

Candida

What is Candida

Candida, also known as candidiasis, is a common yeast infection which can lead to many health problems from a sore throat to serious stomach problems. Although the body normally produces yeast in the mouth, vagina, rectum and digestive tracts, in normal amounts it remains harmless. However, if the body's natural pH balance is upset, candida can quickly grow out of control.

There are over three hundred different types of yeasts and fungi that live on or in the human body. These organisms live symbiotically, that is, they are actually beneficial to the human body. It is only when these organisms get out of hand that they can cause problems. The most prolific of the yeasts is Candida Albicans. Its favourite residence is the gastro-intestinal tract from mouth to rectum. The genitourinary tract and female genitals are also preferred. A study by Chew and Theus in 1967 showed that 100% of adults studied were supporting colonies of Candida Albicans and were all in perfect health! It is only when Candida gets out of control that problems arise. Candida overgrowth clearly results in people whose immune system have been compromised

If you are suffering from headaches, inability to concentrate, chronic fatigue, sugar cravings, rashes and stomach problems you may be suffering from an over-production of yeast and candida. A common symptom is thrush, which is an overgrowth of yeast in the mouth and/or vagina. If left untreated, candida will weaken the immune system allowing more serious disease to take hold.

Major Causes of Candida

The majority of the symptoms including the Candida are attributable to an immune system that is run down or malfunctioning.

Once conditions are right, candida will thrive and your general health will suffer. There are various causes that trigger or feed a yeast infection including:

- Overconsumption of processed and sugary foods
- **Food Sensitivities** for eg. Casein Sensitivity or Gluten Intolerance etc.
- Oral contraceptives
- Overuse of antibiotics
- Steroid use
- Alcoholic beverages

All these create an acidic environment that encourages yeast growth and the presence of candida.

Many people opt for over-the-counter anti-fungal creams, but they only treat the symptoms, not the environment that allows candida to flourish. You need to eliminate the underlying cause in your diet or medication, restore your body's pH balance and boost the presence of good bacteria.

All-Natural Remedies for Candida

Processed and refined foods create the acidic environment that candida and other diseases need to survive. Replace foods high in gluten, sugar and high-fructose corn syrup with **fresh fruit** and **vegetables**.

You need to start out looking at your lifestyle as a whole, you may be tired all the time simply because you eat refined sugar and take in caffeine every day and this has exhausted your adrenal glands.

The best approach to correct the problem is a period of at least 12 weeks on raw food.

Often natural intestinal bacteria need to be reintroduced, and in fact taking a digestive flora supplement can accomplish this, often without doing the whole raw food, fasting program. Yoghurt contains these bacteria, but is **NOT** ideal as it is a fermented product, and can cause mucous-related problems. Very often in fact a vaginal discharge due to a dairy intolerance is diagnosed as a Candida problem.

Simply removing the yoghurt, milk (yes even if it is low fat – remember the protein in cows milk for eg. Casein, causes the excess mucous, not the fat) and cheese will in ninety percent of cases result in mucous within a 6-week period of having discontinued eating dairy products. The best product I know of, and it works is **Florafood**, which contains Lactobacillus salvarius and Lactobacillus platarum with FOS or fructooligosaccarides derived from the chicory root, which is the ‘food’ needed for this friendly bacteria to grow and multiply and in turn subdue the Candida growth. Also use **Cranverry+** to address Candida Overgrowth.

Essential fatty acids have been shown to help the condition, and that could be due to the immuno-boosting effect on the endocrine system. Taking 1-3 Tablespoons of cold pressed flax oil (**Almega** is the only flax I recommend with a clear conscience) with your barley juice (**Barleylife**), will go a long way to improving the function of your immune system.

There are many other diets recommended by a variety of books, most of them exclude fruit of any kind and concentrate on a high-protein type of diet. Typically the diet used is: meat, eggs, vegetables, and yoghurt, with a ton of supplements. Initially the symptoms might die down, but in the long term the condition is still hovering in the background. The above approach is typically an immuno-suppressive type of diet and the supplements will often upset the digestive tract further.

Removing fresh fruit is understandable if people are eating fresh fruit mixed with other foods, as this will encourage fermentation (as will badly combined meals). The problem is that fresh fruit is vital for a healthy immune system; so removing it could make the condition worse in the long run.

What you need to do is combine your food correctly to avoid any fermentation, by not mixing starches with proteins, stay away from any antibiotics.

