CANDIDA

CANDIDA QUESTIONNAIRE

SECTION 1

		Points
1.	Have you taken tetracycline or other antibiotics for acne for one month or longer?	25
2.	Have you, at any time in your life, taken other broad spectrum antibiotics for respiratory, urinary, or other infections for two months or longer, or in short courses four or more times in a one-year period?	20
3.	have you ever taken a broad-spectrum antibiotic (even a single course)?	6
4.	Have you, at any time in your life, been bothered by persistent prostatitis, vaginitis, or other problems affecting your reproductive organs?	25
5.	Have you been pregnant..	
	One time?	3
	Two or more times?	5
6.	Have you taken birth control pills...	
	For 6 months to 2 years?	8
	For more than two years?	15
7.	Have you taken prednisone or other cortisone-type drugs.	
	For 2 weeks or less?	6
	For more than 2 weeks?	15
8.	Does exposure to perfumes, insecticides, fabric shop odors, and other chemicals provoke..	
	Mild Symptoms?	5
	Moderate to severe symptoms?	20
9.	Are your symptoms worse on damp, muggy days or in mouldy places?	20
10.	Have you had athlete's foot, ringworm, 'jock itch', or other chronic infections of the skin or nails?	
	Mild to moderate?	10
	Severe or persistent?	20
11.	Do you crave sugar or sweets?	10
12.	Do you crave breads or pastas?	10
13.	Do you crave alcoholic beverages?	10
14.	Does tobacco smoke really bother you?	10

TOTAL SCORE FOR THIS SECTION _____

SECTION 2

For each of your symptoms, enter the appropriate figure in the Point Score column:

Score column:
If a symptom is occasional or mild: 3 points
If a symptom is frequent and/or moderately severe: 6 points
If a symptom is severe and/or disabling: 9 points

1.	Fatigue or lethargy	_____
2.	Feeling of being "drained"	_____
3.	Poor memory	_____
4.	Feeling 'spacey' or 'unreal'	_____
5.	Depression	_____
6.	Numbness, burning or tingling	_____
7.	Muscle aches	_____
8.	Muscle weakness or paralysis	_____
9.	Pain and/or swelling in joints	_____
10.	Abdominal pain	_____
11.	Constipation	_____
12.	Diarrhea	_____
13.	Bloating	_____
14.	Persistent vaginal itch	_____

15.	**Persistent vaginal burning**	_____
16.	**Prostatitis**	_____
17.	**Impotence**	_____
18.	**Loss of sexual desire**	_____
19.	**Endometriosis**	_____
20.	**Cramps and/or other menstrual irregularities**	_____
21.	**Premenstrual tension**	_____
22.	**Spots in front of eyes**	_____
23.	**Erratic vision**	_____

TOTAL SCORE FOR THIS SECTION _____

SECTION 3

For each of your symptoms, enter the appropriate figure in the Point Score column

If a symptom is occasional or mild: 1 point
If a symptom is frequent and/or moderately severe: 2 points
If a symptoms is severe and/or disabling: 3 points

1.	**Drowsiness**	_____
2.	**Irritability**	_____
3.	**In coordination**	_____
4.	**Inability to concentrate**	_____
5.	**Frequent mood swings**	_____
6.	**Headache**	_____
7.	**Dizziness/loss of balance**	_____
8.	**Pressure above ears, feeling of head swelling and tingling**	_____
9.	**Itching (eg. itchy ears)**	_____
10.	**Heartburn**	_____
11.	**Other rashes**	_____
12.	**Indigestion**	_____
13.	**Belching and intestinal gas**	_____
14.	**Mucus in stools**	_____
15.	**Hemorrhoids**	_____
16.	**Dry Mouth**	_____
17.	**Rash or blisters in mouth**	_____
18.	**Bad breath**	_____
19.	**Joint swelling or arthritis**	_____
20.	**Nasal congestion or discharge**	_____
21.	**Postnasal drip**	_____
22.	**Nasal itching**	_____
23.	**Sore or dry throat**	_____
24.	**Cough**	_____
25.	**Pain or tightness in chest**	_____
26.	**Wheezing or shortness of breath**	_____
27.	**Urinary urgency or frequency**	_____
28.	**Burning on urination**	_____
29.	**Failing vision**	_____
30.	**Burning or tearing of eyes**	_____
31.	**Recurrent infections or fluid in ears**	_____
32.	**Ear pain or deafness**	_____

TOTAL SCORE OF THIS SECTION _____

TOTAL SCORE OF ALL THREE SECTIONS ======

RESULTS:

	Women	Men
Yeast connected with health problem certainly present	>180	>140
Yeast connected with health problems probably present	120-180	50-140
Yeast connected with health problems possible present	60-11a5	40-85
Yeast-connected health problems less likely present	<60	

CANDIDA HELP

Candida is a yeast form of fungus that natural occurs within the mouth, gastro-intestinal tract, vaginal mucosal tissue and also the skin. Although there are many species of candida, we are most interested in dealing with candida albicans because candida albicans can become a rather virulent form depending on the environment and how the body's immune system is functioning. This is the form that causes candida infections, yeast infections and systemic candida type conditions. One way of changing the environment is restricting foods that encourage fungal overgrowth.

BASIC FUNGAL/YEAST FREE DIET

AVOID:

- **Yeast and all foods that contain yeast including breads, vinegar, ketchups, mayonnaise, and pickles.(use brown rice cakes, whole grain sourdough, ezekiel)**
- **Whole wheat or white flour (including noodles). Refined foods such as white flours, white rice, white pasta products, cornflour, custard, white cereal products unless they are wholemeal or organic.**
- **Cereals: white flour, white rice, refined, puffed or extruded grains, bran**
- **Sugars (glucose, sucrose, galactose etc.) you must read labels of everything. Catsup has a lot of sugar in it and commercial soups often sneak in some. Avoid white and brown sugar, honey, syrups, liquors, lactose, fructose, all confectionary and sweet cakes, chocolates, ice-creams, home-made sweets and cakes, biscuits, fizzy beverages, all fruit drinks. Avoid AGAVE as a sweetener.**
- **Alcohol, coffee, tea (except herb tea)**
- **Fermented foods (pickles, vinegar, wine, beer, essene/manna bread, cheese, commercial salad dressings) . Use soy sauce and tofu only in small doses**
- **Vegetables: potatoes, mushrooms, yams, squash (acorn, winter, butternut), parsnips. Corn (because of its high mould content)**
- **No fruit (dried or cooked or tinned) for 3 months; including fruit juices, jam). Fresh fruit is avoided for the first 6 weeks but then can be used moderately, especially those low in the glycemic index.**
- **Dairy products: milk, cream, cream cheese, cheeses (substitute rice milk, soy milk, almond milk)**
- **Red Meat - takes too long to process through our GI tract causing putrification which aggravates Candida.**
- **All nuts that are cleaned and packaged without shells - they have a tendency to collect fungal spores and moulds from the atmosphere which will antagonize the Candida. Nuts that are fresh with their shells are fine. Peanuts, pistachio nuts of cashew nuts because of their mould content**
- **Processed meats eg. sausages, bacon, ham Limited amounts of oils and fats – and the oils and fats should be healthy type (omega 3, omega 6, natural unprocessed oils – olive, avocado, coconut oils)**
- **Leftovers (because of mould spores)**
- **Hydrogenated oils (clogs liver, spleen, muscles and kidneys): margarine, donuts, muffins, salad dressings, candies, cakes, soups, breads, fried foods, regular mayo, hydrogenated and partly hydrogenated soybean oil, vegetable oil.**
- **Foods listed as food sensitivities or allergies which varies from person to person**

