

## *Conquering Candida*

- *Candida Albicans* is one of the most commonly encountered human pathogens
- Causes a wide variety of infections ranging from mucosal infections in generally healthy persons to life-threatening systemic infections in individuals with impaired immunity.

Sequencing of *Candida Albicans*  
At the Stanford Genome Technology Center



It is estimated that over half of the US population is infected with an **imbalance** that reduces productivity, causes cravings, and increases the effect of most all illnesses.

# Conquering Candida

The symptoms of Candida vary greatly, making it hard to diagnose Candida Albicans and other yeast overgrowth. **Yeast occurs naturally in us to decompose our bodies at the time of death. But if the yeast get out of control, they start their job a bit early.** When your immune system and other defense capabilities are compromised, the yeast can multiply very quickly and will interfere with digestion and elimination. If they continue to grow year after year, these parasites, along with the toxins they produce every day, can enter the blood stream and travel to other tissues where they weaken the systems of the body. Candida literally eats the nutrition out of the body, so one with Candida may be starving nutritionally.

**Yeast is a hardy, aggressive fungus. It multiplies rapidly, can assume long periods of dormancy and when necessary, become cannibalistic.** There are approximately 250 species of yeast, many of which are parasitic to the human body. The major yeast species present in humans, however, is Candida Albicans. Overgrowth of Candida results in the condition, Candidiasis, most commonly producing localized symptoms by invading the body tissues of the mouth, gastrointestinal tract, vaginal area, urinary tract, prostate gland, skin, fingernails, and toenails.

Normally, a healthy immune system would control Candida levels. **However, when circumstances occur that permit excessive yeast overgrowth, such as prolonged use of antibiotics, steroids, birth control pills and excessive sugar intake, increased yeast toxins can damage or cripple the immune system, and not only make the body vulnerable to a primary yeast infection, but to secondary bacterial and viral invasions as well.** Candida is a living organism that excretes toxic waste. These toxins weaken the immune response to all invading antigens. An antigen is anything that is foreign, toxic or unnecessary to the health of the body cells. If the immune system is strong, it can remove these antigens. In cases where the immune system is clearly impaired, high levels of yeast toxins can interfere with normal tolerances, resulting in exaggerated sensitivities to specific substances. This creates allergic reactions of varying intensities within the systems of the body. It can include reactions to certain foods, pollens, odors, chemicals, and products such as shampoos, cosmetics, perfumes, etc.

As yeasts enter the body through the mouth via the air, food or water, it is looking for a place to settle and grow. **If it is not destroyed by the friendly bacteria or the immune system, it will attach itself to the intestinal wall and begin growing and reproducing.** As this happens, the yeast cell produces toxic substances and wastes. Seventy-nine known toxins have been isolated from yeasts; the major waste product of yeast cell activity is acetaldehyde. After many years of yeast overgrowth, the amount of acetaldehyde toxins can be overwhelming to the body tissues. *The poison is generated into ethanol and converted by the liver to alcohol.* **The alcohol produced can give the symptoms of being drunk, disorientated, dizzy or mentally confused.**

**Candida disrupts many activities within the body and contributes highly to a host of physical/mental conditions and diseases.**

**Take the Candida Test. Mark those that apply to you.**

1. Have you ever taken antibiotics, cortisone-type drugs, tranquilizers, anti-inflammatory drugs, etc., for more than 2 weeks at a time?
2. Have you ever taken birth-control pills and/or have been pregnant 2 or more times?
3. Do you feel tired most of the time?
4. Do you suffer from depression, irritability, or mood swings?
5. Do you have poor memory, memory loss, or mental "fuzziness"?
6. Do you have re-occurring digestive problems (gas, bloating)?
7. Do you often have headaches, muscle or joint aches?
8. Do you suffer from exposure to smoke, chemicals, moldy orders, or have food allergies?
9. Do you have trouble with PMS, vaginitis, yeast infections?
10. Do you have cravings for sweets, breads, alcohol, or chocolate?
11. Have re-occurring athletes foot, hives, itching ears, or dark circles under your eyes?

**1-4 low**

**5-6 moderate**

**7-8 high**

**9-11 very high**

**Typical Symptoms of Candida: Circle the ones that you experience:**

Dr. William Crook, The Yeast Connection

# **Candida migrates and mutates as it goes.**

## **Depending on the body, the symptoms vary greatly.**

**Head:** Candida/yeast overgrowth goes to the head first, and lodges in the brain. It feeds on this wet organ often causing any of the following: mental fogginess, headaches/migraines, depression, hyperactivity, anti-social behavior, insomnia, suicidal tendencies, poor memory, irritability, burning eyes, puffy eyes, and sinusitis. Any problems in the head can stem from Candida overgrowth.