In 1930, Dr. Paul Kouchakoff, at the Institute of Clinical Chemistry, Lausanne, Switzerland, found that after eating any cooked food, leucocytosis developed. Jennifer Meek, in her book, “How to boost the Immune System”, reached the same conclusions. Leucocytosis is an Immune System response which results initially in a rise in white blood cells in response to a foreign substance, basically your body is put into ‘Immune alert’ every time you eat cooked food. This can only contribute to a dysfunctional immune system, so it is important in preventing this, to start all your cooked meals with raw vegetables.

The bottom line then to a healthy digestive system is to follow the following Basic Steps:

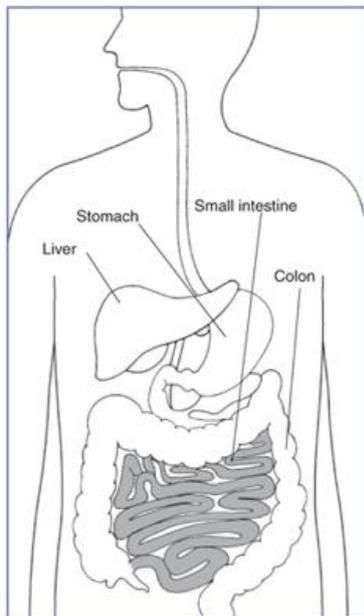
- At least one (or more) fruit meal per day
- Protein no more than once a day
- All snacks are raw vegetables or raw fruit
- Raw food is eaten before cooked

You also need to exercise regularly, drink clean water, breathe clean, fresh air, and get plenty of sunshine (30-60 minutes per day and not during peak midday sun). Be happy in the work you do, with the people you live with, and with yourself.

Remember too that parasites can also cause typical “Candida” symptoms and that taking 1-2 **Para 90** capsules (from Aim) for a month will clear them out.

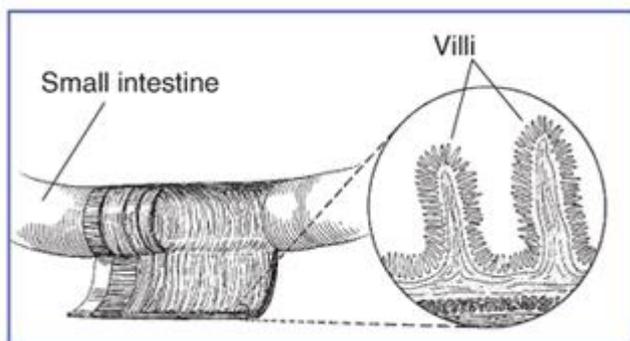
Food Sensitivities

Candida may be caused by **food intolerances or allergies, especially allergies to dairy products and gluten.**



The small intestine is shaded above.

When people with candida eat foods or use products containing Casein (in dairy) or Gluten, their immune system responds by damaging or destroying villi—the tiny, fingerlike protrusions lining the small intestine. Villi normally allow nutrients from food to be absorbed through the walls of the small intestine into the bloodstream. Without healthy villi, a person becomes malnourished, no matter how much food one eats.



Villi on the lining of the small intestine help absorb nutrients.

Someone with Candida overgrowth:

1. struggle with malabsorption—meaning nutrients are not absorbed properly—and
2. may have an abnormal immune reaction to gluten.

Get tested for Casein Sensitivity or Gluten Sensitivity!

Contact MDS Laboratories for intensive testing.

The **ImuPro100** would be a great test to do!

What to DO Naturally

I believe that the dietary approach to CANDIDA should take the form of a five-pronged attack:

1. NO Gluten
2. NO Dairy and Milk-products that contain Casein
3. No foods to which you are allergic
4. Low sugars
5. Low animal fats. High unsaturated fats
6. Making Good possible vitamin and mineral deficiencies

STEP 1

NO Gluten in the Diet!!!

Cut ALL products containing GLUTEN!!!

YOU MUST CUT OUT GLUTEN RIGIDLY.

That means you should avoid all use of WHEAT, BARLEY, OATS, and RYE, all of which contain gluten, and this includes foods made from or containing these grains or the gluten from them, such as Weetbix, All-Bran, white and brown bread, cakes, puddings, biscuits, porridge, rye and wheat crispbreads, all kinds of pasta, semolina, Bisto, etc. Eat nothing that has even a pinch of flour in it. BE ON A GLUTEN-FREE Diet!!!

