

# Candida - Cause And Effect

“**Candidiasis**” is the medical term used to describe a yeast overgrowth that is usually found in the intestinal area and other tissues of the body. It has become a very serious problem within our society. Other terms for this condition are “Candida Albicans” or just “Candida”. It is by no means a new medical problem. In fact, it has been around for centuries. However, Candidiasis has become a chronic, modern-day medical dilemma that seems to be increasing rapidly. It is called the “Missing Diagnosis”. The constant struggle for dominance by various microorganisms inhabiting the human body, especially the struggle between yeast and the beneficial bacterium, can periodically upset the delicate internal balances and cause poor health. **Candida is truly a negative yeast infestation that begins in the digestive system and can slowly spread to other areas of the body. It is a strong, invasive parasite that attaches itself to the intestinal wall and becomes a permanent resident of your internal organs.** It is causing numerous health problems and discomfort for over 30 million women every day and it is estimated that nearly everyone has or will have a moderate to serious Candida condition at sometime in their lives.

Yeast is an integral part of life. It is present in food, and is found on the exposed surfaces of all things, including the air that we breathe. Candida yeast intake and exposure cannot be avoided. Only when yeast becomes dominant in various parts of the body does it begin to present a serious health problem, resulting in disease and pain. **Yeast can become a hardy, aggressive fungus. It multiplies rapidly, can assume long periods of dormancy and, when necessary, becomes cannibalistic.** There are approximately 250 species of yeast, many of which are parasitic to the human body. The major yeast specie present in humans, however,

is Candida Albicans. Overgrowth of Candida results in the condition known as “Candidiasis”, which commonly produces localized symptoms by invading the tissues of the mouth, gastrointestinal tracts, vaginal area, urinary tract, prostate gland, skin, fingernails and toenails. Normally, a healthy immune system controls Candida levels. However, circumstances may occur that can permit an excessive yeast overgrowth, such as prolonged use of antibiotics, steroids, birth control pills and excessive sugar intake. The resulting yeast toxins can damage or cripple the immune system, and not only make the body vulnerable to a primary yeast infection, but to secondary bacterial and viral invasions as well. These toxins weaken the body’s immune response to all invading antigens. An antigen is anything that is foreign, toxic or unnecessary to the health of the body’s cells. If the immune system is strong, it can remove these antigens. In cases where the immune system is clearly impaired, high levels of yeast toxins can interfere with normal tolerances, resulting in exaggerated sensitivities to specific substances. This creates allergic reactions of varying intensities within the systems of the body. They can include reactions to certain foods, pollens, odors, chemicals, and products such as shampoos, cosmetics, perfumes, etc.

As yeasts enter the body through the mouth via the air, food or water, they are looking for a place to settle and grow. If they are not destroyed by the friendly bacteria or the immune system, they will attach themselves to the intestinal wall and begin growing and reproducing. As this happens, the yeast cells produce toxic substances and wastes. Seventy-nine known toxins have been isolated from yeasts and some researchers believe there are more than one hundred toxins so produced. **The major waste product of yeast cell activity is ACETALDEHYDE.** Candida can multiply very quickly and after many years of growth, the buildup of acetaldehyde toxins can be overwhelming to the body tissues. The poison is transformed into ethanol and converted by the liver to alco-

hol. This depletes the body of **magnesium** and **potassium** which reduces cell energy. These two minerals are absolutely essential for tissue strength and integrity. The less oxygen there is in the body, the more alcohol is produced which may produce symptoms of being drunk, disorientated, dizzy, or mentally confused. Even panic attacks, feelings of anxiety, depression, irritability and headaches are often the results of a Candida yeast overgrowth within the body. Acetaldehyde can cause excessive fatigue, reduce strength, stamina, clarity of thought and discourage ambition. **It destroys enzymes needed for cell energy and causes the release of free radicals which increases the aging process.**

When Candida enters the bloodstream it can travel quickly and will invade the tissues causing joint pain, chest pain, sinus and respiratory inflammation, glandular stress, menstrual problems, etc. However, the most damaging result to the body is to the immune system. The Candida poison stresses and weakens the immune system constantly, 24 hours a day. The majority of immunological diseases and infectious conditions are caused or worsened by the presence of Candida throughout the body. The white blood cell count rises when Candida yeasts and their numerous toxins are constantly being neutralized by the body's immune defenses. If this source of body pollution is always being generated, the immune system eventually becomes ineffective, setting the stage for severe health problems.

The majority of people who have Candida do not realize they have it until they become seriously ill. The symptoms are so numerous and seemingly unrelated that it is very perplexing to both doctor and patient. Often several debilitating complaints can accompany yeast infections, simultaneously. The symptomatology of Candidiasis is wide spread and varied. Many of the symptoms are not caused by the Candida directly, but run parallel to or in connection with it. One symptom may contribute to another, so Candida may not be the

cause of all symptoms but may be indirectly weakening the absorptive process, damaging the immune response, interfering with the production of hormones or impairing the nervous system. Candidiasis can damage the body in many ways and cause serious organ dysfunction. It is estimated that at least one-half of all North Americans suffer from Candida.

## **Candida Disrupts Many Activities Within The Body And Contributes Highly To A Host Of Physical & Mental Conditions And Diseases**

Candidiasis can present a wide variety of symptoms, the exact combination and severity of which depend upon the individual case. By nature of their vast diversity, the symptoms may appear unrelated. They are usually chronic and include, but are not limited to, the following:

### **ALLERGIES**

Allergies to foods or airborne chemicals, especially if these are acquired in adulthood. In other words, a Candida condition may contribute significantly to your spring hay fever, swollen eyes and sneezing. The number of offending substances keeps increasing until many individuals become so sensitive to the everyday environment that they must live in isolation or move away to another climate. Absorption of incompletely digested proteins is a major cause of allergy conditions. The Candida weakens the digestive system, thereby not allowing the total breakdown of amino acids, causing food allergies. This may produce a wide spectrum of severe allergic reactions. If proteins are not completely digested and broken down into free amino acids, they can be absorbed into the blood and will irritate the tissues. The immune system sees them as foreign or toxic invaders of the

body and a powerful immune response is initiated. An immediate or slightly delayed chemical chain reaction of events then occurs causing an allergic reaction which is triggered by certain foods or airborne antigens. The combination of poor protein digestion and the presence of candida toxins causes the immune system to become confused, resulting in the chemical or food sensitivities we call allergies. If there were no Candida toxins present in the body, protein digestion would be efficient and allergies would not be biochemically created.

**The Candida is very sensitive to sugars, foods, chemicals and other specific substances as they pass along the digestive tract. Yeast cells have an aggressive appetite and an overly reactive need to survive. The Candida itself is the “in between foreign negative material” that the body is allergic to, and when certain substances, foods, herbs, etc., are taken, they either increase the presence of the Candida or decrease it.** If a magic wand could be used to remove all the Candida and its toxins from the body all at once, you would instantly be free of most all allergies. In fact, you would feel so good it would astound you. Many environmentally sensitive individuals blame environmental pollutants and contaminants for their problems and must confine themselves to places that are protected, restricted or controlled. These environmental pollutants are only triggering mechanisms and are not the cause. Why is it that some people develop, over a period of time, these “allergy sensitive reactions” and others do not? In many individuals the answer lies in the presence of Candida yeast toxins. **Nature does not intend that we have allergies and suffer from illness.** The Candida yeast overgrowth which causes these biochemical miseries is a tangible, but correctable situation.

**Pollen does not cause allergies!** It is only a triggering mechanism. The unhealthy condition of the tissues

within, caused by the irritation and inflammation of eating bad food all your life plus an over abundance of yeast and bacteria in the digestive system, sets the stage for allergies and sensitivities. This along with genetic weakness contributes significantly to the dysfunction of the immune system and brings about the discomfort of an allergic response.

