

# Candida: Good or Bad?

It's not what you've thought for so many years!

**Candida blamed symptoms:** bloating, stomach discomfort, digestive issues, yeast infections, constipation, diarrhea, loose stools, IBS, nail fungus, UTIs, fatigue, brain fog, rashes, and more have all been blamed on Candida overgrowth.

**These are all digestive system issues...**but what's the "root cause" within this weakened digestive system that is causing all these symptoms?

**A. Resources:** The information in this document is taken from Anthony William, author of *Medical Medium, Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, with four more New York Times best volumes, is where thousands are turning to find the root cause of so many "Mystery Illnesses."

Anthony William's four volumes are: *Thyroid Healing, Life Changing Foods; Liver Rescue;* and *Secrets Behind Chronic & Mystery Illness and How to Finally Heal.*

## B. Good News:

Candida overgrowth has been blamed for many years for the many digestive system symptoms. Because of a weakened digestive system, the **bacteria Strep** thrives and plays havoc with our health and creates all these symptoms that we have blamed on Candida Overgrowth.

**The Good news is: To significantly help rid the body of this pathogen, the Strep Bacteria...** Fruit, greens and herbs are your best friends for fighting nature's diseases. Yes, I also said fruit! Fruit is nature's disease-fighting gift to you. With its healthy carbohydrates, bonded to vital phytochemicals, our brain & liver's #1 food source- glucose... fruit really is our friend!

**Most fruit fear is from misunderstanding some Key Points about fruit:**

- ✓ The sugar in fruit is not the same as refined table sugar or high-fructose corn syrup.
- ✓ Fruit digests so easily that its sugar leaves your stomach within minutes after you've eaten it—it doesn't even reach your intestinal tract.
- ✓ "Fruit is made up of so much: pulp, fiber, water, vitamins, and minerals... all of which are wonderfully beneficial to your healing process.
- ✓ Fruit when consumed with leafy greens, is one of the most sustaining table foods you can have"
- ✓ Contrary to health trends that say it breeds issues like Candida, fruit is nature's disease-fighting gift to us!

Where does Candida fit into this picture? Let me share a few other things first about what is weakening the digestive system and how Candida relates to Strep.

First we need to know that Strep bacteria lives on a weakened digestive system.

The **Bacteria Strep** (*Streptococcus*) is living and flourishing in our digestive tract. It is the “root cause” of these and many more digestive system symptoms. By knowing what it is, we can address what is feeding this bacteria, “the fuel” in a weakened digestive system. As we 1) remove the fuels & 2) build up the digestive system = we thus starve and destroy this pathogen in our digestive system and the symptoms can quietly go away.

So what are the 5 top contributors to a weakened digestive system and what can we do to create a strong digestive system where we move out and starve the Strep bacteria. We will then see how Candida fits into all of this. It may not be anything like what you thought. So hang on!

## C. What are the 5 top contributors to a weak digestive system?

### #1 Contributor: Low Hydrochloric Acid: HCA - (Stomach)

- A. When your digestive stomach acid, Hydrochloric Acid, becomes sparse, weakened, and ultimately ineffective, various gut health issues occur.
- B. Where does this digestive stomach acid come from? It is produced in the stomach.
- C. What is the hydrochloric acid’s main job: To break down the protein in our food.
- D. When HCA is low, the protein isn’t broken down properly and goes into the small intestine **not prepared for assimilation and becomes food for pathogens causing infections and symptoms. This is where the bacteria, Strep, love to live and feast on unbroken down proteins and its results.**
- E. Hydrochloric Acid is a complex blend of 7 different acids: If two or three parts of the HCA blend are weakened, and you ingest any type of foreign microorganism like a bacteria or a parasite that enters your stomach, your stomach acid may not be strong enough to kill it off.
- F. Because HCA is a complex blend of 7 different acids, to build up low HCA by taking over-the-counter HCA is ineffective because it is only one of the whole digestive juice blend.
- G. The HCA in the stomach is suppose to kill the strep before it can get into the rest of the digestive system, but if the HCA is low, strep slips thru.

**Goal #1: Increase the HCA to 1) be a barrier to pathogens and 2) increase the stomach’s ability to digest proteins 3)so undigested proteins don’t feed the pathogens that did make it thru the HCA.**

## #2 Contributor: Insufficient Bile: (Liver)

1. When the liver, a major player in our digestion of food is weakened because it is filled with poisons from before birth thru the present, it becomes sluggish, pre-fatty or fatty liver or it can't create sufficient bile to break down the **fat** in our foods.
2. So we need *HCA for our proteins* and we need *bile for our fats*. When the HCA is low to break down the proteins, usually the liver's bile is also inadequate to break down the fats. (both weakened by many of the same causes).
3. Fat that is not adequately down by bile that enters the small intestines saturates the intestinal lining and can go rancid. The intestinal lining in the small intestine is a perfect breeding ground for the Strep bacteria feasting on rancid oil.
4. Fat that is undigested and goes rancid in the small intestines, can happen from any fat source, whether from lard, butter, French fries, nut butter, avocado or the purest oil.
5. So, if your liver is sluggish and/or you have low hydrochloric acid, the fat and protein descend into the small intestine without being broken down into amino acids (proteins) and fatty acids (fats).
6. Poor food choices can be just too much for even robust hydrochloric acid production and a strong liver to counter.

