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### *4 Steps to Stop*

# Candida

### *Infection Naturally*

**Candida: The Root To  
Many Health Problems**

**The Yeast of Your Problems**

**Top 7 Probiotics**

**Baking Soda,  
Cancer  
and Fungus**

**GRANDMA'S CURE CORNER**  
**ECZEMA AND CANDIDA CONNECTION**



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# 4 Steps to Stop Candida Infection Naturally

Yeast are a type of fungus that exist everywhere. Candida is one form of yeast that can infect humans. It is estimated that between 75% and 90% of people get a Candida infection at some time in their lives, such as thrush, toenail infections or vaginitis.

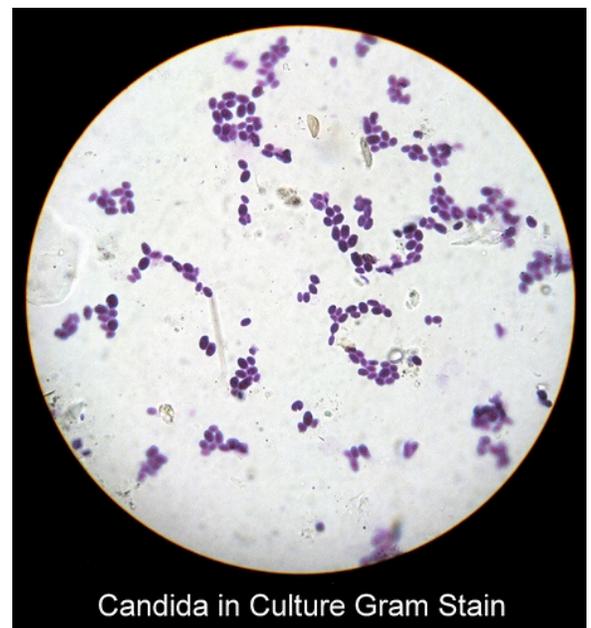
Some of these are easy to spot because they are on the outside and cause symptoms such as burning, itching or white plaques.

Many people, however, also get Candida in their blood called “systemic candidiasis.” This infection generally comes from the intestines, where most people have some yeast growing all the time. The systemic infection can cause a multitude of symptoms.

## How do I know if I have Candida?

Because Candida causes inflammation AND produces toxins, it can create a wide range of symptoms. One clinic that specializes in treating Candida lists the following symptoms:

- Digestive troubles
- Behavioral problems
- Skin and joint problems
- Hyperactivity
- Allergies
- Female problems
- Mental problems
- Emotional issues
- Immune problems
- Chronic fatigue



Candida in Culture Gram Stain

Essentially, every disturbance known to man has been attributed to Candidiasis, making it impossible to know if this is the real cause of the problem. Fortunately, there are tools available that can help you determine the likelihood of a Candida yeast overgrowth being the cause of your health issue.

## Spit test

Some advocate a test for Candida called the “spit test.” This consists of spitting saliva into a glass of water in the morning before eating or drinking. We are told that if you have yeast you will see strings or a cloud of spit in the water. The problem with this test is that it has never been clinically validated. It is likely that many people who have Candida will be negative on the spit test, or those who show positive results do not have an infection. Nobody knows if the test actually works.

## Stool test

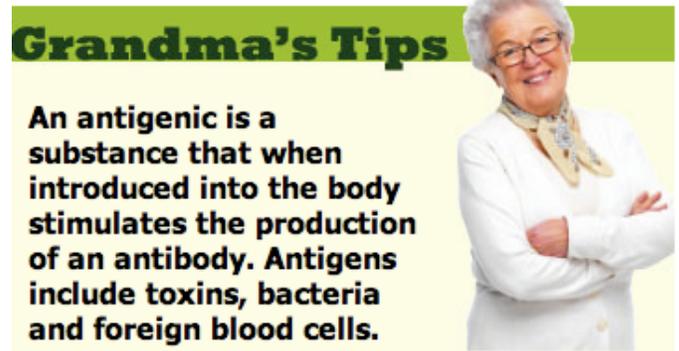
Because the presence of Candida in the gut is common, it is hard to determine if there is a true infection. Many will test positive when they only have colonization, which is not as evasive as a candida infection. Also, many who have infections will test negative because the Candida infection is in a different fungal form.

Candida albicans is an organism that has two forms: yeast and fungus. The yeast-like form is a non-invasive, sugar-fermenting organism. Actually, these little budding yeast are not the problematic issue.

It is the “hyphae” fungus form that creates the internal crisis. Hyphae is close to the same composition that causes vegetables to stand up and grow reaching for the sunlight. Or, consider them like very long root-like structures, which can penetrate the gastrointestinal mucosa, breaking down the boundary between the intestinal tract and the rest of the circulation. This allows substances to be introduced into the blood stream, many of which are antigenic. When the candida pathogen has broken through the mucosal barrier and has entered the blood, you now have the most serious form of candida infection.

So, if I can't go by symptoms, I can't rely on the “spit test” and can't even use a stool test, how can I know if I have systemic Candida?

Great question!



## Symptom Test

Besides doing blood tests for immune reactions, the best way to know if you suffer from Candida is by checking for symptoms such as those listed above, and other clues:

1. People who get yeast infections on the outside such as skin, toenails, tongue, or vaginal infections are probably colonized with Candida.
2. People with immune problems such as cancer, chemotherapy, AIDS, excessive or prolonged stress, taking long-term steroids, and so forth, also have an increased risk.
3. Diabetes allows yeast to grow because of the high blood sugar.
4. Eating simple sugars and starches every day promotes yeast in the intestines.
5. Taking antibiotics, especially frequently or for long periods of time kills bacteria that keep the Candida in check.
6. Artificial sweeteners kill the normal bacteria, allowing Candida to grow.
7. Food allergies or “leaky gut” problems often mark a Candida problem.



## Natural Candida Infection Treatment

Another way to test for Candida is to use the treatment. If you suspect there is a yeast problem, then start the treatment to see if you notice a difference in your symptoms. This response to the treatment is as good a test as any other - and it works!

Most don't need prescription antibiotics to treat Candida because they only work in the short-run. The long-term treatment is a strict regimen of diet, supplements and herbal preparations. If done in stages, the combination program works very well.

There are four parts to this program.

1. First, we replace those things you eat that promote the growth of Candida with food that prevents it.
2. Second, we re-inoculate the intestines with good bacteria.
3. Third, we repair the damage.
4. Last, we use anti-microbial supplements to remove the harmful organisms.

The order is important because if you kill off all the bacteria at once in people with Candida, it can cause a serious die-off or “*Herxheimer*” reaction in those who are sensitive! You first need to slow down the growth of yeast with diet and probiotics in order to allow the intestines to heal.

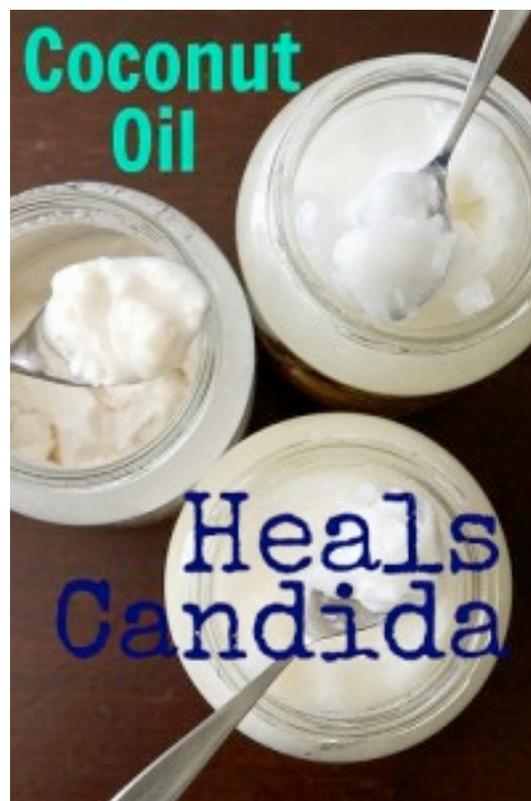
## Phase One: Replace - 1 week

The bottom-line of yeast infections is you cannot get away from them! Candida lives with us all the time. So, we need to keep Candida from becoming a problem with a mutli-faceted approach..

The most important part of how we do this is by what we eat. Whatever you eat, you feed the microbes in your intestines and determine which ones will grow. Microbiologists grow Candida on a medium called “sucrose agar” because Candida loves sugar – a lot! Thus, it makes sense avoid eating sugar to inhibit the growth of yeast. This phase replaces your usual diet with the following.

### What to eat:

1. Vegetables, about 6 cups per day in order to get the nutrients you need. Include all colors, such as yams, leafy greens and red peppers
2. Meat (preferably grass-fed) – including lamb, beef, poultry, pork and seafood
3. Dairy – including yogurt and cheese with active cultures
4. Nuts and seeds
5. Fermented foods – pickles, sauerkraut, miso and so forth
6. Berries are OK in small amounts
7. Switch to coconut oil in your cooking – it will inhibit yeast in your food.



### What to avoid – the less of these you eat, the better:

1. Sugars and sweeteners, of all types
2. Breads, cereals, pasta, grains and rice
3. Fruit, except for berries
4. Starchy vegetables such as potatoes or cooked carrots (raw carrots are OK)

## Phase Two: RE-INOCULATE – 1 week

After a week on *Phase One: Replace*, the next step is to get the good bacteria growing in your intestines. This is an essential step because it is these beneficial bacteria that normally keep the Candida infection in check.

