

Candida: An In-Home Anti-Fungal Program

When you want to fight candida and eliminate the fungus-like yeast, you have to address it with a variety of weapons. Certainly friendly bacteria is one of those weapons, but the trick is in the type and how much you take. A good anti candida program is to spend 2 to 3 weeks taking all the right supplements in large quantities. Here's the program:

- Start by taking small quantities of **acidophilus and bifidus***. One of each for a few days, then 2 of each, and so on. Take your probiotics with a glass of water first thing in the am on an empty stomach. Get to 10 of each, then add one of the wide-spectrum probiotics. You can also open all the capsules, pour the powder on a tablespoon and swallow it with water if the capsules are too much of a swallow challenge. Build up to 10 acidophilus, 10 bifidus and 10 wide-spectrum probiotics a day. Stay at that level for 2 weeks and then start decreasing the amounts until you get to what is comfortable for you to take daily and maintain your health. For example, I personally take 3 each of these probiotics a day.
- **ORGANIC GARLIC** -When you start taking 10 of each of the friendly bacteria every day, start taking fresh **organic garlic** every day. Here's something I wrote about garlic:

"Some call it the ultimate antibacterial, antifungal and anti-viral medicinal food. Garlic is recommended in this nutritional program for its healing properties with candida. Garlic is best used fresh. Raw organic garlic destroys bacteria, boosts immune function and may help prevent cancer. Garlic is high in sulfur, which is one of the most important minerals needed by your body to do its detoxification work.

To maximize garlic's superlative antibacterial, antiviral, and anti-parasitical activity, use it in the following way. Before going to sleep at night, finely chop 1 to 2 cloves of garlic. Put the chopped garlic on a tablespoon and swallow it with water. **Do not chew it.** There will be absolutely no garlic odor on your breath if you do not chew the garlic.

Your first bowel movement after starting will have a garlic odor. This is a wonderful sign that this superfood was active in your GI tract while you were sleeping and regenerating. Garlic tirelessly patrols your intestinal tract all night long, as a "toxic-garbage cop" helping to neutralize, dismantle, and eliminate bacteria, viruses, parasites and carcinogens."

Build up to 3 cloves every night. **Do not eat raw garlic more than 2 weeks in a row.**

- You need to get to 10 of each of acidophilus, bifidus, wide-spectrum probiotics, 3 cloves of garlic and stay at this level for at least 2 weeks. Candida should no longer be a problem.

You can then reduce everything and drop amounts slowly until you get down to 5 of each and no garlic after 3 to 4 weeks, then drop the amounts further to 3 of each and you should stay at these levels of friendly bacteria for a while.

- Drink this **tea** once a day:

"The following sweet herbs can be used daily as support for the intestinal tract. In the initial stages of this healing process, I recommend that you use this tea once or twice a day for the first three months.

The ingredients for the tea are anise, caraway and fennel seeds plus ginger. Take a heaping teaspoon of each of the different seeds and add water to make a cup of tea. Slice two or three thin pieces of organic fresh ginger. Bring to a boil and continue to boil for 5 minutes. This tea is very calming to the stomach, especially if you are going through any uncomfortable detoxification symptoms. It reduces gas, nausea and bloating. Ginger is known to be a very strong antibacterial and antifungal agent."

Alternative – **drink Pau-Darco** tea daily (especially at night)

- **High quality fiber** is important in the fight against candida. Research has shown the health benefits of a diet high in fiber. They include regularity, lower cholesterol, protection against certain forms of cancer, and stabilized blood sugar levels.

To maintain intestinal hygiene, you **need about 35 to 40 grams of different fiber sources everyday** (e.g., bran, cellulose, lignin, pectin, etc.), all found in different organically grown, **ripe seasonal fruit (certain ones that are not high in fruit sugar content), whole grains, and colorful vegetables.** Eating these foods provides the added fiber that will bulk up in your intestines, gently sweeping the colon clean of extra estrogen, hormones, toxins, waste debris of cellular metabolism and soak up excess cholesterol. Do not try to "mega-dose" on one type of fiber, like oat bran, as you need each (all) of the different basic fibers for proper bowel cleansing.

The following foods are particularly known to add to the healthy condition of your intestine, specifically because of their fiber content: **Flax seed, also known for its anti-harmful bacteria properties, coconut meat, locally grown apples.**

- **Virgin coconut oil:** One of the most amazing aspects of coconut oil is its ability to fight infections. When coconut oil is consumed, the body transforms its unique fatty acids into powerful anti microbial powerhouses capable of defeating some of the most notorious disease-causing microorganisms. Even the super germs are vulnerable to these lifesaving coconut derivatives. Coconut oil is, in essence, a natural anti bacterial, anti viral, anti fungal, and anti protozoal food.

Coconut oil's anti microbial effects come from its unique composition of medium chain fatty acids (MCFA). Coconut oil is composed of 48 percent lauric acid, 7 percent capric acid, 8 percent caprylic acid, and .5 percent carproic acid. These medium-chain fatty acids give coconut oil its amazing anti microbial properties and are generally absent from all other vegetables and animal oils with the exception of butter.

MCFA are natural substances the body knows how to use for its benefit. They are harmless to us while they are deadly to certain microorganisms. For example, most bacteria and viruses are encased in a coat of lipids (fats). The fatty acids that make up this outer membrane or skin hold together the organism's DNA. Lipid coated viruses and bacteria are easily killed by MCFA, which primarily destroy these organisms by disrupting their lipid membranes. MCFA, being similar to those in the micro-organisms' membrane, are easily attracted to and absorbed into it. Unlike the other fatty acids in the membrane, MCFA are much smaller and, therefore, weaken the already nearly fluid membrane to such a degree that it disintegrates. The membrane literally splits open, spilling its insides and killing the organism. Our white blood cells quickly clean up and dispose of the cellular debris. MCFA kill invading organisms without causing any known harm to human tissues.