**Goal #2: Increase Liver Health for good bile production, and decrease high "fat" intake.**

### Calamity Ahead

1. When too much *undigested fat* whether healthy or unhealthy, mixed with too much *undigested protein*, whether healthy or unhealthy, enter the small intestine together, calamity occurs.
2. A feeding frenzy can begin. Microorganisms will begin to fight for food.
3. Consider this on top of that: If you drink beer it can throw off the stomach's process of fat and protein breakdown. Your liver gets drunk before you ever feel a buzz. When the liver gets tipsy, its bile production drops dramatically while hydrochloric acid gets quickly diluted.

You may feel perfectly clear-headed and fine at the helm, but its important to know that the liver gets intoxicated from even one glass of wine, so we can also know that when we're eating fat and protein with alcohol, the breakdown of that fat and protein isn't going to happen in the stomach.

4. So our proteins and fats enter the small intestine largely undigested, and that's how problems begin.

### #3 Top Viral Foods: Avoid These Foods

No matter what food belief system you subscribe to, remove these viral feeders, they create havoc in the body---then the virus creates inflammation.

- Eggs:** Top on the food list to avoid...doesn't matter if organic, free-range, they're still problematic. They are filled with natural hormones that the virus loves.
- Dairy:** Protein is the virus second -favorite part of your diet. This includes, cheese, milk, butter, yogurt, cream, kefir, ghee - you get the idea.
- Gluten:** Gluten fuels pathogens. Life without wheat in your diet can significantly improve most people's health and is one step toward starving the virus.
- Canola:** Fuels virus, damages your immune system, organs, and linings.
- Sugar:** Shuts down the immune system. Avoid! We're not talking about the wonderful cleansing effects of fruit, we're talking about high-fructose corn syrup, and any simple sugars.
- Pork:** It takes 12-16 hours for Pork and pork fat to pass thru the system vs. 3-6 hrs. for other animal products. The longer ANY food is in the body due to slow digestion, the more petrification takes place, fueling viruses. The more fat in the bloodstream, the less oxygen in the blood. Oxygen is key to killing off bacteria and viruses. **Consider moving to a vegetarian lifestyle.**

### #4 Contributor: Heavy metals & Heavy toxins that settle in the gut

- **Heavy metals are also prime food causing** bacteria (one is Strep), viruses (one is Epstein-Barr virus) fungi, parasites, and worms to flourish
- As these pathogens feed on the heavy metals in the gut, they create and release their own neurotoxic gas (poisons).....creating all kinds of new
- **Specific Symptoms:** shingles, Colitis, Crohns, IBS, H. Pylori, #1 cause of Alzheimer's
- **Sources of Heavy metals & Heavy Toxins:** Many are passed down thru bloodline
  - Mercury, aluminum, copper, cadmium, nickel, lead (fish, water sources, cookware, dental)
  - DDT, newer pesticides, herbicides
  - Radiation, Acid Rainfall
  - Prolong Adrenalin producing Stress

### #5 Contributor: Not enough productive bacteria in the gut:

- We were born with tiny, furry hairs in our entire intestinal tract. The hair is to help protect our gut from invasion by viruses, bad bacteria, fungi, and worms. It's also a safe haven that harbors billions of good bacteria.
- Because of the industrial toxins, prescription medication and other chemicals, usually by the age of 20 these hairs are gone.
- Not enough good bacteria, small intestine is not able to create B12 The gut will produce most of our body's supply of B12 if there is enough of the right kind of good bacteria in the final section of the small intestine -Ileum. B12 is critical of nervous system health.

- It further breaks down nutrients to allow for their proper absorption into the bloodstream and for the nutrients to be circulated to the organs and throughout the rest of the body.
- Good bacteria devours non-useful foods and debris in our digestive system, cleaning up hazardous waste that would otherwise harm us.
- Good bacteria see harmful bacteria and virus as enemy. Only if there is a strong army of bacteria can they ward off these enemies

## D. CANDIDA – GOOD OR BAD?

1. For the past 30 years, Candida has been a health craze. Now there is a new Craze, SIBO – meaning “Small Intestine *Bacterial* Overgrowth” SIBO should really be called, small intestinal *Streptococcal* overgrowth.
2. The **root cause** of all Small Intestine *Bacterial* Overgrowth, is blamed on Candida, but the root cause is not Candida overgrowth, but from *infection in the gut* caused by the *Bacteria Strep (Streptococcus)*
3. **Strep Caused Symptoms:** Here they are again...look familiar? bloating, stomach discomfort digestive issues, yeast infections constipation, diarrhea, loose stools, IBS, nail fungus, UTIs and other infections, fatigue, brain fog, rashes, and more. These are all caused by the bacteria Strep in the digestive system.
4. Candida is not the source of the problem. Candida is often present, though it's with good reason. This beneficial fungus, Candida, works only in your favor; without Candida, we can't thrive or be truly healthy.

### CANDIDA'S CRITICAL ROLES:

1. Candida is a crucial and heroic beneficial fungus.
2. It further breaks down nutrients to allow for their proper absorption into the bloodstream and for the nutrients to be circulated to the organs and throughout the rest of the body.
3. Candida devours non-useful foods and debris in our digestive system, cleaning up hazardous waste that would otherwise harm us.
4. Candida is part of the sanitation department of our body.
5. Candida sees strep as an enemy. But it's only as Candida grows in numbers that it's able to kill the enemy.
6. The medical world sees Candida multiplying, to be the problem, when in fact, the increased size of Candida's army is because there is an enemy that needs to be killed off.... the enemy, strep.
7. When Candida is proliferating and getting stronger and stronger, the bacteria strep and other pathogens are getting weaker.
8. Without Candida we would be overcome with pathogens.

