at low levels by the friendly bacteria that also reside in the digestive tract. The friendly bacteria feed on the Candida, thus a balance in the body is maintained. Modern medicine's "gift" of antibiotics, birth control pills, cortisone and chemotherapy kill this friendly bacteria as do street drugs, alcohol, and junk food diets.

Once this friendly bacteria has been destroyed, the yeast begins to overgrow and take over the digestive system. Left untreated, it becomes a fungus and grows into a plant-like structure complete with roots. These roots can break through the intestinal walls, allowing the yeast to travel to other areas of the body such as the sinuses, throat, reproductive organs, the lungs and skin just to name a few.

It is capable of producing over 100 symptoms. This makes it extremely frustrating for anyone with this condition to be able to find out or understand what is exactly wrong with them. Billions are spent each year on antibiotics, creams, nasal sprays, unnecessary hospital visits, operations and antidepressants, due to the ignorance and arrogance of the medical profession. It is written in their own journals that antibiotics can cause this condition yet they continue to boldly prescribe them and are resentful when discussing their side effects. One doctor who was backed into a corner on this subject during a radio talk show became hysterical with fear and began screaming: "THERE'S NO SUCH THING AS CANDIDA!"

The symptoms of Candida are so confusing that even a practitioner who wants to know about it can be confused. I truly believe that proper testing is the answer. It is my deep-seated belief that those who want to get

well must find a practitioner who offers accurate testing. This way the real problem can be found and not overlooked.

Look over the list of all the possible symptoms Candida can cause and you will see why I so firmly believe that by symptoms alone one can be misled into treating a "major symptom" and miss the true culprit.

Candida Albicans is a negative YEAST INFECTION that begins in the digestive system and little by little spreads to other parts of the body. It is a strong, invasive parasite that attaches itself to the intestinal wall and becomes a permanent resident of your internal organs. It is causing numerous health problems and discomfort for over 30 million men and women every day and it is estimated that nearly everyone has or will have a moderate to serious Candida condition eventually in their lives. Experience has shown that if you do not successfully remove 95% of all the Candida, it will come back.

A yeast cell produces over 75 known toxic substances that consistently poisons the human body. These toxins contaminate the tissues where it weakens the immune system, the glands, the kidneys, bladder, lungs, liver and especially the brain and nervous system. Candida yeast can become so massive and invasive that it enters the FUNGAL form where it provides very long, root-like structures that penetrate the mucous lining of the gastrointestinal wall. This penetration breaks down the protective barrier between the intestinal tract and bloodstream, allowing many foreign and toxic substances to enter and pollute the body systemically. As a result, proteins and other food wastes that are not completely digested or eliminated can assault the immune system and cause tremendous allergic reactions, fatigue and many other health problems. It also allows the Candida itself and bacteria to enter the bloodstream, from which it may find its way to other tissues, resulting in far-ranging effects such as soreness of the joints, chest pain, sinus and skin problems, etc. An autopsy done on a lady who had died of heart failure for no apparent reason, found that her heart was encased with Candida yeast. Vaginal yeast infections are more prevalent today than ever, and they will never completely go away until the yeast has been cleared from the intestinal area. To make matters worse, Candida can be sexually transmitted from one person to another.

Candida covers the intestinal wall which chemically and mechanically interferes with digestion and assimilation of food nutrients. Many people, especially senior citizens, cancer victims and those with AIDS are wasting away for want of nutrition because they cannot absorb what they eat. Many people digest less than 50% of their food because the Candida creates a digestive conflict and robs them of their nutrition. Candida creates chaos in the intestines and diseases of which the doctors have little or no answer and can use only medicines to treat it. **ALL IMMUNOLOGICAL WEAKNESSES AND INFECTIOUS CONDITIONS** are made worse by the presence of Candida throughout the body.

The major waste product of yeast cell activity is acetaldehyde and the by-product ethanol. Many people have a low iron content because this mineral is hard to absorb when Candida is present, and therefore have little oxygen in the tissues. Ethanol can cause excessive fatigue and reduces the strength and stamina which takes away ambition. It destroys enzymes needed for cell energy and causes the release of free radicals that encourages the aging process.