## FATIGUE

Fatigue is probably the major symptom or complaint of Candidiasis and can be especially noticed after a nights rest, after eating, and in the middle of the afternoon. The acetaldehyde and other yeast toxins reduce the absorption of protein and minerals which in turn weakens the ability of the body to produce enzymes and hormones. Candidiasis interferes with the reconstruction of cells and other necessary components of energy production. Proper water content of cells is necessary for energy conductivity and the sodium-potassium pump that controls moisture retention within and without the cell becomes imbalanced and will destroy the normal flow of energy. Because of poor digestion, the food you eat is used to feed the Candida, instead of your own cells. Consequently, you are always hungry or have low blood sugar because the yeast overgrowth takes most of your nutrition and gives you all of its wastes. Iron deficiency anemia along with reduced levels of vitamin B-12 and folic acid are serious repercussions of a yeast infection. The result is fatigue, poor endurance and weakness. **In the majority of cases, Candida is the primary cause of Chronic Fatigue and Immune Deficiency Syndrome.**

PLEASE NOTE: Chronic Fatigue is a complex subject with many theories, but no real answers. Basically, energy is created by the natural life-force that keeps you alive. It cannot be created or destroyed, only suppressed, dimmed or left without expression, but it is an energy that is always there, in abundance and leaves when the body can no longer sup-

port it, as in death. Our bodies begin to die almost the day we are born, but can be made to last for many more years than is currently taking place and in perfect health. There is a reason why this energy that makes us what we are, comes and goes so unpredictably and eventually disappears completely. **Fatigue is the result of cellular interference by unwanted foreign substances that depress the creativity and transmission of the “energy life cycle” within each cell through dietetic association with negative irritating materials.** Energy comes from energy rich foods and nutrients that are natural. **Your food must be alive in order to give you life.** The food you eat can either give you energy or take it away. Cooked food, processed food and improperly grown, harvested and stored food has had its life force altered or reduced to such a degree, that it can no longer support the health of the body. When you add chemicals, parasites and general environmental sources of impurity and pollution to the picture, cellular activity is greatly reduced and adversely affected. **There are only two elements that cause fatigue. The increased presence of negative contaminants and the decreased presence of quality nutrients.** If there were no toxic pollution factors within the blood and tissues and all necessary energy components such as blood sugar, B vitamins, sodium, potassium, magnesium, oxygen, hormones and enzymes were readily available to each and every cell, you would never be tired. Your nutritional needs are very limited when your body is pure and clean from eating a pure and clean diet. If you hold a weight in your hand and lift your arm and extend it out from your shoulder for as long as you can, you will eventually get very tired, but it is not from a lack of nutrition. The fatigue associated from muscular activity comes from the accumulation of acid wastes faster than it can be carried away and therefore fatigue overcomes you. The general weakness and tiredness that you experience in Chronic Fatigue or even in the morning when you first get up is not natural and can only happen if more poison and acid is created or put into the body faster than can be eliminated

during sleep. Almost everything you eat, except for fruits and vegetables, is acid forming in the tissues. **An acid body is a tired body.**

It is not so much a lack of the good, but the overwhelming presence of the bad that makes you sick and tired. A Candida yeast infection begins in the digestive system first and then spreads to other parts of the body. It depletes the tissues of nutrients and causes destructive toxins to enter the blood and poison the tissues. Yeast cells can become so massive and debilitating that extreme tiredness is the end result. **If again, a magic wand could be applied to your body and the pollution within it removed; without adding one single nutrient, your Chronic Fatigue would totally disappear instantly in 90% of the cases.**

## **POOR ABSORPTION AND ELIMINATION**

A serious condition of Candida is poor nutrient absorption and colon elimination. A yeast infested intestinal area contributes to gastrointestinal disturbances such as indigestion, heartburn, gas, bloated stomach, cramps, intestinal pain, nausea, gastritis, constipation, diarrhea, colitis, ulcers, plus coated tongue. If you cannot digest and assimilate your food, you will eventually starve the body tissues of their nutritional needs and it is true that most people are suffering severe nutritional deficiencies and chemical imbalances. That is why the taking of vitamins, minerals, protein supplements, food supplements, etc., makes most people feel so much better. Fifty percent of the population is digesting and absorbing less than 50% of what they eat. Without proper nutrition you cannot and will not heal or regenerate the tissues of the body, and if your energy and regenerating capabilities are depleted for any period of time, the aging process is accelerated and the body's productivity is compromised.



## **NEUROLOGICAL AND EMOTIONAL SYMPTOMS**

The neurologic cravings and symptoms of Candida are, again, widespread. When excessive yeast within the digestive system, migrates to the bloodstream, it may cause ailments such as irritability and mood swings, headaches, migraines, that fogged-in feeling, an inability to concentrate, poor memory, confusion, dizziness, and even MS-like symptoms such as slurred speech and muscular incoordination. The acetaldehyde toxin that is produced constantly by the yeast cells is absorbed into the body and is converted by the liver to alcohol. Some people who have the symptoms of being drunk are actually showing the effects of Candida and the alcohol byproduct that is being circulated within their bodies. Candida and its poisons interferes with the production of co-enzyme "A". This is a very important part of all chemical processes within the cells and tissues of the body. When this co-enzyme "A" decreases, poor health begins and conditions like depression, anxiety and PMS symptoms, without apparent cause, are often worsened by a yeast overgrowth. Paranoia, not being in total control of one's actions, knowing the right thing to do but being unable to do it, mental incompetence and a variety of other behavioral disturbances (emotional and psychological) can be the result of the presence of Candida, in many cases. Other symptoms that can occur are hypochondriacal reactions caused by neurotic and emotional instability. In such circumstances, tranquilizers are necessary, and sometimes psychiatric help is required. Many psychiatric problems are nothing more than the result of a yeast overgrowth, where the toxicity that enters the body creates a chemical imbalance in the brain and the nervous system.

## **REPRODUCTIVE, RESPIRATORY AND SKIN CONDITIONS**

Vaginal infections and menstrual difficulties, impotence and infertility, prostatitis, rectal itch, urinary tract infec-

tions, urgency and burning can all be the result of Candida. Acetaldehyde toxins and the suppression of the immune system can even contribute to the growth of cysts and tumors. The respiratory system is also greatly affected. There are resistance problems: catching everything that's going around - the flu, the cold, hay fever, mucous congestion, post nasal drip, even asthma and bronchitis, frequent clearing of the throat, habitual coughing that will not respond to anything, sore throats - even earaches are often associated with Candida. The skin responds negatively to Candida with such conditions as athlete's foot, jock itch, skin rash, hives, dry browning patches, cirrhosis, ringworm, rough skin on the sides of the arms, and acne.

## **CHILDHOOD DEVELOPMENTAL CONCERNS**

Children are very susceptible to Candida and the associated symptoms of Candidiasis. Yeasts and other microorganisms, including friendly bacteria are transferred during delivery through the birth canal. If the mother has a yeast overgrowth or if she is lacking in the friendly bacteria which fights the yeast, then the baby will also have similar problems. Almost 90% of childhood infections and conditions like colds, diaper rash, thrush, ear infections, tonsillitis, colic, constipation and diarrhea are caused by Candida and a lack of friendly bacteria. Body growth depends on good digestion and immune responses depends on good bowel movements. Candida occupies both the small and large intestine and creates gastrointestinal malfunctions. As children become older conditions like hyperactivity, aggressiveness, irrational behavior, poor self-esteem, learning dysfunctions and short attention spans can all be contributed to by the Candida conditions within their bodies. Sudden Infant Death Syndrome plus many common childhood diseases would be reduced significantly if the friendly bacteria were present in proper amounts to keep the yeast/microorganism population under control.