It may take anywhere from three months to one year to correct your yeast overgrowth. In the meantime, get used to eating healthy vegetables, light meats, occasional fruits, nuts, naturally without sauces or

sugars. Remember every time you cheat and eat something forbidden, you feed the aggressive yeast. It is good to remember also that the food is not the problem – it is the imbalance in your microbes in your digestive system.

WHAT CAN YOU EAT?

- **All vegetables (go easy on squashes, potatoes, yams)**
- **Whole grains of various types, beans, peas**
- **Fish (esp. cold water type), organic chicken (antibiotic/hormone free)**
- **Meat – meats without antibiotic usage, steroids, growth hormones, GMO, etc. This includes chicken, turkey and other fowl.**
- **Fresh fruits after 6 weeks (only one a day) but not melons.**
- **Strive to eat as much raw food as possible - 60-75% of the diet. Some people have to work toward this because their digestive system isn't used to that much cellulose. Rather than measure your foods, just limit yourself to one cooked meal a day, making the rest raw. Raw food enzymes will help the body eliminate toxins and improve vital life force. If your digestive system cannot handle raw foods, just include as much as comfortably possible.**
- **Get used to making your own foods from scratch: salads, dressings, soups etc.**
- **Avoid suspected food allergens and sensitivities. If you are not sure of a food being an allergen – take your pulse at your wrist. Write the number down. Then eat a chosen food, wait 30 minutes and take your pulse again. If it increases more than 8 beats a minute you are likely allergic to this food. You must test only one food at a time and do it on an empty stomach (stay clear of caffeine and other stimulants when testing foods).**
- **Vegetables: 5 servings of any of the following vegetables (serving size is 2 cups raw or 1 cup cooked veg): artichoke, asparagus, bean sprouts, beets, broccoli, brussel sprouts, carrots, cauliflower, eggplant, beetgreens, chard, collard, dandelion green, kale, mustard, spinach, turnip greens, okra, onions, rhubarb, rutabaga, sauerkraut, string beans, summer squash(looks like bright yellow zucchini shape, can get quite big), tomatoes, zucchini.**
- **Unlimited amounts: Alfalfa sprouts, bell peppers, bok choy, cabbage, chicory, celery, chinese cabbage, cucumber, endive, escarole, lettuce, parsley, radishes, spinach, turnips, watercress.**
- **Herbs: Herbs and salad leaves, especially parsley contain lots of minerals and vitamins and are good sources of chlorophyll, high in antioxidants that help the war against free radicals, parasites and Candida.**
- **Parsley, fennel, basil, coriander, thyme, dandelion, oregano, mint are all great to include in the diet - especially raw in salads.**
- **Legumes: 3 servings (1/2 cup) cooked or sprouted of any of: black eyed peas, garbanzo beans, kidney beans, lentils, lima beans, pinto beans, soybeans including tofu, split peas, other dried beans and peas. Beans can stress the digestive system but if you sprout them by soaking them in water overnight, then cook for a long slow time in lower temperatures, the gases are removed and the protein is easier to digest.**
- **Nuts/Seeds: Eat raw, buy in their shells to avoid moulds. 3 servings a day: serving size is: 1/8 avocado; 8 whole almonds, 2 large brazil nuts, 4 large filberts, 2 tablespoons flaxseeds, 4 large hazelnuts, 5 medium macadamia nuts, 6 small olives, 2 large pecans, 2 tablespoons pine nuts, 12 small pistachios, 2 tablespoons pumpkin seeds, 2 tablespoons sesame seeds, 2 tablespoons, 6 small walnuts. Nuts should be consumed in small quantities because of their protein density which can burden the digestion. Nuts are best eaten with high fiber foods. No peanuts or peanut butter. Almond butter is good.**
- **Grains: Eat no more than 2-3 servings of 6oz complex carbohydrates a day. That means whole grains such as brown rice, whole grain breads, whole grain pastas etc. Best grains for noodles are rice, quinoa, or buckwheat noodles. Other good choices for grains: millet, amaranth. These all have one thing in common - gluten free. Soaking rice in water overnight before cooking and cooking long and slow makes rice easier to digest. AVOID GMO foods.**
- **Meats: Small amounts of Lean meats (up to 4 oz a day until you are very active in which case you can double the amount. Choices: cold water fish, eggs (1=a serving); organic lean chicken, lamb (Note poach the eggs and avoid the cooked fat). If you do eat red meat, choose organic and cook the meat slowly, eating only small portions.**
- **Fish: Much of the fish on the market is contaminated. Freshwater fish has the potential for more**