Candida Albicans is an incredible destroyer of health and is the main missing link in many of our modern day diseases and sub-health conditions. The fact that Candida can rob the body of its nutrition and poison the tissues with its toxins is a major contribution, directly or indirectly to the following list of serious conditions:

1. Intolerance of perfumes, odors, fumes, fabric shop odors and tobacco smoke.
2. Complaints that worsen in damp, muggy or moldy places.
3. Athletes' foot, jock itch, fungal infections on the skin or nails.
4. Craving for sugar, bread or alcohol.
5. Prostatitis or vaginitis.
6. Diarrhea.
7. Constipation.
8. Abdominal distention, bloating or pain.
9. Gas or flatulence.
10. Rectal itching or rash.
11. Colic.
12. Diaper rash.
13. Vaginal itch, burning or persistent infections.
14. Kidney, bladder infections.

15. Cystitis (inflammation of the bladder with possible infection).
16. Sinus infections.
17. Joint pain or swelling.
18. Acne.
19. Hives.
20. Rashes.
21. Itching skin.
22. Eczema.
23. Psoriasis.
24. Loss of sex drive.
25. Impotence.
26. Fatigue.
27. Feeling drained.
28. Memory loss.
29. Feeling spaced out.
30. Numbness, burning or tingling.
31. Muscle aches.
32. Muscle pains.
33. Flu-like symptoms.
34. Endometriosis (irregular or painful menstruation).
35. Cramps or menstrual irregularities.
36. P.M.S.
37. Spots in front of eyes.
38. Erratic vision.
39. Drowsiness.
40. Irritability or jitteriness.
41. Mood swings.
42. Depression.
43. Suicidal feelings.
44. Headaches.
45. Hypoglycemia.
46. Feeling of swelling and tingling in the head.
47. Heartburn.
48. Indigestion.
49. Belching.
50. Intestinal gas.
51. Mucus in the stools.
52. Hemorrhoids.
53. Dry mouth.
54. Sores or blisters in the mouth.
55. Bad breath.
56. Nasal congestion.
57. Nasal discharge.
58. Nasal itching.
59. Post nasal drip.
60. Sore or dry mouth.
61. Sore or dry throat.
62. Cough.
63. Pain or tightness in the chest.
64. Wheezing or shortness of breath.
65. Asthmatic symptoms.
66. Burning or itching eyes.
67. Burning on urination.
68. Ear pain.
69. Ear aches.
70. Ear discharges.
71. Painful intercourse.
72. Food allergies or food reactions.
73. Hayfever.
74. General allergies.
75. Thrush.
76. Hair loss.

The majority of people who have Candida do not realize they have it until become seriously ill. The symptoms are so numerous and seemingly unrelated that it is very perplexing to both doctor and patient. Candida itself is totally preventable and if you have this condition, there is a special way in which it can be completely and permanently eliminated. This is a remarkable anti-fungal program that overcomes Candida in a more reliable and permanent manner. If you can remove this parasite from your body using a natural approach, you will also remove all the negative effects and symptoms along with it. This program will significantly improve your digestion and all associated weaknesses including bloating, constipation, ulcers, colitis, colon problems, gas, chronic fatigue, aches and pains and many kinds of subtle and nagging health problems. Even acute infections such as the common cold, Epstein Bar Virus, bladder infections, skin eruptions, etc. can be prevented or significantly improved. It will especially take the stress off of the immune system, the glands and the nervous system. Reproductive organ problems which can have their roots in a Candida Yeast infection may eventually disappear. Many negative conditions may slowly go away with this incredible technique and it can help increase food assimilation by as much as 50%.

As you can see, the symptoms are so varied no one person has all the same set as another. The average Candida sufferer has 20 or more of these (while others have less and some have more). Many times they have given up on ever finding out what was wrong with them because all of these symptoms seem unrelated.

One patient spent 7 days in the hospital, was wheeled from one examination room to another--a grand tour of the hospital--only to be told it was all in her head. She was charged over \$6000.00 for that stay. Upon her release a stool analysis was done and Candida was found. In addition, her symptoms were worsened by all the jello and the horrible hospital food.

Symptoms of Candida, regardless of what they are, will worsen in hot, humid or muggy weather. Like any mold or fungus, heat and humidity help it grow and spread. Symptoms can also vary according to one's diet. Sugar, alcohol, starches, fermented foods, sweets (even fruits) will increase symptoms by feeding the yeast organisms. This will cause them to grow and release more toxins which will produce symptoms. Stress is key in triggering symptoms. It has long been recognized that stress plays a part in lowering the immune function of the body. The immune system is what tries to keep the yeast under control. Simply being over-worked, over-tired, or over-stressed will cause an increase in Candida and therefore its symptoms.

