

Candidiasis

What is Candida?

Candida albicans is a parasitic yeast ever present in the body that is normally kept under control by a healthy immune system. When the immune system is weakened, the natural balance between the human host and the candida parasite is lost. Unless the body's defenses are given some assistance, colonies of Candida will flourish throughout the body producing many adverse physical and mental symptoms collectively known as Candidiasis.

Causes of Candidiasis

There are three primary factors that weaken the immune system and promote the abnormal growth of Candida in the body: 1) poor dietary habits, especially excessive intakes of sugars, starches, yeast-containing products, and processed food; 2) repeated use of antibiotics; and 3) the use of hormonal medications such as corticosteroids and birth control pills.

Therapies For Candidiasis

Common drug therapies for Candidiasis are Nystatin, Ketoconazole and various other antifungal products to kill the yeast invader. Unfortunately, this method of treatment will only relieve the ill effects of the condition while the drug is being taken. These drugs do nothing to prevent its reoccurrence and some of them even produce unpleasant side effects. Current research indicates that it is not enough to simply destroy excess Candida. A truly effective program of Candidiasis will strengthen the body's own defense mechanisms so the body is able to not only reduce the number of Candida organisms present to a normal level but also keep Candida under control in the future.

Plant Enzymes Fight Candida

The body's immune system can be supported through appropriate dietary changes and nutritional supplementation. Unique combinations of enzymes, organic minerals and plant extracts have been found to be clinically effective in the treatment and prevention of Candidiasis. Although there are many types of enzymes available, only a specific type concentrated from specially cultivated plant sources exhibits the bioactivity required to produce beneficial results in the struggle with Candidiasis.

Enzymes Aid Immune System

Plant Protease enzymes will help strengthen the body's defense against Candida. When Candida overgrowth occurs, the intestinal wall is damaged allowing undigested

protein fragments to escape into the blood. The immune system must then divide its attention between breaking down this undigested protein in the blood and destroying excess Candida. Plant Protease supplements, taken between meals (at least two hours after or one hour before a meal), will digest the protein fragments in the blood so the immune system can concentrate its action on controlling Candida growth.

Enzymes Deliver Minerals

Magnesium and its natural partner, Calcium, must be taken between meals with Protease enzymes. Those suffering from Candidiasis have been found to be deficient in Magnesium which is imperative for normal nerve responses and for the absorption and metabolism of other food nutrients. In addition, a balance must be maintained between Calcium levels in the body and the amount of protein digested by Protease. Mineral supplements, in general, are difficult for the body to digest and use. By combining organic Magnesium and Calcium with Plant Enzymes in a supplement, the enzymes will digest the mineral sources and deliver the minerals in a form that can be better utilized by the body.

Enzymes With Plant Extracts Help the Body Regain Health

When the bad effects of Candidiasis on the body are severe, taking a combination of plant enzymes, Lactobacillus Acidophilus and Horsetail, between meals, will assist the body in regaining health. Lactobacillus Acidophilus is well known as the best way to restore friendly bacteria to the intestines which will discourage an excess of Candida. Horsetail provides nutrients to help repair damage to the gastro-intestinal tract and other organs of the body caused by Candida overgrowth and eliminate abnormal discharges. Combining plant enzymes with Lactobacillus Acidophilus and Horsetail will aid in their complete digestion making the nutrients found in these two plant extracts readily available for use by the body in correcting problems associated with Candidiasis.

Enzymes For Optimal Health

Candidiasis, like many other health disorders, is the result of a weakened immune system. In order to maintain a strong defense against disease, the body must receive adequate nutrition. Therefore, a multiple plant enzyme supplement should be taken with each meal to aid the body in the complete digestion, absorption and utilization of food nutrients.

