

Candida.. can it have a connection to many health challenges, and can Isagenix help?

Notes by Deena

Wednesday night's call with John Anderson was very informative. We hope you were all able to tune in. For those of you that didn't receive this notice, we'll give you a few highlights here.

John was asked the question of Candida and how Isagenix may benefit. He mentioned that the constant consumption of sugar over the years causes the friendly digestive bacteria in the intestinal tract to be overtaken by yeast. This is very challenging to the immune system as it creates a constant battle to eliminate the yeast overgrowth. Twenty-four hours a day, year in and year out causes the body to become weak and the immune system to be challenged. Yeast over growth is often the cause of obesity (among many other disorders - see below) since the body simply cannot keep up with the constant battle. The problems usually begin in the gut, eventually effecting the tissues and perhaps eventually taking over the entire body if allowed to persist. So yes, obesity is a major symptom of candida.

Before we reach this state, cleansing quarterly on the average will definitely help. We have one of the most powerful tools in the industry through eliminating the unwanted yeast. So why not use it before our immune systems become challenged. John stated that Isagenix has anti-yeast and anti-fungal properties. Perhaps many of you have become constipated while taking this mineral drink. Well, if you are toxic and the unwanted debris flushes very rapidly from the system, it can become congested in the colon, including candida the body is trying to sluff off. One solution is to drink more water to assist the flushing. He also mentioned that the Slim Cake with all of its fiber may well also come to the rescue to cleanse the colon. This is brand new and can be ordered today!! What a great gift to give for Christmas - natural fiber. In general, John does not recommend the Slim Cake during the cleansing days, however, if it is necessary for proper bowel function, the Slim Cake can be used. First try an abundance of one of our natural resources in its purified form, WATER. John also mentioned that another huge detox symptom is a headache. WATER again will come to the rescue. VERY, VERY important. As a whole, we are a very dehydrated society. Drinking teas and things of this nature will not cut it. Water is awesome - even my 15 year old is asking for it now instead of pop or sugar JUNK. Teach your children at an early age if you have the chance.

At any rate, why not take advantage of our wonderful Isa system. I personally do the mineral drink each and every day. I do not want to be taken over by a fungus. This is one of the reasons why it is necessary to cleanse and eliminate the word DIEit from our vocabulary. Since we truly are what we eat, cleansing daily is necessary since sugar is found everywhere. And you never are certain of what you are eating when we dine out.

John also touched on the fact that if this fungus is allowed to develop and become severe, you may perhaps need the help of an additional substance available from your local health food store: Sodium caprylate. This was foreign to me so I looked up on the web and this is what I came up with:

sodium caprylate *n*: the sodium salt $C_8H_{15}O_2Na$ of caprylic acid used esp. in the topical treatment of fungal infections.

Then to better understand the term Candida I went one step further and did a little more research on the web:

Taken from www.bellnet.de/candida.htm

Candida is a major contributing factor to the cause of:

- Chronic Fatigue
- Immune Weakness
- Allergies
- Systemic Degeneration

Candida Albicans is a negative YEAST INFECTION that begins in the digestive system and little by little spreads to other parts 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 men and women every day and it is estimated that nearly everyone has or will have a moderate to serious Candida condition eventually in their lives.

A yeast cell produces over 75 known toxic substances that negatively poison the human body. These toxins contaminate the tissues where it weakens the immune system, the glands, the kidneys, bladder, lungs, liver and especially the brain and nervous system. Candida yeast can become so massive and invasive that it enters the FUNGAL form where it provides very long, root-like structures that penetrate the mucous lining of the gastrointestinal wall. This penetration breaks down the protective barrier between the intestinal tract and bloodstream, allowing many foreign and toxic substances to enter and pollute the body systemically. As a result, proteins and other food wastes that are not completely digested or eliminated can assault the immune system and cause tremendous allergic reactions, fatigue and many other health problems. It also allows the Candida itself and bacteria to enter the bloodstream, from which it may find its way to other tissues, resulting in far-ranging effects such as soreness of the joints, chest pain, sinus and skin problems, etc. An autopsy done on a lady who had died of heart failure for no apparent reason, found that her heart was encased with Candida yeast. Vaginal yeast infections are more prevalent today than ever, and they will never completely go away until the yeast has been cleared from the intestinal area. To make matters worse, Candida can be sexually encouraged from one person to another.

Candida covers the intestinal wall which chemically and mechanically interferes with digestion and assimilation of food nutrients. Many people, especially senior citizens, cancer victims and those with AIDS are wasting away for want of nutrition because they cannot absorb what they eat. Many people digest less than 50% of their food because the Candida creates a digestive conflict and robs them of their nutrition. Candida creates chaos in the intestines and diseases of which the doctors have little or no answer and can use only medicines to treat it. ALL IMMUNOLOGICAL

WEAKNESSES AND INFECTIOUS CONDITIONS are made worse by the presence of Candida throughout the body.

