

Candida Albicans

I have been working with and studying Candida Albicans for many years now. There are so many approaches to this concern, and there are varying degrees of success with each. I feel this is partly due to practitioners who do not really understand the nature of the yeast. Many practitioners have clients taking all kinds of supplements and avoiding foods in order to stay healthy, which often can make the yeast overgrowth worse. I personally developed scurvy while following the advice of books and different practitioners. This led me to research this matter very deeply so that I might see all sides of this perplexing condition.

Candida is not a disease that we just get rid of. It may be the cause of different conditions, but Candida is a vital yeast that flourishes in the intestinal tract to control toxic waste and particles that are not normally absorbable or digestible.

When our bodies are out of balance due to stress or traumas, and we take medications, antibiotics, drugs or alcohol, yeast can then flourish and migrate through the body. It will show up as strep or fungal-type infections, affecting the skin, nails and hair topically. The creates problems internally throughout the mucous linings of the body, causing ear, sinus, throat, intestinal, bladder and uterine infections.

When an overgrowth of yeast occurs, our bodies fight continually to regain strength from the debilitating toxins that the yeast releases as they feed off of what is consumed. A compromised immune system, or the use of antibiotics, will allow the yeast to travel to isolated areas where it would not normally exist. Once established in these new sites, Candida has the ability to change form and become a fungus, spreading along the mucous linings and becoming a parasite.

Parasites have the ability to control or influence a host's body and command it to perform different functions, or to consume certain things that are unhealthy to the host, allowing the parasite to survive or flourish. People with overgrowth of Candida tend to crave very specific foods or combinations of foods. The toxins that are released by the yeast can cause peculiar or unusual thoughts or mood swings, either insomnia or excessive sleeping, bloating, tachycardia, vaginal infections, jock

itch, athlete's foot, etc. The food craved by yeast will be high in carbohydrates, sugars or starches.

There may be other cravings for cigarettes, alcohol or drugs (prescription or recreational). Yeast eats our B vitamins, and blocks the absorption of calcium and other nutrients, creating great stress to the host. Everyone has a different tolerance level and will manifest different conditions as a result of the yeast overgrowth, which is why many doctors and practitioners don't see candida as a problem.

Candida is not something we get rid of entirely, but it is something we need to regain and retain control of, to return it to its proper balance in the body. It is not unlike an unruly pet or child.

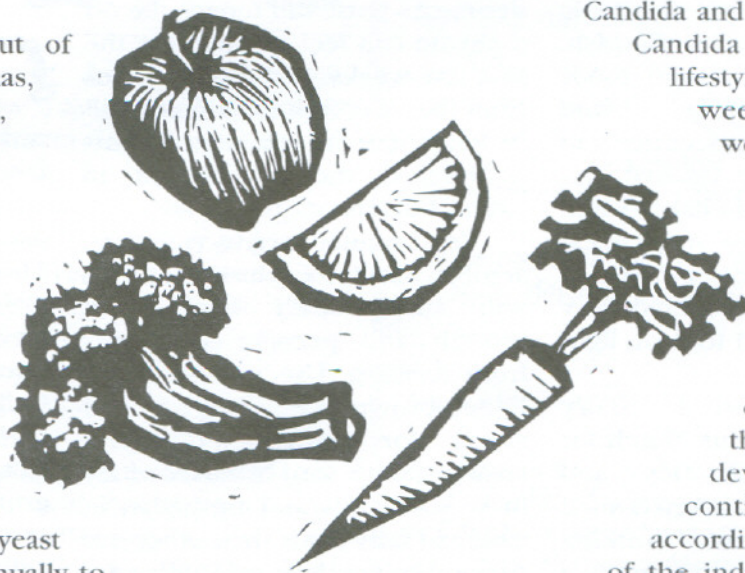
We need to be consistent and firm with Candida and limit the things that Candida craves. It takes a lifestyle change, not just a weekend cleanse or a week of eating well.

Most people who discover they have a problem with Candida are only seeing the flare-ups that it can cause. When there is an overgrowth of yeast, this has taken time to develop, and it will continue to get worse according to the resilience of the individual. Most people treat the symptoms of Candida and

go back to their daily routines thinking they are cured once the symptoms have lifted, but all they have succeeded in doing is clearing enough symptoms to continue on as they have in the past. For many this is good enough.

One person with a certain count of yeast in their system can look like a picture of health. Another person with the same count of yeast might be crippled with any number of conditions. This is why doctors are unsuccessful in diagnosing yeast problems. An overgrowth of yeast is a chronic condition that grows slowly unnoticed, until it reaches a level where various symptoms will become apparent.

Many practitioners and books suggest grueling diets, treatments and many supplements, which result in varying degrees of success and expense. I



have found that common sense and simplicity have had the greatest chance of success. North American and European diets and medical treatments are the culprits we need to look at. There have been many medical breakthroughs with their resultant wonder drugs, but many cause unknown drug-related (iatrogenic) diseases in the hands of unknowing practitioners.

A simple approach to controlling Candida might be a change of diet.

Yeast needs an acid anaerobic environment in which to flourish. Any cooked or processed foods become acid-forming. Avoid processed foods, sugars, coffee and cigarettes. Eliminate cooked fats and oils. Most oils, animal fats and medications can cause free radical production and hypersensitivity to the sun, and oils go rancid very easily when exposed to heat, light and air.