Food To Avoid

- ⚡⚡ Sugar and Foods Containing Sugars or Starches: including maple syrup, molasses, honey, fructose, lactose
- ⚡⚡ Yeast and Foods Containing Yeasts: such as breads, rolls, cakes, crackers, snacks, yeast-based nutritional supplements, aged cheeses, peanuts
- ⚡⚡ Alcoholic Beverages: such as liquor, beer, wine and cider
- ⚡⚡ Products of Yeast Fermentation: such as vinegar, soy sauce, sour cream
- ⚡⚡ Processed Foods: including smoked meats and fish, and dried fruits and vegetables
- ⚡⚡ Fruits and Fruit Juices: especially canned and bottle fruits and juices
- ⚡⚡ Coffee and Tea

Plant Enzyme Supplements To Take

- ⚡⚡ High-Potency Plant Protease Enzymes
- ⚡⚡ Plant Enzymes with Magnesium and Calcium
- ⚡⚡ Plant Enzymes with Lactobacillus Acidophilus and Horsetail
- ⚡⚡ Multiple Plant Enzymes

Candida: Facts and Fallacies

Research has led to some surprising findings regarding the commonly diagnosed Candida Albicans Fungus. First, what is Candida Albicans Fungus? This has been referred to by the medical community in relation to the following problems: Candida, Monilla and yeast infection. Candida (as it is referred to by most) actually should be named Pathogenic Albicans (hereinafter referred to as P.A.), a form of fungus. P.A. is a single cell fungi which belongs to the vegetable kingdom.

P.A. seems to spread rapidly in the body when resistance has been lowered due to sickness, injury or surgery. This yeast normally lives on the mucous membranes of the intestines/digestive tract and the vagina, as do billions of friendly germs. Unfriendly bacteria, viruses, allergens, and other enemies also find their way into these and other membrane-lined passageways and cavities. But when the immune system is strong, they aren't able to break through into the blood stream or deeper tissues causing problems. The T-cells are weak, foreign cells, in this case P.A., enter the body and establish themselves. The stronger P.A. gets,

the weaker the T-cells become, allowing for more and stronger P.A. cells. Other things that help P.A. spread is the use of many of the prescription medications, in particular, antibiotics. Antibiotics have been proven to lower the body's natural defense system. The very things you think should help the situation actually make it worse. Cortisone and birth control pills may manifest the P.A.. Well established P.A. add to the pill's side effects of depression, suicidal urges, loss of sex drive, constipation, diarrhea, acne, and cystitis. So cortisone, cortisone-like drugs, steroids, immunosuppressant drugs (often used in cancer therapies and organ transplant cases), and antibiotics feed or add to the strength of P.A.. It should also come as no surprise that diets rich in sugar, yeast and high-fat contents with low fiber contribute to the manifestation of P.A..

Let's take a closer look at what's going on! Often the individual is treated with a broad spectrum antibiotic. It's like a double-edge sword because it kills off not only the unfriendly disease-producing bacteria but also the "friendly" intestinal and vaginal bacteria. This imbalance may lead to the growth of P.A.. Now, the fungus and its toxins can wage a war locally with irritation to the gastrointestinal tract and vagina and at distant locations by sending its toxic products to various tissues and organs via our transportation network – the circulatory system! So, locally a person may suffer from intestinal symptoms like diarrhea, constipation, heartburn, distention, pain, bloating, or vaginal pain, burning or discharge. Later, the individual may suffer a myriad of signs and symptoms based on the organ or tissues attacked.

Many stubborn conditions may be related to Candida. A primary medical treatment for Candida is the drug Nystatin, which is itself a fungus or bacteria derivative of the Streptomyces noursei. Hardly a natural method!

Practically everyone has Pathogenic Albicans to some degree. Tests conducted indicate the presence of the yeast/fungus "Candida" in a majority of the U.S. population. For some it exists in a dormant state until activated by antibiotics, etc.

Candida is probably one of the most undiagnosed health problems of today. Why is it? Normally Candida is manifest in many different ways. This is why it is missed so many times.