- **contamination so choose deep sea fish that are not close to the coastal areas: salmon, tuna, whitefish etc.**
- **Oils: Very small amounts of vegetable oils for dressings, please don't heat/cook with them. Best one is Flaxseed oil which you can keep in your freezer and use as needed. It is suggested you take 2 tablespoon flaxseed oil daily in any event. Other good oils: Pure extra virgin olive oil, Coconut oil. AVOID RANCID OILS.**
- **Yogurt: Plain, contains no sugar, no additives, no coloring and is not heat treated. Most commercial brands are heated to be given longer shelf life and even if the yogurt says 'made with active cultures' these cultures are destroyed in the heating process. You can use yogurt topically as a vaginal cream, using a syringe or spatula to put its friendly bacteria into the infected area.**
- **Mushrooms: We have not found these to be a problem. Especially beneficial is Shittake and Reishi mushrooms.**
- **Wheatgrass, Barley green juice, Aloe vera juice: these are super foods and can really help your condition. They purify the blood, clean up the liver and colon. Wheatgrass is at the top of the list, followed by Barley green, then Aloe vera. Most often they are obtained as juices or freeze dried powders.**
- **Apple cider vinegar. As a rule vinegar is not used because it is fermented, however using the raw, unfiltered type such as Bragg's will help maintain the pH of the intestines if you drink it. You can also use a little in a douche for the vagina (2 Tbsp per quart of water) - if it burns or irritates, avoid.**
- **Essential fatty acids such as Evening Primrose Oil, Borage Oil, Black Currant Seed Oil**
- **Soy Sauce: regular soy sauce is fermented. Choose Braag's liquid aminos - tastes like soy sauce.**
- **Water: Drink lots of filtered or mineral water daily. Drinking enough so the urine is transparent shows the cleansing action of water. Water speeds up the healing process and if you add a few drops of lemon or cayenne pepper, the cleansing effect intensifies. This helps toxic build up that aggravates yeast infection, helps prevent formation of stones etc. Weakened kidneys can burden the liver causing toxic build up that may lead to a yeast infection. Each morning start the day with a cool glass of water. If you want to intensify cleansing, a half hour later, drink a glass of pure water with one squeezed organic lemon followed by 2 Tbsp extra virgin olive oil to strengthen the liver and purge itself.**
- **Good Anti-fungal foods: Asparagus, alfalfa sprouts, almonds, onions, garlic, macadamia nuts, seeds (flax, chia, sesame), grains, beans, lentils, mung beans, chick peas, coconut oil. Raw honey has the ability to heal wounds and treat yeast infections but most regular commercialized honey has been heated, processed and does not contain the same ability. When using garlic topically, wrap it in cheesecloth before inserting into vagina or applying to the skin. If you have only a mild infection you can increase the grains and fruits as follows.**
- **If you are not sure, or you try eating them and find the yeast situation worsening, avoid them until the infection is brought under control, say in a 2-3 months:**
- **Whole Grains: 5 servings a day (1/2 cup cooked=1 serving) of any of: barley, brown rice, millet, oats, rice, rye**
- **Breads: kamut bread, spelt bread, rice bread, rice cakes, yeast free. Keep breads in freezer until you use them to avoid mould spores. (also, read the labels, many contain sugar or glucose)**
- **Pasta, not made with wheat flour of course (use kamut, spelt, rice, quinoa, soy pasta etc.)**
- **Fresh fruits (only one a day after the first two weeks) but avoid if you have severe candida. Best are those low on glycemic index such as blueberries. The worst fruits for fungal spores are melons. Sweet or dried fruit has high natural sugar content that feeds candida.**

NOTE: If you tested against any of these foods in our food sensitivity testing or you are allergic, you will have to leave them out of the diet until the fungus is under control.

You will need to remain on this diet a minimum of 3 months.

During the first two weeks some people feel a little nausea, headaches, food cravings. This is the initial die-off creating toxicity. To help it along, increase your intake of water to flush away the dead cells of fungus.

How to Control Sugar Cravings: **Eat Protein. If you can't eat protein, eat candy made without sugar such as candy made with stevia.**

HIGH GLYCEMIC INDEX FOODS

Choose foods with the lowest glycemic index. You can find glycemic charts under "Diabetes". This will give you foods that do not increase your blood sugar level and insulin which can aggravate candida infection.
Avoid overcooking your carbohydrates as it causes the fiber to break down.
Whenever possible choose whole foods with the hull or skin attached.

Follow this diet for 3 months then retest.
Cravings, nausea etc. may occur within 1st two weeks: increase water intake

HERBAL:

- **Pau d-arco (anti-candida), Quercetin (natural histamine), Tarragon, Olive Leaf, Stinging Nettle, Lomatium (liver support), French Tarragon, Horsetail. Combine herbs together for a good synergistic effect. Microbiome Support III.**
- **Valerian and Vervain together, can add Motherwort – these can calm the system.**
- **Garlic**

REACTIONS:

Depending on the severity of Candida overgrowth and the amount of the agents taken, the Candida can be killed off in vast numbers in a very short period of time. As they are killed, they release substances that 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. 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 the amount of ingestion of the agent and the rate or frequency it is taken. 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 insuring proper, daily bowel evacuation has been reported as being helpful in countering the adversities of die off. Maintaining a high daily intake of pure water is also important to keep the channels of elimination open.

It may be possible to slow down these symptoms, many of which are caused by acetaldehyde, one of the main toxins produced by yeast. Taking Molybdenum (if you can find it) can break down this toxin into something far less harmless. When examining the biochemical pathway of Acetaldehyde into acetic acid – Threonine to acetaldehyde to acetic acid to acetyl coenzyme A, – NAD (niacine amide) and aldehyde oxidase is required which are both dependent on riboflavin, iron, and molybdenum – it may be worth considering adding these to the Candida protocol if Herxheimer reactions are bad

MEAL IDEAS

Note: Use Stevia as a sweetener. Raw honey is fine if unheated, use small amounts.
Keep carbs (rice, breads etc) low

BREAKFAST:

Hot oatmeal, with rice milk, sprinkle cinnamon and stevia on top
Scrambled eggs, boiled eggs, poached eggs, omelets
French toast (gluten free bread soaked in egg and fried, top with cinnamon, stevia)
Tofu scramble
Vegetable stir fry
Buckwheat pancakes
Fried slices of onions, peppers etc

Stewed tomatoes, gluten free toast
Plain yogurt sweetened with stevia, vanilla extract
Garden Burger patty or meat patty
Smoothie after first 2 weeks (using soy or oat or rice milk, stevia as sweetener, fresh or frozen berries)
Warm soy or rice milk with cinnamon and nutmeg

LUNCH OR DINNER:

Salad
Cottage cheese with chopped onion, celery, paprika and flaxseed oil
Stir fry onions, red peppers and any other veggies you like (except regular type mushrooms)
Hot soup ideas: vegetable, split pea or lentil, veg chowder, miso (japanese), borscht, barley soup, tomato-rice, black bean, parsnip, navy bean minestrone
Sandwich: tomato, cucumber, onion with dressing or flaxseed oil
Steamed vegetables. black bean gravy if desired
Quinoa noodles with sauce (top: black bean sauce, pesto sauce, curry sauce made with coconut milk, tomato sauce)
Baked beans, Chili carne con, Black bean chili,
Fish, Turkey, Chicken, Beef, Pork, Lamb, Duck, Wild Game, Seafood (avoid feedlot meats, chickens and turkeys raised on antibiotics etc)
Eggs done any style
Cabbage Rolls
Spaghetti (brown rice or quinoa) with tomato sauce
Curried lentils with veggies
Steamed vegetables
Stuffed peppers, Stuffed zucchini
Curried veggies with coconut milk, put over brown rice or brown rice noodles
Coleslaw with homemade dressing
Tofu (small amount)
Brown rice macaroni and tomato casserole
Ratatouille (eggplant and vegetable sauté)
Rice or noodle casseroles
Steamed brown rice (in small amounts)
Fried brown rice with lots of chopped veggies such as onions, peas, celery

DESSERTS AND SNACKS:

Air popped popcorn
Sugarless candies, sugarless desserts
Fresh, raw, non-starchy veggies with your choice of dips: nut butter, salsa, hummus.
Plain yogurt (if you can tolerate milk)
Roasted or raw nuts and seeds (no peanuts or pistachios)

If you go on the internet you can search for many good recipes. Search "recipes for candida" and see what comes up.