Gluten intolerance is a malabsorption syndrome caused by a reaction to gliadin, a gluten protein found in wheat, rye, barley, and oats. People with gluten intolerance cannot digest this protein and, as a result, suffer from various bowel abnormalities.

The thread-like projections, known as villi, in their small intestines – normally responsible for absorbing fluids and nutrients – become flattened and deficient in digestive enzymes, severely reducing the area available for absorption of nutrients such as fat, protein, vitamins, and minerals.

One of the main reasons gluten enteropathy is so devastating is that the place in the small intestine where it wreaks the most havoc is the site where B12 is absorbed. This vitamin is critical for many cellular functions.

Dr. Jesse Hanley, MD, public speaker, instructor, and co-author of *Tired of Being Tired, What Your Doctor May Not Have Told You About Premenopause, Women's Passages, and Attention Deficit Disorder*, believes that gluten intolerance is much more than one isolated part of the body part malfunctioning.

"It's a metabolic problem – it's your brain, your neurons, an inability to absorb, and the **ensuing inflammation** that travels around peoples' bodies," says Dr. Hanley. "After all, each person is one entirely complete unit, with all parts reliant on the rest of the mind and body in order to function."

A gluten-free diet means avoiding foods that contain wheat (including spelt, triticale, and kamut), rye, barley, and possibly oats or, in other words, most grain, pasta, cereal, and many processed foods.

NO Casein in the Diet!!!

Cut ALL products containing CASEIN!!!

The immune system of the intestine is the largest and most important in the entire body. Over 80% of the immune defense reactions have their origin in the intestine. It guarantees an almost invincible barrier for bacteria, viruses and other disease pathogens and a barrier against other foreign proteins from food.

Foods have an extraordinary tolerance, on condition they are correctly digested and pass the intact intestinal mucous membrane in the planned manner, namely through the intestinal cells. In this case, we can speak about "oral tolerance". However, due to medicines, infections, mycosis, stress and environmental poisons, the integrity of the intestinal wall is damaged again and again and food components can slip between the intestinal cells.

Cow's milk is consistently the most common food allergen. Classic IgE-based milk allergy is the most common food allergy, and so too is hidden or delayed-onset IgG milk allergy. A myriad of studies have shown that milk-sensitive people have much higher levels of IgG antibodies that target milk proteins than people who are not sensitive to milk.

Most cheeses, cream, yoghurt and butter contain milk protein, and it's hidden in all sorts of food. If you check labels, you'll find it's sometimes called simply milk protein, sometimes whey (which is milk protein with the casein removed) and sometimes casein, which is the predominant type of protein –and the most allergenic – in dairy products.

Approximately 75% of people (25% of people of Caucasian origin and 80% of Asian, Native American or African origin) stop producing lactase, the enzyme that's needed to digest the milk sugar lactose, once they've been weaned – one of many clues that human beings aren't meant to drink cow's milk, at least beyond early childhood. Lactase deficiency or Lactose intolerance leads to diarrhea, bloating, cramping and excess gas.

However it is not the lactose that causes the allergic reaction. It's the protein. In other words, you can be either lactose intolerant, or milk protein allergic, or both; in fact, lactose intolerance and milk allergy often occur together.

Cow's milk is a contributing factor to middle-ear infections (otitis media, an allergic disease that affects over a million of our babies and children each year).

Milk allergy also contributes to iron deficiency, by impeding the absorption of iron, and damaging the inside lining of the intestines, which causes slow blood leakage and a further loss of iron in red blood cells.

Cow's milk is also one of the top two or three food allergens found in children and adults with poor sleep, asthma, eczema, migraines, rheumatoid arthritis, hyperactivity, bronchitis, bed-wetting, growing pains, colic, CANDIDA, heartburn, depression, indigestion and even type 1 diabetes etc.

If you are allergic to cow's milk, goat's or sheep's milk are not a viable alternative. They all contain casein, and your immune system is unlikely to be able to distinguish one milk from the other.

Replace Cow's milk with nut- and seed milks for eg almond-milk; or use other milks for eg. rice-milk, quinoa-milk, coconut-milk!

NO processed Sugar in the Diet!!!

Cut ALL products containing processed sugar!!!

COMPLETELY CUT OUT ALL REFINED SUGAR. This is advice I would give to anyone whether or not sugar is shown to be an allergen. Nowadays, most medical authorities would agree on this.

Raw honey may be less damaging to your system.