Recent private research shows P.A. may be passed by sexual contact through the birth canal. Therefore, if your spouse has Candida, chances are you do too. Or if a mother has it, it is quite possible that all her children will have it also. This is seen as Thrush or White Tongue in newborns. It is easy to understand why Candida is so widespread.

Normally more women than men have Candida. Usually there are allergies and fungus related conditions with it. The fungi most commonly found with Candida is Actinimycosis, Mold Fungus, Parasitic Fungus, Mold Spore, Hybrid Fungus, Rod Fungus, Microorganism Fungus, Spiral

Fungus, Yeast Chlamydia Fungus (can be found most anywhere in the body, actually a form of fungus).

Many of the world's major problems are related to fungus. There are many, many kinds of fungus; however, only about 19 kinds seem to be the most prominent. Other fungus are rapidly taking a high place among today's list of devastating diseases. Although there are several funguses, the symptoms are basically the same. Most allergies are really fungus; rashes are usually caused by fungus also.

Research shows that most people have at least two other funguses and sometimes more. Therefore; they may take a product to help correct a certain fungus only to find they do not notice much difference. This is because the symptoms of the other fungus that may be in their system are so similar to the first that little progress is noted.

Most people who have fungus problems notice a weakness or tiredness. This is because the fungus has destroyed the flora in the intestines allowing little nutrition for the body to utilize. The assimilation in the intestines is also affected leaving the body depleted of nutrients that it desperately needs.

If you suspect a possible yeast infection, consider these steps to eliminate candida.

- 1) If possible, avoid use of antibiotics, birth control pills, and cortisone medications.
- 2) Avoid sugars including breads, fruit, alcohol, candy, etc.
- 3) Fortify your diet with a quality acidophilus supplement and good multi-vitamin.

In addition, special dietary aids such as PAA may be helpful. PAA is a plant tincture and tumeric in a specially prepared lactose base in gelatin capsules and is all organic.

By following a careful and sensible diet, avoiding known Candida curing medicines and including supplements such as PAA, you have an excellent chance to beat yeast.

As a further guide in helping determine whether you may have a yeast problem take the following self test and determine your score. As with all conditions be sure to rule out dangerous conditions and consult a trusted health professional if you suspect anything serious.

How can you tell if you have Candida? Take the following test (designed for adults only, scoring system isn't appropriate for children) and decide for yourself. For each "Yes" answer on question 1-14 give yourself the number of points indicated.

1. Have you taken tetracyclines (Symycin, Panmycin, Vibramycin, Minocin, etc.) or other antibiotics for acne for one month or longer? (25 points)

2. Have you, at any time in your life, taken other "broad spectrum" antibiotics for respiratory, urinary or other infections for 2 months or longer or in shorter courses for more time in a 1-year period? (20 points)
3. Have you taken a broad spectrum antibiotic – even in a single course? (6 points)
4. Have you, at any time in your life, been bothered by persistent prostatitis, vaginitis or other problems affecting your reproductive organs? (25 points)
5. Have you been pregnant . . . 2 or more times? (5 points), . . . 1 time? (3 points)
6. Have you taken birth control pills . . . For more than 2 years? (15 points), . . . For 6 months to 2 years? (8 points)
7. Have you taken Prednisone, Decadron or other cortisone-type drugs . . . For more than 2 weeks? (15 points). . . For 2 weeks or less? (6 points)
8. Does exposure to perfumes, insecticides, fabric shop odors and other chemicals provoke . . . moderate to severe symptoms? (20 points) . . . mild symptoms? (5 points)
9. Are your symptoms worse on damp, muggy days or in moldy places? (20 points)
10. Have you had athlete's foot, ring worm, jock itch or other chronic fungus infections of the skin or nails? Have such infections been . . . severe or persistent? (20 points), . . . mild to moderate? (10 points)
11. Do you crave sugar? (10 points)
12. Do you crave breads? (10 points)
13. Do you crave alcoholic beverages? (10 points)
14. Does tobacco smoke really bother you? (10 points)