FIGHTING YEAST INFECTIONS AND CANDIDA ALBICANS

The following information has been extracted from the books in our wholistic health library for your convenience.

What is Candida?

Candida albicans is yeast that lives in the mouth, throat, intestines and genitourinary tract of most humans 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. Candida albicans is a diploid organism which has eight sets of chromosome pairs. Interestingly,

Candida is one of the few microorganisms that has a diploid gene controlling the same protein – this means that is capable of pleomorphic activity being able to mutate forms from the budding form to the mycelial, pathogenic form. Its genome size is about 16 Mb (haploid), about 30% greater than S. cerevisiae (baker's yeast).

It can reproduce sexually with a mate or asexually by itself. It can shift its shape and take 7 different forms while rearranging it's chromosomes as an adaptive strategy to its survival. This relatively harmless looking little fellow but very difficult to control.

In its normal form it is a simple and relatively harmless yeast form, looking like a small white egg with consistent, smooth shape, living happily in the gut, essentially keeping to itself, feeding off the food we eat.

The problem begins when the normal, budding Candida species that we have in our gut, which 90% of babies are born with, actually changes form to the mycelial of hyphae form which is pathogenic or disease-causing.

This only happens when the internal mileau of the gut and other tissues becomes more acidic, either through taking a variety of drugs that wipe out the lactobacillus species, or through eating very acidic foods such as sugar and other refined products. It appears that this change in pH can trigger genes in the Candida to begin a pleomorphic change into a stealth organism that is very virulent – it can increase itself from 1 to 100 cells in 24 hours. These 100 cells can then produce 100 each in the next 24 hours, and so on – by the 5th day you have 100 million Candida cells – this is really explosive growth!

C. Albicans and C. glabrata are the two most common Candida species that cause Systemic Candidiasis. There are 81 different types of Candida species such as C. glabrata, krusei, lusitaniae, parapsilosis, tropicalis etc.

<u>Candida has two parasitic functions:</u>

1. Gobble up any putrefied food matter in our digestive system (mostly caused by improper digestion due to low stomach acid).

2. After we die, Candida acts to decompose the body, feeding off our corpse and returning us to Mother Earth!

When conditions are right, they transform their "bud" form into the mycelial state, where filament-like roots invade deep into the mucosa in search of nourishment. The mycelia release phospholipase, an enzyme that attacks cell membranes of the mucosa, splitting fatty acids, generating free radicals, and causing inflammation in the intestine. Wherever the yeast colonize they cause symptoms, whether an itchy anus or vagina, diarrhea, heartburn or sore throat.

The mycelial forms release 79 different toxic by-products that damage specific tissues and organs and will determine which symptoms will occur. These toxins can also compete with hormone receptor sites and cause hypothyroidism, hypoestrogenism as well as binding cortisone, progesterone and other hormones for its own use and causing endocrine deficiency states.

What Causes Yeast Infection

Candida albicans prefers people. Candida enters newborn infants during or shortly after birth. Usually, the growth of the yeast is kept in check by the infant's 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 humans 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 bodily tissues. The uncontrolled growth of Candida is known as Candida overgrowth or Candidiasis.

Yeast infections often occur as a result of:

taking antibiotics and sulfa drugs
certain drugs
steroid hormones
birth control pills
immunosuppressant drugs
a high sugar diet, high carb intake, yeast and yeast products, moulds, fermented foods
pregnancy, multiple pregnancies, birth control pills
estrogen therapy
weakened immune system
prolonged exposure to environmental moulds

any of which can create an imbalance in the flora of the intestinal tract. Other factors that lead to infection overgrowth are poor dietary choices and compromised digestion, improper pH balance, lack of digestive enzymes and hydrochloric acid which is produced by the stomach and pancreas, a weakened immune system, accumulated toxins in the digestive tract, and loss of friendly probiotic bacteria.

Under the proper conditions, this innocent yeast can mutate and transform into a monstrous super-fungus that rapidly multiplies in its unrelenting quest to colonize as many parts of the body as possible. In certain areas, if it finds a good food source (it absolutely LOVES sugar), it can double the size of its colony in less than an hour.

Symptoms

List of Typical Symptoms (you may have one or many):

Food Intolerances	**Rashes**	**Brain fog**	**Vaginal itching**
Acne	**Allergies**	**Irritations**	**Itchy skin**
Asthma	**Depression**	**Fatigue**	**Headaches**
Persistent coughs	**Skin irritations**	**Constipation**	**Bloating**
Shortness of breath	**Bad breath**	**Painful joints**	**Dry mouth/Throat**
Nose congestion	**Chest pains**	**Frequent colds**	**Dry scaly skin**
PMS	**Itchy Ears**	**Ringing in Ears**	**Anxiety**

Inflammation and discharge around the vaginal area or penis

The mutated fungus-form of Candida (technically called the mycelial-form) grows elongated, finger like root tentacle structures or hypha called rhizoids that then tunnel, borrow and bore their way through the wall of the gut creating holes in the walls of the intestines(Leaky Gut), entering the blood stream and can then bloom into a systemic infection that can appear in virtually every part of the body including the heart, eyes, kidneys, liver, lungs, and even the brain.

This Leaky Gut syndrome and candida yeast infection can directly lead to many other systemic inflammatory and immune-related symptoms beyond food allergies, including rheumatoid arthritis, ankylosing spondylitis, multiple sclerosis, eczema, fibromyalgia, Crohn's disease, Raynaud's, chronic urticaria (hives), and inflammatory bowel disease. These are all generally referred to as conditions of irritable bowel syndrome. Thus candida yeast infection and overgrowth is related to irritable bowel syndrome in all its forms.

Major signs and symptoms of leaky gut syndrome include:

- **facial swelling upon exposure to strong smells**
- **bloating, gas,cramps immediately after eating**
- **alternating bouts of constipation and diarrhea**
- **food allergies/intolerances**
- **headaches**
- **irritability**

- **lack of concentration**
- **inflammation of gut lining (primary symptom of leaky gut)**

The originating cause may be prescription drug use and antibiotics which kill off healthy probiotic flora. Gut inflammation from candida infection is usually instigated by one or several of the following factors:

- **prescription hormones such as birth control pills and/or hormone replacement therapy, and prescription corticosteroids such as hydrocortisone**
- **excessive use of antibiotics which kills of healthy bacteria, causing dysbiosis, candida overgrowth and candida yeast infection**
- **processed foods as well as foods and beverages contaminated by parasites, fungus, and/or mould, which promote the growth of candida yeast infections increased amounts of refined carbohydrates (eg. Candy bars, cookies, cake, soft drinks, and white bread) which also promote the growth of candida yeast overgrowth and dysbiosis**
- **increased alcohol and caffeine consumption. Remember alcohol is a natural result of yeast overgrowth and sugar.**

As mentioned, Candida albicans is a yeast cell that becomes aggressive to colonize when the right environment presents itself. An example would be: after taking antibiotics, your internal environment is wiped clean of all the usual flora and bacteria that keeps Candida in check and under control; everything has been eliminated, the good with the bad, therefore Candida is now free to populate without restriction of the usual other bacteria that keeps it in check. The problem usually begins in the gut and intestinal tract where it multiplies and flourishes, feeding off the simple sugars that have been ingested, creeping into every nook and cranky, weakening the body structure wherever it goes.

