

## Candida (Yeast Infections) - Natural Reduction Therapies

**Below you will find some condensed information on Candida (Yeast Infections).** There are some really good books, journals and websites out there with great information. We find one **BIG Problem** with all of it: people. People are self-centered and stubborn and refuse to change completely 100%.

EX: If you are an Alcoholic, how many drinks of alcohol can you have a day? **NONE!!** So, if you have Candida (*Yeast Infections*) why do you continue to do the things that are going to help it grow and get worse? Some people may think that is harsh, but it is the real truth and until a person decides to **change**, they will NEVER get better and only get worse. Remember, a definition of "insane" is to keep doing the same thing and expect a different result!

We hope you find this information useful and use it if needed. H.E.L.P. someone today and share this information with your family and friends. **Please pass it on!**

### What is Candida?

**Candida** is the shortened name used to describe a class of fungi that includes more than 150 species of yeast. In healthy individuals, Candida exists harmlessly in your mucus membranes such as your ears, eyes, gastrointestinal tract, mouth, nose, reproductive organs, sinuses, skin, stool, and vagina, etc. It is known as your "beneficial flora" and has a useful purpose in the body. When an imbalance in the normal flora occurs it causes an overgrowth of Candida ***Albicans***. The term is ***Candidiasis*** or ***Thrush***. This is a fungal infection (***Mycosis***) of any of the Candida species, of which Candida Albicans is the most common. When this happens, it can create a widespread havoc to your overall health and well-being of your body. Look OUT!!

### What Problems can Candida (Candidiasis) Pose?

When **Candida Albicans** is under control it poses no problem, but when it gets out of control it begins to overgrow, causing numerous symptoms and health problems. The overgrowth of Candida is most commonly referred to as a yeast infection; it is also called by its technical names: ***Candidosis***, ***Moniliasis***, and ***Oidiomycosis***. Its outward signs typically may include thick white patches inside the mouth and sometimes on the skin, a rash or rashes, and widespread itching or crawling feeling under the skin.

Candidiasis encompasses infections that range from superficial, such as oral thrush and vaginitis, to systemic and potentially life-threatening diseases. Candida infections of the latter category are also referred to as ***Candidemia*** and are usually confined to severely immunocompromised people, such as AIDS, cancer, and transplant patients.

However, superficial infections of skin and mucosal membranes by Candida causing local inflammation and discomfort are common in many people. The initial presence of an overgrowth of Candida may cause symptoms such as allergies, asthma, and hay fever. You may even develop intolerances to animals, chemicals, dust, fumes, grass, molds, perfumes, pollens and almost anything airborne.

A chronic yeast infection can result in more serious problems and is the result of a weakened immune system. Some signs of chronic yeast infections are not limited to but may include: asthma and respiratory problems; athlete's foot and/or fungal infections; constant bronchial,

nose, and sinus conditions; digestive problems such as acid reflux, bloating, gas, and Hiatal hernia; cravings for alcohol, high carbohydrate foods and sugar; ear infections; fatigue; heart palpitations; headaches; hemorrhoids; anxiety, depression, irritability and panic attacks; female health problems; insomnia, restless sleep, and nightmares; hoarseness or laryngitis and sore throat; ... and many, many more. WOW!!

### What Factors Cause Candida to get Out of Control?

Candida is best kept in balance or under control with a healthy immune system. But under certain conditions Candida begins to overgrow and can get out of control quickly. Anything that causes the immune system to become depressed can cause Candida to start overgrowing.

**Medications**, especially antibiotics, are one of the biggest culprits because they wipe out the "beneficial flora" causing the imbalance of your digestive system. Other medications that contribute to an overgrowth of yeast include antacids, anti-depressants, birth control pills, cortisone, pain killers and steroids to name a few.

**Depleted Nutrition or Poor Nutrition**, meaning *your diet*, is one of the biggest major contributors to Candida because it weakens the immune system, which allows Candida to overgrow. Today's Standard American Diet (S.A.D.) lacks the necessary nutrients to maintain a healthy immune system.