The environment one lives in can play a big role if one is exposed to toxic metals, fumes, smoke, pollution, and in direct contact with various chemicals. The immune system can become overloaded and therefore further dip which will allow more yeast to grow.

If one finds that these conditions cause an increase in symptoms, there is a very good chance that Candida is present. Proper testing is essential to determine this for sure and to find out how bad the condition is. Blood tests can be inaccurate if they only test for Candida antibodies and antigens. These tests can show positive even after the Candida is gone or if one simply has an allergy to yeast.

Diagnosis of Candida

Candida Albicans is present everywhere, subsisting on the surface of all living things. Since candida germs live in every person's body, especially on the mucous membranes, vaginal and other smears and cultures for the presence of candida are useless. Therefore the diagnosis for candidiasis is made from a person's medical history and score on a candida questionnaire. If the questionnaire shows the probability of Candida, a **Comprehensive Digestive Stool Analysis** or a blood and stool test called a **Candisphere** may be ordered. Finally the diagnosis is confirmed by the person's response to treatment for candida overgrowth.

The Comprehensive Digestive Stool Analysis

What can a Comprehensive Digestive Stool Analysis tell my clinician?

Think of your body as a finely tuned engine, and food is its fuel. If you aren't completely digesting foods and absorbing nutrients, you're not adequately fueling your body. The lack of adequate fuel—or the inability to use it properly—can lead to a variety of health problems. Poor digestion or imbalances in your intestinal flora can result in many illnesses, from annoying gastrointestinal complaints such as chronic constipation and abdominal pain to more serious illnesses which may appear to be unrelated to digestion, such as asthma or migraines. Your clinician knows the importance of evaluating your gastrointestinal health. One important tool to aid in this diagnosis is the Comprehensive Digestive Stool Analysis.

The CDSA (Comprehensive Digestive Stool Analysis) is a group of 25 tests performed on a stool sample, revealing valuable information about your gastrointestinal health. The CDSA evaluates:

- ▶ Digestion of food molecules and absorption of nutrients.
- ▶ The presence of hidden yeast or bacterial infections.
- ▶ Intestinal flora balance.
- ▶ Intestinal immune function.
- ▶ Dietary fiber intake.

Think of the time and money you spend planning menus, shopping for food, preparing meals and buying vitamin supplements. But are you sure you're getting the most from your food? Or is your diet causing other problems in your body? Your clinician can answer these questions with a CDSA. For pricing and to see if you could benefit from such a test, [take our free online test](#) to speak with a doctor.

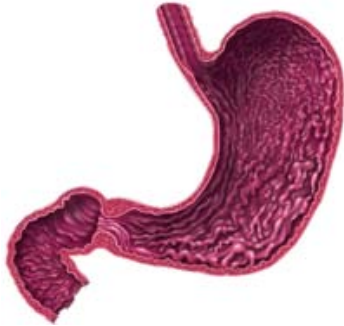
Integrative Reflex Testing

Another method to determine if yeast or fungus has taken over your body is through the means of what is called

Integrative Reflex Testing. The doctor will touch various reflex points on your body and perform a muscle test. If the muscle is weak, this is an indication of yeast/fungus in the body. With the testing, we can also determine which organ systems have been adversely affected.

How Healthy is Your Gastrointestinal Tract?

Digestion Starts with the Stomach



Do you chew your food thoroughly? That's the first step in good digestion. The mechanical breakdown of your meal begins when your teeth grind food. Saliva triggers the start of the chemical breakdown.

Once food travels to your stomach, you need adequate amounts of hydrochloric acid to break up dietary proteins. You may be among the millions of Americans who do not produce enough hydrochloric acid. This can cause vitamin and mineral deficiencies, osteoporosis, hardening of the arteries, arthritis, colon cancer, food allergies and autoimmune diseases.

Enzymes take over

Hydrochloric acid and other factors trigger your pancreas to release enzymes once food moves to the small intestine. Pancreatic enzymes play an important role in the digestion of proteins, fats and carbohydrates. An insufficient amount of pancreatic enzymes can contribute to many of the same problems as inadequate stomach acid.