Our society has widespread exposure to antibiotics: from prescriptions for colds, infections, acne, and from consumption of antibiotic treated foods such as meats, dairy, poultry and eggs. Note that antibiotics do not kill viruses; they only destroy bacteria. Yet they are often prescribed for colds, flus and other viral problems giving rise to unnecessary risks.

When overgrowth occurs, a chronic stimulation to the immune system results - every second, every minute, hour, day, month, year - in an attempt by the immune system to regain control. It is believed that this can exhaust the immune system, predisposing a person 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.

Toxic waste from Canada infestations can also be absorbed into the bloodstream causing "Yeast Toxin Hypersensitivity" leading to many symptoms such as anxiety, depression and impaired intellectual functioning.

The main toxin implicated here is acetaldehyde which is a normal by-product of metabolism, produced in small amounts and rendered harmless by the liver. If however, there is excess production of this by Canada, and a lack of the appropriate liver enzymes which tend to be deficient in 5% of the general population, the acetaldehyde will become bound strongly to human tissue and may cause impaired neuro-transmission in the brain, resulting in anxiety, depression, defective memory and cloudy thinking.

When Candida slips into the blood stream through cracks in our digestive tract, it opens up to allow all sorts of other things into the blood stream that are suppose to be restricted to your gut, like undigested food, bacteria and other toxins This is why a Candida overgrowth can make you feel so lousy and sick. One of its dangerous aspects is the by-products it releases a part of its own lifecycle. It has been found to produce 79 distinct toxins. When the yeast dies in its natural cycle, it releases the toxin acetyldehyde which is converted into ethanol by the liver.

This is the same chemical that leads to hangovers after drinking alcohol. As the Candida infestation continues to grow and more acetyldehyde is produced, your blood alcohol level actually rises, just as if you were drinking alcohol, resulting in symptoms like brain fog, impaired thinking, lack of concentration, irritability, depression, slowed reflexes, fatigue and more. Red blood cells find it difficult to flow into small capillaries, which can result in fatigue, migraines and muscle aches. White blood cells have trouble fighting infection resulting in allergies, rashes, acne and slowing of the body's healing process.

Just as bread rises from yeast due to carbon dioxide production from the fermentation of carbohydrates, Candida also produces carbon dioxide in the intestine, resulting is persistent gas and bloating.

If a person has AIDS, Cancer, or a defective Immune System it is possible the yeast overgrowth can spread throughout the entire body and become a systemic infection.

The immune system may concurrently be also adversely affected by poor nutrition, heavy exposure to moulds 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 supplies 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.

Yeast tend to secrete a toxin called Gliotoxin which can disrupt the immune system by inactivating enzyme systems, producing free radicals, interferes with the DNA of leukocytes and is cytotoxic.

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 the 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.

Heavy metals are also found in higher amounts when Candida is present as the Candida yeast actually stores the metals which are then released when treatment begins. It is therefore wise to begin a heavy metal chelating program concomitantly with the Candida protocol.

The symptoms of Candida are similar to symptoms for food allergies. To determine if you have Candida and not a food allergy, you can be tested for food allergies. Candida also can be tested. Women can have a swab taken from the vagina and tested for candida. Candida overgrowth also shows in the iris and someone who knows iridology can usually detect if that body has candida.

- **When it attacks the vaginal area, there is a creamy yogurt like discharge, somewhat sourish. It can cause pain upon intercourse, and urination. Often the little spores that discharge create itching in the vaginal area.**
- **When it attacks the fingernails, usually from them being in water a lot, spilling beer on hands (as in working in a pub). The nails get thickened, yellowish, sometimes red or purplish around edges.**
- **When it attacks the skin, The skin can be scaly, red and raised.**
- **When it affects the lungs there can be coughing**
- **In the digestive candida there will be bloating. Excess carbs, even healthy ones can be problematic.**
- **Kidney candida signs include pain on the sides of the body. Urination may be cloudy and foul smelling.**
- **Also headaches and rigid muscles supporting the head.**
- **When in the mouth or throat, usually has a burning sensation when swallowing or eating.**
- **If it affects the heart there can be heart murmurs and chest pain.**
- **If it affects the eyes you can blurring of vision.**
- **Systemic candida is much more severe and you can feel dizzy, exhausted, spiking fever, chills, blood pressure dropping. You need to lie down with systemic candida, don't try and push through. These symptoms are also similar to Epstein-Barr Virus. Interestingly, someone who has the Epstein-Barr Virus or Chronic Fatigue Syndrome almost always has a Candida problem as well. The Epstein-Barr Virus is distinguished by recurring colds and flus, almost constant, and feelings of exhaustion even after a long night's sleep.**

Candida and Heavy Metals

Dr. Klinghardt has been addressing this subject in depth and has found that candida yeast overgrowth is one of the ways the body tries to help reduce the amount of damage from heavy metal contamination.

Therefore the yeast serves a purpose is absorbing and sequestering heavy metals from the tissue to protect the body. There will be a rise in overgrowth of candida when there is a heavy metal influence and we should keep in mind that when you are doing a candida rebalancing, heavy metals may be excreted from the body and contribute to die off symptoms.

Candida and Allergies

When Candida is associated with a type 1 allergy (found in about 10% of people), the people will get hives, asthma, eczema, chronic vaginitis, abdominal cramps, diarrhea etc. and this can be treated with immuno therapy. However, there is another type of allergy called type 4 allergy response and that is what helps the body with yeast overgrowth. It is a normal and protective response to yeast but sometimes it gets out of hand. It is not an immediate hyper sensitivity and it's more delayed sensitivity. There can be other abnormal or unusual allergic reactions to yeast also which can trigger auto immune diseases like rheumatoid arthritis or thyroiditis or celiac disease. There was a study published in the Lancet that showed Candida contains a protein called HWP1, which is very similar in structure to that of gluten. So a Candida infection in the gut can cause an immune system to react to HWP1, which t hen in turn can stimulate an allergic reaction to gluten in wheat and other grains which may trigger celiac disease in genetically susceptible people. In people like this, a gluten free diet alone will not do the trick in relieving symptoms associated with celiac disease.

All Candida and staph surrounds heavy metals in the body so you really can't address Candida unless you address heavy metals cleansing. You can use Chlorella (fresh water seaweed (pond slime) to detox heavy metals.

