

# What about . . . CANDIDA?

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Do you suffer from persistent mouth or nail infections/fungus? vaginal itching? unexplained fatigue? fibromyalgia? fuzzy thinking? depression? aberrant behavior? Any of these symptoms, up to and including Chronic Fatigue Syndrome, can be indicative of *systemic candidiasis*, a yeast overgrowth throughout the body and blood.

While many physicians recognize the fact that individuals can come up with a temporary, localized yeast overgrowth following antibiotic, and even steroid, treatments, few go beyond that. In fact, many standard allopathic physicians do not recognize the systemic condition at all except in those rare cases of severe immune deficiency, such as in AIDS. However, most, but not all, holistic-type practitioners do recognize and treat it in various ways mainly by diet and certain anti-fungal medications.

Yeasts co-exist benignly with most humans and animals; it is an *imbalance* between various yeasts which can cause the above challenges and more depending on individual systems. Beyond symptoms however, when the beneficial intestinal bacteria are overwhelmed, they cannot perform their essential job of being the first-line defense against many opportunistic conditions, nor can they manufacture vital nutrients [HUMAN FAQ: COLON CARE]. We have heard of some candida so severe that it actually physically invaded the brain rather than “just” its toxic by-products. Systemic candida is very real and must be addressed for many individuals.

According to John Dommis, MD there are accurate blood-tests [WWW.JOHNDOMMISSEMD.COM] via the ELISA or MONA methods whereby elevated candida titers can indicate active systemic yeast infection. Regardless of accurate diagnosis however, simply following the suggestions below for 3-9 months can frequently lessen or even halt symptoms.

## Diet

First and foremost, diet is critical. The body's pH must lie within a mild alkaline range which supports the beneficial bacterial colonies rather than the more common acid range which support the candida colonies. The diet which promotes this correct alkaline balance is very high in vegetables/pulses and fruits, 65- 80% of the total diet, and rather low, only 20%+,

covering everything else from grains to meat to dairy to nuts. There are a few exceptions (as always!): plums/prunes and lentils tend toward acidity, while almonds and millet tend toward alkalinity; peanuts are legumes we never recommend them.

Since yeast feeds on starches and sugars, vital to a candida-inhibiting diet is avoiding all added sugars including fructose, honey, molasses, fruit-juice sweeteners, etc. (stevia is OK in moderation) in addition to the common white, powdered or “brown” sugars. Also avoid “white-only” foods such as bananas, white potatoes without skin, and mushrooms which are, after all, a fungus. Since all grain is acidic in nature, keep grains to a minimum (in fact, millions of people may be grain/gluten sensitive, especially to wheat and corn, and should avoid these anyway) making sure that any grains eaten are whole rather than processed as in white flour, white pasta and white rice and sprouted or fermented. You might try some of the “exotic” or “pre-wheat” grains such as teff, quinoa, amaranth, spelt, etc. in the flat bread form, such as tortillas, chapattis and the like, but avoid any breads containing yeast which means all risen breads including sourdough. Also avoid all fruit juices while keeping whole fruits down to 2-3 servings per day [HUMAN FAQ:PORTIONS] while eliminating entirely, at least for a while, the very sweet kinds such as grapes, mango, watermelon, etc.

Acting like poison to all systems whether racked by candida or not are all sugar-sweet foods and snacks, such as cakes, cookies, candies, desserts, doughnuts, fruit-juice, ice-cream, pastries, sodas, etc. including all sugar substitutes except for stevia. Other beverages to avoid are all alcohol (straight sugar) and those containing caffeine such as coffee, black teas, sodas (regular and diet) and chocolate.

Increase your intake of Omega 3 fatty acids such as are found in range-free animal meats (beef, buffalo, poultry, ostrich, etc.), range-free egg yolks, and wild salmon. Some less efficient vegetable sources include evening primrose oil and borage. Flax seed is high in Omega 3 but it can also depress the thyroid which may already be compromised.

Also it is best to avoid, or at least limit, all dairy. In other words, follow a really healthful general diet such as recommended by Dr. Joseph Mer-

cola in his book, TOTAL HEALTH [WWW.MERCOLA.COM].