## HYPOGLYCEMIA AND DIABETES

A major problem in our society today is low blood sugar (hypoglycemia) and high blood sugar (diabetes). Both of these conditions can be caused by Candida yeast if it gets close to or around the digestive organs. The pancreas not only produces enzymes for digestion, but also the hormone insulin, which allows blood sugar to enter the cells for utilization and energy. The symptoms of too little or too much sugar are devastating to many people, and in some cases Candida can interfere with or destroy the function of the pancreas, the adrenal glands and the liver, which controls the blood sugar levels.

## ENVIRONMENTAL SENSITIVITIES

Another common complaint is environmental hypersensitivity to such things as smoke, auto exhaust, natural gas, fumes within the home from the carpet, fabrics and walls, which can cause extreme adverse reactions within the body. This happens particularly when the Candida filaments infiltrate the lungs and the sinus membranes, causing serious tissue congestion and inflammation. An autopsy was performed recently on a lady who had died of heart failure. They found her heart encased in a fungus growth. Candida can be anywhere in the systems of the body including the brain. Candida weakens the entire body, thereby lowering resistance to all kinds of other diseases and sub-health problems. Many doctors find that when the Candida is eliminated, many or most health problems improve or disappear.

Not all individuals suffering some combination of the above symptoms will have a Candida problem, but the likelihood of it is very high. Penetration of Candida filaments from within the intestinal cavity through the intestinal wall destroys the integrity of the membrane system. These little tube-like structures of concentrated fungus literally eat through the

intestinal wall, exposing the bloodstream to severe toxins from the Candida, which are then carried to other parts of the body. Candida itself can then enter the body and invade the tissues and organs. Severe leaks of poisons from activity of other undesirable microorganisms within the layers of mucous and encrusted material coating the intestinal wall can also enter the bloodstream, causing a variety of symptoms and aggravating many pre-existing conditions.

Candida Albicans is an incredible destroyer of health and is one of the missing links in our medical diagnostic system. Candida can rob the body of its nutrition, poison the tissues with its toxins and contribute directly or indirectly to the following list of possible serious conditions:

Gas/Bloating	Iron Deficiency
Indigestion	Hair Loss
Diarrhea	Malabsorption
Constipation	No Sex Drive
Food Cravings	Epstein Barr Virus
Intestinal Pain	Skin Rash & Hives
Depression	Lupus
Hyperactivity	Mood Swings
Headaches	Hormonal Imbalance
Menstrual Problems	Vaginal Yeast Infection
FATIGUE (Chronic)	Numbness
Asthma	Hay Fever
Low Blood Sugar	ACNE
Colds & Flu	Adrenal/Thyroid Failure
Respiratory Problems	Hemorrhoids
Endometriosis	Anti-social Behavior
Dry Skin & Itching	Lethargic/Laziness
Thrush/Gum Receding	Insomnia
Finger/Toenail Fungus	Suicidal Tendencies
Dizziness	Cold/Shaky
Joint Pain	Infections
Bad Breath	Over & Under Weight

Ulcers	Chemical Sensitivity
Colitis	Poor Memory
Allergies (Airborne/Food)	Muscle Aches
Heartburn	Diabetes
Dry Mouth	Burning Eyes
PMS Symptoms	Over-all Bad Feeling
Irritability	Puffy Eyes
Water Retention	Bladder Infections
Liver Spots	Premature Aging

## Candida Is Caused By Four Major Factors

**1. A weakened or impaired immune system** allows the Candida a superior foothold within the body. As the Candida enters the blood and its poison is absorbed from the intestines, this weakens the immune response even more, and from then on your body defenses are clearly impaired. Genetic weakness and the use of certain drugs including steroids, birth control pills, antibiotics and cortisone, plus chronic infections, poor nutrition, prolonged illness, stress of all forms, alcohol abuse, smoking, lack of exercise and rest all contribute to the weakening of the immune response. There is a “domino effect” as one negative leads to another and then another, etc. Because of these things, Candida will only get worse.

**2. Hormonal therapy, Steroids and Glandular Dysfunction** contributes significantly to a yeast overgrowth. Conditions provoking hormonal swings, such as puberty, pregnancy, excessive pregnancies, menstruation, PMS, the use of oral contraceptives and other hormonal based medications and therapy create a favorable environment for Candidiasis. Females are more susceptible than males for several reasons: female hormone levels are constantly fluctuating and are subject to imbalances due to a variety

of causes. Sustained high levels of estrogen for example can impair immune system function. Candida growth is stimulated by the female hormone progesterone which is at elevated levels during pregnancy and in the second half of each menstrual cycle. Another cause of elevated progesterone is the use of oral contraceptives which contain synthetic progesterone. Also, the female anatomy lends itself to the ready migration of Candida Albicans from the rectum to the genital and urinary systems. Vaginal yeast infections are a common result. **Candida can also be sexually transmitted from one person to another.**

The adrenal glands, along with the thyroid gland, control about 90% of the body’s energy. They do it through the production of hormones and the catecholamines which regulate blood sugar, fat metabolism, heart rate, metabolic rate and stress reactions. The adrenals also control sodium and potassium levels within the tissues and cells. These two minerals act as electrolytes which ignite sugar in the presence of oxygen and allows the release of energy to take place within the cell. Sodium and Potassium also maintain proper fluid levels for nutrients and wastes to be exchanged. These two glands that are so important to health and energy are easily disturbed or debilitated by the pollution factor in the blood which continuously comes into the body through dietary abuse or negative microorganisms. You are as strong as your glands. Your body will heal and regenerate itself automatically through a conscientiously applied program of high nutrition and proper diet. Good Candida elimination program will allow that nutrition to work better and restore your health to a higher level.

**3. A third and major area of contribution to Candida is improper diet; especially, high sugar consumption.** Yeast rapidly metabolizes sugar and can produce alcohol. Ethanol and acetaldehyde, plus carbon dioxide gas, all of which are toxic to the body, are the end byproducts of

Candida feeding on the overeating of refined carbohydrates. Even honey, molasses and maple syrup are simple sugars and will worsen a Candida yeast overgrowth.

Sugar does not necessarily cause Candida directly, but it allows the already present yeast cells to grow more rapidly, and eventually an overgrowth takes place. Diets consisting of foods high in refined carbohydrates and/or regular consumption of alcoholic beverages or soft drinks containing sugar, provide a rich food source for the fast proliferation of Candida. The anti-nutrient, low bulk, high refined carbohydrate diets of most North Americans will, over a period of time, transform a healthy large intestine into a lifeless pipe containing layers of encrusted fecal material, mucous and debris thereby promoting the growth of Candida and other parasites. This in turn causes constant putrefaction, fermentation, stagnation, gas and eventual constipation, and then autointoxication. Under these conditions, the intestine becomes a favorable home environment for toxic producing, pathogenic bacteria and for the growth of the mycelized tentacles of the fungal form of Candida. A diet high in white flour products, pastas and white rice also serves as a very desirable diet for Candida, which then becomes further entrenched in the microscopic crevices of the intestines.

The small intestine, where absorption of food takes place, houses a more fluid kind of material and does not become so caked with old toxic wastes as does the colon, where mucus and other wastes encourage Candida growth. We have up to twenty-five feet of intestinal area. If we were to lay it out end to end, the entire surface area of the intestines, including the villi and the microvilli which increases the surface area for absorption, would cover about the size of a tennis court. That is incredible - an extensive surface area all designed for the proper absorption of nutrients. When Candida yeast begins to develop and grow in the small intestine, it literally covers large part of this membrane area,

preventing the assimilation of food. In fact, most people are starving for, not only vitamins and minerals, but particularly protein, because this absorptive surface area is impaired. Good nutrition is necessary for the production of hormones and enzymes, for the production of hydrochloric acid in the stomach for proper digestion, for repair of the body tissues and for all processes of energy and cellular metabolism. Candida causes a condition of nutritional deficiency which worsens through the course of time.