## E. Strep Overgrowth

1. This strep is not limited to the small intestines only.
2. This strep is often in the colon and rectal areas.
3. The HCA in the stomach is suppose to kill the strep before it gets to the intestines, but if the HCA is low, it slips thru.
4. This strep bacteria can travel in the digestive tract from the mouth to the rectum.
5. It's important to know that Strep is not just any bacteria in general going haywire in the small intestine. It is the "Key" bacteria causing problems.
6. It has that is a virus: Epstein Barr (Virus) is the "root cause" of most mystery illnesses.
7. Like the Epstein Barr Virus, The bacteria, Strep, is no longer just one strain. Over decades and decades of being a victim of antibiotics, it found a way to survive: to adapt.
9. **Adaptation:** This doesn't mean the bacteria is just getting stronger. It's mutating, each one is able to defend against the strong and stronger mediations that research and science have developed. There are many know groups and strains of Strep that are as yet unidentified and undocumented.

Since the bacteria Step is the root cause of most all digestive system challenges, let's look what breaks down the health of the digestive system or the Gut as we call it.

## F. Strep in other areas: Strep Symptoms:

1. **Strep Symptoms** SIBO, cystic acne, ear infections and UTIs and BV, sinus infections, chronic allergies, sties in the eyes, chronic appendicitis, all have strep as the root cause. Tonsillitis is a combination of strep plus EBV.  
Urinary tract infections (UTIs) and bacterial vaginosis (BV), which are both caused by strep, are frequently misdiagnosed as yeast infections: that is, because Candida proliferation is what's apparent to doctors. Antifungals are often recommended. (Candida itself is never the problem; its only the messenger that there is an enemy that it's preparing to destory.) MM Liver Rescue p. 156
2. **Repeat Occurrence:** These conditions keep coming back after they're treated because they're really caused by strep that's not being eliminated through the medial treatment plan.
3. **Mutating & Lingering Effect:** If you have ever been treated with antibiotics for any reason, even for a basic cold or flu, strep inside your body has had the chance to grow even stronger and more antibiotic-resistant and to linger in your system for years.

4. **Strep is not a superbug:** Unlike the 2 super bugs MRSA and *C difficile*, which had evil beginnings, strep had a docile background and only thru antibiotics did it get turned into something more sinister.
5. **Key to healing:** Knowing that we can go after the strep in our system and work on healing SIBO, or any other strep-related condition is key. Whenever there is a key, there is a door to open—a door of opportunity to heal.

### **A Place for Antibiotics--Emergency situations!**

1. Accidents or bleeding UTI with serious kidney infections etc.  
The goal is to strengthen the immune system, so if there is a real emergency we are not dealing with antibiotic-resistant strep.
2. The more prescription antibiotics and even antifungals build up in the liver and the fatty subcutaneous tissue beneath the skin, the more strep feeds on them and can use the meds to build up its immunity and the more someone can suffer in the long run.

## **G. Flood the Body with the Good**

### **1. CCC: Critical Clean Carbs**

**Celery juice:** A specific weapon against strep. **Blend an entire bunch of celery first thing in the am.**

- a. A powerful food we should never forget! To help restore the level of HCA in the stomach, so that gastric juices can once again kill invaders.
- b. Almost like an antibiotic (both bacterial and viral) yet strep cannot become resistant or immune to it.
- c. It's undiscovered subgroups of sodium that I call *cluster salts* protect the liver's cell membranes and **inhibit the growth of viruses, bacteria, and fungus.**
- d. Celery restores and **balances the bile**, which in most people is completely imbalanced.
- e. The mineral salts drop down to the small intestinal tract, helping knockout bacterial overgrowth such as strep that's present there.
- f. The mineral salts continue traveling onward into the colon where they can continue to fight strep and other bacterial overgrowth.
- g. The mineral salts are absorbed through the walls of the intestinal tract into the bloodstream, acting as an antiseptic to strep thru the body.

**Apples:** Starve out **bacteria, yeast, mold, other funguses, and viruses** from the intestinal tract and liver. Great for dissolving gallstones.

**Apricots:** Loaded in trace minerals, help with b12 production, the skin collects and destroys mold, yeast and detrimental fungus

**Avocados:** Any digestive disorders

**Bananas:** Contrary to popular belief, bananas are **one of the most antibacterial, anti-yeast, antifungal foods.**

**Blueberries (Wild):** The ultimate fruit. Big on neurological needs. Life sustaining in almost every area. Heart, reproductive, Omegas adrenals

**Cranberries:** Profound ability to fight Strep bacteria. Help halt growth of bacteria, viruses, and anything else harmful that is growing inside you. Trying to lose weight, cranberries are one of your strongest allies. Consuming a bowl of cranberries daily will suppress your appetite and help you shed those extra pounds.

**Figs, & dates:** One of the most effective bowel-cleansing foods. The skins feed good gut bacteria and are also antiseptic, killing unproductive gut bacteria, parasites mold and toxic heavy metals.