Nutrients in your food are absorbed into your bloodstream from both the small and large intestine. Food that isn't digested completely will not be absorbed. Partially digested proteins can cause significant gastrointestinal irritation (such as colitis, gas or nervous stomach) and can lead to food allergies.

Digestion of carbohydrates continues in the small intestine. Certain enzymes are released only by the intestinal villi and friendly bacteria, and damage to these can inhibit digestion.

Bacteria—some good, some bad

Many different microbes live in your intestinal tract, and it's normal to have trillions. Ideally, you have "friendly" bacteria to aid with digestion, vitamin production and immune defense. Unfortunately, many common activities can destroy the delicate balance of bacteria. Using antibiotics, steroids or hormone pills, or a diet high in fat and sugar wreaks havoc on bacterial levels, leading to imbalances in bacteria and yeast, which can lead to illness.

Immune function protects

Chronic infection, food allergies or inadequate nutrition can result in poor immune defenses in your intestine. With lowered resistance, less friendly bacteria are able to colonize, and infection or allergies are more likely to develop.

Gastrointestinal health is the goal

For proper gastrointestinal health, your body must carefully coordinate the breakdown, absorption and elimination of food. Bacteria must be in proper balance, and immune function must be adequate. The CDSA provides an easy, effective evaluation of how well your gastrointestinal tract performs these essential functions.

Is it time to assess your digestive health?

- ▶ Are you 50 years of age or older?
- ▶ Do you often have a bloated or full feeling in your stomach, especially after eating?
- ▶ Do you often have intestinal gas?
- ▶ Do you have a spastic colon, irritable bowel syndrome, nervous stomach, loose stools or constipation?
- ▶ Do you avoid eating certain foods because they make you feel uncomfortable?
- ▶ Are you allergic to any foods?
- ▶ Have you had any of the following: asthma, allergies, high blood pressure, heart disease, history of strokes, arthritis, pernicious anemia, an autoimmune disease or yeast infection?
- ▶ Have you ever taken an antibiotic for more than one month at a time—or have you taken antibiotics more than four times in your life?
- ▶ Have you ever noticed dark, tar-like stools, bloodstained stools, bright-red rectal bleeding or signs of intestinal bleeding?
- ▶ Have you ever taken oral contraceptives or steroids (cortisone, prednisone, etc.) for extended periods?
- ▶ Do you prefer nutritional approaches whenever possible to restore health and enhance well-being?

If you answered yes to at least two of the questions, taking a Comprehensive Digestive Stool Analysis is recommended. Share this information with your clinician.

Treatment of Candida

Treatment for candidiasis is simple and effective. The goal is to get the yeast out of the tissues and to build up the body's ability to keep it out. Physician monitoring is necessary for this program and self-prescribing is not recommended.

Note: These products are only available through a licensed health care practitioner. In order to purchase the products, they must be prescribed and are NOT available for purchase until you speak to a doctor. To see what you need, take a Free Test available [at this link](#):

1) GASTRAZYME - Gastrazyme is a source of Vitamin U and other nutrients known to help resolve stomach inflammation and ulcers.

Vitamin U, a cabbage extract, was first used by Dr. Garnet Chaney as an agent to help resolve ulcers. He used cabbage juice; he is the doctor who gave cabbage juice the name vitamin U. Gastrazyme also contains Gamma Oryzanol which has been shown by research to heal the stomach lining and ulcers specifically.

We use Gastrazyme with ulcers, hiatal hernia, acid-reflux, excess hydrochloric acid production, heartburn, sour stomach, and as a source of chlorophyll. Gastrazyme is very high in chlorophyll. Up to 30 tablets per day can be used very safely where inflammation is extensive.

2) I.P.S - Intestinal Permeability Support - A Special Dietary Supplement

With a total surface area of the size of a tennis court, the intestine represents the major interface between the body and the environment. This huge area is designed to assure efficient uptake of nutrients; paradoxically, it must simultaneously exclude many substances to maintain health. Microorganisms, toxins, food allergens and

endotoxins are routinely excluded by active and passive mechanisms: peristalsis and secretion of gastric acid and digestive enzymes move digested food through the GI tract, sterilize the luminal contents and break down antigens. Tight junctions maintain tissue integrity of the gut epithelium in order to limit uptake of substances between cells (paracellular uptake).