#### **4. The fourth area of weakness and the major cause of Candidiasis is a lack of friendly bacteria.**

Friendly bacteria are absolutely essential for the care and healthy condition of the intestinal wall and the chamber atmosphere, which is required for proper digestion, assimilation and elimination of the food we eat. These little friends of ours keep the intestines clean of mucus and debris and they fight and destroy invading microorganisms. They keep down the unfriendly bacteria, yeasts and other parasites that do harm to the mucus membranes and make us ill. There are approximately three to four pounds of friendly flora living permanently within our intestines, if healthy intestines predominate. Very few people have proper amounts of these cultures, and obviously the typical American diet combined with medicines and chemicals keep down their population. **We cannot live without them.** The key to the success is the replenishing of the micro-flora that continually live within our intestines. The major purpose of the friendly bacteria is the production of lactic acid, acidophilin and a natural form of antibiotic which sterilize and prevent the overgrowth of most negative microorganisms. The natural secretions of antibiotics from the intestinal flora help to permanently overcome any Candida yeast problem. The cultures maintain the proper acid-alkaline balance in the intestines which, again, is absolutely essential for the chemical assimilation of nutrients and the mechanical absorption of food.



There are many varieties of bacteria living in our bodies and there are several different strains in an infant when it is born. After about the age of three years, there are two strains that take over. One is the Lacto Bacillus Acidophilus which lives in the small intestine. The second strain is the Bifido Bacterium Bifidum which lives in the colon or large intestine.

Friendly bacteria create a slight acid condition for their own survival which, in this case, is good for us. Peristaltic movement in the intestines is initiated by an acid medium, and the cultures help to provide the proper transit time for digestion of food. The acid secretions of the friendly bacteria are also a natural antiseptic. **The colon is the most negative part of the body, and without these cultures to keep it clean and moving, we can easily develop colon pockets, diverticuli, polyps, fecal impactions, colon cancer, ulcers, colitis, constipation, diarrhea, hemorrhoids, bloated conditions and foul gas.**

Some of the most common varieties of negative bacteria which live in the colon are latent or inactive. When the body is weakened by disease or stress, they can become active and invasive, and this may cause an existing disease or condition to become worse. This simply cannot happen with normal amounts of friendly bacteria living within the intestines. They are there for a purpose, just as friendly bacteria are in the soil in order to help plants and trees. **Without living bacteria in the soil, plants cannot grow and the land would become barren.** Friendly bacteria are essential for life, but less than 10% of the human population has enough flora to support what we would call *excellent health*.

Vitamins are synthesized or manufactured in the intestinal tract by these friendly bacteria. They can produce B vitamins out of the food we eat, and can transform one B vitamin into another. An important nutrient that they encourage the

production of is vitamin K, which is necessary for blood clotting. Almost all the B vitamins such as niacin, biotin, B-6 and B-12, folic acid and even B-2 are synthesized from our food when a friendly flora is maintained. Fatigue and emotional instability is caused by a lack of B vitamins. **Prevention of falling hair requires biotin**, and the manufacture of red blood cells requires B-12 and folic acid.

The ultimate role friendly bacteria plays is to overcome and remove negative microorganisms, which includes Candida. Candida is present everywhere in our environment and it always exists in our intestines in small quantities. If there is not enough friendly flora to keep it under control, Candida yeast will grow at a tremendous rate and eventually take over and dominate the intestines and create havoc. The only way to reverse this growth is to introduce the friendly bacteria cultures slowly over a period of time. Name any intestinal problem and, more than likely, it will be caused by a lack of friendly bacteria.

When the lactobacillus acidophilus and bifidum bacterium are attacked by antibiotics, birth control pills and other chemicals such as the chlorine in water, they die very quickly. Candida grows and can change into the mycelized fungal form almost immediately. Wide spectrum antibiotics like penicillin and tetracycline will kill the friendly bacteria. In a matter of weeks or even days after antibiotic treatment a rapid growth of yeast cells may occur, which can linger for life if left untreated, especially when one regularly consumes poultry, eggs, meat or milk. These foods contain antibiotic and steroid residues themselves. Even an accident, a disease, surgery, emotional upset or negative thinking can alter the flora within the intestines and will allow a Candida overgrowth to take place.

A common misunderstanding among people who have the "false feeling" that the Candida is gone after some

natural or medical treatment is that they are now completely well and that the Candida will never return. This cannot happen. If ample amounts of the friendly cultures have not been introduced, the Candida lies dormant and will return if we eat the slightest amount of sugar or are under some form of stress, which is impossible to avoid. **Friendly bacteria in the proper amounts is the true answer to the prevention of Candida.**

## Chronic Amoeba Parasite Infection

Careful consideration needs to be given to another major cause of Candida. In fact, it is worse than the Candida itself. This unknown but fast growing problem is the main reason why some people do not respond to any kind of conventional or natural method of treatment. They never seem to get better, or the moment they stop the treatment their Candida symptoms reappear. This underlying condition may be caused by **Protozoa/Amoeba Parasites** such as the following:

Giardia Lamblia	Blastocystis Hominis
Entamoeba Histolytica	Boas Oppleri
Cyrtosporidium	Tape Worm

These parasites come into the body from bad drinking water and contaminated meats. It is estimated that over 33% of the population of the United States has Chronic Amoeba Parasitic Infection. Amoebae are larger and more destructive than any other type of microorganism. They can lie dormant or undetectable for years. **Eventually they multiply and will destroy the friendly bacteria, thus allowing the Candida to grow more rapidly.** Amoebae can eat away the villi and micro-villi in the small intestine, which are necessary for food absorption. They rob the body of nutrients, especially iron.

They can irritate and create pain and burning sensations in the intestinal wall. Amoebae can cause serious alternating constipation and diarrhea. Some people have become so ill and incapacitated they cannot work or function normally. It is very serious and many doctors are not able to recognize this kind of condition or even know how to treat it. Misdiagnoses is common and the medical cure is approximately 60 % effective. Other symptoms include nail biting, thinness, dark circles under the eyes, elevated white blood cell count, allergic reactions and asthma, continual chronic Candidiasis, chronic viral infection, chronic fatigue, anemia, low-grade fever, rectal bleeding, and occasional nausea. These conditions progressively worsen until the individual is extremely debilitated. Epstein Barr Virus, and other viruses linked to chronic fatigue can be shielded from the immune system and perpetuated in the body by these parasites. They are hard to get rid of and up until now there was little hope at their permanent removal.

Amoebae parasites come from human and animal wastes that are not handled or disposed of properly and most often come from unsanitary conditions found in many countries outside the United States. However, even in this country and Canada there are many contaminated ponds, lakes and streams that have been found to contain various amoebae parasite organisms.

Humans and domestic animals living in close proximity often create a condition where garbage and wastes are impossible to control. Human and animal feces can be carried underground by rainfall and eventually seep into someone's well or into springs, creeks, rivers and ponds. Most tap water sources in large cities are protected, but more and more remote areas are susceptible to pollution and amoebae parasites will begin to appear. Drinking water from mountain lakes and streams can cause infection among hunters and vacationers because local wild animals are contaminating

these areas. Foreign travelers can bring amoebae infection into the U.S. by infecting the waters where they travel through carelessness.