Many people think they are being healthy when they drink diet sodas, but in actuality they are killing the good bacteria and allowing the yeast to grow. That is partly why the first step is so important. The diet above also provides plenty of “prebiotics,” or food for the good bacteria. So, while starving the yeast, you are feeding the beneficial organisms.

Take a probiotic with at least a billion Lactobacillus and Bifidus with every meal. These are the major players in suppressing yeast overgrowth.

## Phase Three: Repair – 1 week

After another week on the probiotics, continue the same diet with probiotics, but add bowel repair nutrients. These help to make the lining of the intestines intact so there is no “leaky gut” allowing yeast to get into the blood.

Take the following:

- [Glutamine](#): 2000 mg morning and night, on an empty stomach
- [Licorice root](#): one capsule with every meal

## Phase Four: Remove – 4 weeks

In order to get the Candida out of the body, there are several antimicrobials that are used. These actually kill bacteria or stop the growth of the yeast directly. Even after four weeks, some may get a “Herxheimer reaction” from the yeast dying off. Those who are very sensitive should start with half the dose. These are rotated on a weekly basis because the Candida organisms easily become resistant if they are taken too long.

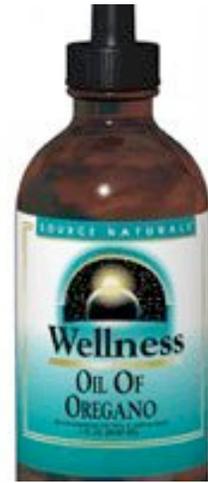
[Pau d’arco](#) – This is an herb from the Amazon Rainforest that inhibits the growth of Candida both in the intestines and in the body. Since it doesn’t kill the organisms, it won’t cause a reaction to “die-off.”

*Dose:* It should be used as a tea three times per day.

[Grapefruit seed extract \(GSE\)](#) – This will have more of an effect of killing the yeast, not just inhibiting its growth. It comes in a liquid concentrate and is quite bitter.

*Dose:* Ten drops in a cup of water three times per day is recommended.

**Oregano oil** – The advantage of oregano oil as an antifungal is that they don't develop resistance to it. After you have finished the entire program, you may continue to take oregano oil every day to prevent recurrence. It's also very strong and can cause a burning sensation. If this is a problem, diluted it with more water.



*Dose:* The dose is 6 drops in a cup of water twice per day.

**Black Walnut** – This comes in a tincture and will also remove intestinal parasites. Continue for four weeks.

*Dose:* The dose depends on the preparation, but most tinctures would be about 50 drops in a cup of water three times per day.

*Please visit our Home Cures That Work [Amazon store](#) for your vitamin and mineral supplement needs. Not all supplements are created equal, so we have researched those that safe for consumption, proven to properly digest and qualify according to label specifications. Don't leave your health to just any vitamin, supplement your health with the best in our [Amazon store](#).*

## **Yeast-free for life!**

Candida is difficult to eradicate because the organism is all around us. Although challenging for the patient, the anti-candida protocol requires patience and the strictest adherence to the treatment.

Thus, many need an ongoing program that includes a sugar-free diet, probiotics and antifungals. I know of some who have had to rotate the antifungals for years in order to keep Candida in check. Others use just Oregano oil 3 drops per day to prevent recurrence.

This is about your health, and only you know how you feel so it is most often up to you to keep yourself free from yeast. Now you have the tools at home that work!

The 4 steps program can be summarized below:

## **4 Part Program**

# **To Stop Candida Infection Naturally**

### **Replace - Week 1**

- Strict diet with very limited simple sugars or starches.

### **Re-inoculate - Week 2**

- Continue the diet
- Take probiotics with lactobacillus and Bifidus with every meal

### **Repair - Week 3**

- Continue the diet
- Continue the probiotics
- Take Glutamine 2000 mg twice per day on an empty stomach.
- Take Licorice root – one capsule with each meal.

### **Remove – Week 4**

- Continue the diet, probiotics, Glutamine, and Licorice root
- Take Pau d'Arco

### **Remove – Week 5**

- Continue the diet, Probiotics, and Glutamine
- Stop the Licorice root and Pau d'Arco
- Take GSE

### **Remove – Week 6**

- Continue the diet, probiotics and glutamine
- Stop the GSE
- Take Oregano oil

### **Remove – Weeks 7-10**

- Continue the diet, probiotics and glutamine
- Stop the Oregano oil
- Take Black Walnut

### **Repeat – Weeks 11 and on**

- Modified sugar-free diet
- Probiotics depend on the need
- Rotate antifungals (if needed), OR Low-dose oregano oil



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## Candida: The Root to Many Health Problems

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Candida is enemy #1 for me. It has been my personal health battle for years.

I was like so many of you, struggling with health issues that no doctor could figure out. I was constantly bloated, constipated, exhausted, my brain was foggy and all I wanted to eat was sugar and carbohydrates. It took me a few years to diagnose myself, even after entering the world of natural health. I was experiencing all the telltale signs of systemic Candida.



Once getting rid of the Candida, my symptoms disappeared and I felt like a new person. However, if I am not diligent and spend a weekend eating desserts, Candida tries very hard to sneak back up on me. But you, too, can find the root of your Candida problem and get rid of the plaguing symptoms so you can feel like a new person again.

### The Silent Epidemic

1 in 3 Americans have systemic Candida and have absolutely no idea what is causing their wearying symptoms. I have a file full of clients that struggle with Candida. Women are the majority of those

who deal with Candida, but many men do, as well. I have actually gotten to the point where I am surprised when a client doesn't have Candida. Truly, it has become nothing short of an epidemic and, unfortunately, a silent one.

Do you suffer from any of these symptoms?

- Sinus issues
- Urinary infections
- [Digestive problems](#)
- Joint pain
- Acne

### Grandma's Tips

**Candida could also be disguised as picky eating, rashes, warts, dry skin, constipation and even bed wetting.**

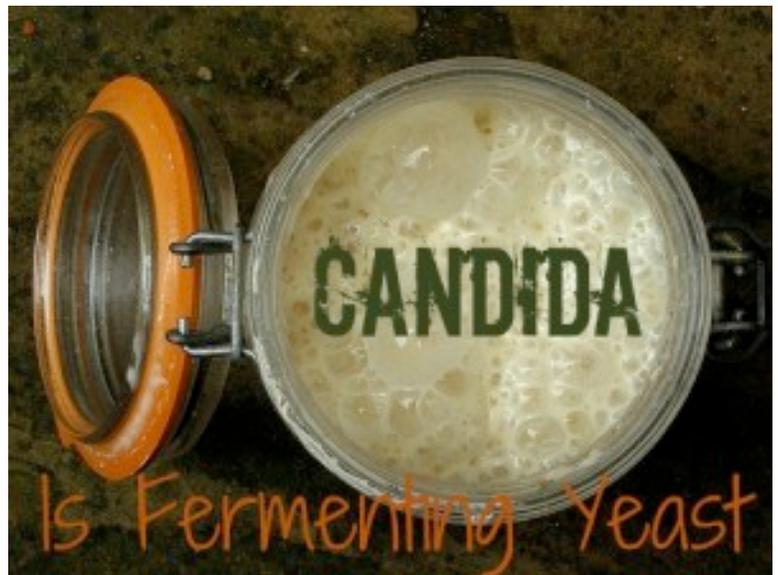


Chances are you may very well struggle with Candida, a chronic **yeast** infection. Candida is rarely talked about in mainstream medicine, unless it manifests as a vaginal yeast infection or thrush. But, it is so much more than that. Many times it is the source of other health issues, causing everything from weight gain to [migraines](#).

## What is Candida Exactly?

Candida starts out in the body as a simple sugar fermenting yeast. However, if given the right conditions, it can turn into a fungus that produces something called rhizoids.

Rhizoids are long, root like structures that can penetrate the intestinal walls, allowing particles, bacteria, and yeast (including Candida) to pass through from the gut into the bloodstream. This is also called Leaky Gut Syndrome.



Typically, our friendly bacteria keep Candida in check. However, antibiotics, birth control pills, sugar, and even stress can throw the whole intestinal flora system out of balance. Candida is most prevalent in the vaginal canal, gastrointestinal tract and your mouth.

Identifying whether or not you suffer from Candida is a great first step on the road to over coming your health issues.

# How to Know if YOU Have Candida

Candida can be found several ways. The first is via lab work on your saliva, feces and hair.

[In my practice](#), I offer both saliva and feces kits that test for an overgrowth of Candida. I also use hair mineral analysis, which tests the ratios of minerals present in the tissues. An imbalance of certain minerals can be a sign of Candida.

Honestly, I feel like these tests are rarely necessary. With the prevalence of Candida and it's easy to identify symptoms and causes, it's not hard to spot a Candida candidate.

There are two very simple and easy ways to check for Candida.

1. Candida questionnaires
2. The spit test

## Candida Questionnaire

There are many questionnaires you can take that will give you an idea whether or not you are a candidate for Candida. However, these questionnaires are not foolproof. You could fail the questionnaire and still have Candida. If you need further confirmation, then you'll want to use lab work.

Dr. William Crook, author of the famed book about Candida, [The Yeast Connection](#), created one of the shorter, but still very accurate questionnaire tests.