Immune exclusion is a key barrier function of the intestine

The intestine is the largest immune organ with a full complement of immune cells (T cells, B cells, mast cells, macrophages). It secretes large amounts of a specific antibody, secretory IgA (sIgA). sIgA binds specifically to antigens and microorganisms and prevents their attachment and uptake by the gut mucosa. Imbalanced immune function can alter intestinal permeability due to inflammation and decreased sIgA. Stress (physical or mental) and nutritional statuses play key roles in GI health. For example, stress decreases sIgA production, while physical injury leads to inflammation and the overproduction of reactive oxygen species (ROS). Phagocytic cells wage chemical warfare on invaders by surrounding foreign particles with superoxide, hydrogen peroxide and hypochlorite (bleach). Other highly reactive compounds include peroxynitrite, formed from nitric oxide and superoxide are implicated.

Altered intestinal permeability in a model for chronic disease

When the intestinal epithelium becomes injured, the resulting downward spiral of events can lead to chronic disease:

1. An initial event evokes mucosal damage: typical causes of altered gut permeability include alcohol, NSAIDs, infections, maldigestion, gut dysbiosis (imbalanced gut flora) and immunosuppression.
2. Penetration by xenobiotics and antigens due to increased permeability (leaky gut syndrome)
3. Reaction with host antibodies, circulating immune complexes
4. Autoimmune reactions
5. Compromised liver detoxification, toxin overload
6. Ultimately producing systemic conditions leading to degenerative disease.

This model emphasizes the importance of root causes of altered intestinal permeability, especially oxidative stress. Oxidative stress generates reactive oxygen species which attack enzymes, DNA, polyunsaturated fatty acids.

Healthy intestinal flora also support optimal function. These bacteria, including lactobacillus species and bifidobacteria, help prevent intestinal overgrowth by undesirable organisms including yeast and potentially harmful bacteria. Bifidobacteria supports the maturation and maintenance of the immune system. Eubacteria benefit the intestine in other ways as well as, by synthesizing vitamins and antibacterial factors. Fermentation of undigested carbohydrate yields short chain fatty acids to fuel the intestine.

3) BETA-TCP: Beta TCP is used in gallbladder symptoms, portal hypertension, hypoglycemic symptoms, hypercholesterolemia (high cholesterol), liver insufficiency, biliary stasis (where the bile is not flowing adequately)

Beta TCP aids in the nutritional support of bile formation and contains the following:

Beet fiber - Feeding volunteers fiber significantly lowered total serum cholesterol and LDL after 3 weeks of supplementation. On the other hand, there was no difference in total fecal bile excretion compared to wheat bran. Rats fed beet fiber increased the level of fecal bile salt and cholesterol excretion. In another comparison of different types of fiber in animals, high beet fiber or high guar gum consumption lowered circulating bile acids,

suggesting a possible alteration of the enterohepatic bile circulation pathway.

Bile - When potentially pathogenic enteric bacteria were cultured in the presence of bile, then incubated with cultured human intestinal epithelial cells, fewer bacteria were internalized by intestinal cells. Therefore, exposure to bile salts during bacterial growth apparently decreases the tissue invasiveness.

Pancrelipase (pancreatic lipase) - This enzyme hydrolyzes triglycerides micellized with bile to monoglycerides that contain the acyl link to the 2 position of glycerol. The resulting free fatty acids and monoglycerides are absorbed by the gut mucosa and are reassembled as triglycerides. Preparations of lipase can reduce fecal fat.

Taurine - This derivative of cysteine is a highly charged compound. When it is conjugated to bile acids, it creates an even more polar region of the bile acid, thereby increasing its amphipathic (detergent-like) properties. As the substrate of phase II detoxication enzymes, taurine may become depleted in the liver when the supply is inadequate to meet metabolic needs. In genetically stroke prone, hypertensive rats, supplementation with taurine prevented increases in serum cholesterol levels. Taurine increased the activity of cholesterol-7-hydroxylase and stimulated bile production. Low taurine dietary intake compromised vitamin D absorption in pre term infants.

Vitamin C - The enzyme responsible for the first step in converting cholesterol to bile acids, cholesterol-7-alpha hydroxylase, depends on vitamin C. In guinea pigs with vitamin C deficiency, cholesterol accumulates in the liver and blood, decreased bile acid ratios in bile and increased incidence of gallstones. In hypercholesterolemia humans with low vitamin C status, additional vitamin C lowered blood cholesterol.