The immune system response can only take place in the living tissues of the body. The digestive tract is literally outside the body and is like an open tube through which food and water is processed, absorbed and eliminated into and from the body. The immune system is confined primarily to the blood, lymph and tissues. The survival and transportation of white blood cells and other immune scavengers cannot adequately enter into the digestive chamber to fight negative microorganisms. Therefore, we would be defenseless against these digestive parasites if it were not for the presence of the friendly bacteria that protect us. They are very essential. However, amoebae and worms are too large for the friendly bacteria to handle and require special therapy.

In summary, the human body depends on good digestion and proper elimination in order to maintain health and energy. Poor diet, overeating, cooked food, excessive animal products, chemicals, antibiotics, steroids, medicines, amoebae parasites and body abuse in general, all disrupt and weaken the quality and the quantity of the friendly bacteria, and this in turn causes degeneration of the tissues and can weaken the immune defense system. **Friendly bacteria cultures are the key to good health and are absolutely necessary to eliminate and overcome the Candida yeast permanently.**

## Additional Information

1. Avoid anything with sugar, honey or fructose.

2. Get plenty of rest and do not exercise excessively. You need all your energy for fighting the Candida and cleansing the tissues. Your body requires a good nights sleep and you need to pace yourself according to your capabilities.

Avoid the causes of stress as best you can.

3. Many people who suffer excessive Candida die-off reactions are also experiencing a toxic overload within the blood stream due to liver, kidney and lymph congestion or dysfunction. If your eliminative organs cannot detoxify the poisons out of the blood, you will suffer the consequences. Especially, skin conditions, bladder problems, muscle/joint pain and constipation.

## Underweight and Overweight Conditions

The presence of Candida and/or amoeba-type parasites interferes with the digestion of food, especially protein. These parasites feed on your nutrients and reduce the chemical and mechanical absorption of everything you eat by as much as 50%. This causes many people to become excessively thin. Without protein your body cannot rebuild new tissue or produce enzymes, hormones and hundreds of other chemical components necessary for cell energy and organ activity. Iron and other minerals along with B complex vitamins are used up rapidly by these microorganisms and fatigue, illness and body weight changes are the result. Muscle tissue cannot be manufactured or developed without protein and complimentary nutrients. Extreme thinness is caused especially by amoeba-type parasites, because they destroy the small intestinal wall which structurally stops the assimilation of amino acids, vitamins, mineral, sugars, fats, etc. If malabsorption continues for a long enough period of time, a degree of starvation sets in and lean body mass is lost and all bodily processes are weakened.

Overweight conditions are also created by excessive nutritional deficiencies, but mostly by the toxic condition of the colon or large intestine. After years of negative eating habits and Candida growth, there is a tremendous amount

of impurity that builds up in the colon. Putrefactive debris, undigested food, hardened mucus and negative microorganisms that remain in the large intestine over a period of time creates an ideal atmosphere for poisons to be produced and they can re-enter the bloodstream through the intestinal wall. From here it goes to the liver for detoxification and this constant supply of stress weakens the functions of the liver so it can no longer control fat and sugar metabolism efficiently. Consequently, it is easier to gain fat and harder to lose weight once this pattern of imbalance is established. The adrenal glands are effected and fatigue, poor digestion and depression will develop or become worse. Cravings for sugar and unnatural types of food plus excessive appetite and low blood sugar are all contributed to by a lack of the friendly bacteria and the growth of Candida yeast. You will be able to remove all this negativity from your colon and you will find it much easier to lose stored fat and excess water from your body. Overweight conditions will begin to disappear and with the improved assimilation of your food, you will feel better, look better and have more energy.

## Understanding The Key To Success

Your success depends on understanding one very important fact. **If you take enough of the recommended products for a long enough period of time, your Candida condition cannot survive and it should disappear completely and permanently.** The Candida yeast that is living and growing within your digestive system is the primary source and the number one cause of many of your health problems. From there it can enter the blood, poison the tissues and grow elsewhere within the body such as the organs, muscles, joints, etc. As the body's defenses are weakened through the course of time, the yeast cells grow more rapidly and can puncture holes in the intestinal wall, especially in the colon or large intestine. Toxins, yeasts and other microorganisms can enter the body directly and continually. As men-

tioned earlier, if your intestines were flattened and laid end to end it would cover the surface area of approximately a tennis court. This gives you an idea as to how much internal space there is for the Candida to multiply and grow. You can literally have pounds of yeast within the gastrointestinal tract and it is sticky, hard and very difficult to remove. In the fungal form it can grow thick by many layers and will expand outward into massive amounts of toxic producing parasite activity. It lives on your nutrition and excretes wastes into the tissues. The Candida yeast cell burrows itself tail first into the intestinal wall with the head sticking out seeking food and sugar from the intestinal chamber. Then it proliferates outward into a thickened colony of destruction and will create chaos for the entire digestive process. Every time you eat, the yeast parasite feeds and then deposits its toxic wastes directly into the bloodstream. Naturally you feel terrible and if nothing is done to stop this negative development, you will suffer immeasurable discomforts, pain, and disease symptoms too numerous to mention.

The quantity of Candida can be overwhelming, so realistically time is a necessity for success and patience is a virtue unequalled when it comes to battling a yeast infection. If you were to destroy the Candida all at once, it would be doubtful that you could survive. Medical reports are indicating that more people are dying of Candida today than ever before. It will only get worse with time. Remember that when you begin to feel better and many of your symptoms have disappeared, the Candida is not completely gone. If you stop too soon, the yeast will lie dormant for a while and then will grow back much worse than it was before because you have not recuperated fully and the immune system is still in a weakened condition. Again, if we would remove the Candida all at once it would still take about one year for your body to regain its composure and be fully functioning in a normal state of health. **DO NOT BE IN A HURRY!**



# Food Choices

we have found beneficial - Bernard & Sylvie Pysnak

## Fresh Air

Our most important nutrition is fresh air. We can live only a few minutes without the air. A body is composed primarily of the airborne elements, approximately 96% [oxygen (68%), carbon (15%), hydrogen (10%), nitrogen (3%), calcium (2%), phosphorus (1%)]. Oxygen is essential for proper digestion of food. Lack of oxygen supports fermentation of food in the digestive system causing toxicity.

We increase oxygen by daily spending time in the fresh air, exercising, jumping on trampoline, and even sleeping under the stars. Thus toxins are eliminated from our bodies must faster and the healing process is more successful.

## Water

Next in nutritional importance is water. We can live only a few days without the water. A body is more than 75% water. The best is to drink pure distilled water. Water is not only an essential food but also plays the main role in flushing toxins and waste material from our bodies. Not drinking enough water can cause many health problems.

## Raw Vegetables

Raw vegetables are a great source of nutrition and essential fiber. We eat an unlimited amount of raw vegetables, especially greens and deeply-colored vegetables (broccoli, carrots, zucchini etc.). Vegetables work as a slow cleanser, sustaining the body and helping the elimination process.

## Raw Fruits

Raw fruits are so easy to digest. We find them ideal for the first meal of the day. They are also a source of fiber, but

generally we eat more raw vegetables than fruits because of fruit's high content of natural sugar. Fruit works as a fast cleanser, sustaining the body and loosening the waste. We have find it best not to mix fruits with other food.

## Barley Green Juice

Pure, natural juices of young barley leaves can be found on the market in a powdered form. Surprisingly, barley leaves are high in complete proteins but contain no harmful cholesterol. It provides one of the widest spectrums of naturally occurring nutrients available in a single source. We supplement our diet with barley juice.

## Fresh Vegetable Juices

We drink vegetable juice or barley juice. Up to 92% of the nutrients reach cellular level because the pulp (fiber) has been removed and no digestion is necessary. Raw vegetable juices nourish the cells and rebuild the body.