- Have you taken repeated or prolonged courses of antibiotics?
- Have you been bothered by recurrent vaginal, prostate or urinary infections?
- Do you feel "sick all over," yet the cause has not been found?
- Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar cravings, low body temperature or fatigue?
- Are you unusually sensitive to tobacco smoke, perfumes and colognes and chemical odors?
- Are you bothered by memory or concentration problems? Do you sometimes feel spaced out or in a brain fog?
- Have you taken prolonged courses of prednisone or other steroids, or have you taken birth control pills for more than three years?
- Do some foods disagree with you or trigger your symptoms?
- Do you suffer with constipation, diarrhea, bloating or abdominal pain?
- Does your skin itch, tingle, or burn; or is it unusually dry; or, do rashes bother you?

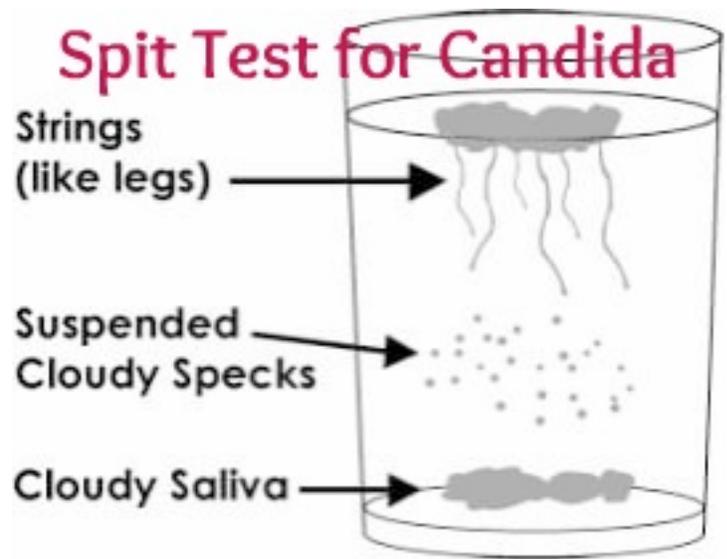
- Do you have regular headaches or migraines?

The more questions you answered *yes* to, the more likely you are to be struggling with Candida.

## The Spit Test

Many practitioners recommend the “spit test,” which requires only a glass of water and saliva, to get an idea of whether or not someone has Candida.

1. Fill a clear glass with clean water and place it beside your bed at night.
2. In the morning, immediately spit in the glass before brushing your teeth or drinking or eating anything.
3. Note how the saliva looks.
4. Check back in 2 minutes and 3 minutes.



Healthy saliva will float on the top and eventually dissolve into the water without any cloudiness or sinking. There may be some bubbles and foam.

Candida saliva may have strings that go down the glass, cloudy saliva that sinks or cloudy specks that float. See the image for a good visual.

## The Battle of Overcoming Candida

Although you can't totally eliminate Candida in your body, you can keep it under control.

I have concluded that once someone struggles with Candida, they must always be careful – and I have a file full of personal testimonies to prove it. Candida is not something that you get rid of and continue eating sweets and carbs. Candida will be fed by bad habits, eventually multiply and take over.

## 2 Steps: Starve it and Kill it

The best way to get rid of Candida is to both to starve it and kill it. Just starving Candida takes too long. Trying to kill Candida while still feeding it is pointless. You must do both.

[The Candida diet](#) is the best way to starve Candida. Essentially, it is a diet that cuts out the main foods that feed Candida: carbohydrates and fermented foods. The Candida diet consists of:

- No sugar of any sort
- Limited grains
- No fermented foods or drinks

My favorite website for the diet is [www.thecandidadiet.com](http://www.thecandidadiet.com). It also contains great recipes that won't leave you feeling so deprived.

The diet is the most difficult thing for people to follow in their journey of getting their health back after from Candida. The results are amazing and make it worth the challenge. The first 3-5 days are typically the most difficult. Candida is starving and tells your body it NEEDS to be fed. But, once those first few days are over, you will begin to feel a new sense of well-being. You have essentially begun to take your body back!

## Crucial Supplements in Killing Candida

Since an overgrowth of Candida is a fungus, natural antifungals work best at keeping Candida under control. Thankfully, there are many to choose from. Here's a list of my favorite Candida killing natural [antifungals](#).

- **[Caprylic acid](#)**

A medium chain fatty acid found in butterfat, coconut and palm oil and human breast milk. The time-release formula works best because it slowly releases throughout the entire intestinal tract.

- **[Oregano oil](#)**

One of the strongest natural antifungals. It works at killing the most stubborn cases.

- **[Grapefruit seed extract](#)**

This non toxic antifungal works well for many Candida sufferers

- **Garlic**

Garlic is great for combating Candida and very easy to come by!

- **[Pau d'arco](#)**

I suggest drinking this as a tea daily to keep Candida at bay.



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Many companies have taken the best herbs and supplements for fighting Candida, and put them into one product. In my opinion, this is the most convenient. My absolute favorite combo product is [CandiGONE by Renew Life](#). I believe this is one of the strongest natural anti-candida products on the market. I have used it successfully and recommend it often.

## Don't Forget the Probiotics!

Lastly, but definitely not least, don't forget to replenish your friendly flora. [Probiotics](#) are good bacteria that help keep Candida at a controllable level.

Unfortunately, eating a cup of yogurt does not give you enough good bacteria for Candida treatment or prevention.

I typically recommend a very strong probiotic like [Renew Life 50 Billion Vaginal Support](#) (designed for yeast/Candida sufferers). Men may be turned off by the name, but it will work for their Candida, as well.



Once your Candida is under control, you can take less intense probiotics for maintenance. For this step, I recommend one with around 15 billion live organisms and several different bacteria strains. Be sure to read the label as many are quite weak and won't do much good.

## First Steps to a New Life

It took a lot of diligence on my part to get rid of threat of Candida, but it worked. I followed the natural Candida diet while taking a strong probiotic, as well as completing two rounds of Candigone. This worked miracles! My digestive issues disappeared and my focus and concentration improved. I also lost my craving for sweets. Now, I would rather have a nice savory snack over dessert any day. Before when I had Candida, I could hardly go two hours without sugary sweets! The recommendations I listed worked for me and I've heard the same from testimonies of hundreds of others. With hard work and determination, you too can be a testimony of health!

It may seem daunting, but finding out that Candida is what is causing your health problems can be a relief! Now you know what to do - freedom from your symptoms is around the bend! I am a totally different person than I was 12 years ago because I found the root to my health problems: Candida.

*Do you now think you suffer from candida overgrowth? I would love to know your results from the Candida Questionnaire and Spit Test. Who else took the spit test? Maybe it paid off and maybe it didn't. I'd like to hear about it either way. Let me know in the comments [HERE](#).*



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person - mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.

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## Candida on a Diet

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**Now Playing: Candida! Starring...You**  
**It may sound like a Broadway Musical...**  
**But too much of it is far from *All That Jazz***

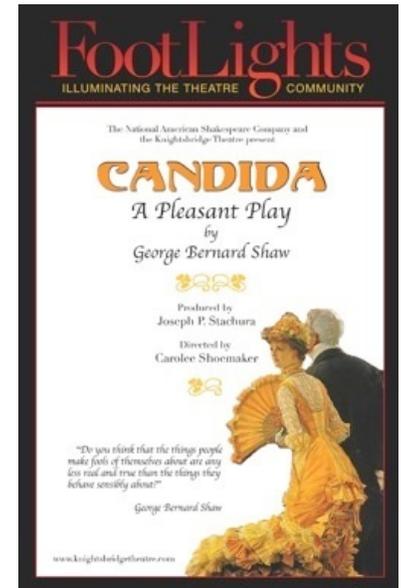
The stage is set... you worked hard at getting the part for years.

Your audition included:

- Taking antibiotics when you were sick
- Antacids when you had heartburn
- Having a little too much sugar in your diet
- Frequent use of contraceptives
- Diabetes
- Smoking

The stage is now set and you are cast as a starring role in the show.

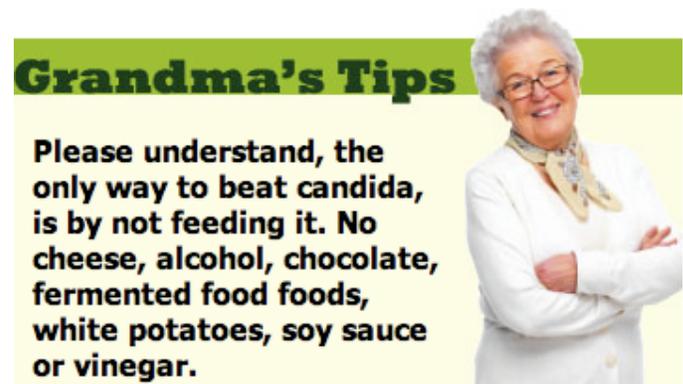
But the show *Candida* isn't inherently bad. As we know, it only develops into a serious medical condition if it grows uncontrollably in the right environment.



## Act 1 – Candida's Cravings

Candida makes you crave what *it* craves...

- Cafe con leche
- Pies and strudel
- Beer, wine
- Pot roast, pork loin, bacon...cheeseburgers
- Milk chocolate
- Ice cream
- And fried rice!



Any of those sound good? Ever have those cravings?

Well, it could be the little voices behind the curtain from yeast living in your body. And Candida yeast cells love sugar so much they excrete a chemical that makes you crave sugars in all forms, especially carbohydrates. They will beat you to the trough and digest them before you do. Chronically low blood sugar will bring on more cravings and on it goes.