The major waste product of yeast cell activity is acetaldehyde and the by-product ethanol. Many people have a low iron content because this mineral is hard to absorb when Candida is present, and therefore have little oxygen in the tissues. Ethanol can cause excessive fatigue and reduces the strength and stamina which takes away ambition. It destroys enzymes needed for cell energy and causes the release of free radicals that encourages the aging process.

Candida Albicans is an incredible destroyer of health and is the main missing link in many of our modern day diseases and sub-health conditions. The fact that Candida can rob the body of its nutrition and poison the tissues with its toxins is a major contribution, directly or indirectly to the following list of serious conditions:

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- Adrenal/Thyroid Failure
- PMS Symptoms
- Poor Memory
- Bad Breath
- Hyperactivity
- Colds & Flu
- Gas/Bloating
- Irritability
- Mood Swings
- Indigestions
- Lethargic/Laziness
- Muscle Aches
- Ulcers
- Insomnia
- Chemical Sensitivity
- Constipation
- Anti-social
- Endometriosis
- Diarrhea
- Puffy Eyes
- Vaginal Yeast
- Colitis
- Suicidal
- Respiratory Problems
- Colon Cancer
- Menstrual Problems
- Hormone Imbalance

- No Sex Drive
- Allergies
- Diabetes
- Cold/Shaky
- Dry Skin & Itching
- Low Blood Sugar
- FATIGUE (Chronic)
- Cystitis
- Food Cravings
- Epstein Bar Virus
- Burning Eyes
- Heartburn
- Infections
- Thrush/Gum Receding
- Hiatal Hernia
- Asthma
- Infections
- Intestinal Pain
- Skin Rashes & Hives
- Premature Aging
- Dry Mouth
- Hemorrhoids
- Finger/Toenail Fungus
- Headaches
- Over & Under Weight
- Over-all Bad Feeling
- Depression
- Lupus
- Numbness

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 is is very perplexing to both doctor and patient. Candida itself is totally preventable and if you have this condition, there is a special way in which it can be completely and permanently eliminated. The CANDIDA WELLNESS CENTER in Provo, Utah is now offering this amazing discovery in a specific and personalized CANDIDA WELLNESS PROGRAM that is now available in booklet form. It describes in detail How to overcome a moderate to serious Candida Yeast Overgrowth completely and permanently within a given period of time depending on its severity. By using a concentrated natural method, it kills the Candida and continues to prevent its growth from then on. It is simple and easy program to follow with proper instructions and a thorough explanation as to what Candida is, how it got there and how to get rid of it. The presence of Candida and what it does to the body is common knowledge with health practitioners, but how to get rid of it is a guessing game and not understood by most doctors. This is a remarkable anti-fungal program that overcomes Candida in a more reliable and permanent manner. If you can remove this parasite from your body using a natural approach, you will also remove all the negative effects and symptoms along with it. This program will significantly improve your digestion and all associated

weaknesses including bloating, constipation, ulcers, colitis, colon problems, gas, chronic fatigue, aches and pains and many kinds of subtle and nagging health problems. Even acute infections such as the common cold, Epstein Bar Virus, bladder infections, skin eruptions, etc. can be prevented or significantly improved. It will especially take the stress off of the immune system, the glands and the nervous system. Reproductive organ problems which can have their roots in a Candida Yeast infection may eventually disappear. Many negative conditions may slowly go away with this incredible technique and it can help increase food assimilation by as much as 50%. It is so impressive that people are calling constantly just to reserve their personal copy, because their family and friends speak so highly of their success through this special program.

Information found on www.autism.org/candida.html

The Candida Yeast-Autism Connection

**Written by Stephen M. Edelson, Ph.D.
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There is a great deal of evidence that a form of yeast, candida (rhymes with "Canada") albicans, may cause autism and may exacerbate many behavior and health problems in autistic individuals, especially those with late-onset autism.

Scenario. Candida albicans belongs to the yeast family and is a single-cell fungus. This form of yeast is located in various parts of the body including the digestive tract. Generally speaking, benign microbes limit the amount of yeast in the intestinal tract, and thus, keep the yeast under control. However, exposure to antibiotics, especially repeated exposure, can destroy these microbes. This can result in an overgrowth of candida albicans. When the yeast multiplies, it releases toxins in the body; and these toxins are known to impair the central nervous system and the immune system.

Some of the behavior problems which have been linked to an overgrowth of candida albicans include: confusion, hyperactivity, short attention span, lethargy, irritability, and aggression. Health problems can include: headaches, stomachaches, constipation, gas pains, fatigue, and depression. These problems are often worse during damp and/or muggy days and in moldy places. Additionally, exposure to perfumes and insecticides can worsen the condition.

Dr. William Shaw has been conducting important research on yeast and its effects on autistic individuals. He recently discovered unusual microbial metabolites in the urine of autistic children who responded remarkably well to anti-fungal treatments. Dr. Shaw and his colleagues observed a decrease in urinary organic acids as well as decreases in hyperactivity and self-stimulatory, stereotyped behavior; and increases in eye contact, vocalization, and concentration.