## Raw Nuts and Seeds

Nuts and seeds are high in fat and protein so we eat them sparingly. We increase the nutrition of those we do eat by soaking them overnight and sprouting them.

## Cooked Vegetables

Cooked vegetables such as steamed vegetables, baked potatoes, vegetable soups and stews we eat in moderation as cooking destroys many nutrients.

## Bread and Cooked Grains

We found that whole-grain bread and cooked grains (brown rice, millet, etc.) consumed in large amounts created mucus in our bodies. The added oil, sweetener, etc. became an excellent ground for parasites and germs to feast on and multiply. They started robbing us of our nutrition and as a reward they give us toxins.

## High-Fat and High-Protein Concentrated Foods

High-Fat and High-Protein Concentrated Foods, such as meat, eggs, dairy, oils, beans, honey, etc., we eat sparingly.

Our goal is to have at least 75% of our diet raw food. The foods that are life-giving, cell-building and healing foods. Foods that strengthen and rebuild our immune systems. In the remaining 25% of our diet we work at avoiding junk! By avoiding harmful processed foods and animal products, the cooked food portion of our diet satisfies cravings and offers a variation with very little harmful effect on our overall health.

We remember: **Live food brings life.**  
**Dead food brings death.**  
**Cooked food is dead food.**

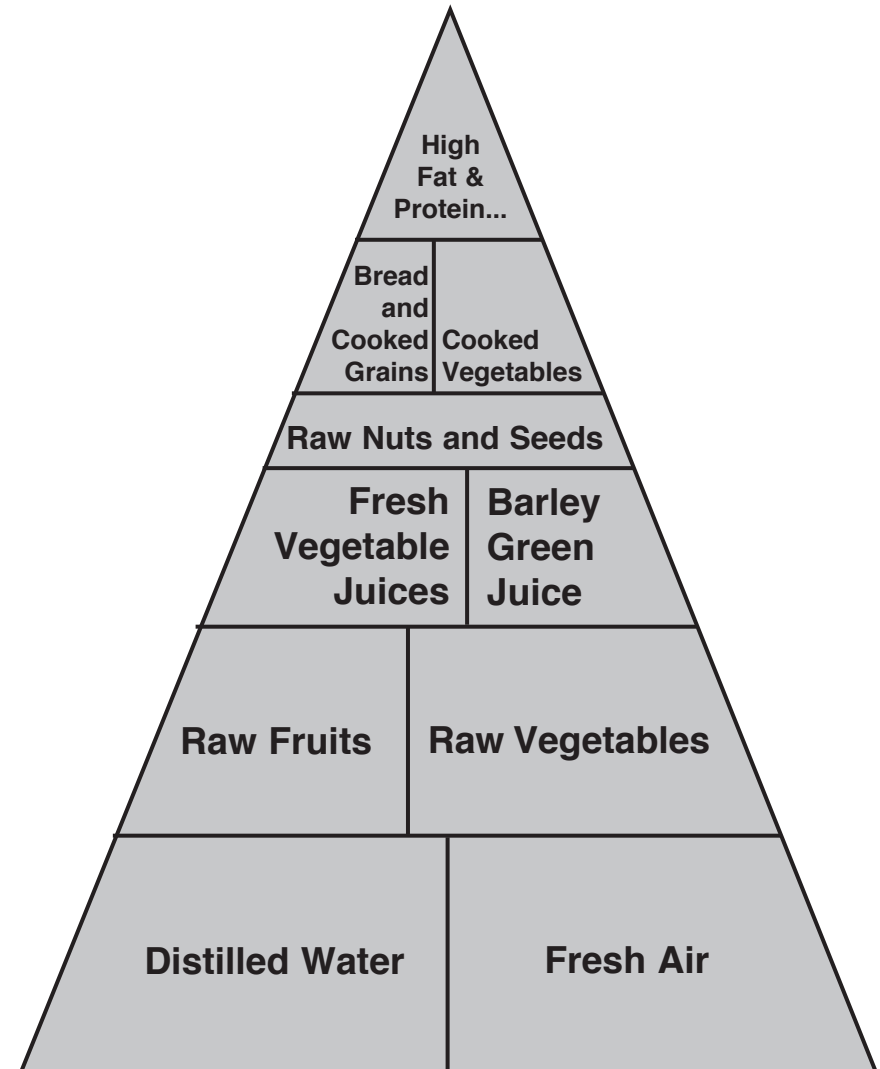
Live foods give: - nutrition for new cells  
- create healthier body

Healthier bodies: - work properly  
- perform better

**We choose healthy, fresh, wholesome food in season, without any chemicals added to the process of growing, preserving or processing.**

## The Optimal Diet Foods Pyramid

helps us visualize the foundation of good health.



**Note:** Optimal Diet Foods Pyramid must be adjusted to our individual needs in chronic diseases such as cancer or candida. For example: candida patients avoid acid forming foods.

The "Father of Medicine" Hippocrates (500 BC) said:

**"Your food shall be your medicine and your medicine shall be your food."**

This great physician taught that food must be taken in the condition it is found in nature, uncooked.

He also said, "Where there is love for mankind, there is the love for the art of healing."

## The Optimal Diet Foods Chart

CATEGORY	OPTIMAL DIET	MILD FOOD DIET	FOODS WE AVOID
<b>HERBS</b>	All wholesome herbs Wheatgrass juice & Barley green juice	Herbs which cleanse and sustain the body Wheatgrass juice & Barley green juice	Herbs containing caffeine & their
<b>DRINKS</b>	Herb teas Organic bottled juices	Distilled water Freshly extracted vegetable & fruit juices	All alcoholic beverages, coffee, cocoa, carbonated and soft drinks, artificial fruit drinks, canned juices
<b>VEGETABLES</b>	Steamed (cooked) fresh or frozen vegetables, baked potatoes	All raw vegetables	All canned & fried vegetables, fried potatoes in any form, fried corn & potato chips
<b>FRUIT</b>	Unsweetened stewed & frozen fruit	All non-acid fresh fruit & sun dried, unsulfured dried fruit in small amounts	Canned & sweetened fruits, non-organically processed & dried fruit (including raisins)
<b>NUTS &amp; SEEDS</b>	Raw nuts & seeds	Organic raw nuts & seeds in small amounts	All roasted & salted seeds & nuts (we avoid peanuts and peanut butter)

<b>GRAINS</b>	Whole-grain bread, pasta, cereal in small amounts Brown rice, millet, etc.	Organically grown sprouted grains	All white flour products, all hull-less grains (pasta, crackers, snack foods, white rice, cold cereals, etc.)
<b>SEASONINGS</b>	Sparingly unprocessed sea salt	Herbs, cayenne, garlic, parsley etc.	Salt, black pepper
<b>OILS</b>	Cold-pressed oils	Sparingly Extra virgin olive oil & raw flax seed oil	All lard, shortenings & margarines, hydrogenated oils
<b>SOUPS</b>	Homemade vegetable soups	Cold, raw soups	All canned & creamed soups
<b>DAIRY PRODUCTS</b>	Unprocessed organic dairy products & eggs in small amounts	None	All processed milk, cheeses, ice cream, whipped toppings & all non-dairy products. Non-organically produced eggs
<b>FISH</b>	Sparingly, in times of winter, or of cold, or famine (from non-contaminated water)	None	Clams, oysters, shrimp, lobster, etc.
<b>MEATS</b>	Sparingly, in times of winter, or of cold, or famine (organically grown)	None	Pork and all processed meats
<b>SWEETS</b>	Sparingly raw, unfiltered honey, carob, pure maple syrup	None	All refined white or brown sugars, syrups, chocolate, candy, gum, cakes, cookies, donuts, pies etc.
<b>Note: Optimal Diet would include everything listed under Mild Food Diet.</b>			

# Cleansing Reactions

What is meant by improving your health? It is the introduction of foods or substances of higher quality in place of lower quality ones. For example, if a person replaces a protein rich food such as pork with beef, the beef may be considered the superior of the two due to its easier digestibility, lower and less saturated fat content, etc. Chicken is superior to beef, and fish is superior to chicken because of its more rapid digestibility and lower saturated fat content. Lima beans, lentils or chick peas, which are eaten at the same meal with vegetables, are superior in all the nutrients needed to rebuild health. As we go higher in the scale of quality, we begin to include protein rich food which may be eaten in the unrefined state, such as cheese which is made from raw milk, and unsalted. Then we ascend to the nuts and seeds which are eaten in the natural state (raw and unsalted). To summarize: **The closer the food comes to the natural state in which it occurs, or the closer we come to its raw, uncooked form, the higher its quality.** In this condition, all the enzymes are found intact. The amino acids are in their finest form. The minerals, vitamins, trace elements, carbohydrates and "life force" are present. This life force, in turn is capable of reproducing healthy tissue.