Their overindulgence can lead to:

- A weakened immune system
- Lethargy

- A mental fog no coffee can lift

Prolonged candida cell growth and development leads to:

- Food allergies
- Decreased hormones
- Decreased sex drive
- Recurring sinus infections
- Appearance of bad skin
- Chronic digestive problems
- And acid reflux

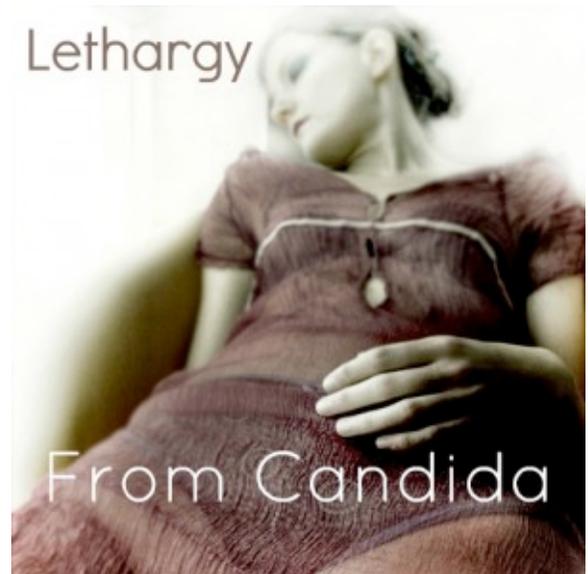
And the burn...while nursing, each feeding can feel like you and your baby are being scalded by liquid magma.

With this condition, you cannot afford to ignore the universal paradigm: EVERYTHING in moderation.

Why? Because your own overindulgence is a sure fire way to weaken your immune system and with it – your most powerful line of defense against the wrath of multiplying Candida cells.

Want to discourage Candida yeasts from growing? Starve them! Stay away from food that has refined sugars – white OR brown:

- Honey
- Maple syrup
- Corn syrup
- Molasses
- Date sugar
- Turbinado (even raw)
- Demerra
- Amaske
- Rice syrup
- Sorghum



Make no mistake – Candida *will* hunt any form of sugar down, consume it and make you go back for

more. And if you think you can out-smart these unassuming fungi with artificial sweeteners, think again!

Candida albicans are mutant ninjas that will disrupt your body's homeostasis FOREVER! Candida will colonize you like the pilgrims at Plymouth Rock. Because they aren't native and like all invasive species, they are opportunists; they will trick you into eating foods *they* can use to expand their colonies.

But, not if you put them on a strict diet with the following Candida-thinning recipes.

## Act 2 – Candida on a Diet

Cutting down on Candida by putting it on a diet is identical to cutting fat by putting yourself on a diet. Eat stuff like coconut, gluten free flour, oats, quinoa pasta, avocados, eggs, spinach, *unsweetened* almond, rice, soy, coconut or flax milk, cinnamon, berries, Kefir, cocoa powder, apples, grape seed or olive oil.

Preferring poultry, salmon, chickpeas, black beans, and brown rice is a good start because these foods nourish your body and keep you from becoming a giant breeding ground for colonies of Candida albicans. And you don't have to worry about losing out on flavor...plenty of delicious foods are included in the Candida diet.

Here's a great healthy way to start each day – and super-charge your immune system!

## Paige's Breakfast Protein Smoothie[\[i\]](#)

### What you'll need:

- Crushed ice
- 1 cup unsweetened almond milk
- 1 scoop of egg or whey protein powder
- A handful of fresh organic spinach  
(According to Paige, once it's in the mix you can't even taste it)
- 2 tsp of coconut oil
- 2 tbsp hemp seeds (33% protein, 9% omega-3)
- Chia seeds (great source of omega -3 and



omega-6 essential fatty acids, vitamins, minerals, antioxidants, protein and dietary fiber)

- Avocado
- Ground flax seeds
- Raw cocoa powder
- Cinnamon
- Alcohol free vanilla flavor
- You may also use other herbs such as slippery elm or ultimate greenzone

### **What to do:**

Blend in bullet or blender. Enjoy!

## **Breakfast: Anti-Candida zucchini omelet[\[ii\]](#)**

### **What you'll need:**

- 1 small zucchini, sliced
- Two cloves garlic, crushed
- 1 tbsp olive oil
- 3 eggs
- ¼ tsp turmeric
- 1 tbsp fresh chives, snipped
- ½ tbsp soy sauce (the wheat free, gluten free variety - and only if you tolerate soy)
- Sea salt (with minerals) and freshly ground black pepper



### **What to do:**

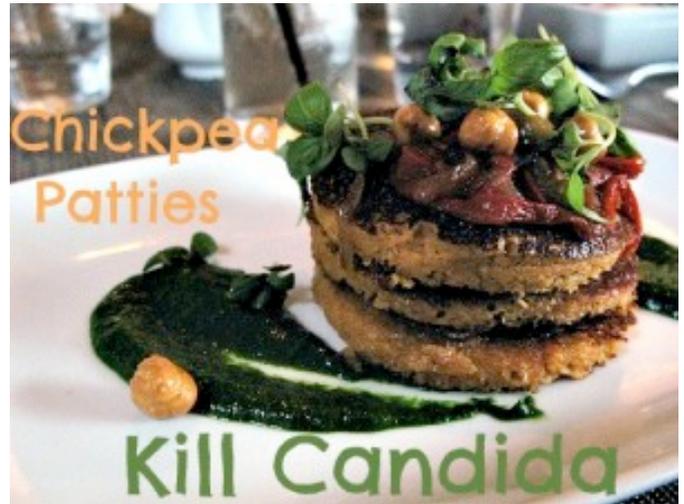
Heat the oil in a stainless steel or cast iron pan. Add the sliced zucchini and crushed garlic and cook on medium to low heat until zucchini is tender, but not sloppy. Break the eggs into a dish, add the turmeric, snipped chives and soy sauce and whisk until blended. Pour over the zucchini. Flip using a spatula once the base is set, cook for another couple of minutes, season with salt and pepper.

Here's a funky little caveat to this recipe: turmeric is an antifungal, Candida cutting herb, and the black pepper helps activate its super-powers!

## Lunch: Mediterranean Chickpea Patties [iii]

### What you'll need:

- 1 (15- $\frac{1}{2}$  oz.) can chickpeas, rinsed & drained
- $\frac{1}{2}$  cup fresh flat-leaf parsley
- 1 garlic clove, chopped
- $\frac{1}{4}$  tsp ground cumin
- $\frac{1}{2}$  tsp sea salt, divided
- $\frac{1}{2}$  tsp black pepper, divided
- 1 egg, whisked
- 4 tbsp gluten-free buckwheat flour (which is gluten-free)
- 2 tbsp olive oil or coconut oil



### What to do:

1. Pulse first 4 ingredients (through Cumin) add  $\frac{1}{4}$  tsp each of salt and pepper in food processor until coarsely chopped and mixture comes together.
2. Transfer to a bowl, add egg and 2 tbsp flour – form into 8 patties. Place remaining flour in a small dish and roll patties in it with floured hands. Tap off excess flour (the mixture will be very sticky but it works).
3. Heat oil in a nonstick skillet over medium-high heat. Cook patties for 2-3 minutes per side or until golden brown.

Makes: 4 servings

Works as a side dish or as a vegetarian meal served with a side salad and hummus. Delicious!

## Spicy Garlic Lime Chicken Dinner [iv]

### What you'll need:

- $\frac{1}{2}$  tsp sea salt
- $\frac{1}{4}$  tsp black pepper
- $\frac{1}{4}$  tsp cayenne pepper

- 1/8 tsp paprika
- 1/4 tsp garlic powder
- 1/4 tsp dried thyme
- 1/4 tsp dried parsley
- 2 tbsp butter
- 1 tbsp olive oil
- 2 tsp garlic powder (in addition to the above amount)
- 3 tbsp lime juice
- 4 boneless, skinless chicken breasts



### What to do:

In a small bowl, mix the salt, cayenne, paprika, 1/4 tsp garlic powder, onion powder, thyme & parsley. Sprinkle generously on both sides of chicken. Heat butter & oil in large heavy skillet over medium heat. Sauté chicken until golden brown, about 6 minutes per side. Sprinkle with 2 tsp garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat. Serve over brown rice with mixed, steamed veggies like broccoli, squash, carrots and Brussels sprouts.

## Act 3 - Epilogue

You can control your risk of developing (or feeding) a dangerously large colony of *Candida albicans*, but only if you're mindful and take the proper steps toward eating a healthy, balanced diet that starves the *Candida* – preventing it from multiplying and growing.

And how do you know if you're at risk of developing (or have) such an infectious, fungal, froth?

Here are some simple steps to take that can answer that question for you:

### Test your hormonal levels:

1. Guys: Higher testosterone keeps progesterone levels low, but when testosterone levels drop, that's the high sign that *Candida* production may be reaching levels leading to infection.
2. Gals: *Candida* can block the receptors of *alpha* estrogen in female reproductive organs. This tricks the body into making more progesterone, which *Candida* loves to eat.
3. Ladies AND gentlemen – have your estrogen levels tested: If estrogen is low but progesterone is high, *Candida* might have high-jacked your hormones and blocked the receptors. Why? Because they know that causes your body to make more progesterone, which is exactly what

they need to feed on for more energy. *The adrenal glands produce estrogen in both men and women.*

These are only warning signs that your body is trying to tell you something. Don't panic if you've unknowingly been rehearsing for this show...you're not alone and it's certainly not your fault.