CHECK LIST TO VIEW YOUR SITUATION: (these things contribute to fungal infections, check off the ones that apply to you to see how it all came about):

I have taken birth control pills in the last 20 years
I have taken steroids in the last 20 years
I use soap to wash my genitals
I wear latex material clothing
I include white or brown sugar products in my diet
I work out at the gym and shower in their facilities
I use commercial soap to wash my clothes, pajamas and underwear
I have taken antibiotics in the last 20 years
I wear non-cotton underwear
I am uncircumcised (if you are a male)
I wear tight trousers or jeans
My hands are in water a lot
I have multiple sex partners
I eat commercial foods regularly

Test for Severity of Candida

This is a quick and inexpensive way to determine if your intestinal tract contains excess Candida and if the candida has transformed into a pathogenic form.

First thing in the morning - on an empty stomach - get a clear glass - fill it with mineral or reverse osmosis water. Work out a generous amount of saliva, spit into the glass. Leave the glass aside for 1 hour.

If you have mild case of Candida yeast infection, you should see strings in the form of legs that travel down into the water.

If you have systemic advanced case of Candida yeast infection, you should see your saliva sink to the bottom of the glass.

Poor Diet

A diet high in refined carbohydrates, processed and toxic foods, and low in fresh fruit and vegetables affects biochemical processes within the cells, worsening the digestion and interfering with the natural toxic elimination process. It also feeds Candida, which thrives on refined carbs such as sugar, white flour, and white rice.

Lack of nutrition is a problem. You need about 40 essential vitamins, minerals and nutrients to keep the cells in your body functioning and remaining healthy. This should come from the diet.

A poor diet leads to weak digestion. A healthy digestive tract helps expulsion of yeasts and bacteria but when it is sluggish, undigested food and rotten food particles circle in the blood stream and are stored in the digestive tract, accelerating many disease symptoms.

Acid-Alkaline Balance, Digestive Enzymes

The stomach and pancreas normally produce adequate amounts of digestive juices that breakdown proteins, starches and fats. These juices also create an intestinal environment that hinders the ability of pathogenic organisms to reach the lower intestine and they actually destroy the yeast cells.
When the liver is weakened, mainly because of bad nutrition, the production of digestive enzymes and natural acids is compromised, allowing more yeast and bad bacteria to enter the intestinal chamber,

Over-acidity in the digestive system, usually due to a diet high in acidic foods is a problem. Over acidity causes the blood to become sludgy, thick, creating an better environment for Candida. We are talking about the pH of metabolized foods-fruits and vegetables leave an alkaline ash; meat, heavy grains, sugars, coffee, dairy leave an acid ash. Ask for our print out for pH foods if you don't already have one.

What to do about it!

Topical treatments, creams, oils, lotions and rinses are only marginally effective wherever they are used and don't come close to addressing a systemic-body-wide nature of the infestation. Using powerful anti-fungals may work temporarily but the yeast is flexible and intelligent and eventually develops a resistance to whatever anti-fungal treatment is used.

The reason the yeast infection develops in the first place is because your body is out of balance in some way, shape or form. Somehow your immune system has been compromised to allow the yeast to flourish unchecked.

Candida and its overgrowth in flora is naturally kept under control by a healthy intestinal flora and the immune system. It is really about targeting the intestinal flora and immune system to get the terrain and environment back into a healthy balance so it can host normal healthy low candida population.

The way to rid yourself of those nasty little burrowing toxic critters is to re-balance whatever is out of balance and restore your body's innate immune capacity. You must create an environment that is hostile to the yeast and nourishing to your body's own natural healing powers. You must bring the flora back into balance in order to avoid future immune system disorders and illnesses that yeast overgrowth promotes.

You must also cleanse your system of congested toxins in the bowels, kidneys, blood and lymph. You can take lots of herbs and vitamins, drugs and supplements for yeast infection, but without cleansing your internal system you are not getting down to the real problem that needs to be fixed.

Stress

Stress from lack of sleep, emotional problems, anxiety or pressure in your daily routine can trigger yeast infection growth. Stress depresses your immune system - at the time of stress your body releases a hormone called 'cortisol', making your body defenseless against Candida. Stress elevates blood sugar levels that feed Candida cells, help it to overgrow. Stress can change our bacterial internal environment in the gut as it decreases the friendly bacteria allowing Candida to take over.

Hormones

When there is an imbalance between estrogen and progesterone due to birth control pills of hormone replacement therapy or even before a menstrual period, it can interfere with the intestinal flora, allowing Candida to take control and multiply. Conditions that trigger hormonal swings like puberty, pregnancy, menstruation, PMS, and using oral contraceptives creates a favorable environment for Candida. Sustained high levels of estrogen can compromise the immune system function. Candida is also stimulated by the female hormone progesterone which is at elevated levels during pregnancy. This is one of the reasons why many women often experience vaginal yeast infection during pregnancy and menstruation.

Yeast Die-Off

One of the problems that occurs when killing the Candida Albicans yeast overgrowth is something called "yeast die-off".

The yeast colonies often reside in little crevices and pockets along the colon wall. When they are killed off and taken away, there can be some sensitivity as well as scarring of the tissue of the wall. If you experience some nausea when undertaking a yeast control program, the chances are that the nausea you are experiencing is directly as a result of the yeast dying off.

As the yeast die off, it is important to nurture the colon wall, keeping the area clean and free of other Candida yeast that want to move in where their buddies just vacated.

How Long for Treatment

The recurrence of yeast after using drugs is high, but the recurrence of yeast after using herbal medicine is not so high. However, using herbal medicines short term only works when it is a superficial or mild fungal infection. For more deep seated, chronic problems, longer treatment will always be necessary. Don't think that the herbs aren't effective enough or aren't strong enough, it is the amount of time involved that is needed to correct the problem. When the fungus doesn't remain just superficially on the skin, nails or mucous membranes, but rather enters the blood stream - that fungus can invade other tissues or organs which is a more serious infection. A long term program of 3 or more months will be necessary.

A systemic infection is seen most in people using immunosuppressive drugs, people who are hospitalized, sometimes drug users and also diabetics because of the high amount of sugar in their blood stream.

Most Common Areas of Infection

1. **A local infection of the external genitalia for men or women. The yeast thrive in warm moist places so even in areas where the skin touches itself like under the breast, in the groin areas, makes a potentially nice environment for the growth.**
2. **An infection of the digestive tract (which is still the mucosa) and this is still considered a superficial infection even though it is internal, because it is the lining of the digestive tract.**
3. **An infection of the blood stream and the whole system.**

Most yeast infections are from Candida Albicans. Albicans means white and you will see a white discharge from the vagina. There are other species that are common but Albicans is the most common. All of the species of Candida are part of the normal flora of the human GI tract. In health, our other gut flora keep the Candida in check.