The potential coconut oil has in treating and preventing a wide assortment of infections is truly astounding, ranging from the flu to life-threatening conditions such as AIDS.

- **Enzyme therapy***: Systemic enzyme therapy is used to reduce inflammation, stimulate the immune system, improve circulation, help speed tissue repair, bring nutrients to the damaged area, remove waste products, improve health, strengthen the body as a whole, and build general resistance.

Digestive enzyme therapy is used to improve the digestion of food, reduce stress on the gastrointestinal mucosa, help maintain normal pH levels, detoxify the body, and promote the growth of healthy intestinal flora. Digestive enzymes also serve as replacements for the body's pancreatic enzymes, leaving the pancreatic enzymes free to perform other functions in the body such as boosting immunity.

Take three digestive enzymes on an empty stomach three times a day and three digestive enzymes with each meal.

- **Avoid excess fat in your diet:** Excess fat is the culprit in candida, more than sugar, per se. When fat levels in the blood rise, so does blood sugar, because excess fat inhibits insulin from performing its function of escorting sugar out of the bloodstream. The excess fat lines the blood vessel walls, the cells' insulin receptor sites, the sugar molecules themselves, and the insulin with a thin coating of fat, thus blocking and inhibiting normal metabolic activity. Too much sugar in the blood is as life threatening as too little and can result in serious illness or death. Yeast, or candida, is a constant presence in the blood; it serves as a life preservation mechanism, blooming when there is an excess of sugar in the blood stream to bring blood sugar down to a non-threatening level. When the sugar is distributed and used by the cells

of the body, the yeast quickly dies off as it is supposed to. If fat levels stay chronically high due to a poor diet, sugar will remain in the bloodstream and feed the large candida colonies instead of feeding the 18 trillion cells of your body. Starved for fuel, these cells can no longer metabolize energy, and you become tired, and feel rundown. Because all carbohydrate, fat, and protein that we eat is converted to simple sugar (glucose) if it is to be used by the cells for fuel, the way out of this cycle is to consume less fat. When fat levels drop, the sugar starts to get processed and distributed again, and the yeast levels drop because there is no longer excess sugar available.

Our recommendation is to **use coconut oil for cooking and no other type of fats** (butter, margarine, olive oil,etc.).

- Take 6 to 8 capsules of **wild-crafted blue green algae*** because of its incredible nutrient profile especially the carotenoids family. Carotenoids are potent antioxidants needed to enhance the health of the digestive system especially the intestinal lining.
- Take an antioxidant supplement like **Coenzyme Q10***-2 capsules a day with food. Read the research at the end of the article about Q10 and Candida.
- Here's a **list of foods that feed yeast** and that **you should avoid**, not just to stop the yeast infections, but to stay healthy forever:

Breads with processed flours (white or brown), pastas from processed flours, bottled juice (even if the juice was organic because of pasteurization the sugar in the juice become processed sugar), wine, beer, and dairy products (cheese and milk products) because they create mucous that feeds the yeast. No acid forming foods like tomatoes, oranges.

- Here is a **simple list of foods to starve the yeast and you should eat**: vegetables (green in particular), protein like eggs, fish, chicken and meat (organic only), fruits such as avocados, locally grown apples, brown rice, quinoa, amaranth, rice cakes, nuts & nut butters (almond in particular and less peanut), lemons (water with a squeeze of lemon will be a good liver flush and keep the mind clear)

Drink at least **6 to 8 glasses of water** in between meals. Get plenty of sunshine and oxygen with exercise and walking – when you don't feel like moving even walking to obtain oxygen intake will move the toxins out of the system faster and you will feel better

You might go through a candida die-off periods where you are not feeling good (bloated, congested....etc.). Don't stop the program, because candida will come back even stronger. These feelings should go away quickly.

***Highlighted Supplements** – the highest quality supplements can be purchased from New Earth by calling or ordering on-line at: www.teamNewEarth.com/charlottecarrreira

The best thing to do is talk to me first so I can get you the best deal.

FOR MORE INFORMATION: Charlotte Carreira, wellness coach 831-688-1858

email: wellnesscoaches@sbcglobal.net / www.radiant-wellness.com / www.candidacleansing.net

Journal: Medical Hypotheses 2001 Nov;57(5):570-2

Title: Does gastrointestinal Candida albicans prevent ubiquinone absorption?

Authors: Krone CA, Elmer GW, Ely JT, Fudenberg HH, Thoreson J. Applied Research Institute, PO Box 1925, Palmerston North, New Zealand. cakrone@xtra.co.nz

Ubiquinones (coenzyme Qs (CoQ)) are essential for oxidative phosphorylation in yeasts and humans, although the isomers present in each are different. The human coenzyme Q, CoQ10, is administered orally for the treatment of heart disease and other disorders. Some patients, however, require much higher

doses than others to attain a therapeutic CoQ10 blood level. We propose that one possible explanation for this variability is Candida colonization of the GI tract. Many common medical treatments including antibiotics and anti-hyperchlorhydric agents increase the risk of GI tract Candida colonization. Subsequent uptake and utilization of supplemental CoQ10 by the yeast could diminish availability for the human subject. Data from one patient and an in vitro pilot study using two pathogenic strains of *C. albicans* support this hypothesis. If *C. albicans* in the GI tract can hinder availability and interfere with therapeutic effects of CoQ10, it could be of clinical significance for large numbers of patients. Copyright 2001 Harcourt Publishers Ltd.

PMID: 11735312 [PubMed - indexed for MEDLINE]