So many infections, illnesses and diseases can be easily prevented or cured simply by eating right and taking good care of yourself. In the case of Candida, you just need to be aware of what you're doing with your diet. Candida is good to have because it aids in digestion. But when you play your part in your own Broadway musical, remember you have the power to not only act – but to oversee Candida's production...and make sure – for your good health – that this show is never overproduced.

***Now you get to play critic...give us your best impression of Candida! Do you think you're rehearsing for a starring role? Are you showing any signs? Feel free to drop your answers along with any comments you might have right here in our special no-holds-barred forum – it's your turn to bask in the warm glow of the spotlight...annnnnd ACTION!***

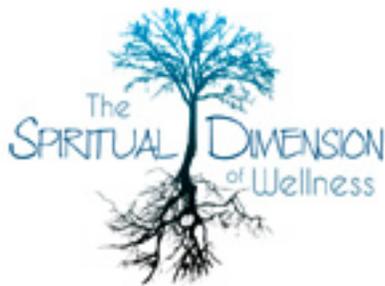
[i] [http://www.naturalhealthanswers.com/candida\\_recipes.html](http://www.naturalhealthanswers.com/candida_recipes.html)

[ii] <http://theearthgoat.hubpages.com>

[iii] Adapted from Health Magazine

[iv] <http://www.naturalhealthanswers.com>

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## The Yeast Of Your Problems

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***Candida is a devastating illness. It can consume your life, causing other health problems such as brain fog, joint pain, digestive issues and cravings. But, I hope to bring you a glimpse of hope and new found peace to effectively heal this overwhelming yeast fungus condition.***

Have you ever walked into a kitchen right about the time a fresh baked loaf of bread comes out of the oven? The aroma of fresh baked bread is intoxicating and it fills the entire house with....temptation! Then there is the aesthetic value of the golden brown crust virtually spilling over the pan, crunchy on the outside yet hot and moist on the inside.



Ok, I confess I just toasted two slices of bread and covered them with real butter. Yum! It is amazing to me that a tiny little organism called yeast makes the bread dough raise and expand. It doesn't take much because a little goes a long way!

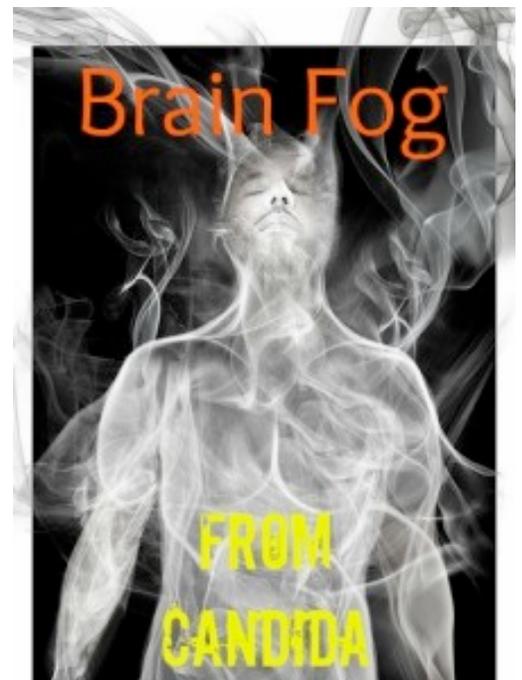
This month's topic is *Candida albicans*, fungal yeast that can cause numerous health problems, if allowed to proliferate in the human body. If you have read any of my previous articles, then you are well aware of my angle. I find a spiritual application for each month's health topic and leave the clinical healing to the guys (or girls!) in the lab coats! With all of that said, *Candida albicans* can make your life miserable! I know. I suffered with *Candida* for years.

## The Candida Curse

As a teenager, I was blessed with great skin. In high school, I would see kids walking the halls with acne covered faces and thank God for my clear skin.

When I entered my mid twenties, however, things began to change! I developed a form of cystic acne that, left untreated, usually resulted in permanent scarring. I made an appointment with a dermatologist and he gave me a prescription for tetracycline saying I would need to stay on it indefinitely. Before long, the acne disappeared.

Yet, a few months later other symptoms started to surface: a toenail fungus, bloated abdomen and brain fog (spacey feeling). I went to the doctor, but he couldn't find anything wrong. My health continued to decline. I became weak, tired and started to develop pain in my joints and trigger points, for which the doctor prescribed prednisone.



Remember, at this point, I am now a twenty five year old musician with a poor diet and absolutely no idea what I was doing to myself! After taking prednisone, the joint pain subsided. However, the bloating got worse and I started bleeding when I used the bathroom. I didn't notice it for some time, but I even started withdrawing socially. My bubbly outgoing personality was morphing into a depressed, isolated survivor.

After a year of antibiotics and months of prednisone, my immune system started shutting down. I had to avoid sick people like the plague since I had no defenses left.

## **Right Place. Right Time.**

One day, I was walking in downtown Atlanta and came across a health food store. I had no way of knowing going in that I was about to meet a man that would change my life forever. I looked past the counter at a man with a kind face and a name tag that said "Bill."

He looked over his glasses at me with a face that said, "You have never been in a health food store in your life." He then asked, "Can I help you, son?"

Maybe it was his kind face... maybe it was my desperation... but I broke down and told him everything. Without emotion he replied, "It won't be easy, but we will beat this thing."

"What *thing*?" I asked.

The next sixty minutes was like Neo meeting Morpheus (from the *Matrix* film)! Bill took saliva samples, checked my pulse, looked at my eyes and had me fill out an exhaustive questionnaire. Finally, the verdict... You guessed it: *Candida albicans*!

Little did I know this "chance" meeting with Bill would catapult me into a lifelong study of health and wellness, which would eventually bring me to you today, dear reader! Like I previously mentioned, I will leave the research data and clinical research to the professionals. My job this month is to bring hope and peace and a little spiritual correction to those who suffer or have loved ones who are suffering with this potentially devastating condition.

## **Candida Complications**

I know what you are thinking, "Did you recover?" And if so, "How did you do it?" Yes, I recovered. How I did it is another matter all together.

You see, there is no "one way" of attacking *Candida albicans*. It is a living organism that plays a vital role in the body, provided that there is symbiosis in your body. God created your body to operate

flawlessly, as long as there is balance (homeostasis). But when we abuse antibiotics, take (steroidal) prednisone, and live on a high carbohydrate low protein diet, we create an imbalance in our body, which in turn creates the ultimate environment for *Candida albicans* to proliferate.

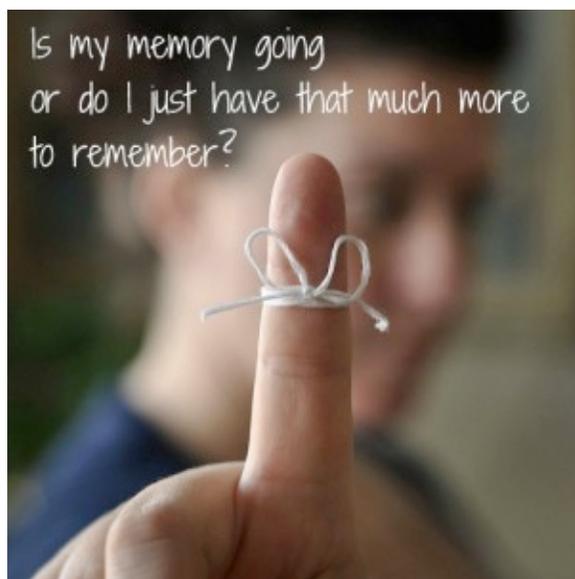
*Candida albicans* favorite food is sugar; the more you feed it, the more it grows. So even though *Candida albicans* is more prevalent in females, it is extremely opportunistic. You – male or female - are a prime target if:

- You have a diet of predominantly carbohydrates (sugars and starches)
- You use antibiotics
- You suffer from a deficient immune system

Another problem with *Candida* is that it doesn't want to leave when you have created an environment for it to thrive in. It will morph into resistant strains that will require you to occasionally change your protocol to successfully beat this stubborn foe. In advanced cases, *Candida albicans* can permeate the blood/brain barrier, which causes a myriad of problems including psychological issues like:

- Forgetfulness
- Depression
- Confusion
- Brain fog
- Mood swings
- Even mania

Likewise *Candida* often permeates the intestines causing digestion problems known as leaky gut syndrome. I suffered from *all* of the above and I recovered. So can you, IF YOU DON'T GIVE UP!



I would love to go into more detail on my personal protocol, but for to have a comprehensive attack plan I highly recommend reading every article in this month's *Home Cures That Work*.

## **Effective Natural Remedies for Candida**

The first thing you will need to do is radically change your diet!

For some of you, removing sugars, starches and most dairy products (especially cheese) from your diet will be a titanic challenge. However, it is nigh unto impossible to succeed against Candida if you don't. Believe it or not, the Candida in your body is causing you to crave the foods it needs to survive! When I learned this, it made me mad enough to do something about it. There was no way I was going to let an opportunistic fungus tell me what I was going to have for dinner!

The next step might be realizing your doctor is denial of the condition all together. Instead, try one of the many wonderful and extremely effective natural alternatives. Outside of the multitude of Candida cleanses available online or at your local health food store, here are four things that you can try that initially helped me.