What Can Trigger a Candida Flare Up

- **Our choices of food**
- **Excess alcohol**
- **Endocrine disorders including diabetes and thyroid disorders**
- **Lowered Resistance (radiation therapy, immuno suppressive drugs such as steroids for arthritis, cancer, aging)**
- **Lack of Sleep**
- **The use of Antibiotics, steroids, birth control pills**
- **Irritation of tissue (eg. vomiting if bulimic, vomiting in alcoholism, irritation from IV therapy or drug use, ill fitting dentures**

Remedies and Helpful Suggestions:

1. **Periodic colonics or garlic enemas can help.**
2. **There are some good Intestinal Cleansing or Bowel Cleansing programs available at health food stores and through some multi-level organizations.**
3. **Parasite cleansing treatments should usually be taken at the same time. Parasites are common**

from eating raw vegetables, lean meats and raw or partially cooked fish. It is estimated that 90% of the population has parasite infestation in the intestines. They weaken the digestive tract and create perfect havens for the yeast colonies.

4. **Supplements to take for help: Multivitamin, Essential Fatty Acids (eg. Evening Primrose oil or Borage oil), Vitamins A, C, E, Zinc and B complex, acidolphilus, glutamine, colostrum, chlorella, coconut oil, Thymus extract.**
4. **Short juice fasts can be taken to help cleanse and rest the body. Using vegetable juices is the preferred juice.**
5. **Eat 6 - 8 garlic capsules with each meal. Candida and other aggressive yeast are killed by garlic, but the good bacteria (acidolphilus) is left untouched.**
6. **Take Pau D'Arco (also known as Lapacho or Taheebo) tea, 2 cups daily. This is the bark of a tree from South America that no fungus can grow on. It is very effective controlling yeast problems.**
7. **Take 9 acidophilus bacteria tablets a day. These are best taken on an empty stomach. Keep the acidophilus refrigerated. The acidophilus should include L. Bifidus, L. Bulgaricus, L. Acidophilus). This positive bacteria is necessary for nutrient processing in the large intestine which has been depleted.**
8. **Capricin (brand name for Caprylic acid). If you take this, it should be taken on empty stomach and as well as with meals. Keep refrigerated. Capricin helps kill off the unwanted yeast invaders.**
9. **Include 100,000 - 300,000 I.U. beta carotene daily for 2 week periods along with your regular multi-vitamin/mineral supplements.**
10. **Biotin will feed the yeast. Biotin 500 (if available) is designed not to feed the yeast. If you are taking regular biotin (5 mcg) and garlic, the biotin should be taken several hours before eating garlic.**
11. **Food Grade Hydrogen Peroxide (careful, swallowing too much peroxide can give stomach ulcers):**
    - **as a gargle (1 pint peroxide to 3 pints water)**
    - **use 3% to soak vegetables, wash clothes, marinate meat, and as a mouthwash**
    - **use 3% as a toothpaste mixed with baking soda**
    - **use as a douche when mixed with equal amount of water (don't use any stronger than a 50/50 blend)**
    - **use maximum 6 tablespoons to 1 quart water as an enema**
    - **use maximum 1 pint to 5 gallons water as a colonic**
    - **3 drops of 35% grade hydrogen peroxide in 6 oz. distilled water or apple juice taken one hour after eating or drinking will help control yeast in intestinal tract. Increase to 25 drops a day for 8 weeks then taper off to once a day. The die off of candida may cause nausea.**
12. **Here again is the diet that must be strictly adhered to until the overgrowth is under control and stable:**
    No Yeast foods (eg breads that are yeast risen)
    No Sugar
    No Alcohol, coffee, tea (except herb tea)
    No fermented foods (pickles, vinegar, yogurt, essene/manna bread, cheese, salad dressings, soy sauce, tofu, wine)
    Very little fruit, maximum of one piece a day, eg. apple.
    No melons
    No dairy products
    No peanuts, pistachio nuts
    No processed meats eg. sausages, bacon, ham
    No cheese.
13. **Eat light meals so not to overwork the intestinal tract. The energy needs to be used to fight the yeast overgrowth.**
14. **Essential Fatty Acids (Evening Primrose Oil or Borage Oil or Black Currant Seed Oil) should be added to the daily supplementation. And you should include 1 tablespoon flaxseed oil daily which you can drizzle over your salad or vegetables or add to a smoothie..**
15. **Vitamin B15 has been used to strengthen the body to fight against the effects of yeast overgrowth.**
16. **Thymus assistance. After treating yourself for 2 weeks take 2 thymus tablets with each meal 10**

days then reduce to 2-3 a day.

17. **Citricide is a grapefruit seed extract initially developed for parasites but works well for yeast overgrowth too.**
18. **The Ph of urine should be about 6.2. The body is more susceptible to viruses if it is too acid or alkaline. You can get Ph paper to test your urine. Remember that meats and grains increase the acidity whereas vegetables and fruits increase the alkaline.**
19. **When the yeast die-off takes place there is increased toxicity. Garlic, Vit. C, A, E can help reduce infection. The fungus having rooted into the intestines will leave pockets known as rizhoids. Chlorophyll can help heal the damaged mucous membranes that line the colon. Chlorophyll can be purchased as tablets at a health food store or you can eat large quantities of parsley which is the natural source.**
20. **Citri-Biotic can sometimes be obtained at a health food store. This is not for pregnant or nursing women. It consists of a blend of 250 mg artemisia annua (wormwood) and 100 mg grapefruit seed extract.**
21. **Tea Tree Oil. This is sold in health food stores. Follow the instructions. As an essential oil, it can be massaged into the skin, particularly on the soles of the feet, and over the intestinal organs. You do not ingest this internally.**
22. **Chlorophyll and Alfalfa tablets. When you take these supplements you help heal the delicate scar tissue created by the yeast die-off.**
23. **Taking pancreatic enzymes can help digest proteins and help the yeast control.**
24. **Nystatin, a drug often prescribed by doctors, is not recommended because of the harmful scarring of tissues that can occur when it is used. It is better to take a more natural approach to bring the body back into balance.**
25. **Reintroducing fruit: choose the less sweet fruits: Apples, pears, plums, peaches. Start with 1/4 of an apple a day after you have been working on your diet for a couple of months. Build up slowly to eating fruit again. Chew it well and slowly so saliva mixes with it.**
26. **Cleanse the liver frequently (do cleansing for 3 weeks, then break for a week and start again)**
27. **Best Herbs: Nettle, Dandelion root and leaf, Black Walnut Hulls, Garlic, Pau d'Arco, Marjoram, Calendula, Wormwood, Marshmallow root, Grapefruit seed extract. Devil's Club or Blueberry leaf if you need to stabilize blood sugar. Catnip or Skullcap as nervine emotional.**
    Teas are the best way to go. You can make big batches every 3 days so it is not so much work; just reheat as needed or keep in a thermos. Capsules are the next best way. Tinctures have alcohol base and might not be suitable.
    A soothing herbal douche is to pour 1 cup boiling water over 1 cup calendula. Steep 15 minutes, cool, strain and douche with it.
28. **Feed the healthy flora with foods (prebiotic foods): organic berries (esp. blueberries), nectarines, watermelon, green bananas, green plantains, grapefruit, white peaches. Veggies such as garlic, leek, green peas, beets, onions, jerusalem artichokes, fennel bulb, avocado, chicory, snow peas, asparagus, green peas, sweetcorn, sweet potato, burdock root, konjak root. Legumes such as lentils, red kidney beans, baked beans, chick peas, soy beans. Cashews, pistachio nuts, hemp seeds, flax seeds. Oats, couscous, gnocchi, pasta, barley, rye bread and crackers. Maitake mushrooms, reishi, turkey tail mushrooms, raw aloe. Honey, rice, acacia gum, psyllium, kefir, cocoa, apple cider vinegar. Everything should be non GMO. Rice, pasta, potatoes are best fresh cooked, then cooled. Combining prebiotic foods with probiotic foods is ideal.**
29. **If you aren't producing enough hydrochloric acid, you should take a supplement.**
30. **Don't eat too much meat and fat. They don't help rebalance well. Stick to organic vegetables and fruits.**