A diet that consists of normal to excessive amounts of sugar is linked to an overgrowth of yeast. The average person living in the western world consumes about 150 pounds to 250 pounds of sugar per person every year! **No wonder yeast infections are so common!!**

We are constantly feeding the Candida (or *yeast infection organisms*) the fuel it needs to take over our health! Many people notice a quick decrease in yeast overgrowth in just a few days by eliminating sugar from their diets. This includes flour, pastas, and starches (refined carbohydrates) that are quickly converted into your bloodstream as sugar. Many if not all packaged and processed foods are laced with salt and sugar. How do you think they get you to keep coming back for more? It is not because it is "REAL" food and it is nutritious. It is because of all the chemical additives, natural flavors (see below), iodized salts, and refined sugars. Not to mention the food colorings, dyes, pesticides, and preservatives, just to name a few.

### Dog Crap is a "Natural Flavor"

...BUTT...

That Does NOT mean I'm going to eat it!

### Environmental Issues - Stress - Toxic Substances

Environmental issues that are known to also weaken your immune system are things such as; chemicals; molds and pesticides: smoke: electro-magnetic and radiation exposure from computers, microwaves, phones, power lines, and televisions; etc.

Stress contributes to many health conditions and increases your risk of developing yeast infections. When you are under stress from emotions, finances, injuries, losses, etc., your body releases more toxins that cause an imbalance in your overall immune system.

Toxic substances such as air fresheners, anti-bacterial soaps, dryer sheets, fluoridated water, household and personal care products, synthetic carpets, and a list of chemical additives in your food supply help weaken your overall immune system. Of course, this is one reason why we are in business to H.E.L.P. you at <http://www.SaferSoaps.com>. Try our product called Ultra-Safe Plus+ Commercial or Medical cleanser.

### Candida (Yeast Infections) - Natural Reduction Therapies

One of the first and most important changes in a natural Candida treatment should be your diet. A healthy diet will not only prevent a yeast infection from developing, it will also keep an already existing infection from spreading by not providing more fuel to the fire by continuing to feed the over-growth. Sticking to the following diet suggestions, in combination with other nutrition and lifestyle principles can bring positive results to your general health and particularly to your yeast infection problem.

I know you will appreciate my sense of humor on this statement. **S T O P !!** Stop doing what gets you sick and start doing what gets you healthy. Take responsibility for your own health. Then after you heal yourself, if you want to go back to the *S.A.D. Diet* and start **ALL OVER Again** ... Go for It!! *Hey Mikey Likes it ... He'll Eat Anything!!*

1. **S T O P Drinking Juices and Sodas.** Start a daily regiment of eating plenty of fresh organic 100% whole foods adding a variety of healthy good bacteria, good probiotics, and good supplements. Yeast gets out of control in a digestive system that is sluggish and unhealthy, lacking beneficial flora, enzymes and proper nutrition. A body that does not maintain a proper acid-alkaline PH balance offers a breeding ground for over-growth. You should try our certified organic whole food called Delicious Greens 8000 (Berry Flavor). It contains some beneficial bacteria as well as to help establish a proper alkaline PH balance. It's nutritious and it tastes great. Even KIDZ Like it!!  
[http://www.Solutions-4-You.com/Vitamin\\_Supplements.aspx](http://www.Solutions-4-You.com/Vitamin_Supplements.aspx)
2. **S T O P Eating Carbohydrates & Refined SUGAR.** Stop consuming processed foods made with white flour, white rice, and white sugar. You have learned by now that **SUGAR** is **Candida's** favorite friend and your worst enemy! Eating such foods can cause Candida to breed. So if you really enjoy those **Nasty Albicans** in your body breeding and eating you ... Go for It!! Try Stevia (an herbal sweetener) instead of sugar and use 100% whole grain non-gluten products such as brown rice, and 100% whole grain bread to replace refined carbohydrates. Try our Coconut flour if you like to bake ... it works perfectly. Call for pricing at (800) 301-9911.
3. **S T O P Eating Foods that Contain Molds & Yeast.** Many condiments and canned fruits and vegetables can harbor and encourage Candida and should not be eaten, like mushrooms, peanuts, popcorn, etc. Fruits (canned or fresh) should be avoided till you get your immune system back under control because of even the natural sugars. Get back to what God created for us naturally. Like we said, there are many good books, journals and nutritional websites out there on food suggestions.
4. **S T O P Destroying & Start Building Your Immune System.** Always consult with a medical professional before you try this! Try to eliminate the daily regular use of antibiotics and other medications which weaken your immune system and kill off friendly bacteria. Like we have written about before, switch to fresh milk (raw un-pasteurized) without added antibiotics and hormones. Supplement your daily diet with the regular use of natural anti-fungal and anti-viral foods. Good natural sources are raw