**Kiwi:** Helps to raise the HCA levels and strengthen the digestive system.

**Lemons & Limes:** Create alkalinity in the body. Improves **hydrochloric acid and bile production and potency**. Contains micro mineral salts that break down pathogens such as unproductive bacteria, mold, yeast, and fungus to help to protect the liver's immune system. Binds with Vit C and wakens a stagnant sluggish, fatty liver, helping loosen and disperse fat cells. Lemons and lime clean up dirty blood, improve glucose absorption, and even protect the pancreas.

**Melons:** Balls of purified water, binds onto poisons of all kinds flushing them out of the system.

**Papayas:** Helps reduce inflammation in intestinal tract

**Peaches and nectarines:** The skins help clean out deep debris in intestines and colon.

**Asparagus:** Alkalizing to the body, flushing out unproductive acids

**Garlic:** The medicinal, pungent, and astringent quality of garlic is a **pathogen's worst nightmare**

**Greens:** Raise HCA levels, alkalinity especially in the lymphatic system. Leafy greens have the most bioavailable and assimilable proteins you can find. Leafy greens help reverse all protein related diseases

**Kale:** Starves unfriendly bacteria and microorganisms while **feeding beneficial bacteria and microorganisms**. Very helpful for improving the ileum environment which improves Vit. B12 production.

**Mushrooms:** Mushrooms are a fungus that helps reduce fungus, bacteria, and viruses in the intestinal tract.

**Onions:** A star for SIBO! One of the most accomplished foods for keeping down bacterial overgrowth in the body. Enhances body's production of B12.

**Potatoes:** (with skins) are your allies if you're fighting any chronic illness.

**Radishes:** Radish greens are one of the most healing foods available. Grow radish sprouts!

**Red cabbage:** Greatest role is cleaning up the intestinal tract of old debris & knocking down pathogens and helping create a good environment for B12 production in the ileum.

**Spinach:** Most effective in providing lots of nutrients that are easy to be absorbed and utilized in intestinal track and liver.

**Sprouts and Micro-greens:** These contain elevated bionics that create the strongest beneficial bacteria environment possible in the intestinal tract making it possible for greatest absorption of nutrients

**Sweet Potatoes:** Promote productive bacteria in stomach and starve unproductive out unproductive bacteria, fungi and mold.

**Zucchini:** Helps push bacteria and fungus out of the intestinal tract.

**Raw Honey:** Contains a combination of sugar, vitamins, minerals, and other micro nutrients, hundreds not yet identified with science, that the liver lover. Antimicrobial, antiviral, antibacterial, antifungal all packaged into one.

Don't you love the above list of amazing foods provided by our Creator for keeping us healthy. *If you want a great recipe for each of the above CCC foods and lots more about each food's benefits, get the book: **Medical Medium Life-Changing Foods**, by Anthony William*

It's amazing to realize all CCCs have proteins, carbs, and fats in them Notice your need for fat and protein are usually well provided in a wide range of fruits and vegetables. The animal world finds their nourishment this way.

The fuel for our liver, the one organ that has more chemical functions than any of our organs (2,000+) is glucose: The right kind of sugar! Have we been shorting this important food from our liver that works so hard for us day and night.

#### GOAL #5

- ✓ Enjoy 3-6 CCC a day, rotating thru the week, until you are consuming most on the list during the month.
- ✓ Notice this list of CCC is widely different from the carbs that are full of the wrong kind of sugar, that feeds the viruses and bacteria and takes us down quickly: Avoid: Refined Sugar, High Fructose Sugar, Sugar Substitutes. Gluten is a high source of sugar. White rice, pastas, glutens etc. Enjoy God's smorgasbord.
- ✓ Reduce the fat intake to avoid a sluggish & ineffective liver.
- ✓ Choose your protein to be easily assimilable. (Legumes are a good choice along with our greens. Remember where the animal world gets their proteins.

***Now, if you want the ultimate in nourishment and healing add the CCC to your herbal foods!***

## 2. Sunrider Herbal Whole Foods:

The next step up in our food chain to optimal health, God has given us herbs, whole herbal foods that actually repel disease, nourish us with nutrients we can't possibly get in our CCC. Sunrider's wide range of herbal foods NOURISH and CLEANSE to restore the BALANCE. A balanced body knows how to function to have optimum health.

Concentration of a wide range of time-tested combinations that don't create difficult stressful cleanses is very important. They know their foods, they know how to negate the weaknesses in each herb and how to combine to bring out the strengths, this is very important when you talk about concentration.

Sunrider focuses on restoring the balance in the body vs. treating symptoms, diseases and deficiencies.

Sunrider foods are prepared in such a way as to save us time and money and help take us to that next level of nourishment.

Sunrider's wide range of herbal foods NOURISH and CLEANSE to restore the BALANCE. A balanced body knows how to function to have optimum health.

### What is our Goal with Sunrider:

- ✓ Remove obvious feeders to pathogens
- ✓ Nourish + Cleanse = Balance
- ✓ NOURISH next cell is stronger than the ones just replaced.
- ✓ We NOURISH life-support systems (all the organs) We nourish ALL 5 systems because each system plays a key role in helping each other.
- ✓ Additionally we can NOURISH the specific weakened organs/systems even more if we choose.
- ✓ We CLEANSE by strengthening the cleansing organs so that THEY do their work most effectively.