**Reproductive System:** Mood swings, hormonal imbalance, vaginal yeast infection, rectal itching/burning, frequent urination, menstrual problems, PMS symptoms, menopausal problems, endometriosis, no sex drive, prostate swelling

**Digestive System:** Gas/bloating, malabsorption, indigestion, food cravings, Lupus, intestinal pain, low blood sugar, ulcers, diabetes, heartburn, dry mouth, overweight/underweight, thrush/gum receding, bad breath, bladder infections

**Immune System:** In Leaky Gut Syndrome, the yeast literally eats holes in the intestinal wall of the colon. Then the food moves through undigested. The immune system reacts to this as an outside antigen entering the body, and fights it as an allergy, because the particles of food (molecules) passed into the blood stream are too large. This over-exerts the defense system. Many symptoms occur in this area as it moves up into the body causing hay fever, coughs, asthma, sinusitis, runny nose, sneezing, itchy eyes, ears clogging, ear infections (even to bursting the ear drum (Sharon Farnsworth experienced this) viruses, Epstein Barr Virus, colds/flu, infections

**Muscular System:** Fibromyalgia, the micro-toxins locate in the muscles causing muscle/ joint pain

**Lymph System:** Glands affected, Chronic Fatigue; adrenal /thyroid problems

**Circulatory System:** Heart pains, thickening of the blood, poor circulation

**Skin:** Eczema, rashes, ruddy red complexion -- itchy at different stages

**Colon:** Colon pockets, diverticula, polyps, fecal impactions, colon cancer, ulcers, colitis, constipation, diarrhea, hemorrhoids, bloated conditions and foul gas

## Candida Is Caused By Four Major Factors

1. **A weakened or impaired immune system** allows the Candida a superior foothold within the body. As the Candida enters the blood and its poison is absorbed from the intestines, this weakens the immune response even more, and from then on your body defenses are clearly impaired. Genetic weakness and the use of certain drugs including steroids, birth control pills, antibiotics and cortisone, plus chronic infections, poor nutrition, prolonged illness, stress of all forms, alcohol abuse: smoking, lack of exercise and rest all contribute to the weakening of the immune response. There is a "domino effect" as one negative leads to another and then another, etc. Because of these things, Candida will only get worse.

2. **The number two cause of Candidiasis is hormonal imbalance.** Conditions provoking swings such as puberty, pregnancy, excessive pre-menstruation, PMS, the use of oral contraceptives and other clinical hormones and therapy create a favorable environment for Candidiasis. Females are more susceptible than males for several reasons. The female hormonal levels are constantly fluctuating and are subject to malfunction due to a variety of causes. Sustained high levels of estrogen tend to impair immune system function. The female hormone progesterone stimulates Candida growth, and progesterone levels are elevated during pregnancy and in the second half of each menstrual cycle. Synthetic progesterone is found in oral contraceptives. Also, the female anatomy lends itself to the ready migration of Candida Albicans from the rectum to the genital and urinary systems. Vaginal yeast infections are a common result and Candida can be sexually transmitted from one person to another.

3. **A third contributing factor in Candida is improper diet, especially high sugar consumption.** Yeast rapidly metabolizes sugar and can produce alcohol. Ethanol and acetaldehyde, plus carbon dioxide gas, all of which are toxic to the body, are the end by-products of Candida feeding on the overabundance of refined carbohydrates. Even honey, molasses and maple syrup are simple sugars and will worsen a Candida yeast overgrowth.

Sugar does not necessarily *cause* Candida directly, but it allows that which is there to grow more rapidly, and eventually an overgrowth takes place. Diets consisting of foods high in refined carbohydrates and/or regular consumption of alcoholic beverages or soft drinks containing sugar provide a rich food source for the fast proliferation of Candida. The anti-nutrient, low bulk, high carbohydrate diets of most North Americans will, over a period of time, transform a healthy large intestine into a lifeless pipe containing layers of encrusted fecal material, mucous and debris thereby promoting the growth of Candida and other parasites. This in turn causes constant putrefaction, fermentation, stagnation, gas and eventual constipation, and then autointoxication. Under these conditions, the intestine becomes a favorable home environment for toxicity-producing, pathogenic bacteria and for the growth of the mycelized tentacles of the fungal form of Candida. A diet high in white flour products, pastas and white rice also serves as a very desirable diet for Candida, which then becomes further entrenched in the microscopic crevices of the intestines.