For each of the following symptoms rate yourself appropriately:

Occasional or mild . . . 3 points

Frequent and/or moderately severe . . . 6 points

Severe and/or disabling . . . 9 points

15. Fatigue
16. Feeling of being "drained"
17. Poor memory
18. Feeling "spacey" or "unreal"
19. Depression
20. Numbness, burning or tingling
21. Muscle aches
22. Muscle weakness or paralysis
23. Pain and/or swelling in joints
24. Abdominal pain
25. Constipation
26. Diarrhea
27. Bloating
28. Troublesome vaginal discharge
29. Persistent vaginal burning or itching
30. Prostatitis
31. Impotence
32. Loss of sexual desire
33. Endometriosis

34. Cramps and/or menstrual irregularities
35. Premenstrual tension
36. Spots in front of the eyes
37. Erratic vision

For each of the following symptoms rate yourself appropriately:

Occasional or mild . . . 1 point

Frequent and/or moderately severe . . . 2 points

Severe and/or disabling . . . 3 points

38. Drowsiness
39. Irritability or jitteriness
40. Uncoordination
41. Inability to concentrate
42. Frequent mood swings
43. Headache
44. Dizziness/loss of balance
45. Pressure above ears, feeling of head swelling and tingling
46. Itching
47. Other rashes
48. Heartburn
49. Indigestion
50. Belching and intestinal gas
51. Mucus in stools
52. Hemorrhoids
53. Dry mouth
54. Rash or blisters in mouth
55. Bad breathe
56. Joint swelling or arthritis
57. Nasal congestion or discharge
58. Postnasal drip
59. Nasal itching
60. Sore or dry throat
61. Cough
62. Pain or tightness in chest
63. Wheezing or shortness of breath
64. Urinary urgency or frequency
65. Burning on urination
66. Failing vision
67. Burning or tearing eyes
68. Recurrent infections or fluid in ears
69. Ear pain or deafness

Your total score can help you decide if your health problems are yeast connected. (scores for women will run higher as 7 items apply exclusively to women, while only 2 apply exclusively to men.)

If your score is:

180 (women) & 140 (men)

Symptoms are:

Almost certainly yeast connected

If your score is:

120 (women) & 90 (men)

Symptoms are:

Probably yeast connected

If your score is:

60 (women) & 40 (men)

Symptoms are:

Possibly yeast connected

If your score is:

Less than 60 (women) & 40 (men)

Symptoms are:

Probably not yeast connected

It is important to note that after completing the PAA, it is a good idea to start with a good acidophilus to restore the flora and then a product that will help assimilation. The body can now assimilate the necessary nutrients to help it work towards better health.

For further information concerning this and other subjects, we suggest the book USING ENERGY TO HEAL, HEALING THROUGH ENERGY, and THE GOLDEN AGE OF HEALING, all by Wendell H. Hoffman, Researcher and Radiesthesist. These books contain the results of experiments conducted and also answers to questions you might have regarding health and energy.

Specific Dietary Recommendations for People with Candida

Our gastrointestinal tract contains many helpful microorganisms which aid in digestion and produce some B vitamins. Our body also contains candida, which is a naturally occurring yeast that lives in the gastrointestinal and urinary tract and on the skin. In small amounts, this fungus is harmless. However, candida can produce the symptoms of over 140 different disorders.

Candida thrives on sugar (including natural forms from fruit), carbohydrates, yeast, preserved, processed and refined foods, molds, and fermented foods. These are the foods to avoid in the treatment of candida overgrowth.

The essential guidelines:

- ☞ avoid all sugar and refined grain products
- ☞ avoid all fermented foods and drinks
- ☞ eat three meals daily
- ☞ maintain a high fiber intake
- ☞ avoid fruits for the first three weeks of the diet

The main concept to follow is the whole foods philosophy. This involves choosing and eating foods in their natural, whole form, or eating foods as close to how they occur in nature as possible. This means not eating over-processed, boxed or canned foods. Also, try to cook the foods as little as possible.