### We NOURISH WITH Great choices

- a. **NuPlus** - 12 whole foods that give that perfect balance of 60% complex carbs, 20% amino acids (protein) 15% fatty acids (fat), loaded with their own vitamins and minerals naturally occurring. These are all concentrated 8-10x, properly balanced, ready to be absorbed (no precious energy lost in digestion) and carried thru the body for new cell growth

***THE FOUNDATION TO A HEALTHY DIET** NuPlus® is a tasty, convenient way to bring nutritional balance to your diet. Made from whole-food ingredients, to maximize nutrient absorption it supplies complex carbohydrates and an array of easily absorbable nutrients. Is formulated with herbal ingredients that are naturally low in calories, fat, and cholesterol, making it a great way to round out a meal or a smart way to satisfy snack-time cravings. NuPlus® contains no added sweeteners, so you can avoid a sugar crash.*

***INGREDIENT HIGHLIGHTS CHINESE YAM:** Also known as cinnamon vine, Chinese yam has energizing properties and addresses the spleen. **FOX NUT:** This healthful dry fruit is low in calories and fat and very high in fiber. The seeds contain protein and are a good source of powerful antioxidants, which help prevent the adverse effects of free radicals in the body.*

***LOTUS ROOT:** An excellent source of dietary fiber, lotus root slows the digestion of*

carbohydrates to keep you feeling full longer. It also aids circulation and contains a unique mix of vitamins, minerals, and phytonutrients. **SOY PROTEIN** Soy protein is derived from soybeans and provides all nine essential amino acids (making it a complete protein). It's also a good source of omega-3 fatty acids and isoflavones. Highly concentrated. Nutritional powerhouse. Full of naturally derived bioflavonoids, antioxidants, amino acids, and phytochemicals. No chemical isolates, preservatives, or added sweeteners, sugars, and fats. Highly concentrated. Nutritional powerhouse Sunrider Product Fact Sheet

- b. **Quinary:** 50 specific foods nourishing the 5 life support systems (the organs in the body) to help restore the working balance of each system. We nourish all 5 at the same time because each one is dependent and closely related to the success of the other systems. Quinary is Sunrider's most unique product.

***ACHIEVE A HEALTHY BALANCE:** Nourish and strengthen your body's five major systems with Quinary®, Sunrider's complex blend of 50 herbs, specially formulated to help you maintain good health. Quinary® addresses the immune, circulatory, digestive, endocrine, and respiratory systems without using synthetic chemicals or preservatives. \* **INGREDIENT HIGHLIGHTS ALPHA 20C®:** Alpha 20C® addresses the immune system, nourishes T-cells with wood element herbs, and contains antioxidants and calcium. \* **CONCO®** Conco® addresses the respiratory system. \* It contains metal element herbs to help create balance with a combination of warming herbs that cleanse **ASSIMILAD:** Assimilad® addresses the digestive system with earth element herbs that can help the body process food quickly and efficiently. \* **LIFESTREAM®** Lifestream® addresses the circulatory system with water element herbs that promote balance and fluidity. \* **PRIME AGAIN®** Prime Again® addresses the endocrine system, working in harmony with hormone-producing glands and the organs they support; No added chemicals or stimulants; Highly concentrated; Expertly formulated for optimal results. Sunrider Product Fact Sheet*

- c. **Assimilaid:** (10 whole foods specific for the digestive system—1/5 part of the Quinary, extra nourishment specifically for the digestive system.

***“ACHIEVE DIGESTIVE BALANCE** Assimilaid® is designed to address the body's digestive system with earth element herbs that can help the body process food quickly and efficiently. \* In Ancient China, a similar formula was used to aid digestion in the stomach and lubricate the intestinal tract. Assimilaid® is one of the five formulas in Quinary®. Sunrider Product Fact Sheet*

- d. **Alpha 20-C:** (10 whole foods specific for the immune system 1/5 part of the Quinary, Extra nourishment specifically for the immune system (liver, gallbladder).

***FORTIFY YOUR IMMUNE SYSTEM\*** Synergizing cutting-edge science and 3,000 years of herbal study, Alpha 20C® provides powerful support for your immune system. The unique formula is designed to nourish T-cells in the body's immune system with wood element herbs that contain naturally occurring antioxidants, calcium, and fortifying properties. \* Specially formulated for superior absorption, made with a synergistic blend of herbal extracts, highly concentrated for maximum effectiveness. Make Alpha 20C® part of your daily defense strategy. Sunrider Product Fact Sheet*

- e. **Goldenseal:** Natural antibiotic effective against bacterial and viral pathogens

*...Berberine has a long history of use in traditional Chinese medicine, where it was used to treat various ailments. Coptisine addresses the urinary tract, digestive, reproductive system, liver, and gallbladder health. \* Sunrider Product Fact Sheet*

- f. **Evergreen:** Nutrient dense form of chlorophyll to bring healing to the digestive system and oxygen to the cells. Equivalent to 5-6 green vegetables. A “super aloe vera” type of food for the digestive system.

***“Evergreen's** special formula helps cleanse the body of impurities while assisting the digestive system to remove waste from the body. \* The main ingredient in Evergreen® is copper chlorophyllin, a type of chlorophyll that supports the circulatory system, helps clean the intestines, and aids digestion. \* The main ingredient is highly concentrated copper chlorophyllin, a stabilized type of chlorophyll. Referred to as the “lifeblood” of plants, chlorophyll is the pigment that gives plants their*

green color and is used by them to convert sunlight into energy through the process of photosynthesis. When the circulatory system is enriched with chlorophyll, it becomes more efficient in transporting oxygen, nutrients, and other elements to serve the body's systems. \* It also supports the digestive system to remove waste and toxins from the body. \* Evergreen<sup>®</sup> is a good source of antioxidants, which combat free radicals and promote immune system health. \* Evergreen<sup>®</sup> contains no artificial flavors, sweeteners, colors, or preservatives." Sunrider Product Fact Sheet

- g. **Spirulina:** Grown in sanitary environment, this highly digestible protein, mineral dense, whole food is a key player for gaining and maintaining optimal health.