The small intestine, where absorption of food takes place, houses a more fluid kind of material and does not become so caked with old toxic wastes as does the colon, where mucous and other wastes encourage Candida growth. We have up to twenty-five feet of intestinal area. If we were to lay it out end to end, the entire surface area of the intestines, including the villi and the micro-villi (which increase the surface area for absorption), would cover about the size of a tennis court. That is quite incredible—an extensive surface area all designed for the proper absorption of nutrients. When the Candida yeast begins to develop and grow in the intestine, it literally covers large parts of this membrane area, preventing the assimilation of food. In fact, most people are starving for not only vitamins and minerals, but also particularly protein, because this absorptive surface area is impaired. Good nutrition is necessary for the production of hormones and enzymes, for the production of hydrochloric acid in the stomach for proper digestion, for repair of the body tissues and for all processes of energy and cellular metabolism. Candida causes a nutritional deficiency condition, which worsens through the course of time.

**4. The fourth area of weakness is the major cause of Candidiasis. The real missing link in sub-health conditions caused by Candida is a lack of friendly bacteria.** This deficiency is responsible for many health problems and is very important in sustaining vitality and energy. The friendly bacteria are absolutely essential for the care and healthy condition of the intestinal wall and the chamber atmosphere, which is required for proper digestion, assimilation and elimination of the food we eat. These little friends of ours keep the intestines clean of mucous and debris and they fight and destroy invading microorganisms. They keep down the unfriendly bacteria, yeasts and other parasites that do harm to the mucous membranes and make us ill. There are approximately three to four pounds of friendly flora living permanently within our intestines, if good health predominates. Very few people in society have proper amounts of these cultures, and obviously the typical American diet plus medicines and chemicals keeps down their population. We cannot live without them. The key to success in overcoming Candida is replenishing this micro-flora that continually live within our intestines. *The natural secretions from the intestinal flora help to overcome any Candida yeast problem.* The cultures maintain the proper acid-alkaline balance in the intestine--which, again, is absolutely essential for the chemical assimilation of nutrients and the mechanical absorption of food.

There are many varieties of bacteria living in our bodies and there are several different strains in an infant when it is born. After about the age of three years, there are two strains that take over. One is the lacto bacillus acidophilus, which lives on a regular basis in the small intestine, and the other strain is the bifidum bacterium that lives constantly in the colon or large intestine. The colon is the most negative part of the body, and without these cultures to keep it clean and moving, we can easily develop colon pockets, diverticula, polyps, fecal impactions, colon cancer, ulcers, colitis, constipation, diarrhea, hemorrhoids, bloated conditions and foul gas. They create a slight acid condition for their own survival, which, in this case, is good for us. Peristaltic movement in the intestines is initiated by an acid medium, and the cultures help to provide the proper transit time for digestion of food. The acid secretions of the friendly bacteria also act as a natural antiseptic. Some of the most common varieties of negative bacteria that live in the colon are latent or inactive. When the body is weakened by disease or

stress, they can become active and invasive, and this may cause an existing disease or condition to become worse. This simply cannot happen with normal amounts of the friendly bacteria living within the intestines. They are there for a purpose, just as friendly bacteria are in the soil in order to help plants and trees. Without living bacteria in the soil, plants cannot grow and the land would become barren. ***Friendly bacteria are essential for life, but less than 10% of the human population has enough flora to support what we would call excellent health.***

Vitamins are synthesized or manufactured in the intestinal tract by these friendly bacteria. They can produce B vitamins from the food we eat, and can transform one B vitamin into another. An important nutrient that they encourage the production of is vitamin K, which is necessary for blood clotting. Almost all the B vitamins such as niacin, biotin, B-6 and B-12, folic acid and even B-2 can be synthesized from our food when a friendly flora is maintained. Fatigue and emotional instability is caused by a lack of B vitamins. Prevention of falling hair requires biotin, and the manufacture of red blood cells requires B-12 and folic acid.

The ultimate role these cultures play is to overcome and remove parasites, which includes Candida. Candida is in the air and everywhere. It always exists in our intestines in small quantities. If there is not enough friendly flora to keep it under control, Candida yeast will grow at a tremendous rate and eventually take over and dominate the intestines and create havoc. The only way to reverse this growth is to introduce the friendly bacteria cultures slowly over a period of time. Name any intestinal problem and, more than likely, it will be caused by a lack of friendly bacteria.