STEP 2

Care and Repair the Body

Once the irritant is removed, care and repair of the body is essential. Heal the body and restore Bacteria Count with:

- Cranberry+
- Barleylife
- AIMega
- Florafood
- Herbal Fiberblend
- Some individuals also need Renewed Balance Cream

Use **CranVerry+** for 6 months Daily!

CranVerry+ is a unique combination of cranberry extract with proven benefits for urinary tract infections and three other active ingredients that have been shown through research to effectively inhibit Candida infections.

Resveratrol is a naturally-occurring phytonutrient that occurs in several plants. Research completed in 2007 noted that the fungicidal effects of resveratrol demonstrated its potential to minimize candida infections. CranVerry+ contains 50 mg of resveratrol extract standardized to 50 percent trans-resveratrol. The resveratrol is extracted from the root of Japanese Knotweed (*Polygonum cuspidatum*). Studies have suggested the bioavailability of resveratrol from grapes is less than that of trans-resveratrol found in CranVerry+.

The pericarp or rind of the mangosteen fruit has been shown to contain active components that belong to a group of xanthenes (plant phenols) that have been found in studies to have a wide scope of antibacterial activity and kill Candida within twenty minutes of exposure. CranVerry+ contains 100 mg of mangosteen fruit concentrate that includes the pericarp in a 20:1 concentration per capsule. This means that it takes 20 pounds of mangosteens to make 1 pound of mangosteen fruit concentrate.

Beta-glucanase is a carbohydrate enzyme that breaks the bonds within beta-glucan, the main structural component of biofilm. Biofilm is a slimy protective shield that surrounds communities of bacteria, yeast, and fungi. Up to 60 percent of human infections are attributed to biofilm, which enhances the survival and reproduction of Candida. Biofilm is believed to contribute to Candida's resistance to drug therapy. Betaglucanase's breakdown of beta-glucan reduces the viability of the biofilm, thus weakening *C. albicans*' resistance to drug therapy. This can lessen the symptoms related to a Candida infection. CranVerry+ contains 100 BGU of betaglucanase per capsule.

How to use

- Take one capsule daily. You may take more or less depending on your needs.
- Best taken with food.

Drink **Barleylife** and take **AlOmega** Daily!

BarleyLife is an all-natural, green barley grass juice powder concentrate that helps provide the daily nutrition you need to develop a strong foundation for your good health.

Green barley grass has a **strong alkalizing effect**, which helps keep the ratio between acidity and alkalinity in our body fluids balanced. Our cells cannot function efficiently if the pH (which measures acidity and alkalinity) is not in a narrow range. Most processed foods are acidifying, and when we consume too many of them, the acid-alkaline balance is upset. Green barley grass contains the alkalizing minerals potassium, calcium, and magnesium. These minerals neutralize acidic materials and can help maintain a healthy acid-alkaline balance.

Barleylife contains all the B vitamins!!!

WHOLEFOODS like Barelylife contains vit B1, B2, B6, B12, vit C, vit E, Folic Acid, Iron to name but a few, to counter any deficiencies. **Barleylife heal and Restore the Villi**, helps build the immune system and address Inflammation in the digestive system and body.

Essential fatty acids have been shown to help the condition, and that could be due to the immuno-boosting effect on the endocrine system. Taking 1-3 Tablespoons of cold pressed

flax oil (**Almega** or Millbrook's is the only flax I recommend with a clear conscience) with your barley juice (**Barleylife**), will go a long way to improving the function of your immune system.

Take **Florafood** Daily!

The best product I know of, and it works is **Florafood**, which contains Lactobacillus salvarius and Lactobacillus plantarum with FOS or fructooligosaccharides derived from the chicory root, which is the 'food' needed for this friendly bacteria to grow and multiply and in turn subdue the Candida growth.

Florafood helps manufacture vitamins B1, B2, B3, B5, B6, B12, A & K as well as the essential fatty acids

Your body may have become weakened by its struggle with gluten intolerance and casein sensitivity, and you may have become especially sensitive, and more intolerant, to processed foods. Some people experience bouts of diarrhea. For others, there is an overall, negative cumulative effect for eg developing Candida.

Once wheat, rye, barley, oats and Cow's Milk are omitted, and the bowel begins to heal, lactase – the enzyme that breaks down lactose – usually returns to an adequate level, and the lactose intolerance disappears.

Florafood is also recommended for bowel repair and Candida. In the meantime, it's important to ensure your body is getting all the nutrients it needs, as well as ensuring regular bowel movements.