### Supplements

Many individuals who experience systemic candida also seem to have thyroid, chromium and/or manganese deficiencies. In addition to the **DYNAMITE** basics of **Elixir**, **Plus** or **Regular** and **TriMins**, **DynaLite** can help to support the thyroid, hypothalamus and metabolic processes with its chromium/magnesium/amino acid/herb formula.

An old “tried-and-true” method of supplementing alkalinity, so vital for those with candida, is to take 1 teaspoon to 1 tablespoon of pure, unpasteurized, unfiltered apple cider vinegar such as **DYNAMITE Super ACV**. An effective douche for those with vaginal yeast consists of 1 teaspoon **ACV** per pint of warm water. Martin Goldstein, DVM suggests 1 tsp **ACV** per cup of warm water for canine yeast in ears or on the body. Another helpful alkalizer is **Herbal Green** along with plenty of green vegetables or green vegetable juice.

The beneficial bacterial colonies within the intestine are really the first line defense against much including systemic candida. These colonies are often decimated or destroyed by antibiotics and steroid-type (Cortisone, Prednisone, etc.) prescription drugs. Many aware physicians always suggest eating yogurt while on such prescriptions but it must contain live bacteria. More effective might be to purchase a bottle of multi-form live bacteria from the refrigeration section of your health food store or drinking real Kefir. Many **DYNAMITE** distributors take daily **DynaPro** regardless of the fact that it is neither manufactured nor sold for human consumption. They, and we, have found that aiding the intestinal environment allows the beneficial bacteria to thrive thus thwarting the overgrowth of candida.

Ingesting **DYNAMITE Miracle Clay**, has also proven very helpful for all things gastric including candida. It can soothe distressed tummies, combat diarrhea, aid in alkaline balance of the intestine and in general support healing from yeast overgrowth. Simply follow the directions on the jar.

Many holistic physicians also suggest supplying plenty of buffered Vitamin C such as **DYNAMITE Ester-C®** capsules/powder or the **Hiscor-badyne Plus** which supplies not only the **Ester-C®** in abundance, but also numerous other nutrients which increase the effectiveness of the C itself.

These suggestions are frequently all that is necessary for healing. However, if there are elevated candida antibody titers in your blood, stronger methods may be called for. The standard medications are usually *Nystatin*, *Diffucan*, or *Nizoral*. However Dr. Dommissie has found **colloidal silver** to be extremely effective with no side-effects. The doctor suggests 1 teaspoonful (plastic only) of 200+ ppm colloidal silver, such as **DYNAMITE Solace**, taken twice daily preferably after both breakfast and supper for 3-9 months, or until the antibody titers are normal. He states: “*I have not seen any evidence of ‘argyria’, a silver-grey discoloration of the skin that is supposed to follow [relatively heavy silver ingestion]. This substance was used as an antimicrobial agent before we had antibiotics, and was quite safe.*”

Another alternative fungicide, and totally unauthorized by the FDA, is ingestion of **Tea Tree Oil**. Australian aborigines have used **TTO** internally for centuries but it *must* have the correct cineol:terpinen ratio of -15%:+30%. Unfortunately many health food store brands have been cut with other oils thus destroying this vital ratio and rendering them unfit for either internal or external use. We have personally taken the **DYNAMITE** brand at 28 drops per day for three days. It can be dropped into empty gel caps (00 size) and then taken right away; if you prepare the caps ahead, they will melt. Some people take more but this is a good base from which to experiment. Most people have found that doing this once per week, two weeks per month, once per month or even quarterly can all be extremely effective depending on personal needs.

For very stubborn cases, Dr. Dommissie also suggests *Caprylic Acid* capsules (700-1,000mg) after breakfast and supper daily for 3-9 months, depending on the blood antibody titers; or *Undecanoic Acid* 2x50mg after breakfast/supper daily.

IT IS VERY important to be aware that there will be a yeast die-off period when starting this new diet/treatment regime which can result in flu-like symptoms. This situation is known in homeopathic circles as the Herxheimer Effect and is generally short-lived and relatively uneventful. However, if you feel truly terrible, slow down the die-off by adding back into your diet just a few grains/sweet fruits for a bit and then proceed more slowly. Long term health is well worth the effort. ■