When antibiotics attack the lactobacillus acidophilus and bifidum bacterium, along with birth control pills and other chemicals such as the chlorine in water, they die very quickly. Candida grows and can change into the fungal mycelized form almost immediately. Wide spectrum antibiotics like penicillin and tetracycline will kill the friendly bacteria. In a matter of weeks or even days after antibiotic treatment a rapid growth of yeast cells may occur, which can linger for life if left untreated, especially when one regularly consumes poultry, eggs, meat or milk. These foods contain antibiotic and steroid residues themselves. Even an accident, a disease, surgery or anything that stresses the body like emotional upset or negative thinking can alter the flora within the intestines and will allow a Candida overgrowth to take place.

## Chronic Amoeba—Parasite Infection

Careful consideration needs to be given to another major cause of Candida. In fact, it is worse than the Candida itself. This unknown but fast growing problem is the main reason why some people do not respond to any kind of conventional or natural type of treatment. They never seem to get better, or the moment they stop the treatment their Candida symptoms reappear. **This underlying condition may be caused by Protozoa/Amoeba Parasites such as the following:**

- Giardia Lamblia
- Blastocystis Hominis
- Entamoeba Histolytica
- Boas Oppleri
- Cyrptosporidium
- Tape Worm

These parasites come into the body from bad drinking water and contaminated meats. Amoeba are larger and more destructive than any other kind of microorganism. They can lie dormant or undetectable for years. Eventually they multiply and will destroy the friendly bacteria very quickly, which allows the Candida to grow more rapidly. Between the two of them, your life can become very uncomfortable. Amoeba can eat away the villi and micro-villi in the small intestine which are necessary for food absorption. They rob the body of nutrients, especially iron. They can irritate and create pain and burning sensations in the intestinal wall. Amoeba can cause serious constipation and diarrhea, sometimes going from one to the other. Some people have become so ill and incapacitated they cannot work or function normally. Misdiagnosis is common. Other symptoms are nail biting, thinness, dark circles under the eyes, elevated white-blood cell count, allergic reactions and asthma, continual chronic Candidiasis, chronic viral infection, chronic fatigue, anemia, low-grade fever, rectal bleeding, constipation, diarrhea, and occasional nausea for no apparent reason. These conditions progressively worsen until the individual is extremely debilitated. Epstein Barr Virus, and other viruses linked to chronic fatigue can be shielded from the immune system and perpetuated in the body by these parasites. Amoeba and worms are actually common in the United States and Canada and infect children as well as adults. They come from human and animal wastes, contaminated meats and from travel to Mexico, Africa, South America, India, Italy, and almost any country where there are unsanitary conditions.

The immune system response can only take place in the living tissues of the body. The digestive tract is literally outside the body and is like an open tube that goes through you in which food enters one end and comes out the other. The body's immune defense cannot enter into this digestive chamber to fight negative microorganisms because they are confined to the blood, lymph and cells where water is their only source of transportation. Therefore, we would be defenseless against these digestive parasites if it were not for the presence of the friendly bacteria that protect us against these negative invaders. However, amoeba and worms are too large for the friendly bacteria to handle and may require special therapy. (See later comment about Sunrider's **Fruit and Vegetable rinse**.)



In summary, the human body depends on good digestion and proper elimination in order to maintain health and energy. Bad diet, overeating, cooked food, excessive animal products, chemicals, antibiotics, steroids, medicines and body abuse in general, all disrupt and weaken the quality and the quantity of the friendly bacteria, and this in turn causes degeneration of the tissues and can weaken the immune defense system. Friendly bacteria cultures are the key to good health and are absolutely necessary to eliminate and overcome the Candida yeast.

## Proper Food Choices

The right foods properly prepared and an overall healthy diet are essentials for overcoming a Candida yeast overgrowth. It can be a challenge for many people to change and improve their dietary habits, especially if they have been eating the typical American diet for twenty or more years, but it can be done. When you eat foods that are grown in poor soil with chemical sprays and fertilizers, and then commercially processed--plus over-cooked and poorly combined, you can imagine the end result - very little nutrition and a whole lot of chemicals and unnecessary additives. That is not an exaggeration, because when you process and highly heat food you alter its nutritional components and reduce the biological value of that food. Therefore, it loses its ability create energy within the body. Life comes from life and your body requires whole food that is as natural as possible. We are not suggesting that you become an extremist or a purist.

**The idea is to become healthier and to reverse the negativity within the body by eating foods with a higher positive value.** Buying foods in a Health Food Store is recommended and you will enjoy the vast selection and quality that can be found in today's stores. Through the law of cause and effect, you actually improve or respond favorably or unfavorably according to the biological value or quality of your food. You have the freedom of choice in this matter, so choose to be healthy by choosing healthy food. This principle applies to everything in life, but nothing is more important than health and energy when it comes to happiness. You simply cannot accomplish your goals in life effectively without abundant energy and a positive attitude. Try eating better—you will see that it works.