4) ADP - ADP is a standardized extract of the oil of oregano, emulsified in a sustained release form. It should be taken just before meals on an empty stomach.

ADP is useful in toxic bowel syndrome, parasites, candida and other fungal/yeast problems of the bowel and genital-urinary tract. We have also found that ADP can be useful for upper respiratory bacterial infections. As time goes on, we are finding that the product is perhaps as useful, or more useful, with many resistant infections, than it is in yeast problems. Upper respiratory infections are often antibiotic resistant. In those cases where antibiotics are not completely successful, we have had excellent results with ADP.

ADP is also effective in cases of amoebic parasitic infestations of the bowel and with Helicobacter pilori problems. The H. pilori bacterial infection in the stomach is a major cause of a great deal of the stomach ulcer problems we see.

ADP also works well for helping to prevent illness from food and water-borne pathogens. It is always a good idea to take ADP along with Hydrozyme when visiting countries where public health and hygiene is suspect.

ADP acts like an antibiotic and sterilizes the bowel. When ADP has been used for more than two weeks it is necessary to introduce either Lactozyme or BioDoph-7 Plus, BioDophilus-FOS Powder, Colon Plus Powder, Colon-Plus Caps, or BioDophilus Caps.

5) Bio-B 100 - Bio-B100 is a multiple B vitamin containing the natural forms of B-1, B-2 and B-6. It combines both the B and G factors which are both B vitamins.

A liver that is under stress may not be able to phosphorolate adequately. In these cases phosphorolated B Vitamins, such as Bio-B-100 are strongly recommended. It also contains manganese which is needed for the utilization of Thiamin (B1) and works well with B complex to promote a feeling of well being.

It is used with sensitivity to light, sound, smell, chronic need for HCL, night sweats, burning feet, redness of hands or eyes, cracks in the corner of the mouth, red or swollen tongue, glycemic problems, and general lack of energy.

Bio-B 100 is a synergist to magnesium and zinc.

Coffee, alcohol, tobacco, sugar, raw oysters, estrogen-replacement- therapy, and birth control pills interfere with B vitamins and may cause a greater need for them.

6) **MSM** - M S M - The Ultimate Sulfur Supplement

MSM (methylsulfonylmethane) is a source of the essential mineral Sulfur, and as such, is a natural compound found in plants and animals. Each capsule of MSM contains 830 mg of methylsulfonylmethane. MSM is a normal oxidation product of dimethyl sulfoxide (DMSO) and may be part of the natural global sulfur cycle. MSM is, therefore, the key member of the sulfur family.

Sulfur is a very important element in human metabolism. Sulfur is necessary for the production of collagen, the primary constituent of cartilage and connective tissue and muscle fibers. Additionally, intracellular sulfhydryl groups are necessary for the catalytic function of numerous enzymes and to keep the muscle fibers from sticking or clumping together.

Sulfur is necessary for the maintenance of healthy hair, skin and nails, and sulfur plays an important role in carbohydrate metabolism.

All of us consume inadequate amounts of sulfur-containing compounds, such as methionine and cysteine. MSM can, therefore, serve as the excellent supplement source of sulfur.

MSM has been extensively researched, is highly soluble, and has been found to be a safe and effective source of supplemental sulfur. Used in muscular aches and pains, fibromyalgia, swelling & inflammation, allergies & asthma, emphysema and other lung problems, and intestinal problems like leaky gut syndrome & colitis.

7) **21st Century Homeopathic #8/Fungal-Yeast** - 21stCentury Homeopathics supplies easy-to-use remedies that provide consistent results and act as a complement to traditional medicine and nutrition. 21st Century Homeopathics products are prepared using a base of distilled water, not alcohol, and are produced under the regulation of the FDA. There are no side effects with homeopathic medicines.

8) **F/C Cidal** - A combination of 7 herbs that have anti-yeast properties; does not damage bowel flora; supplement designed to accompany A.D.P. in cases of difficult dysbiosis, yeast/fungal overgrowth and some types of amoebic parasites. If taking estrogen or vegetarian use PMT instead.

9) **Liquid Iodine** - Liquid Iodine supplies 75 mcg of potassium iodide per drop. It is used with thyroid conditions where additional iodine is required for emotional changes during the change of seasons (especially cold weather) and for upper respiratory mucous.