**SPIRULINA is A PROTEIN, IT'S AN ALGAE, IT'S A SUPERFOOD!** With more protein, per weight, than chicken, soy, or beef, and a good source of iron, omega 3 fatty acids, calcium, niacin, potassium, magnesium, and B vitamins. Spirulina is the Superfood that you need to work into your diet. This blue-green algae has been harvested from salty lakes in Latin America and Africa for hundreds of years, and is one of the oldest life forms on earth. Spirulina is also cultivated and harvested in man-made reservoirs. In its natural state, it has a mild taste common to freshwater algae and has a long history of human consumption. Sunrider Product Fact Sheet

- h. **Vitadophilus:** Millions of good bacteria that are apple-pectin protected so they safely make it thru the HCA in the stomach and work in the digestive tract to further break down foods and destroy pathogens. As it reaches the lower gut (Ilium), it can create a environment for the body to produce its own Vt.B12.

"The base of VitaDophilus<sup>®</sup> is formulated with a protective apple pectin coating, which insulates the probiotics from the harsh stomach environment, allowing them to reach the small intestine for maximum efficacy. This is unlike many probiotic formulas that are destroyed by stomach acids and rendered useless before they can be fully utilized." Sunrider Product Fact Sheet

## We CLEANSE WITH:

- a. **Calli** – 5 whole foods for **daily detox** that nourishes the 5 cleansing organs: Liver, colon, 1 lungs, kidneys, skin so that they do their work more effectively 1 bag/8 cups.

**"THE BENEFITS OF GREEN TEA...AND MORE** Calli<sup>®</sup> is a unique herbal beverage made from a proprietary blend of green tea and herbal extracts. Sunrider's unique concentration method enhances the release of tea catechins, bioflavonoids, and other potent antioxidants in a way not possible with traditional grinding. Calli's exclusive formula provides potent antioxidant protection against free radicals and helps support the body's natural processes of cleansing and elimination.

Calli<sup>®</sup> is made with natural ingredients and contains no fat, cholesterol, or artificial sweeteners.

Delicious hot or cold, it makes a healthy replacement for coffee, tea, latte, and colas. "Calli<sup>®</sup> contains only trace amounts of caffeine" Sunrider Product Fact Sheet

- b. **Calli** – 5 whole foods that **chelate** for heavy metals and heavy toxins 1 bag/1 cup besure and follow with 1 bag to 8-12 cups to help get "out of the body."

- c. **Fortune Delight:** 5 whole foods that **Cleanse the digestive system** with powerful antioxidant whole foods.

**NATURALLY REFRESHING** This natural herbal beverage is designed to cleanse and nourish the body with an aromatic blend of concentrated herbal extracts. Each refreshing sip provides an array of nutrients, including polyphenols, bioflavonoids, and tea catechins—all known for their antioxidant properties. **PHILOSOPHY OF REGENERATION**The formula for Fortune Delight<sup>®</sup> is based on the Philosophy of Regeneration<sup>®</sup>— the belief that we should nourish and cleanse the body to reach balance, and thus optimal health. Fortune Delight<sup>®</sup> supports the body's natural cleansing process, refreshing and hydrating your body with a delicious blend of herbal nutrients and antioxidants. Most beverages are simply juices, ground-up leaves, or sugary water. Fortune Delight<sup>®</sup> is a "super beverage" because of our high-tech, trade-secret process. To make Fortune Delight<sup>®</sup>, we extract and concentrate the beneficial elements of Camellia sinensis to form a concentrated herbal base. Then we spray-dry a proprietary blend of concentrated herbal extracts onto the base. This unique process enhances the release of natural antioxidants from the herbs and improves the delivery of vital micronutrients. Cleanses the body with naturally derived antioxidants; Provides healthy hydration; Balances the body to support energy without a sugar or caffeine "crash;" Zero fat, sugar, preservatives, or artificial sweeteners. Sunrider Product Fact Sheet

“Finding out what’s really behind suffering is a huge part of healing. There is a confidence that happens internally when you figure out that the bacteria you’re going after in the digestive system is strep, and then you’re well on your way to feeling better simply because you’ve now zeroed in on this pathogen and what its causing.”

Anthony William, *Medical Medium Liver Rescue* (Carlsbad, CA: Hay House 2018) 163-169.  
Donna Ehrlich, *Product Docs*, (Torrance, CA: Sunrider International 2005)

## H. Fads, Trends, and Myths about Gut Health:

### Some Good, Some Bad

- Health professionals are making good improvements in many areas of health, but most of these improvements aren’t enough to make real healing happen. We need to do more and understand the “why” behind any of “the improvements” but also the why behind “lack of full healing.”
- The popular approach right now in books about chronic illness is to advise readers to eliminate inflammatory foods from their diets—and that’s as far as it goes. The information out there doesn’t explain what actually causes autoimmune disorders or chronic conditions, or how to rid yourself of the root problems. This is why people stay sick. xix *Medical Medium Secrets Behind Chronic and Mystery Illness* and how to finally heal.
- The label “science” can be used to put a spin on everything possible in conventional and alternative health. “We won’t get answers by treating science as God and treating those who question theories and findings as fools.” “Trends don’t always look like trends. They often disguise themselves as sound medical advice” p.xxiii