There are many safe methods to treat yeast overgrowth, such as taking nutritional supplements which replenish the intestinal tract with 'good' microbes (e.g., acidophilus) and/or taking anti-fungal medications (e.g., Nystatin, Ketoconazole, Diflucan). It is also recommended that the person

be placed on a special diet, low in sugar and other foods on which yeasts thrive. Interestingly, if the candida albicans is causing health and behavior problems, a person will often become quite ill for a few days after receiving a treatment to kill the excess yeast. The yeast is destroyed and the debris is circulated through the body until it is excreted. Thus, a person who displays negative behaviors soon after receiving treatment for candida albicans (the Herxheimer reaction) is likely to have a good prognosis.

Please note: treatment for candida albicans infrequently results in a cure for autism. However, if the person is suffering from this problem, his/her health and behavior should improve following the therapy.

To learn more about yeast and candida albicans, visit the [Autism Research Institute's web site](#). The Institute's publication list contains an extensive information packet and books on this subject. In addition, William G. Crook, M.D. has written several excellent books on yeast, including the classic *The Yeast Connection* (1986), *The Yeast Connection and the Woman* (1995), and more recently, *The Yeast Connection Handbook* (1996). Dr. William Shaw also provides organic acid testing as well as additional testing. He can be contacted at: The Great Plains Laboratory for Health, Nutrition, and Metabolism, 9335 West 75th Street, Overland Park, KS 66204, U.S.A; telephone: (913) 341-8949; and fax: (913) 341-6207.

I hope this information will be of assistance to you. Why let the invasion of certain things in our life style take over to create an unsettling atmosphere. It is not necessary. Cleansing is!! If you are not on the Isagenix program ,I invite you to check it out and hop aboard. If not then take heed as to what you ingest and don't let sugar become a compulsion. If you are on the system cleanse daily and do what our medical advisory staff designed for us - is 2 oz of the juice and one shake a day along with the vitamins and antioxidants - you will have a wonderful total support foundation for each and every day.

I think I will finish off with one last comment. John also said that out in the field (not documented yet), some people are not fond of the taste of the juice. So for the 2 days of the juice cleanse, they are adding 1/2 packed of Want More Energy to the 4 oz. (1/2 cup) of juice and mixing them with 28 oz of water. This makes it taste better. Plus it is a super lift with all of its electrolytes and the blend of unique carbohydrates of 3 or 4 different kinds which creates an energy boost at different levels through out the day. Since they are varied, the sugars will be released at different times in the day. This combo of 70 minerals and trace minerals are in essence the spark plug of life, balancing with important carbs and minerals, creating a total surge for the body. Many people are reporting amazing results. John said that they will be documenting these results, but so far those people that have used this combination seem to be seeing tremendous results.

This leads to one very important concern that was talked about and that is the sugar in the products. We definitely do not have the processed white sugar that is high on the glysemic index scale . This spikes the blood sugar level and increases the pancreas and triggers insulin in the blood stream going eventually to the tissues to be burned . If we don't exercise then this substance

turns to fat. Read the labels as to what you ingest - there is sugar in almost everything because we need to have our taste buds addressed.

The sugars that are in the Isagenix products are from fructose, plum puree and date puree. These are a good source of glucose that is needed to balance the blood stream and helps with brain functions . We need a balance of beneficial carbs. This is the reason why Isagenix products work splendidly they balance the total terrain.

Remember, if you are plagued with a health challenge it is best to work with your medical advisor in monitoring your body when you are using the Isagenix. John is a type II diabetic. He suggests that if you are health challenged, you do the 30 day challenge with your Dr. until your body recognizes that this pure form of food is good for the system and the detox symptoms will not be so heavy . Go slowly in the beginning for the best results. Those of us that are healthy, keep your health by doing the cleanse with the seasons and keep up with the products daily. The meal comes out to be about \$4 a meal and that is one of the healthiest breakfasts that one could have. Drink the minerals in your water and join us for a great ride on the longevity train.

Yours In Health and Happiness

Deena

SO WHAT DO I DO NOW?

Go to a Health Food Store and ask for:

- 1) Caprilic acid - the least expensive - without all the extra bells and whistles. Start slowly, maybe one cap in the morning because it can make you feel worse before it makes you feel better as the yeast is being killed off and your body is trying to get it out of your body.
- 2) Friendly bacteria - acidophilus type products. Take according to package, probably 2 or 3 times a day.
- 3) If you really want to see rapid results, try **for 2 weeks** while doing the yeast cleanse cutting out ALL bread and dairy, i.e. no pasta, pizza, bread, rolls, crackers, chips. Rye crackers are OK. And no milk, cheese, ice cream, cream soups, puddings. Yogurt has the friendly bacteria but is dairy...go easy on it if at all.