This same classification of quality which we analyzed in relation to protein rich foods applies to the carbohydrates (the starches and sugar-rich foods), the fats and the mineral-rich foods. The quality of a nutritional program is also improved by **omitting** toxic substances such as coffee, tea, alcohol, tobacco, salt, pepper, food additives and chemicals, etc.

What is the relationship of quality foods to recovery from illness and overweight conditions? It is this in a nutshell: The higher the quality of food is that we eat, the quicker we recover from disease, and are able to lose excess weight,

provided we are able to digest and assimilate properly. Colon purity is necessary for good digestion. So is the removal of parasites and pathogenic bacteria.

## What are the symptoms or signs of changing and improving our diet to higher quality foods?

The person who starts a better diet or includes high quality food supplements, stays on it for three days to a week and then quits will say, "Oh! I felt better on the old diet - the new one made me feel weak". They failed because they did not give the body a chance to adjust and complete its first phase of action-recuperation. If people would wait awhile longer, they would begin to feel better than before they had started. This can take three to four weeks and sometimes longer.

During this initial phase (lasting about ten to twenty days on the average, sometimes several weeks in other cases), the vital energies which are usually in the periphery or external part of the body, such as the muscles and skin, begin to move to the vital internal organs and start reconstruction. This shunting of much of the power to the internal organs produces a feeling of less energy in the muscles, which the mind interprets as some weakness. Actually, the power is increased, but most of it is being used for rebuilding the more important organs, and less of it is available for muscular work. Any weakness which is felt here is not true weakness but merely a redeploying of forces to the more important internal parts. Here it is important for the person to stop wasting energy and to rest and sleep more. **This is a crucial phase**, and if the person resorts to stimulants of any kind, they will abort and defeat the regenerative intent of the body. It is important that we have patience and faith and just wait it out, and after awhile we will get increasing strength which will exceed by far what we felt before. Success in weight loss or improvement of health hinges upon the correct understanding of this point - **realizing** that the body is



using its main energies in more important internal work and **not** wasting it in external work involving muscle movements. Be wise - take it easy here and relax. Just coast in your work and social obligations until you're out of the woods.

As one continues on the improved diet or supplemental program and gradually raises the food quality, interesting symptoms begin to appear. The body begins a process called *retracing*. The cellular intelligence reasons something like this: "Oh! Look at all those fine materials coming in. How wonderful - now we have a chance to get rid of this old garbage and build a beautiful new house. Let's get started immediately. Let's get this excess bile out of the liver and gall bladder and send it to the intestines for elimination. Let's get this sludge moving out of the arteries, veins and capillaries. These smelly, gassy, brain-stupefying masses have been here too long - out with them! These arthritic deposits in the joints need cleaning up. Let's get these irritating food preservatives, aspirins, sleeping pills and drugs out of the way along with these other masses of fat which have made life so burdensome of us for so long. Let's get going and keep going till the job is done - till we have a beautiful house - and from then on we'll keep it a beautiful ideal model home".

During the first phase (called *catabolism*), the accent is on elimination, or breaking down of tissue. The body begins to clean house - in short, to remove the garbage deposited in all the tissues - everywhere. During this period, the body "removes the ashes from the furnace preparatory to getting a better fire ". Here the accentuation is on removal of the gross and immediate body obstructions. Wastes are discarded more rapidly than new tissue is made from the new food. This becomes evident as weight loss. This persists for awhile and is then followed by the second phase - *stabilization*.

Here, the weight remains more or less stable. During this phase, the amount of waste material being discarded daily is equal to the amount of tissue which is being formed

and replaced by the newer, more vital foods. This occurs after the excess of obstructing material in the tissues has been removed. This stage persists for a while and is then followed by the third phase -a build-up period (called *anabolism*), wherein weight starts to go up, (lean muscle mass and internal organ regeneration) even though the diet is lower in calories than it was before. At this point, much or more of the interfering wastes have already been discarded - the tissues which have been formed since the diet was raised in quality are more durable and do not break down easily. Also, new tissues are now being formed faster. This is due to the improved assimilation made possible by the cessation of wrong food-combining. The body's need for the usual amounts of food decrease and we are able to maintain our weight and increased energies with less food. Many are able to function very efficiently on two meals a day and eventually even on one meal a day.

Returning to the symptoms which occur on a superior nutritional program, people who have had tendencies in the past to recurring skin rashes or eruptions will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes or eruptions. If they go to a doctor now who is not familiar with the aspect of nutrition, he will diagnose it as an allergy. They ask, "How come? I'm eating better now than I ever did before, and instead I'm getting worse". They don't understand that the body is "retracing". The skin is getting more alive and active. It is throwing out more poisons more rapidly now that the body is building more power which is saved from those hard-to-digest meals which have been discontinued. These toxins being discarded are saving you from more serious disease which will result if you keep them in your body too much longer - possibly hepatitis, kidney disorders, blood disease, heart disease, arthritis, nerve degeneration or even cancer - depending upon your heredity or structural weaknesses. Be happy you are paying your bills now in an easy-payment plan.

With some, colds which haven't appeared for a long time may occur or even fevers. **This is nature's way of house cleaning.** Understand that these actions are constructive, even though unpleasant at the moment. **Don't - but don't try to stop these symptoms by the use of certain drugs, or even massive doses of vitamins, which will act as drugs in huge concentrations.** These symptoms are part of a curing process and don't try to cure a cure. These are **not** deficiency conditions or allergic manifestations - **not** if you are eating properly in quality, quantity, combination and sequence. Here is where experienced advice is of great value. Unfortunately, there are few books present today which give full guidance to the average reader. Try to find guidance through a doctor or teacher who has the requisite experience in this most confusing of all subjects - nutrition in relation to health and disease.

You may be eating perfectly in regard to quantity, quality and observation of all the correct rules and still symptoms will occur. Those who have lived better lives in the past - who have eaten better foods and who have abused their bodies less with overeating - will have reactions ranging from almost nothing to all or very mild to symptoms which may be uncomfortable or acute. Those who have lived worse lives and poisoned themselves more will experience more severe symptoms if their liver, kidneys or other important eliminating organs have been damaged. When they have been renovated to the point of fair working order, they will no longer produce symptoms.

Headaches may occur at the beginning, fever and or colds also may appear: the skin may break out: there may be a short interval of bowel sluggishness, occasional diarrhea, feelings of tiredness and weakness, disinclination to exercise, nervousness, irritability, negativity or mental depression, frequent urination, etc., etc. However, the great majority of people find their reactions tolerable and are encouraged

to bear with them because of the many improvements which have already occurred and are becoming more evident with each day. This acts as an inspirational force to them.