### Trendy Diets

- Many trendy diets may help people lose weight, clear the head a little, allow for more energy, reduce inflammation and pick things up overall for many, but for most their overall health has not really improved, but the biggest drawback of these diets is to shun fruit

### Keito Diet: High fat-Low carbs

- When good carbs (glucose) are taken away on these diets, fat becomes the main calorie source, and that can hurt and even kill your liver over time. **The liver runs on glucose and stored glycogen** to give you a healthy, long life, protecting your adrenals, heart, and brain. Glucose is what is needed for the liver to be healthy. A high fat diet may not hurt your liver as badly as if you were living on fast food; still, it could slow your liver down, make it more dysfunctional, and allow for the possibility of all kinds of diseases and symptoms. This will certainly lead to a fatty liver.

### Fear of Fruit:

- A cup of sugar is a cup of sugar. A cup of fruit is “a unique blend of life creating, life-saving, life-sustaining phytonutrients and other phytochemicals that stop disease and promote long life.” Fruits don’t have a high percentage of sugar in them. “Fruit outweighs the nutrition of any other food.” “The Bible mentions fruit over 300 times because fruit is vital to the essence of who we are.” “Yet the current ‘health’ movement toward low-carb diets have put fruit on the endangered species list with the goal of making it extinct.”
- Fructose that has been processed and separated from its fruit is not an ideal source of food, but fruit in its whole form, full of water and fiber-rich pulp, is the real ideal for your health.
- “It’s a grave mistake for them to associate fruit with “bad carbs.” Fruit sugar is in a class of its own and should never be mistaken for a troublemaker” p. 253.
- “Doctors who practice Eastern medicine say fruit creates dampness in the body.
- Doctors who practice Western medicine say fruit feeds Candida and cancer.
- Dietitians and nutritionists will say fruit contributes to diabetes.
- Physical trainers will say fruit will make you overweight, or even obese.
- That’s because health professionals and medical communities associate fruit sugar with high-fructose corn syrup, processed can sugar, sucrose, lactose, and other sweeteners as sugars.”
- Fructose that has been processed and separated from its fruit is not an ideal source of food, but fruit in its whole form, full of water and fiber-rich pulp, is the real ideal for your health.

**Fat, Proteins & Candida:** It is a huge misconception that eating a high-fat, high-protein diet starves Candida. Fat and protein actually feed Candida. The build-up of undigested proteins in someone with a weakened digestive system can result in a breeding ground for Candida and other varieties of fungus, as well as parasites and bacteria. Relying on fat as your main calorie source will result in the highest Candida growth.

**Healing from the negatives that Candida is fighting against:** The best approach is to eat a low-fat, low-protein diet that incorporates plenty of fruits and vegetables. Your goal is to A. Increase levels of hydrochloric acid in the digestive fluid; B. Rebuild the intestinal tract; C. Detoxify the liver. (look at Sunrider's Evergreen & Dandelion Root, Vitadolphilus). (See Gut Health article)

Also, avoid both antibiotics and antifungal medications. These wipe out all good bacteria in your gut—which severely weakens your immune system. An impaired immune system (liver/gallbladder/large intestine) is a breeding ground and trigger for viruses, bacteria, and/or fungi that are lurking in your body, and as they become highly resistant to these drugs, they start reproducing and reducing your quality of life. *Medical Medium-Secrets Behind Chronic and Mystery Illness and How to Finally Heal*, Anthony William. p. 290-291

#### **Hydrochloric Acid Supplements**

- Your stomach's hydrochloric acid is a blend of 7 different acids.
- Hydrochloric acid supplements is usually just one of these acids.

#### **Sodium Bicarbonate (Baking soda) for Candida Overgrowth**

- It does nothing to help your gut, its abrasive and will only create imbalances

#### **Diatomaceous Earth Diatomite**

- Clings tenaciously to the sides of your intestinal tract and colon, and severely interferes with their ability to absorb the nutrients from your food
- It damages your hydrochloric acid and kills good bacteria

#### **Protein Overloaded Gallbladder Flush** (oil, lemon juice, cayenne, or maple syrup)

- People believe these oil-based concoctions work because within a day after they drink one, they see what appear to be gallstones in their stool.
- What they don't realize is that they're seeing the oil they drank when a large amount of oil is dumped into your body. Your digestive system uses mucus to form into little balls (sometimes in multiple colors, depending on what foods are indifferent part of your intestinal track) that can be easily expelled. This is to protect an overburdened liver.
- The best way to get rid of gallstones is to lower your consumption of dense proteins and eat a diet that emphasizes sodium-rich vegetables and fruits that contain healthy bio-acids and drinking lemon water every morning and evening—you can start the stone-dissolving process.
- One safe and amazingly effective option for dissolving gallbladder stones and restoring the liver-juice a handful of fresh, raw asparagus along with whatever other juice ingredients you like.
- The best way to prevent new gallstones is to maintain a healthy gut.