To plan a diet for you is not our intention. Everyone is too different, and we only wish to suggest a more natural type of food program that will give you the advantage of better health.

The following list of foods allows you to choose a comfortable and enjoyable eating program:

- fish (baked or broiled)
- fresh vegetable salads
- raw nuts/seeds
- corn
- lentils
- limited tart fresh fruit
- pumpkin seeds
- sprouted grain bread
- beans and bean soup
- millet
- buckwheat groats
- home-made vegetable soups
- whole grain crackers
- raw nut butters
- Knudsen's cranberry juice
- kiwi fruit
- bee pollen
- rye
- olive oil
- coconut
- wheat/oat bran cereal
- sprouts of all kinds
- soft boiled and poached eggs
- noodles (health food store)
- rice cakes
- lemons
- yams
- tomatoes
- steamed vegetables
- brown rice
- avocados

**In order to get rid of a Candida condition and maximize the effectiveness of this program, it is suggested that you avoid the following foods:**

- unripe fruit
- sausage/ham
- tomato sauce
- vinegar/mayonnaise
- honey/fructose
- dry cereals
- candies/cookies/cake
- fermented foods
- alcohol/wine/beer
- roasted/salted nuts/seeds
- sauces and gravies
- marinated veggies & beans
- pasteurized fats
- white potatoes
- processed foods
- omelets
- Nutra-Sweet/Aspartame & Monosodium Glutamate
- pork/bacon
- catsup
- mustard
- sugar products
- maple syrup
- ice cream
- processed snacks
- chocolate
- products with yeast
- dried fruits
- pizza/Mexican food
- melons
- most canned foods
- white flour products
- dried fruits
- dairy/cheese

Avoid fried foods and highly refined packaged foods as much as possible. The question of whether to eat fruit or fruit juice is hard to answer, because fruit is not your enemy. If a Candida condition is present, fruit or juice can feed the yeast until it is overcome, so, judge how you feel after eating fruit. If you feel bad within an hour or so, then do not eat it. We suggest you eat as little as possible, but it may not be necessary to give it up entirely. The Candida Program will allow you to eat some fruit, because of the powerful effect it has on quickly removing the Candida. Therefore, minimize on fruit intake in the beginning. You may be more liberal as time goes on. Be aware that store-bought eggs, chicken and turkey may contain hormonal or steroid residues which will feed the Candida. Buy them in a health food store if it is possible.

In all reality there is plenty to eat even if you give up the above negative foods. We try to avoid heavy acid-forming foods and concentrate more on the alkalizing foods such as vegetables and some fruit. Also, natural grains, sprouts and raw nuts and seeds are excellent, nourishing foods. Most people have developed an excessive desire for meat and processed foods, and it is difficult to give them up. *You have to choose between the pain of Candida and the pleasure of eating negative foods.* A more natural diet can be enjoyable, but it is something that must be learned and experienced. Eventually you acquire a more natural taste for good food instead of heavily refined and processed foods. It can be done because many people are doing it. Keep your goal of a Candida-free life in mind, and never forget how painful and uncomfortable Candida symptoms can be.

The rule of thumb is, if it bothers you, do not use it. Everyone is different and what is good for one may not be good for another. Individual food reactions must be observed and handled accordingly. For some, all dairy products are negative and will bring on Candida symptoms. If this is the case for you, then avoid dairy entirely, for several months at least or until our program has had a chance to work. It is possible you will be able to reintroduce dairy in limited amounts later. Certain grains or other food products bother some people. If this happens to you, then do not use them. Whole grains are good for you, but they may contribute to Candida symptoms if used too much. The predominate food for lunch and dinner should be vegetables, which should constitute about  $\frac{3}{4}$  of the meal. Legumes, beans, grains or other heavier foods should comprise no more than  $\frac{1}{4}$  of the meal.

Use lemon juice and olive oil with natural herbs and spices for salad dressings (garlic and ginger are great.) Vinegar is not recommended and mayonnaise should be used sparingly. Do not drink tap water, as the chlorine contributes to Candida; use distilled or purified water instead. Pumpkin seeds and chlorophyll (**Spirulina and Evergreen**) are highly effective against Candida.

Make nice steamed vegetable plates with broccoli, cauliflower, carrots, potatoes, peas, corn, squash, celery, cabbage, yellow onions or whatever you desire, and have them with grains or beans, or enjoy sprouted whole grain bread or natural grain crackers with your vegetables.