Herbal Remedy

1st Mixture:

1/2 oz each of Pau d Arco bark and Black Walnut Hull. Simmer covered over medium heat in 1/3 cup water for 15 minutes. Turn off heat. Stir in 1/2 oz of this mixture:

2nd Mixture:

3 parts nettle	**1 part catnip**	**1 part marshmallow root**
1/3 part calendula petals	**3/4 part Wormwood**	**1/3 part licorice root**

Cover and steep covered (not on heat) for 15-20 minutes. Strain.

Drink 1/2 cup before and after every meal. This is for long term, say 3 months.

If you have a systemic problem add 1/4 part peppermint or cardamon to the second mixture.
If you have bowel pain, add 1/4 part valerian root to the second mixture.
If you are stressed, add 1/2 part any of Passion Flower, Lemon Balm, Skullcap, St. John's Wort.

LIVER CLEANSING

It is thought that candida overgrowth has been affected by a sluggish liver. It is a good idea for everyone to do liver cleansing occasionally but if you have yeast overgrowth, it is really helpful.

Do a castor oil pack over the liver every day or every second day if possible: dip an old piece of clean cloth into the castor oil, place on the skin over the liver, cover with plastic, then a towel, You can also put hot water bottle or heating pad on top to drive the remedy in better. Leave for 30-60 minutes. The cloth dipped in castor oil can be reused, keep in a zip lock baggie. [This is not to be done if pregnant or breastfeeding or during menstruation, or if you have cancer tumors, ulcers or uterine growths].

Also take 1-2 caps of liver cleansing herbal mixture morning and evening on an empty stomach. They usually contain Milk Thistle, Dandelion Root, and perhaps Burdock Root.

Liver/Gallbladder Flush

This is the famous flush first recommended by Hulga Clarke. This will cleanse the liver and gallbladder of toxins and debris. Firstly, make sure you don't have any hard, large stones in the gallbladder or duct that may not be able to flush out (ultrasound will confirm this). Secondly, you need to be able to tolerate Epsom Salt before you attempt to consume 4 Tbsp. If you are pregnant or nursing, do not do this flush or do cleansing programs.

1. **A month before the flush, to a parasite cleanse. You can use herbs such as wormwood, cloves, black walnut, garlic, and homeopathic formulas.**
2. **Make sure your mouth is metal free - replace mercury fillings to help distress the liver.**
3. **For 10 days prior to the liver flush, focus on eating mainly alkalizing raw vegetables and sprouts, using essential fatty acids, coconut oil, lecithin and get at least one serving a day of any of broccoli, cabbage, raw garlic, onions, leeks or cauliflower.**
4. **Keep the diet low in fruit, starch and protein.**
5. **7 days prior to liver flushing take 10,000-20,000 mg malic acid on a daily basis to help soften and breakup up liver stones.**
6. **Do a bowel cleanse prior to starting the flush.**
7. **For 3 days do an organic apple juice cleansing to cleanse out the kidneys. The pectin also helps soften any stones to help the passage out of the body. During this time you can drink herbal teas and do daily enemas to help expel toxins. If you suffer from moderate to severe Candida, do a 3 day cleanse based mostly on cucumbers or green leafy vegetables and no fruit.**
8. **Count on being home for two days while you do the flush (say Saturday-Sunday):**
   2pm Mix 4 Tbsp Epsom salt with 3 cups water, pour into a jar, leave in the refrigerator.
   6pm: drink 3/4 cup of the mixture, and 2 cups water afterwards
   8pm: drink another 3/4 cup of the mixture.
   9:45 pm: mix 1/2 cup of olive oil with the juice from 3 lemons and pour the mixture into a jar. Shake well, store in the fridge. Finish evening chores, visit bathroom, get ready for bed.
   10pm: Stand up next to your bed, drink the whole olive oil mixture sipping slowly for 5-15 minutes and lie down immediately flat on your back with your head up for 20 minutes. Try to sleep on your left side with your right hand pulled up to your chest.
   Note: you can drink lots of liver detox tea throughout the day (5-9 glasses)

   Next day:
   7am: wake up (not earlier than 6am), take a third dose of the Epsom salt mixture. You should expect diarrhea and will see greenish stones in the stool. Tan colored floating crystals that are not round are crystals from the bile ducts.

9am: take last dose of Epsom salt mixture, go back to bed.
11am. Eat your first fresh fruit and vegetables. Start with fresh juices and not solid fruits and veggies.
No less than 2 hours later you can go back to eating regular foods again but take it slowly.
After the cleanse you can do an enema to flush out any remaining debris.
It is also recommended to take 2 Tbsp extra virgin olive oil each morning to help the liver as a lifestyle routine.

SYNOPSIS OF THE PLAN (Checklist so you don't leave anything out)

- **Adhere to diet that does not encourage fungal growth**
- **Build up the immunity of the body with good foods and supplements**
- **Cleanse the liver, colon and also do a parasite cleanse**
- **Follow the various protocols to kill the Canada**
- **Recultivate the gut flora with acidolphilus (probiotics)**
- **Watch the stress in the body - learn to eliminate or deal with various stresses in your life**
- **Get regular exercise and fresh air**
- **Avoid sex during overgrowth if possible. If not possible, both partners should be treated as the organism can be passed back and forth.**
- **Follow Hygiene rules**
- **Get 7-8 hours sleep or more a night.**
- **Coconut oil: start with ¼ tsp a day of coconut oil (organic, keep in refrigerator). Each week increase by ¼ tsp until you are doing 2 tsp a day. So, week two is ½ tsp a day; week three is ¾ tsp a day and week four is 1 tsp a day.**
- **Diet: Avoid fruit, all forms of sugar and sweeteners with the exception of stevia and erythritol. No packaged foods, stick to the basics.**