Thyroxine (T4), the thyroid hormone produced in the thyroid, carries four molecules of iodine. When thyroxin is low, you can be pretty well assured you need iodine; however, a normal thyroxine level does not you do not need iodine. In a general sense, if the you have indications of primary or secondary thyroid hypofunction, the need for iodine is almost certain.

Low iodine is one of the problems we have with telling people not to salt their food. The iodine added to table salt is probably their major source of dietary iodine.

Another good way for determining iodine need is to use the iodine skin test. Place a small amount of Liquid Iodine on your forearm. If the area where the skin is stained disappears in less than 24 hours, the need for iodine is almost certain. This indicates the system is absorbing the iodine quickly because there is a need.

Another area we look at is the correlation of iodine need to increased LDL cholesterol. We looked at over 500 patients who had the subjective and biochemical indicators for iodine need, and in the vast majority of these cases, the LDL cholesterol was above 130, which is too high. Iodine deficiency is rampant in the United States of America.

10) **Bio-Doph 7 Plus** - An integral part of an optimally functioning gastrointestinal tract is the microbial

community. BioDoph-7 Plus is a unique blend of the following beneficial bacteria and other factors to aid in restoring the normal ecology of the gut: Inulin (from chicory root), Arabinogalactans (from Larch), Marshmallow root (extract), Bifidobacterium bifidum, Bifidobacterium lactis, Bifidobacterium breve, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus salvarius, Streptococcus thermophilus.

The gut microflora is a viable living system. Your resistance against the invasion of microorganisms, termed the barrier effect is dependent upon the stability of the populations and growth of billions of bacteria living in your intestinal tract.

Documented research has indicated important benefits associated with the use of probiotic bacteria, including the management of lactose intolerance, as a functional component in lowering both cholesterol and blood pressure, and significantly increasing HDL cholesterol, resulting in a desired LDL/HDL cholesterol ratio, as well as increasing IgA producing plasma cells, T-lymphocytes and Natural Killer cells. Probiotics have also shown benefits in the treatment of respiratory tract infections, irritable bowel syndrome, ulcerative colitis, and have been suggested as a adjuvant to detoxification, specifically in regard to the treatment of autistics.

Additional Recommendations

Are you a coffee drinker? Do you drink decaffeinated or caffeinated? The rumors of decaffeinated coffee being less harmful for the body than caffeinated has been disproven by the medical establishment. Caffeine can kill up to 75% of the friendly Acidophilus flora in the colon per cup of coffee. The same goes for decaffeinated. It takes the body approximately five hours to replace that flora depending on the diet and balance of the body at the time.

Eat a low carbohydrate diet with no more than 60-80 grams of carbohydrate per day. Because yeast feeds on sugar, wheat and dairy products they should be avoided. Yeasts, molds and fungi cross react so yeast products should be avoided such as vinegar, mushrooms, cheeses, commercial breads and alcohol.

Avoid using antibiotics and steroids unless absolutely necessary since antibiotics promote the growth of the yeast germ in the body.

Stop using birth control pills and especially if there is discharge or headaches with periods. The progesterone of these pills causes changes in the vaginal mucus membrane which makes it easier for candida to multiply.

Follow the Candida Control Diet. Fill out the Candida Albicans Questionnaire to find out if you need to do something about the amount of Candida present in your body.

Have yourself tested through Integrative Reflex Testing to find out how much Candida is present in your body and what areas are affected by it.

Many clients notice a great improvement in as much as a few days and many within three weeks. Still it takes an average of six to twelve months to eradicate a candida overgrowth. The candida probably became well established before it was identified which is why treatment must be persistent. The major symptoms to improve are headaches, diarrhea, emotional and behavior problems, vaginitis and chemical sensitivities.

When fighting a Candida infection a person must be systematic and disciplined because the miseries of the problem do not cease immediately with treatment. Candida "die-off" can cause some very uncomfortable symptoms temporarily. These symptoms disappear soon after beginning the diet.

Summary

An overgrowth of Candida Albicans is a chronic, dangerous infection. If left unchecked it will continue to spread and break down the body's ability to fight off disease. Everyone including infants and children are susceptible to candidiasis. The goal when treating a candida infection is to remove yeast from the infected tissue and rebuild the immune system.