Have large, raw vegetable salads with lettuce, spinach, grated carrots, beets, onions, olives, avocados, tomatoes, cabbage, celery, cucumber, radish, sprouts, garbanzo beans, hard boiled egg, etc. It is important to avoid bad food as much as possible, particularly all sugar products (including fructose); and then try to raise your level of quality eating by buying natural food and healthier food at the markets and health stores. If you can follow the above suggestions along with the Candida elimination program, it will help you through the transitional period and you will surely achieve your goal.

Common misunderstanding: Candida is gone after some natural or medical treatment. The truth is that Candida lies dormant and will return if we eat the slightest amount of sugar or are under some form of stress, which we know we cannot completely avoid. Friendly bacteria (**VitaDophilus**) in the proper amounts, an alkaline body and a strong immune system are the best prevention of Candida overgrowth.

Like a recovered alcoholic, the person who has at one time had Candida will always be prone to having it return. Recovering from Candida is quite simple and effective with Sunrider Foods.

**Major Causes:**

**Specific Sunrider Foods**

1. Weakened or impaired immune system.	<b>Alpha 20-C &amp; Chinese Goldenseal</b>
2. Hormonal Imbalance	<b>Bella/Prime Again Beauty Pearl</b>
3. Nutrient Deficient Diet/overeating/High carbs	<b>NuPlus, VitaShake</b>
4. Lack of Friendly bacteria	<b>VitaDophilus</b>
5. Parasites	<b>Regular Fortune Delight Fruit &amp; Veggie Rinse/SunnyDew</b>

## **The Purpose of this Program**

Because of the impact on body systems from the toxins of Candida, the body is unable to cope. The Candida attack weakens each system that is invaded. Foods lacking in nutrients create a heavy burden on the already stressed systems that have to deal with them. Nutritional deficiency or imbalance immediately takes place in these same areas creating temporary or long term fatigue, aches, pains, swelling, tenderness, organ dysfunction, sub-health problems and eventually conditions of disease and discomfort. Our purpose in preventing and removing a Candida yeast problem is to reduce or minimize the source of pollution into the body tissues. **Tremendous stress and damage to the nerves, glands and internal organs are created by this heavy input of impurities from these negative sources. Your survival and eventual wellness depends on stopping and removing these contaminants. This is our goal.**

### **Underweight and Overweight Conditions**

**Lean and overweight conditions are created by excessive nutritional deficiencies, but mostly by the toxic condition of the colon or large intestine.** After years of negative eating habits and Candida growth, there is a tremendous amount of impurity that builds up in the colon. Putrefactive debris, undigested food, hardened mucus and negative microorganisms that remain in the large intestine over a period of time create an ideal atmosphere for poisons to be produced and they can re-enter the bloodstream through the intestinal wall. From here it goes to the liver for detoxification and this constant supply of stress weakens the functions of the liver so it can no longer control fat and sugar metabolism efficiently. *Consequently, it is easier to gain fat and harder to lose weight once this pattern of imbalance is established.* The adrenal glands are affected and fatigue, poor digestion and depression will develop or become worse. **Cravings for sugar and unnatural types of food plus excessive appetite and low blood sugar are all attributed to Candida.**

**A Candida Yeast Overgrowth may cause or contribute to many of your health problems, known or unknown. However, removing the Candida does not necessarily mean all your sub-health conditions will suddenly disappear. It will take additional time for systemic toxins to be removed through the cleansing process before complete recovery can be experienced.**



## Recommendations for Conquering Candida:

*Chinese whole food concentrates to the rescue...  
The Basics plus other foods:*

1. **Calli**: Helps to alkalize the body! An acid body is a growing environment for Candida.
2. **NuPlus**: Regular or Simply Herbs NuPlus--solid nourishment for the body
3. **Quinary**: 1-3 pk. a day is critical to help get the body in balance
4. **Alpha 20-C**: 1-3 pk. of Alpha 20-C to build the immune System.
5. **Sunrider's Chinese Goldenseal** is the best natural antibiotic on the market to help with the micro-toxins and internal infections.
6. **VitaDophilus**: 10/day for a week, then maintain with 3 a day.  
**VitaDophilus** passes thru the digestive tract unharmed by the gastric juice because it is apple pectin coated. **VitaDophilus® supplies a minimum of 20 million live culture bacteria to the body.** This beneficial bacteria imbeds itself in the walls of the intestines, facilitating the digestive process. **VitaDophilus** can help displace Candida and other non-beneficial micro-organisms which cause bloating and gas.
7. **VitaShake** and **SunBars** contains FOS fiber from Chicory root, important for colon health and promoting growth of the friendly bacteria. (Strawberry VitaShake may be too sweet.)
8. **Bella**: 30 Xs concentrated. Promotes hormonal balancing for women over 40 – 1-2 capsules a day are usually sufficient. **Veros** for men. **Prime Again** for men and women all ages. **Beauty Pearl** especially for gals under 40.
9. **Fortune Delight**: Delicious antioxidant beverage that helps flush out mucous, kill fungus and cleanse the digestive system. Some people drink 3-7 pkgs a day and find excellent help. Expect cleansing. Start with 1 pk per gallon and increase as comfortable. **All Vitalite foods (weight management) help digestion and thus help combat Candida.**
10. **Fruit & Veggie Rinse** is anti-fungal. Directly apply or soak affected areas in the Fruit and Veggie /water solutions.
11. **SunnyDew** is a delicious sweet food that also retards fungus and mold. The more you put into your foods & beverages, the more benefit. Wonderful for external healing of skin and helps to prevent scarring.
12. **Spirulina** is very nutritious and anti-fungal...Eating 5-10 a day really helps with Candida.
13. **Slim Caps** will help clean the bowel which is so necessary for healing. A sluggish colon allows for more putrefication, fermentation and growth of yeast.