Florafood helps balance the intestinal pH, it help keep harmful micro-organisms at bay. Florafood help manufacture vitamins B1, B2, B3, B5, B6, B12, A & K as well as the essential fatty acids. Florafood enhance calcium absorption and aid in the digestive process by helping digest lactose (milk sugar) and protein.

Florafood help normalize bowel function by correcting both constipation and diarrhea. It cleanse the intestinal tract, purify the colon, contribute to the destruction of moulds, viruses & parasites. It helps enhance the function of the immune system.

Florafood help produce antibiotics and antifungals that prevent the growth of harmful bacteria and fungi. In 1998 the US surgeon General's report noted that normal microbial flora provide a passive mechanism to prevent infection.

How to use

- Take 4 Florafoods twice daily with meals.

Take **Herbal Fiberblend** for at least 1 year Daily!

To get rid of the Gluten and Casein molecules/peptides!

Toxins undermine our health. Elson Haas, M.D., in his book Staying Healthy with Nutrition (1992), defines a toxin simply as "any substance that creates irritation and/or harmful effects in the body, undermining our health or stressing our biochemical or organ functions." More specifically, a body overloaded with toxins can result in a number of symptoms. These include constipation, stomach bloat, CANDIDA, poor digestion, gas, fatigue, weight gain, excessive mucus, poor concentration, headaches, poor skin, poor memory, depression, body odor, and bad breath. Some health practitioners relate toxins to specific diseases. (Buist 1988, Bland 1997) They believe that chronic fatigue syndrome, multiple chemical sensitivity, and fibromyalgia (muscle and joint pain) etc may be related to toxin exposure.

Cleansing

The body does have a system in place for detoxifying harmful toxins. The most important cleansing organ is the liver. Eliminate channels include the bowels (the digestive system), kidneys, skin, lungs, and lymphatic system.

Herbal Fiberblend is a Powerful Cleanser!!!

How to use

Start the dosage very slowly in the beginning.

- Take 1/4 t once a day for 3 days (mix with water)
- Then take 1/2 t once a day for 3 days
- Then take 1 t once a day for a week
- Then take 1 t in the morning and 1 t at night
- Some people need up to 1 1/2 T per day

Digestive Enzymes

If you are struggling with gluten intolerance, malabsorption occurs because the cells can no longer absorb nutrients properly. A digestive enzyme supplement like Prepzymes may prove helpful since your body may have become deficient in digestive enzymes.

Take **Prepzymes** with Every meal!

Enzymes are the sparks that start the essential chemical reactions in our bodies need to survive. Digestive Enzymes are secreted by the pancreas and break down foods, allowing their nutrients to be absorbed into the bloodstream and used in body functions.

Prepzymes supplement the body's enzyme supply, aids digestion and improves assimilation and utilizations of food. Prepzymes also increases energy.

How to use

- Take 1 x Prepzyme Before every meal.

Examples of foods that are safe to eat and those that are not are provided below:

- No foods that contains gluten. This means avoiding all cereals - wheat, barley, rye and oats - and foodstuffs containing them such as:
 - breakfast cereals
 - pasta
 - bread
 - beer, whisky and many other alcoholic beverages
 - cakes, biscuits and other foods containing flour
- No foods that contain dairy produce:
 - liquid milk and cream
 - yogurt
 - butter
 - cheese
- Low sugars, in particular, no refined sugar. Rather use Raw Honey and fruit to sweeten food.
- Low animal fats. High unsaturated fats. This means avoiding beef, pork, lamb etc. Wild and free-range meats are preferred to meats that come from modern agriculture.
- No foods to which you are allergic.

- **WHOLEFOODS** like Barelylife that contains vit B1, B2, B6, B12, vit C, vit E, Folic Acid, Iron to name but a few, to counter any deficiencies.
- Also **Florafood** and **Prepzymes**.
- Good Fats like **AIMega Oil** and **Lecithin** from flax: 300 mg
- **Eat Fiber rich foods** - take **Herbal Fiberblend** for one year Daily!
- Use **Cranverry+** for at least 6 months Daily!

General Health Hints

- Whenever possible eat foods as fresh as possible.
- Eat raw vegetables.
- Eat fresh fruits every day too - they give you live enzymes which aid digestion. Avoid eating Watermelon, grapes and raisins for the first 6 weeks.
- Fruit and vegetable juices are a fine "liquid meal". Fresh juices can be extracted from vegetables with a juice extractor or you can purchase them in a health food shop. Natural (unsweetened) juices are sugar free and can give you an additional daily intake of Vitamin C.

Contact:

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