

Candida Albicans...the American Plague!

The definition of Candida and Candida Albicans according to Stedman's Medical Dictionary is as follows:

"CANDIDA - A genus of yeast-like fungi commonly found in nature; a few species are isolated from the skin, feces and vaginal and pharyngeal tissue, but the gastrointestinal tract is the source of the single most important species, *C. Albicans*. *C. ALBICANS*, thrush fungus; a species which is ordinarily part of man's normal gastrointestinal flora, but which becomes pathogenic when there is a disturbance in the balance of the flora or in debilitation of the host from other causes; resulting disease states may vary from limited to generalized cutaneous or mucocutaneous infections, to severe and fatal systemic disease including endocarditis, septicemia and meningitis." Stedman's Medical Dictionary, Williams & Wilkins, 1978, page 237

HOW IT BREAKS DOWN THE BODY

In simple English, what this means is: Candida or Candida Albicans are yeasts present in the gastrointestinal tract and normally in perfect balance with the good bacteria. However, for a wide variety of reasons the delicate balance of the bacteria in the GI tract becomes disturbed and the area becomes overrun with yeast. Many believe this balance is primarily upset by the use of: **antibiotics** (antibiotics kill off the friendly bacteria that keep yeast in check), **anti-ulcer medication**, **steroids**, the **birth control pill**, **unresolved emotional trauma**, **mercury fillings in teeth** and the **typical American diet** which is very acidic and too rich in refined flours (breads, baked goods, snacks, and boxed cereals) and sugars (pop, fruit juice, snacks, most prepared foods and condiments that use corn syrups and other refined corn products).

Once the balance becomes disturbed, it leads to some or all of the following **symptoms**: a constant flu like feeling, constant exhaustion, frequent colds and bronchial problems, loss of libido, menstrual or prostate problems, skin irritations, food and environmental allergies and sensitivities, lack of concentration, memory problems, unexplained depression and anxiety attacks, gastrointestinal problems ranging from heart burn to constipation to irritable bowel syndrome to bloating, gas and stomach aches, urinary problems, arthritis, rheumatism, athlete's foot, moles and warts, ear and eye infections, thrush in the mouth or vagina, Chronic Fatigue Syndrome, and a low immune system to name but a few of the potential symptoms that can develop.

As you can see the problems that can develop from the presence of yeast can be quite overwhelming, however, they can all be treated and health can be restored. It is quite interesting that this condition is primarily a problem in the western world, since Third World countries do not have access to the "benefits" of modern civilization which offers instant food full of refined flours and chemicals, modern drugs and pesticides. They tend to eat a very simple diet of whole grains and fresh veggies that are in season and grown in their climate. The availability of sugary fruits and less than fresh veggies from around the world all year long, and the fast food craze has left us starving for real nutrients, yet the most obese nation on earth!

YEAST ELIMINATION Through Herbal Supplements

YeastMax™ - A natural two-part formula of herbs traditionally used to support detoxification of Candida and yeast.

ZymeMax™ - A natural, plant-based digestive enzyme formula designed to enhance digestion.

FloraMed™ -

- Provides beneficial bacteria to the digestive system
- Provides the digestive system with elements necessary to repair itself
- Helps restore bacterial balance to the intestinal tract

FiberMax™ - A great-tasting blend of natural flax and borage seed fiber, probiotics, and amino acids.

YEAST ELIMINATION Through Diet

"Let your food be your medicine and your medicine be your food".

This was said by Hippocrates the Father of Medicine. See the articles below for detailed info on how to use food to heal your body rather than eating things that create an atmosphere for illness and candida overgrowth.