**From Sharon Farnsworth** (Dr. Chen's first Sunrider): "Sunrider is the only answer I have found. I prayed for years for help. And I was blessed to find our Chinese whole food concentrates. They literally have saved my life, and have given back my life, so I can teach others the treasures I have found."

**Re: Candida:** Anyone who begins the Sunrider foods, in my opinion, should always start out with **Calli** very diluted. I do not recommend one tea bag for one cup of water, like most teas recommend. Yes, diluting **Calli** is important, as it is very cleansing for those of us who are sensitive. I always still make mine 1 tea bag in two quarts or liters -- Sometimes 1 quart of water. **Conco and Alpha 20 C** help with sinus drainage. The whole **Quinary** is very effective. It is hard to separate the body functions and the **Quinary** helps in so many ways.

The sneezing and runny nose is usually considered to be hay fever or allergies, but to me it is all part of the Candida syndrome. That seems to be the first symptom for me that my immune system is violated. When the body has been subjected to something negative, that is the first response it has, to let me know and to try to get rid of what is bothering me. It gets worse to the itchy stage, eyes and nose and throat itching. I also cough a lot meaning the lungs and bronchia are having trouble functioning. Then everything turns red, especially the skin, with skin irritations; Candida is a very strange condition.

**Let me explain the syndrome:**

It usually starts with one taking drugs, like antibiotics, cortisone drugs, birth control pills and many more. These drugs destroy the friendly bacteria in the intestines. There is a certain amount of yeast there also, but when the friendly bacteria are destroyed, the yeast takes over and grows in strings of mucous. Most of the time but not always, women will experience a vaginal yeast infection, which is very itchy.

Then it moves from there into the colon, eating small holes into the wall of the colon, letting the food go into the blood stream undigested. So then the body reacts as being allergic to the food. (Some foods are worse than others.)

Sometimes this is called **leaky gut syndrome**. Then, as it moves throughout the digestive tract the yeast mutates and gives off micro-toxins, which cause more allergic reactions. As it travels through the system in the blood, the immune system is fighting hard to contain this yeast overgrowth, and the body becomes more sensitive to the environment, smells, dust, and mold.

Another symptom is chronic fatigue -- A tiredness that just doesn't go away because the body's ability to produce B-Vitamins has been halted. B vitamins are produced by friendly bacteria in the intestinal tract. With the imbalance, the body isn't producing and absorbing the nutrition from the food. So malnutrition is also taking place. The food we are eating is not being absorbed. **VitaSpray** is great here – assimilable nutrition with minerals and the B vitamins!

As this condition progresses, it moves up into the body -- locating in the sinuses and lungs. The worsening of this condition is also called asthma, or people experience serious breathing problems. I suffered a lot with this. And along with it comes the sensitivities to smells, fumes, toxins and pollution in the environment. People become environmentally ill or universal reactors. I was also suffering seriously from this. Serious skin disorders occur and allergic reactions with the skin being affected. My skin was terrible, especially my face. I had athlete's foot on my feet and on my hands... another indicator of the imbalance in my body.

Trying to find anything to launder the clothes in or to bathe in and clean the body is most difficult, unless of course you have SR products, **Super Clean, Fruit and Veggie Rinse**, as well as our wonderful skin care products, home care products, personal care products. They have been a great help and solution for me. In fact they have been a lifesaver for me.

As the micro-toxins and the syndrome continue up into the body, it locates in the brain, which causes serious chemical depression. I see so much of this, it is scary. There are so many drugs now out there to supposedly help with this chemical depression, and one has to be careful of the side effects, which can include the desire to take one's own life.