- [Pau d'Arco tea](#) is a wonderful and unique tea made from the inner bark of a tall tree that grows throughout South America. It should be your new best friend. Drink it as often as you like.
- A quality probiotic. I used [BioK](#) but any good "multispecies" probiotic will help. Your priority is to get as much "friendly" bacteria in your system as possible to offset the Candida overgrowth.
- Take [deodorized \(social\) garlic capsules](#) at least three times a day.
- [Caprylic acid](#) is a little dynamo derived from coconuts and will create a pH environment that creates havoc for Candida!



(Important side note) Remember, Candida albicans is a living organism. If your case is advanced, then any remedy that is effective is actually "killing off" the Candida. During this die-off stage, you might experience a Herxheimer reaction....or healing crisis. This healing crisis is completely normal, yet can be uncomfortable. Symptoms may include:

- Headaches
- Body odor
- Dizziness
- Flu like aches and pains

This is nothing to be alarmed about and the quickest way to get instant relief is an old school coffee enema (find general instructions through an internet search).

Everyone responds differently to Candida protocols, so if you are uncomfortable going at it alone, then you may want to seek a naturopathic doctor or contact one of our qualified contributors.

## The Secret to Overcoming Candida

“Be careful,” Jesus warned them. “Watch out for the yeast of the Pharisees and that of Herod.”~  
Mark 8:15

Here is a secret to overcoming your condition. The medical community has an overarching description of Candida they interestingly call, “a yeast infection.”

When baking bread, the yeast or *leaven* is added to the dough to make it rise. In the Old Testament, especially the book of Exodus, we see the Israelites are instructed to rid their homes of yeast for seven days and to,

“Eat NOTHING made with yeast. Wherever you live, you must eat unleavened bread.” ~  
Exodus 12:20

### Grandma's Tips

**Have you ever noticed the warning labels on certain products? They warn us about not drinking things that are bad for us, or not to use something the wrong way. Warnings are important because they help protect us from bad things.**



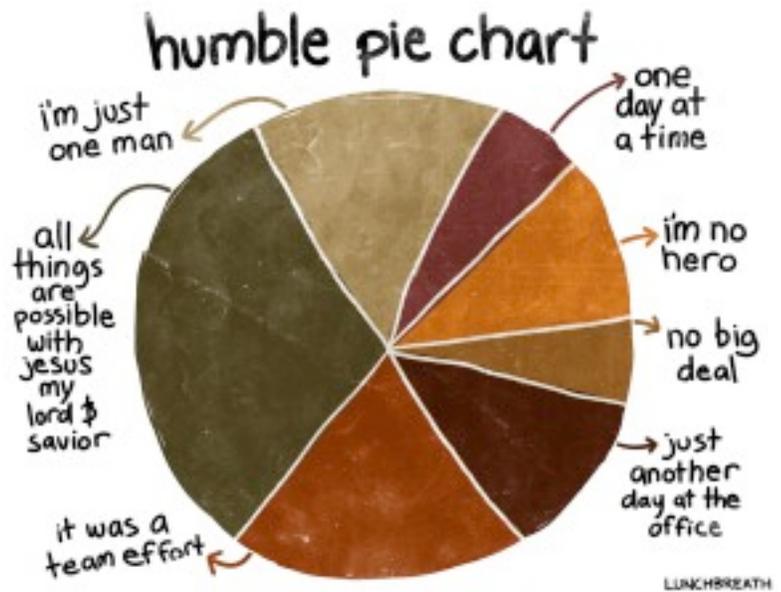
A closer examination of the text will help us unlock the mystery. The *yeast* of the Pharisee and of Herod had a root... PRIDE, which fueled their hypocrisy. You see, leaven or yeast causes the host (like bread) to rise, become puffed up, self-absorbed and self-centered.

When we become prideful or self-centered, then we begin to believe the whole world revolves around us! God was not concerned with the *yeast* from a nutritional standpoint, but as a symbolic decree, which rightly interpreted said, “I want a humble people, not a prideful posse of self-absorbed worshippers.”

You see, he asked them to eat unleavened bread...or as it is commonly referred to, humble bread. Friends, when I was suffering with Candida, I completely adhered to the proper diet, took all of the right supplements, read every book on the subject, consulted with experts and ultimately only found an element of success.

One day (with help from my wife, Lillian), I realized the truth. I had become so obsessed with my “cure” for well-being that everything became about me! As a minister, counselor, friend and husband, I had abandoned my call to give and was only concerned with receiving!

- When I began to help others with their burdens, mine became lighter.
- When I began to push past my discomfort to comfort others, I was comforted.
- When I resumed my place as a healer, I was healed!



Was the therapy helpful? Yes! Was the diet important? Yes! But the healing came quickly once I determined not to make *Candida albicans* the motivating factor of my life.

Pride is subtle. It stealthily cloaks itself beneath suffering so that you may believe that nobody cares how much you are hurting so that you can actually believe your condition is more important than anything else in the world. I read this once and it cut me to the heart:

“I once complained that I had no shoes till I met a happier man with no feet.”

Friend, if you have *Candida*, then you WILL recover. But, if you live a self-absorbed life of pride, then *Candida* will be the yeast of your health problems. When you help another hurting soul, you will soon discover the healing power of these words: “It is more blessed to give, than it is to receive.”

Be Well!

Michael

***How has *Candida* consumed your life? Did *Candida* become all you could think or talk about? What are some ways you can defer your suffering by helping someone else overcome theirs? If there was a time and place to share, it would be now and it would be HERE.***



Michael Tyrrell, [www.michaelyrrell.com](http://www.michaelyrrell.com) is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician. <http://michaelyrrell.wordpress.com>

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**Big  
Pharma  
Corporate  
Arm**

## **Baking Soda, Cancer and Fungus**

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Let me give you a summary about cancer and fungal conditions:

The cancer industry is closing in on baking soda and how it is a primary tool in treating fungus. Cancer is a fungus, can be caused by a fungus, or is accompanied by late-stage fungal infections. *If one has cancer, chances are pretty good that one also has a fungal infection to one degree or another.*

They are not the first to say so though. Many, even from the official world of orthodox oncology, recognize the similarities of cancer and fungal infections, the decay that ties these two together in a dance that all too often ends in miserable death.

Specialists in throat and mouth cancer say that cancers can be red or white patches: any patch that appears randomly and is red or white in color could be a mouth cancer symptom. The white patches in the mouth are called leukoplakia and the red patches are called erythroplakia, which are



pre-cancerous conditions. Though these red or white patches are not always cancerous, it could be the result of a fungal infection caused by Candida called thrush.

Thrush will lead to a red patch that often bleeds after the white patch disappears. A small amount of this fungus lives in your mouth most of the time. It is usually kept in check by your immune system and other types of germs that also normally live in your mouth. However, when your immune system is weak, the fungus can grow.

Bacteria, yeast/fungi, and mold are not the cause of a cancerous condition but are the result and the evidence of cells and tissues biologically transforming from a healthy state and to an unhealthy state. Over-acidification of the body leads to the development of chronic yeast and fungal infections and ultimately a cancerous condition of the cells and tissues.

According to The Home Medical Encyclopedia, in 1963 about one-half of all Americans suffered from an "unrecognized" systemic fungal condition. Far more Americans suffer from fungal infections today as antibiotics, hormone replacement therapies, and birth control pills continue to be consumed like candy. Thus more and more children are becoming infected with candidal meningitis or viral meningitis, which means their systems are suffering under the weight of fungi who put out an assortment of poisons - or mycotoxins.

Fungi produce toxic metabolites called mycotoxins that can cause cancer. Researchers in 1993 examined human breast cancer tissue and found significant carcinogenic aflatoxin within the cancer tissue implicating aflatoxin and thus fungus as a cause of breast cancer.

*The pH level of our internal fluids affects every cell in our body. Chronic over-acidity corrodes body tissue, and if left unchecked will interrupt all cellular activities and functions. In other words, over-acidity interferes with life itself. It is at the root of cancer.*

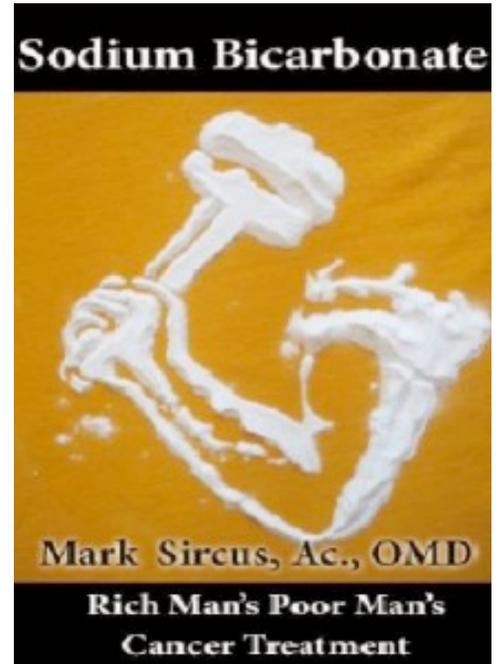
Sodium bicarbonate medical treatments are the time honored method to “speed up” the return of the body’s bicarbonate levels to normal. Sodium bicarbonate happens to be one of our most useful medicines as it treats the basic acid-alkaline axis of human physiology.

Sodium bicarbonate is available and sold in every supermarket and pharmacy in the world and is widely used in emergency rooms and intensive care wards in injectable forms but is sold as a common household substance that is used for hundreds of different things.