The symptoms will vary according to the materials being discarded, the condition of the organs involved in the elimination and the amount of energy you have available. The more you rest and sleep when symptoms are present, the milder they are and the more quickly they are terminated. Be happy you are having symptoms. **Realize deeply** that your body is becoming younger and healthier every day because you are throwing off more and more wastes which would eventually have brought pain, disease and much suffering. Those who have the worse symptom-reactions and follow through to their successful termination are thus avoiding some of the worse diseases which would eventually have developed had they continued their careless eating habits.

Don't expect to go on an ascending scale of quality - that improving your diet will make you feel better and better each day until you reach perfection. The body is cyclical in nature, and health returns in a series of gradually diminishing cycles. For example, you start a better diet and for awhile you feel much better. After some time a symptom occurs - you may feel nauseous for a day and have diarrhea with a foul-smelling stool. After a day, you feel even better than before and all goes fine for awhile. Then you suddenly develop a cold, feel chills and lose your appetite. After about two or three days (assuming you don't take drugs or do anything else about it), you suddenly recover and feel better than you did for years. Let us say this well-being continues for two months, when you suddenly develop an itch or rash. You still don't take anything special for it. This rash flares up, gets worse and continues for ten days, then suddenly subsides. Immediately after this, you find that your hepatitis is gone and your energy has increased more than ever before. The rash became an outlet for the poisons in the liver which produced

the hepatitis. This is how recovery occurs - like the cycles in the Dow - Jones Average at the beginning of a bull market recovery. You feel better, a reaction occurs, and you don't feel as well for a short while. You recover and go higher for awhile. Then another reaction occurs, milder than the last. You recover and go even higher. And so it goes - each reaction milder than the last - as the body becomes purer, each becoming shorter in duration and being followed by a longer and longer period of feeling better than ever before, until you reach a level plateau of vibrant health. Here you become relatively disease-free and are filled with ever-increasing joy, life and the happiness which comes from sheer well-being. The mind opens up and expands to ever-higher horizons, and your soul will shout for joy. You begin to love the world, the universe and everything in it.

## Summary

**In most cases the cause of ill health, pain, disease, fatigue and discomfort is the overwhelming presence of negative material brought into the body as toxic waste from acid forming foods, chemicals and pathogenic micro-organisms.** This foreign pollution is attracted to the genetic weak areas of the body first and concentrates itself in these tissues like a 'toxic waste dump site' and is very irritating to the surrounding areas and organs. Through the years as the acid buildup grows it destroys the cells completely or reduces cellular energy and prevents adequate cell repair and growth. This toxic contamination weakens the local immune response and allows infection and inflammation to take place which decreases tissue and organ integrity, strength and homeostasis. The consequences are disease, pain, swelling, redness, headaches and numerous symptoms of ill health and many other discomforts. Sodium is released into the interstitial spaces between cells and attracts fluids. This prevents potassium from entering the cells and causes them

to become dry, thereby reducing energy capability. From this point the cells degenerate and die in proportion to the amount of poison in the surrounding vicinity and the circulatory flow into and out of the polluted area. It is the accumulation of negative material that ages and destroys the body and in turn prevents adequate nutrition from entering the weakened cells due to improper fluid transportation from within the tissues. The body will not and cannot heal itself without first removing the negatives that causes the illness or pain or disease.

There is no product, medicine, therapy or machine that will overcome a sub-health condition unless the pollution factor within the tissues is dissolved and released from the afflicted area and is circulated out of the body through the eliminative channels. This is a primary necessity in order to allow a natural form of cellular regeneration and healing to take place. New tissue and cell growth cannot happen until the old toxic wastes that are interfering with normal body functions is cleaned out, and new fresh blood and nutrients can be reestablished within the chronically inflamed area. **This is how we become healthy is first through purity and then through nutritional buildup. It cannot happen the other way around.**

When you improve your diet or take supplements that helps to cleanse the digestive system of parasites or purifies the other systems of the body, you will suffer some discomforts from the purification process from time to time. In most cases it cannot be avoided, but it can be controlled. Allergies, heart palpitations, abdominal pains, constipation, gas, skin rashes and hives, sinus drainage, excess mucus, sore throat, colds and infections, kidney or liver pain, bladder conditions, joint/muscle discomfort, leg or feet tenderness, reproductive organ dysfunction or inflammation, head, eye or ear problems, etc. can develop and is the result of cleansing excessive poisons from the tissues. Especially the colon. As this pollution is dissolved out of the tissues it travels through

the blood and can then redeposit somewhere else within the body temporarily causing or worsening some of your symptoms. You have waste material that has been in your body for years even from when you were ten or fifteen years old. It is still there stored in the tissues or in the pockets in the colon creating a bad situation for the surrounding tissues and other areas of the body. Low levels of nutrients especially minerals becomes evident during this process and contributes heavily to your symptoms, but it is difficult to determine which ones and how much and where. You are not nutritionally deficient everywhere, but only locally where the heaviest concentrations of impurities are to be found. Ironically, these are the areas where nutrients are blocked by the pollution factor and therefore time becomes important to eventual wellness. You cannot expect to heal and cleanse the body in a short period of time after years and years of eating negative food three or more times a day with all the junk and chemicals and drugs somewhere in between.

It is very important to realize that the products used to remove waste material from the body is not the cause of your discomforts or symptoms. It is consequently, the removing of the waste material from the long standing site of accumulation that is causing you the nausea or pain, etc. **The die-off from killing the parasites, pathogenic micro-organisms and the acid wastes entering the blood is 100% the reason why you may feel down or weak or terrible, but you must go through this natural healing transition in order to get well. Do not blame the products. They are totally safe, and during the course of their activity, you will eventually see an improvement within a given period of time, but not until then. You must be willing to wait it out, because until enough toxins are removed, improvement will be minimal. Remember, the strong areas of your body will cleanse and heal themselves first, as the weaker areas do not have the strength or integrity to remove the impurities as quickly, so it takes a while longer for**

**energy to build up in these suppressed areas before sufficient cleansing can take place allowing symptoms to disappear.** If the cleansing process is too much for you to take, then slow the program down for a while or stop the program completely for several days or a week or two, but do not stop or give up the program entirely. If you think the products are causing the problem you are mistaken, and therefore, defeating your own purpose with this misunderstanding. Permanent wellness requires you to eliminate these toxins from your body in quantities enough to allow for tissue regeneration. The pain and discomfort associated with this removal is the necessary price to be paid for the health and wellness you so desperately seek. The more serious your condition, the more discomfort there will be. **There is no easy way.** You must go through this. Anything worthwhile has a price and can only be gained with time, patience and effort. The good in life only comes when we stop doing the bad. You can do many good things that bring good rewards, but you are as strong as your weakest link and it is your weaknesses that do you in. The weaknesses must be removed little by little and this understanding is the key to your success. It is said, "that if you do not change your direction you will surely arrive at where you are going". You are, where and what you are, according to your values as determined by your associations. If you associate with people, places or things that are equal to or better than you, then you will also become better through your association with them according to the "law of influence" and the law of "cause and effect ". Likewise, if you associate with people, places and things that are weak, negative and have little to offer (such as bad food, drink, etc.), then you will be brought down to their level of existence and become like them. If you do not like who, what or where you are at this time, then change your values and your associations and move yourself up and away from the negatives of life and become a positive example for others to follow. It can be done! You just have to want to do it bad enough.



**Remember,  
Pleasure Is Never Worth  
the Pain That it Brings!**

Note: This information is for educational purposes only.

For information and to order products contact:

Bernard Pysnak  
1261 E. Cassidy Circle  
Bountiful, Utah 84010  
**Tel: 1-801-2949506**

# **CANDIDA**

**FOOD CHOICES  
CLEANSING REACTIONS**