The treatment of candida is a lengthy process and requires commitment. The entire healing/rebuilding process usually takes around 3 to 6 months. The change in diet and lifestyle habits can be radical for some individuals. However, these changes are extremely beneficial for your body and will be the best way to treat, prevent and control this destructive

fungus. The initial diet, which is only followed for 6 weeks, is the strictest and critically important in controlling candida growth.

Foods to avoid during the first 3 to 6 weeks:

- ☞☞ sugar or sweeteners of any kind
- ☞☞ gluten bread and yeasted baked goods
- ☞☞ glutinous grains (wheat, oats, rye, and barley)
- ☞☞ dairy products (except yogurt and yogurt cheese)
- ☞☞ smoked, dried, pickled, and cured foods
- ☞☞ mushrooms
- ☞☞ peanuts (high in molds)
- ☞☞ fruits and fruit juices
- ☞☞ coffee, black tea, or caffeine
- ☞☞ carbonated drinks
- ☞☞ alcohol or foods containing vinegar

Acceptable foods during the first 3 to 6 weeks:

- ☞☞ vegetables, fresh and lightly steamed (especially onion, garlic, ginger root, cabbage, and broccoli)
- ☞☞ poultry and seafood
- ☞☞ sea veggies
- ☞☞ olive oil (and other unrefined oils)
- ☞☞ eggs and mayonnaise (without vinegar)
- ☞☞ whole grains (brown rice, amaranth, buckwheat, quinoa, barley and millet)
- ☞☞ soy, rice or vegetable pasta
- ☞☞ tofu
- ☞☞ nuts and nut butters
- ☞☞ plain yogurt
- ☞☞ rice cakes/crackers
- ☞☞ some citrus fruit, especially lemon
- ☞☞ butter
- ☞☞ beans

Treatment times and the degree of dietary strictness are dependent on the individual and the severity of the problem. After the initial changes are made and maintained for the necessary time, more foods can be added and tested. Foods that can be tested initially are fruit, bread, and other grain products. Added foods should be tested one by one to observe any reactions that may occur with the particular food. If no reactions occur, these items can be added back into the diet on a rotation basis, or eaten every three to four days. After the initial candida diet is complete, a whole foods diet with little, if any, processed foods should be maintained.

Some meal ideas:

Breakfast:

- ☞☞ omelets with any combination of vegetables
- ☞☞ poached eggs on sugar free and yeast free bagel
- ☞☞ natural live yogurt
- ☞☞ cooked oatmeal with cinnamon and nuts

Lunch:

- ☞☞ salad with vinegar free and sugar free dressing (lemon, olive oil and herbs are good)
- ☞☞ tuna salad with rice crackers to dip
- ☞☞ soba (buckwheat) noodle with sauce
- ☞☞ homemade rice salad with veggies

Dinner:

- ☞☞ baked, broiled, or poached fish (salmon and tuna are great) with steamed vegetable
- ☞☞ oriental stir-fry with brown rice, sea veggies and soup
- ☞☞ vegetarian pizza with sea veggies on a chapatti or brown rice crust
- ☞☞ wheat-free pasta topped with veggies

Snacks:

- ☞☞ vegetable drink
- ☞☞ almond butter on rice crackers
- ☞☞ raw veggies with dressing dip (hummus)

A few extras:

- ☞☞ brewer's yeast does not cause or aggravate candida or yeast overgrowth.
- ☞☞ a nice substitution for soy sauce or tamari is *Bragg's liquid aminos*.
- ☞☞ pau d' arco tea is encouraged for its yeast growth management.
- ☞☞ purchase a good reference to learn how to make meals that are healthy and tasty.

References:

Hass, Elson, MD, 1992. *Staying Healthy with Nutrition*, Celestial Arts, Berkeley, CA.
Page, Linda Rector, Ph.D. *Healthy Healing*. 1996. Healthy Healing Publications.