#### **Fermented Foods**

- Historically fermented foods were about survival not a health aid. The bacteria in them thrive off the decay process, they thrive off death, not life. They are a different category of bacteria than the elevated microorganisms living on fruits and vegetables that thrive on life, and are restorative to your gut, because we are alive.
- They have a life force that the bacteria in fermented foods do not have and are useless to your gut.
- They do not harm, and pass thru the gut, but not necessarily helpful.
- The hydrochloric acid, very sensitive to bacteria on the fermented foods, kills the unproductive bacteria even though it is harmless, it sees fermented bacteria as an enemy.

#### **Yogurt**

- We've been conditioned to believe that the probiotics in yogurt support our gut health.
- If you're struggling with a health condition, yogurt is not a positive food to consume.
- Dairy feeds all manner of ills.
- If it's pasteurized yogurt, pasteurization kills the probiotic anyway.
- The beneficial bacteria that do thrive in raw, living yogurt cannot withstand hydrochloric acid and therefore die in the stomach, never reaching the intestinal tract.

### **Apple Cider Vinegar**

- Apple Cider Vinegar is by far the most beneficial, healthiest, and safest of all vinegars,
- But, ANY vinegar taken internally can act as an irritant to any gut health issue and will ultimately be detrimental
- Gut health issues....steer clear of apple cider vinegar
- Apples in themselves are miracles, amazing for digestion. They collect and rid bacteria, parasites, viruses, and mold from the entire gut. They are incredibly cleansing and healing for the gallbladder and liver. Not only do they detoxify, carefully extracting sediment from these organs; they also help dissolve gallstones.
- Apple cider vinegar does not create alkalinity or cleansing of your system---apples do. Livers despise vinegar as much as they do alcohol. The liver cells struggle to stay balanced and perform as they fight for oxygen, because vinegar steals oxygen from the bloodstream and from the liver. Basically, when we consume vinegar, the liver battles being pickled like a cucumber

### **Fructose Malabsorption:**

- Because fruit is so purifying someone who consumes fruit is going to cleanse and detox more pathogens than with any other food, and that leads to a common mistake when evaluating for fructose intolerance. **Livers react** when they start detoxing, whether mildly or more heavily. These poisons have nowhere to go because the blood is so filled with fats and toxins because of a sluggish, stagnant, sick liver. The resulting reactions are inevitably branded as fructose intolerance or malabsorption, keeping people away from what could really offer help.
- Experts believe that testing picks up on excess fructose in your system, meaning that you're not able to absorb it. What they don't understand is that you're really experiencing an intestinal tract filled with rancid fat that's not being broken down due to a weak, sluggish, stagnant, dysfunctional, sick, probably pre-fatty liver that needed attention.
- If people reduce their intake of fats, in turn minimizing their blood-fat ratio, they wouldn't be symptomatic anymore when eating fruit, nor would they trigger off tests for fructose issues—because there never was a fructose intolerance or malabsorption issue to begin with.

### **COFFEE ENEMAS:**

- Coffee enemas are a popular, longstanding liver remedy for just about any sickness. Their theoretical function is to purge toxins from the liver, allowing the body to heal.
- Coffee is strong, harsh, extremely acidic, dehydrating, highly astringent, and over-stimulation. It's a drug. Coffee entering the stomach is a whole different story than coffee entering directly into the colon through an enema. Coffee *going into the stomach*, there's a controlled environment with built-in protective measures to safeguard you. When it comes to any foods, liquids or fluids of any kind, medicines, parasites, bacteria, whether good or bad, entering the intestinal tract thru the colon, the stomach's safeguard does not apply. Coffee's acidic nature and nervous system-assaulting effect is way too intense for the colon to handle on its own. It will instantly prompt the adrenals to release adrenaline as a defense mechanism. The liver ends of having to mop up excess adrenaline in the bloodstream.
- Coffee enemas trigger these adrenaline surges. Secondly, the caffeine finds its way into the bloodstream immediately with no hydrochloric acid or other components of gastric juices or bile to slow it down. This can trigger anxiety.
- The cleansing that does occur, the poisons and toxins that are leaving the liver, instead of being flushed out of the body, inevitably end up rerouted back to the liver because they're not being cleansed in a safe way. The truth is that the liver can end up more toxic from a coffee enema than when it started.

### **ALKALINE WATER:**

- For quite a few years now, alkaline water has been touted as essential for maintaining health. Some experts claim a pH of 9.5 is most suitable for our needs. Is it? What does our liver need? When we drink highly alkaline water, the stomach has to stop all its activities and focus on bringing that water down to the right pH before it can be of any use. Tap water can be pretty acidic.
- No matter what the imbalance, it takes the stomach's energy, reserves, and seven-acid blend, as well as pancreatic strength and enzymes to change the water's structure and take it to a place where the stomach senses it can be safely dispersed to the rest of the body with the best results.
- The more neutral the water the better. If you squeeze some fresh lemon or lime into your water, it will be its own ionization process, and the water will become more alkalizing for the body without putting your stomach or liver through anything. It will actually help properly cleanse your liver.

## I. SUMMARY

### 5 Goals to Achieve Good Gut Health:

1. Rebuild & Maintain **enough hydrochloric acid** to break down the proteins that we eat
2. **Eliminate the heavy metals** that especially settle in the intestinal tract
3. Get enough of the **right kind of bacteria** to flood the intestinal tract and to get to the final section of the small intestine-The Ilium
4. Remove Top **Foods that feed viruses.**
5. **Flood the body** in a balanced way to restore the health of the Gut!

A Strong Digestive System is our Goal! We want to starve and have move out the bacteria Strep that causes most all digestive system challenges.

**Happy Eating!**