Read Dr. Sircus' book, [\*Sodium Bicarbonate, Rich Man's, Poor Man's Cancer Treatment\*](#). and see that something as inexpensive as baking soda will outperform the most expensive pharmaceuticals. Across a wide range of disorders, including cancer and diabetes, we find conclusive evidence and plenty of theoretical backing to suggest that sodium bicarbonate is a frontline universal medicine that should be employed by all practitioners of the healing and medical arts for a broad range of disorders that are afflicting contemporary man.

For all the references, sources and more articles, please visit [Dr. Mark Sircus blog](#).

*Do you think that one of the first steps in a cancer prevention program might be to cut out excess yeasts or candida infections? Take action [HERE](#).*



## Special Feature: Discover the Eczema and Candida Connection

"There have a couple of recent studies showing the link of candida overgrowth with eczema." Candida overgrowth can be a result of a diet high in processed and refined foods, especially consuming products in the 3 "white" groups - sugar, flour and rice. In addition, if you are frequently on antibiotics for any reason, then you are susceptible to candida overgrowth.



Natural remedies for healing candida overgrowth:

- [Oil of oregano](#)
- Garlic
- Andrographis
- [Grapefruit seed extract](#)
- [Yeast control diet](#)

Unfortunately, when healing from candida, sometimes the symptoms can worsen before they get better. To speed the healing process, try supplementing with Spanish Black Radish.

Suffering with annoying eczema is frustrating and discomforting, when your skin is completely irritated. The range of irritation varies in frequency and intensity, from a mild itch for a few hours to relapses for months. Others face severe itching without weeks of relief and literally end up scratching their skin off. Oozing and blistering lesions then crust over and create scarring. Most suffering from this relentless form of eczema develop the condition before they are 5 years old. Thankfully, half of the children with eczema grow out of it by age three, while the other half scratch their skin for the rest of their lives.

## Triggers and traditional treatment pitfalls

Eczema triggers come in a variety of ways:

- Soaps
- Detergents
- Heavy sweating
- Stress
- Clothing
- Jewelry
- Asthma
- Allergies
- Hay fever



Traditionally, eczema has been treated with [topical steroids](#). However, this temporary approach only thins the skin and suppresses the immune system, which then requires additional antibiotics to calm the infection. Topical immunosuppressants for treating eczema are available, but the FDA -

surprisingly enough - has made a public health notice advising the dangers for the lymph nodes and skin cancer from using immunosuppressants.

## The candida connection

Rather than subject yourself to dangerous creams or lotions, why not treat the underlying problem? You can drastically improve and even resolve your eczema by addressing candida overgrowth in your digestive system. Without treating candida, you can develop dysbiosis and [leaky gut syndrome](#) which over stimulates the immune system to create skin inflammation, allergies and asthma.

## A safe, natural remedy

The first few steps in correcting this candida overgrowth include:

- Incorporate a [yeast control diet](#) avoiding the foods that candida thrives on
- Restoring a slightly acidic environment to the intestinal tract

You may also need to include natural remedies that have an antifungal effect including,

- Oregano oil
- Garlic
- Andrographis
- Grapefruit seed extract



Nausea or headaches may accompany your healing process since the [natural remedies](#) release the toxic chemicals from the dying candida cells. Hang in there, this usually resolves in less than a week. Many people afflicted with eczema find that sticking to this regimen greatly improves or resolves this annoying and itchy condition.

***[Does your skin look like a fungus is growing on it? If so, please don't waste your time and money on any of the 'quick cure' lotions and potions.](#)***

About the author: Kelly Pepper, D.C., is a mother of five with a home birth on the way. An avid reader, eclectic cook, home manager, and untiring sleuth to natural living, she gathers her experience to share with children of all ages. She is currently working on a wellness book series for children ages 4-7. She and her husband own Affinity Health Professionals [www.affinityhealthprofessionals.com](http://www.affinityhealthprofessionals.com). Sources for this article include: <http://www.ncbi.nlm.nih.gov/pubmed/18705661> <http://onlinelibrary.wiley.com> and <http://www.medicinenet.com/eczema/article.htm>



## Top 7 Probiotics

### The Gut is the Second Brain

Even the strongest and the best can experience “butterflies” in their stomach when nervous. Behind this sensation is an often-overlooked network of neurons lining our guts that is so extensive some scientists have nicknamed it our "second brain." This multitude of neurons in the enteric nervous system enables us to "feel" the inner world of our gut and its contents.

More than 70 percent of the body’s immune defenses are located in the intestines, where beneficial bacteria called probiotics work to crowd out harmful microbes that can contribute to poor health and disease.

Research suggests that some people with functional digestive disorders perceive pain more acutely than other people do because their brains do not properly regulate pain signals from the GI tract. Stress can make the existing pain seem even worse.

For this reason, maintaining a healthy balance of intestinal bacteria provides the foundation necessary for [optimal digestion and overall health](#).

### Importance of Bacteria

If your digestive tract is healthy, you have more than 500 different types of bacteria. Bifidobacteria and Lactobacilli are the most prevalent good bacteria, especially to help fight the growth of harmful bacteria and yeast.



## **Why We Need Probiotics**

Everyday factors such as diet, stress, travel, exposure to illness and even the use of certain medications can diminish the number of healthy bacteria in the digestive tract and upset an otherwise balanced intestinal environment.

This allows unhealthy microbes to flourish and may lead to intestinal issues such as diarrhea and constipation, as well as a decline in healthy immune function. Taking a daily probiotic supplement can help replenish good bacteria and restore a healthy bacterial balance.

## **What Benefits Do Probiotics Provide?**

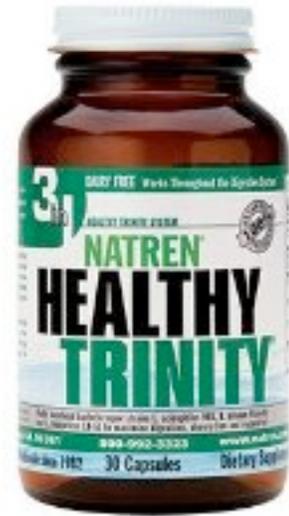
- Increases ability to digest food
- Promotes bowel regularity
- Reduces diarrhea
- Helps maintain remission of ulcerative colitis
- Reduces incidence of yeast infections, vaginitis and candidiasis
- Helps prevent relapse of Crohn's disease
- Reduces negative affects of taking many types of antibiotics
- Improves immune function and overall well being
- Increases ability to synthesize vitamins (including B12 and K)
- Provides nourishment for healthy intestinal cells
- Alleviates many common digestive tract disorders such as IBS
- Assists with healthy weight loss and weight management
- Produces antibacterial compounds to help crowd out unfriendly bacteria

## **What Makes a Superior Probiotic?**

- The viability of organisms in the product - at least 15 billion live organisms per serving
- Lack of contaminating organisms - free of other yeast, mold or other bacteria
- Ability of pill to break apart properly - so contents could be released
- Protection of organisms from stomach - no disease causing potential

## The Top 7 Probiotics

- [3 in 1 Natren® Healthy Trinity - 30 billion](#)
- [Garden of Life® RAW Probiotics™ Women - 85 to 255 Billion \(1-4 capsules\)](#)
- [GNC Probiotics Ultra 75 Probiotic Complex - 75 billion](#)
- [Jarro-Dophilus EPS Enhanced Probiotic System - 5 to 20 billion \(1-4 capsules\)](#)
- [Metagenics® Ultra Flora Plus® DF Capsules - 15 to 30 billion \(1-2 capsules\)](#)
- [Nature's Way Primadophilus® Optima - 35 billion](#)
- [Vitamin World® Probiotic 10 - 20 billion](#)



There is no question that [Candida sufferers](#) require probiotic supplements to replenish beneficial GI bacteria and rebuild the immune system. Even if you don't have candidiasis, environmental and food toxins, coupled with the high-stress lifestyle of most North Americans, are good indicators of the widespread need for probiotics.



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## Candida Diet Is The Cornerstone Of Anti-Aging

Besides being a much healthier person, you will also be glad to know that a low sugar diet, as recommended for Candida, is also the cornerstone of many anti-aging strategies. For instance, Nicholas Perricone is probably the number 1 anti-wrinkling doctor in the world. His analysis goes partly like this: when you eat sugar (or any hi-glycemic carbs), your insulin rises.

A lot of sugar results in a lot of insulin. High insulin creates inflammation throughout the body. Inflammation creates wrinkling of the skin, but also creates unseen damage to internal organs. High insulin also creates insulin resistance, which results in even higher insulin levels, and round and round it goes.

There is also the idea of glycation, wherein high blood sugar levels directly result in some 'sticky' sugar molecules attaching themselves to two protein molecules. This so-called cross-linking of the proteins results in the proteins not doing their job correctly.