Avoid commercial dairy products and red meats. Watch for the use of antibiotics and hormones in all meats, even farmed fish or chicken. Avoid drinking chlorinated water, as chlorine is a disinfectant and destroys good as well as bad organisms. Avoid yeasted foods like breads, and flavour-enhanced foods. Be careful of combining proteins and sweets, as they will not digest properly together.

Most of the commercial produce on the market is genetically engineered, or devitalized in some way. Often commercial produce is picked before ripe and forced to ripen in coolers by the use of hormones. The use of hormones and chemicals on and in foods is going to have a negative effect on health and well-being. All of the things

mentioned above create an acid environment which leads to poor health and yeast overgrowth.

As the fungus feeds off these foods, toxins are excreted directly into the bloodstream through the fungus's rhizomes, which puncture the mucous linings. This can cause allergies, skin conditions, itching, mood swings, migraines, bloating, memory lapses, anxiety, panic attacks, tachycardia, addictions, sleep disorders, sexual disorders (inability, nymphomania or lack of desire). As yeast and fungus die off a person can feel spacey over the first few weeks. As the fungus dies from the mucous linings, holes will be left where the rhizomes or roots penetrated these walls, as in Crohn's disease.

Yeast cannot survive well in an aerobic, alkaline environment. This will automatically limit yeast growth and prevent infections from forming. Use unpasteurized honey, brown rice syrup, agave or stevia for sweeteners. Olive, sesame, hemp seed or flaxseed are more stable oils, and are higher in essential fatty acids than other oils or shortenings. Fish or poultry are better choices than red meat, as large animals are routinely and directly injected with cocktails of medications and vaccinations. Miso, Soya sauce, sauerkraut, Tempe, lactic-fermented pickles and sourdough breads will feed and help replace good intestinal organisms. (read labels and avoid additives). Spirulina, nori, dulse, kelp, fresh organic fruit and vegetables, rice and grains, organic pastas and grains, raw nuts, soya products, beans, etc. are healthier food sources. Using a greens and protein combination supplement may help reduce cravings for



carbohydrates. Choose Certified Organic foods as often as possible.

Grapefruit seed extract, Pau d'arco, Acidophilus, Silica, Ester C, The Legend (by Nu Life), are the main supplements I have found to be helpful in gaining control over yeasts. Colloidal Silver Nitrate and Colloidal Mineral Solution may also be helpful. Pau d'Arco (a Peruvian tree bark) powdered in a coffee grinder and can be sprinkled sparingly on all food. It has antifungal properties as do Reishi Mushroom, Turmeric or Ginger. A properly prescribed constitutional homeopathic remedy and supporting drainage remedies will be of great support and benefit to gaining control over yeast as well, as will full Heilkunst treatment.

Fasting and cleanses should be done with great care as both release toxins into the system which can actually feed the yeast, and you can be worse off than when you began. When fasting, use antifungal preparations like Grapefruit Seed Extract, Pau d'Arco and Colloidal Silver Nitrate to maximize efforts and minimize

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feeding frenzies for the yeast and other anaerobic organisms.

Do not take Acidophilus or probiotics/Grapefruit Seed Extract (GSE) at the same time. They need to be spaced out by at least a few hours, or do them morning and night. GSE will kill microorganisms on contact, but once it has passed through the stomach does not cause difficulty to beneficial organisms already in place. GSE actually alters the body's pH toward the alkaline. By changing the diet to natural whole foods, getting regular aerobic exercise, drinking plenty of filtered water the body will have a more alkaline aerobic balance, alleviating the environment that allows yeast to flourish.

Many think that only women can get yeast infections. The truth is that everybody has yeast naturally as part of their intestinal system, and so there is the potential for anyone to be susceptible to yeast infections. Yeast overgrowth may be a contributing factor in what is called, "male-dominated thinking patterns."

Many people think it is impossible to change lifestyle and diet enough to gain control over the yeast, but by making simple choices our vitality returns and our sense of well being grows, which will encourage us to continue. Health is a sense of well-being, how we feel personally inside. Healthy food choices are not what we read about in the national food guides or see in a TV commercial - it's all much simpler than that. There is no cure-all out there, and we should be cautious about looking for one. Everyone reacts differently to everything, but when we combine a healthy lifestyle and the dynamic level of health offered by homeopathy and Heilkunst, we are given the best chance for success and continued good health.



- Jesai Chantler RHom.

Quotable Quotes



FROM THE HAHNEMANN CENTER'S ONLINE GROUP:

sent by Ethan Miller:
Shakespeare on the Law of Similars:

*So our virtues
Lie in the interpretation of the time:
And power, unto itself most commendable,
Hath not a tomb so evident as a chair
To extol what it hath done.
One fire drives out one fire; one nail, one nail;
Rights by rights falter, strengths by strengths
do fail.*

- Coriolanus Act IV

sent by Elena Di Cesare:
Shakespeare on the Law of Opposites:

*'Tis better to be that which we destroy
Than by destruction dwell in doubtful joy*
- Macbeth

A t.s. eliot, sent by Kimberly Creed:

*We shall not cease from explorations
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.*

And don't we wish author Alice Miller knew about Heilkunst?

Sent by Allyson McQuinn-Glatt:

*The truth about our childhood is stored up in
our body,
and although we can repress it, we can never
alter it.
Our intellect can be deceived, our feelings
manipulated,
our perceptions confused,
and our body tricked with medication.
But someday the body will present its bill,
for it is as incorruptible as a child
who, still whole in spirit,
it will accept no compromises or excuses,
and it will not stop tormenting us
until we stop evading the truth.*