

Candida Yeast

If your answer is yes to any question, check the box in the right hand column. When you've completed the questionnaire, add up the points you've checked. Your score will help you determine the possibility (or probability) that your health problems are yeast connected.

	YES	SCORE
1. Have you taken repeated or prolonged courses of antibacterial drugs?	<input type="checkbox"/>	4
2. Have you been bothered by recurrent vaginal, prostate or urinary infections?	<input type="checkbox"/>	3
3. Do you feel "sick all over," yet the cause hasn't been found?	<input type="checkbox"/>	2
4. Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature or fatigue?	<input type="checkbox"/>	2
5. Are you unusually sensitive to tobacco smoke, perfumes, colognes and other chemical odors?	<input type="checkbox"/>	2
6. Are you bothered by memory or concentration problems? Do you sometimes feel "spaced out"?	<input type="checkbox"/>	2
7. Have you taken prolonged courses of prednisone or other steroids; or have you taken "the pill" for more than 3 years?	<input type="checkbox"/>	2
8. Do some foods disagree with you or trigger your symptoms?	<input type="checkbox"/>	1
9. Do you suffer with constipation, diarrhea, bloating or abdominal pain?	<input type="checkbox"/>	1
10. Does your skin itch, tingle or burn; or is it unusually dry; or are you bothered by rashes?	<input type="checkbox"/>	1

Scoring for women: If your score is 8 or more, your health problems are probably yeast connected. **Candida may demonstrate symptoms such as indigestion, constipation, diarrhea, abdominal pain, gastritis, and mucus in the stool; itchy or scaly skin, acne or rashes, distorted vision, chronically inflamed eyes, pain or fluid in the ears, deafness, or recurrent ear infections; nasal congestion or itching; sore, bleeding gums or dry mouth; recurrent bladder infections, burning or urgent urination; fatigue, loss of body hair, insomnia, weight fluctuations, irritability, mood swings, fibromyalgia, heart problems such as mitral valve prolapsed and headaches.**

"Upon Candida Albicans infection the toxins produced in the invaded tissue may act as an immunosuppressant to impair host defense mechanisms involving cellular immunity... (and) a selective decrease in the number of T-cells was characteristically noted."

A four step program to getting yeast under control in the body:

Remove the yeast by doing some or all of the following:

- 1. Avoid foods containing yeast, cheese, sour cream and buttermilk.**
- 2. No alcoholic beverages**
- 3. No fermented foods such as pickles or soy sauce and no other sauces or vinegar-containing foods**
- 4. No sugars, including grains such as corn and wheat or anything that turns to sugars**
- 5. No yeast-based supplements (chemically produced vitamins (1 a day)**
- 6. No mushrooms**
- 7. Avoid sweet fruits and fruit juices if necessary.**

Destroy yeast with supplements such as:

- 1. Pau d'arco – 30 drops 3X a day for 3 Months or drink daily as a tea**
- 2. Oregano Oil or Capsules**
- 3. Kelp and Liquid Chlorophyl for alkalinity**
- 4. Garlic and caprylic acid**
- 5. Grapefruit seed extract**
- 6. Ionic (colloidal) silver**
- 7. Yeast and Fungal Detox, Natures sunshine**

Re-inoculate the body with proper nutrition and intestinal microflora (acidophilus/bifidophilus). You may take it orally and give enemas and douches. Take at a different time of day from the above supplements to eliminate the yeast.

Repair and restore the intestinal wall and heal the leaky gut by replacing or augmenting nutrients that support healing:

- 1. Soluble fiber (psyllium free fiber for sensitive guts)**
- 2. Bowel support with Total Body Cleanse and Para L)**
- 3. Liver Cleanse**
- 4. A good yeast-free B Complex with FOLATE and not FOLIC ACID - other nutrients as needed.**
- 5.**

Stay on the diet for approximately 2-4 weeks. You may have meats in small amounts, but 80% of the diet should come from vegetables, nuts and seeds. Some people can tolerate whole fruits, but not melons, so be careful with those. Check with me in two weeks to monitor and adjust your diet.