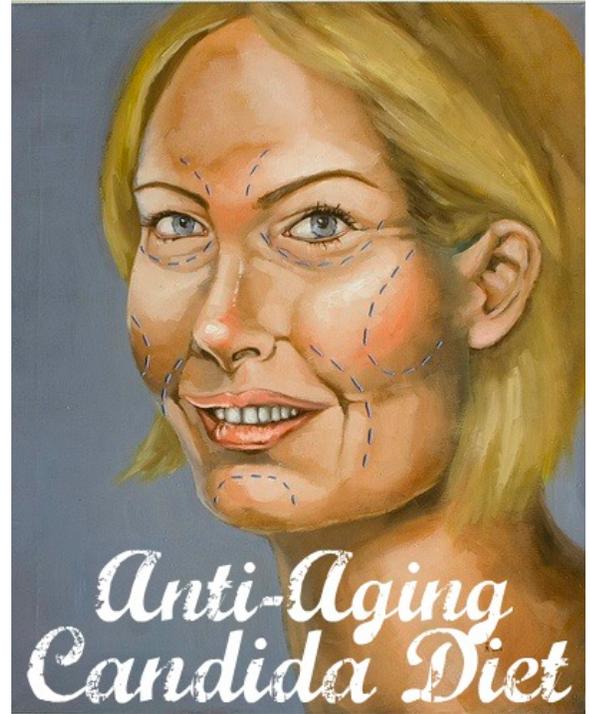
The worst cases involve Advanced Glycation Endproducts, or AGEs. In the skin, the cross-linked collagen proteins mean you get wrinkles. There are anti-aging theories that in the pancreas, AGEs cause diabetes and in the brain AGEs cause Alzheimer's disease and so on throughout the body.

So, there is the anti-aging bright side of having Candida: you eat less sugar and white flour and probably avoid other problems, such as raised insulin and inflammation leading to wrinkles. There are also the Free Radical Theory of Aging and the Inflammation Theory of Aging (involving things other than only sugar). So if you add in lots of vegetables and so forth, along with exercise, you get most bases covered.

***[I wish you well. If you need thorough support, I recommend 4 Steps to End Candida Infection Naturally to guide you through on how to cure candida naturally and effectively.](#)***

Adapted with permission from [www.naturalcureforyeastinfectionguide.com/](http://www.naturalcureforyeastinfectionguide.com/)

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Weight

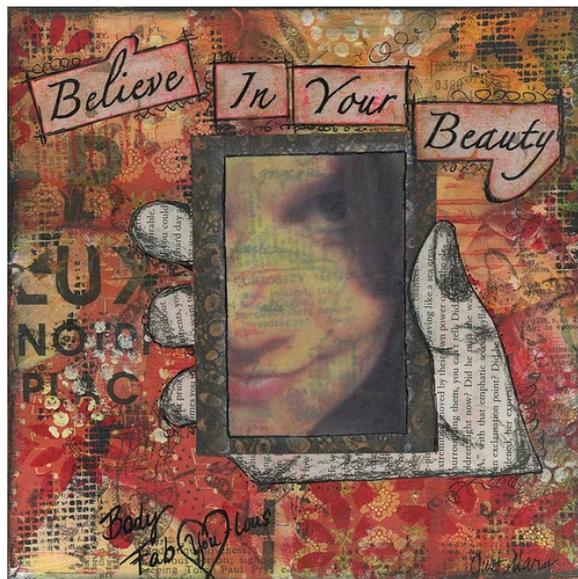
**LOSS**

Corner

## Candida and Weight Loss

Candida overgrowth can be a significant barrier to weight loss. Candida is a naturally occurring yeast in the intestinal tract, and is vital for healthy digestion. However, when Candida overgrowth occurs, it can create problems, both with digestive function (gas, bloating etc) and more systemically with fatigue, headaches, brain fog and so on.

In looking at the association between Candida and weight gain, the first thing we need to examine is the fuel source for yeast (and subsequently Candida). Yeast feeds off sugar – that is its preferred fuel source. Subsequently an individual with a hefty yeast overgrowth is going to crave sugars and carbs, as that is what the yeast is craving.



Part of the dilemma is that the sugar/carb phenomenon is a catch-22. Yeast feeds off sugar, so a diet high in sugars and carbs will perpetuate Candida overgrowth; and yet Candida overgrowth will set off cravings for more sugars and carbs. See how this might be a hard cycle to break?

Furthermore, yeast will crave not only sugar, but more yeast. What is alcohol? Sugar and yeast. And a bunch of empty calories. I know many individuals who crave wine or beer – not because they have a drinking problem – but because they have a yeast overgrowth and they're predisposed to that because of it. High yeast foods can be a trigger also – vinegars, mushrooms, breads to name just a few.

Antifungal treatment can often help curb cravings for sugars, carbs and alcohol, and these are three things that will be very helpful in maintaining a healthy weight. Also, treating yeast overgrowth can help reduce intestinal bloating which makes one more feel more rotund, even if it's not true body fat.

Addressing yeast overgrowth will also boost energy levels making exercise a more viable and appealing proposition.

Candida overgrowth also compromises proper absorption of nutrients. It is associated with “leaky gut”, which means the gap between the intestinal cells widens. This then leads to nutrients not being well absorbed, as well as larger-than-normal food molecules escaping into the blood stream triggering immune reactions and inflammation.

Addressing Candida overgrowth can be done through diet, although even the most rigid anti-Candida diets are rarely enough to eradicate the problem. The more balanced option is moderate dietary modifications, coupled with antifungal remedies, which can range from herbal medicines all the way through to strong prescription medicines. Many people find that once yeast overgrowth is addressed, cravings for sugars and carbs are reduced and weight loss is much easier.

Nicola McFadzean, ND is the founder and Medical Director of RestorMedicine, <http://restormedicine.com>. She practices holistic medicine specializing in Lyme disease, hormone balancing, autistic-spectrum disorders, pre-conception health care and digestive disorders.



## Candidate™ for Candida

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If you are one of those who have considered taking supplements for Candida, then you might want to first read this review of Native Remedies *Candidate*. Decipher what is best for you by evaluating how *Candidate* works; if it has the right ingredients and how safely can you use it. After all, it’s your body and you should know what you put in it.

## How does Candidate work?

*Candidate* is a specifically designed formula that guards the growth of yeast in your body. In addition, it also ensures healthy digestion so that your body absorbs nutrients from food and liquid. By guaranteeing this absorption, the body keeps Candida in balance. When your body lacks the adequate pH balance, natural bacteria is disarmed and disease and other illnesses arise. *Candidate* aims to keep such equality at all times.

## What are the Candidate ingredients?

*Candidate* contains:

- Pot Marigold: To fight Candida
- Lemon Grass: To maintain systemic balance
- Pau D'Arco bark: An anti-oxidant

This specific collection of herbs is perfectly blended to avoid any side-effects caused by its natural components.

## How is Candidate used?

*Candidate* has prescribed dosages to different age groups.

- Adults and 12+ years: Take 15 *Candidate* drops, 3x/day for 6 weeks.
- Children, 4 to 11 years of age: Take *Candidate* 1 drop per year of age, 3x/day.

Native Remedies recommend to follow-up the dosage with a 3-week course, twice every year or as needed to balance pH levels in the body.

## How soon can you see results?

You will be happy to know that *Candidate* can be felt working in the body almost immediately. Of course, each case could be different, so give yourself 3-6 weeks of taking *Candidate* to see full results.

But, there are still reports saying that improvements start to show at an earlier time. It is strongly advised to use *Candidate* strictly as recommended. The consistency of the intake would naturally affect results.

When taking *Candidate*, it is best to veer away from refined carbohydrates and alcohol. The intake of conventional antibiotic can also affect the results.



## Does *Candidate* work?

If *Candidate* reviews say that it worked within 24 hours, would you try it? Testimonials of *Candidate* proved this to be true. If I were suffering from Candida, I would definitely try this concentrated tincture of natural remedies in a bottle.

## Are there side-effects?

If you are pregnant or breastfeeding, *Candidate* has not yet received safety clearance for you. In terms of side-effects, there has been no report of any such occurrence. Native Remedies also assures that their products are homeopathic and natural thus eliminating possibilities of side-effects.

## *Candidate* especially for you

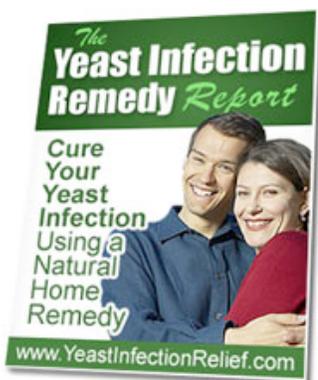
*Candidate* can help to maintain healthy flora in the body by supporting pH levels and healthy probiotic growth, which keeps Candida in check.

If you are looking for a natural way to combat Candida overgrowth or a yeast infection, *Candidate* will maintain your body's health and strengthen your immune system.

*Candidate* is a practical natural health solution for Candida.

[Try your bottle of \*Candidate\* for Candida balance and maintenance today.](#)

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## Free Remedy Report: The Yeast Infection Remedy Report

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*Now You Can Cure Your Yeast Infection Symptoms In 12 Hours Or Less Using Our Safe Natural Home Remedies*

The power of a 12-hour yeast remedy is available directly to you now! If you are experiencing the itching, burning and irritation associated with a yeast infection, you can

begin experiencing relief within 12 hours!

Winning the battle against devastating yeast infections can be won with the information in this natural remedy report. Verify your diagnosis, research the symptoms and avoid unnecessary complications.

Find the right treatment that can be started in your own home with natural remedies. You can manage the episodes, frequency and pain to even eliminate or limit the damage a yeast infection creates.

This Yeast Infection Remedy Report is offering you a pain-free life – completely FREE. Your hour-by-hour guide to relieving and curing your yeast infection in 12 hours is a click away.

Don't risk the side effects of medication or sacrifice your healthy to pharmaceutical drugs. Natural medicines can work quickly and safely to promote healing from yeast infections. In this natural remedy guide, follow the herbal and homeopathic remedies as part of the treatment plan.

[Download Your Free Copy of the Yeast Infection Remedy Report.](#)