garlic, onions, olive leaf, oregano oil, etc. Or, better yet, you may want to try our Certified Organic (Centrifuge Extracted) 100% Extra Virgin Coconut Oil. It has a tremendous amount of health benefits both for the inside and outside of the body!  
[http://www.Solutions-4-You.com/Coconut\\_Oil\\_Centrifuge\\_Extracted.aspx](http://www.Solutions-4-You.com/Coconut_Oil_Centrifuge_Extracted.aspx)

By following these four basic suggestions (which is a guide to a healthy lifestyle change) you should start feeling better in a very short period of time. Your Candida overgrowth has probably been going on for some time, so be diligent and patient and stick with the changes. If left untreated, it can lead to serious health issues down the road.

This is another reason why Cheryl & I started our own healing and health ministry called **H.E.L.P. - H.ealthy E.ducational L.ifestyle P.rograms**. You can view this page on our website. Let your food be your medicine!!

<http://www.Solutions-4-You.com/HELP-2.aspx>

Please remember our general rule of tongue

If man made it ... and you have to read it ...Don't Eat it

If God created it ... you don't have to read it ... Just eat it

### Candida (Basic Diet) Suggestions

You should start by following these basic common sense rules: Consume NO alcohol, caffeine, dairy (though some believe in fresh raw milk un-pasteurized), all moldy foods, packaged, processed and refined foods, sugar, wheat and yeast! **NO FAST FOODS!!**

#### **Forms of Sugar to Avoid:**

Beet sugar, Brown sugar, Corn syrup, Date sugar, Dextrose, Fructose, Glucose, Honey, High Fructose Corn syrup, Lactose, Maltose, Mannitol, Maple sugar, Molasses, Sorbitol and fake sugars such as; Aspartame, Saccharin, and Sucralose). Any product ending in "OSE"!

**Safe Sweeteners to Enjoy:** Stevia (liquid pure)

**Fruits to Avoid:** All dried fruits, certain apples, bananas, melons, and oranges

**Fruits to Enjoy:** Berries, grapefruit, green apples, lemons, limes, nectarines and pears

**Vegetables to Avoid:** Carrots, corn and potatoes

**Vegetables to Enjoy:** All fresh varieties including asparagus, bell peppers, broccoli, cucumbers, cauliflower, green beans, spinach, raw garlic and onions

**Meats to Avoid:** Lunch Meats and Pork

**Meats to Enjoy:** All lean meats-beef, chicken, fish, turkey and seafood

**Dairy to Avoid:** All Pasteurized Dairy, Aged cheese, Cow's milk, Soy milk

**Dairy to Enjoy:** Cottage Cheese, Eggs and Yogurt

**More Foods to Avoid:** Foods that contain yeast such as green olives, pickles, brewers yeast, bread, and mayonnaise; Moldy foods such as mushrooms, peanuts, pistachios, and popcorn (choose almonds, cashews and walnuts); Starchy foods such as pasta and potatoes;

Beverages avoid alcohol, black tea and coffee, fruit drinks and sodas (choose grapefruit juice, herbal teas, vegetable juice and water).

Again, we hope you find this information on High Blood Pressure very useful; it is a collection of articles that we found in AMA journals, medical reports, nutritional websites, and Wikipedia.

***Please pass it on!***

Thank You & Have a Blessed Day in the Lord,

Paul G. Tima / CEO

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