BecomeHealthyNow.com
Natural Health Care With Results!



BecomeHealthyNow.com, Inc 519 Cleveland St. Ste 115 Clearwater, FL 33755 Voice: (727) 461-7354 Fax (727) 443-6664

Contact Us at:

(727) 461-7354

eMail: info@BecomeHealthyNow.com

Web: www.BecomeHealthyNow.com

CANDIDA CONTROL DIET

DIET DO'S

***** FOODS AND DRINKS YOU CAN CONSUME *****

MEAT

Beef	Squirrel
Salmon	Rabbit
Chicken	Quail
Turkey	Duck
Lamb	Goose
Veal	Cornish Hen
Egg	Pheasant
Tuna	All game bird

BEVERAGES

Water

FISH

All fresh fish
Clams
Lobster
Shrimp
Crab
Oysters

NO BACON, SAUSAGE, HAM, HOT DOGS, LUNCH MEATS

NUTS, SEEDS & OILS (UNPROCESSED)

Brazil
Cashews
Filberts
Pecans
Pumpkin Seeds
Almonds

FRESH VEGETABLES

Asparagus	Celery	Turnip
Lettuce	Summer Squash	Greens Radishes
Cauliflower	Tomatoes (fresh)	Butter Squash
Legumes	Kale	Green Peppers
Cabbage	Sprouts	Zucchini
Eggplant	Collards	Mustard Corn
Okra	Spinach	Parsnip
Cucumbers	Winter Squash	Brussel Sprouts
Parsley	Broccoli	

AVOID ALL FRUIT FOR 2 WEEKS THEN TRY:

Apple	Peach
Grapefruit	Orange

AVOID ALL GRAINS FOR 2 WEEKS REINTRODUCE 1 AT A TIME

Avocado	Pear
Mango	Papaya
Banana	Apricot
Nectarine	Pineapple

Barley	Corn	Millet
Oats	Wheat	Sesame
Cereal grains	Rice	Muffins

(OILS - COLD PRESSED)

Avocado	Safflower
Linseed	Almonds
Olive	Apricot

CANDIDA CONTROL DIET

DIET DON'T'S *** * * FOODS YOU MUST AVOID * * ***

Fruit Juices: No juices what-so-ever; canned, bottled, fresh, or frozen.

Coffee & Tea: Regular coffee, instant coffee, decaffeinated coffee, and teas of all sorts, including herb tea. Exception: Traditional medicinal herb teas.

Melons: Watermelon, honeydew melon, and especially cantaloupe.

Edible Fungi: All types of mushrooms, morels, and truffles.

Cheeses: All types including cottage cheese and cream cheese. Prepared foods, Velveeta, macaroni and cheese, any other cheeses containing snacks. NO buttermilk, sour cream, any other sour milk products.

Yeast: Brewer's yeast, baker's yeast, vitamins, minerals, unless labeled "yeast free" and "sugar free".

Antibiotics: Specifically penicillin, streptomycin, ampicillin, amoxicillin, keflex, ceclor, septrin, and bactrim.

Processed Foods: Packaged and processed foods containing yeast and refined sugar. Also avoid enriched flour products.

Nuts: Peanuts and pistachios usually contain mold, which in turn will feed yeast.

Sugar: All sugar containing foods and sweeteners.

Alcohol: Fermented liquors and liqueurs, and beverages such as cider and root beer.

Malt Products: Milk drinks, cereals, and candy. Condiments, Sauces, and Vinegar-Containing Foods: Mustard, ketchup, Worcestershire, Accent (monosodium glutamate), steak, barbecue, chili, shrimp and soy sauces, pickles, pickled vegetables, relishes, green olives, sauerkraut, horseradish, mince meat, and tamari. Also avoid sprouts. Vinegar of all kinds and vinegar containing foods such as mayonnaise, and salad dressing. (Freshly squeezed lemon juice may be used as a substitute for vinegar in salad dressings prepared with unprocessed vegetable oil.)

Processed & Smoked Meats: Pickled and smoked meats, fish including sausages, hot dogs, corned beef, pastrami, and pickled tongue.

Dried & Candied Fruits: Raisins, apricots, dates, prunes, figs, and pineapple.

Left-Overs: Molds grow in left-over food unless it's properly refrigerated. Freezing is better.

END