All the while the immune system keeps fighting, and often has no nutrition to help it fight with. That is why **Alpha 20 C** is such a blessing, and so much needs to be taken to help the tired immune system continue its battle. If the immune system goes down, and can no longer fight, then a condition called Epstein Barr Virus appears or surfaces. The micro-toxins can locate in the muscles, called Fibromyalgia. And if the immune system continues to fail, and not be able to fight, then all of the pollution and chemicals cause abnormal cell growth, and this abnormal cell growth can often take people's lives. The disease name for this is Cancer.

I lost my sister at age 46 to Cancer. She went through each of these phases of this condition, and I was on the same path. I was lucky to have found SR whole food concentrates to help me. But they weren't available when she was alive. We just watched her slowly slip away from us. And we all know many people who have family members who have suffered from this.



Chinese whole food concentrates to the rescue: **NuPlus Simply Herbs** at first --even if only 1/2 a package to start out with. **Quinary** is our salvation to combat this. I ate extra **Conco and Alpha 20 C**. I would eat 4 of each every 3 or 4 hours around the clock at first. **Golden Seal Root, Sunrider's Chinese** is the best to help with the micro-toxins and infection that is present. **The most important thing to do is to eat 1 box of SR's VitaDophilus a day for a week.** This helps to re-start the friendly bacteria in the intestines. Most other companies' friendly bacteria are destroyed in the intestinal tract by the stomach acid. SR's **VitaDophilus** has a special encapsulated coating of apple around each viable bacteria, protecting it from the stomach acid, so it can be absorbed in the intestines. This is very important to only use SR's product, as it is the most effective. I have sold many different brands, and this is the very best in the market place available today, believe me. After eating **VitaDophilus** for a week, then if you can, you can maintain with **VitaShake**, as it contains FOS, which promotes all the friendly bacteria, including acidophilus, bifidus, and faciem. This will help maintain the friendly bacteria and help with digestion.

Many times antibiotics really affect the colon, and people become very constipated. The bowel becomes very sluggish. The FOS is also fiber from Chicory root, and helps this problem also. I am really sold on the VitaShake. But some people may have to transition into it. So they may need to start with the **Simply Herbs**, and keep eating at least 3 packages of **VitaDophilus** a day for maintenance.

**Fortune Delight** helps to flush out the mucous, and should be drunk every day. It is refreshing and energizing with all of the antioxidants that naturally occur in this wonderful beverage. Lemon and Regular flavor are excellent for the condition. Two quarts a day is very beneficial if you can drink that much. If not at least 1 liter or quart a day minimum of **Fortune Delight**, I have found is really important.

The Basic NBC foods are very powerful -- Especially **Sunny Dew** and or **Sunectar**, as they retard fungus and mold also. This is a great food and also great to be used externally on the skin, for scar prevention.

**Alpha 20 C** -- I eat at least about 20 capsules or two packets a day, still and yet. When the immune system has been so worn down, one has to guard against the violation and it going down again.

Eat the best fresh food you can get your hands on for table foods, but everyday, SR foods are the best to help bring the body to balance and help keep it there. I hope this helps. Sharon Farnsworth Ekins

### **Lois Emerson Story Overcoming Candida with Sunrider foods:**

1. What I did for my Candida problems was: Basics which included 3 packs of **Quinary** a day, **VitaDophilus** (3 pack a day), **Assimilaid** often made as a tea, and lots of **SunnyDew**.
2. **TOP, JOI and ESE** helped me deal with the central nervous system problems caused by the fungus.
3. Had I known I would have done 1 - 3 packs of Alpha 20C a day to strengthen the immune system and **Chinese Golden Seal Root**.
4. **Fortune Delight** seems to kill the fungus -- don't know why! but I would have people drink **Calli** for several months before they do the **Fortune**. It is so powerful and the yeast cleanses faster than they can get it out through the system and sometimes they break out through the skin, hurt (especially joints) and if fungus is in the brain, feel dizzy or feel irritable.
5. I changed my diet. I eliminated the meat, dairy, sugar-including honey - mushrooms, vinegar, breads with yeast/sugar/hydrogenated oil, and anything else that made me 'feel funny', or made my ears hurt.
7. I also gave up all fruit for a year. There are fruits that can be eaten... watermelon, lemon, strawberries, tangelos that are not real sweet.
8. I didn't want to have to try to figure out what I could and couldn't eat, and I knew I was getting every nutrient my body needed with the Herbal foods.
9. I can eat the fruits now, but I don't crave them like I did before and my body no longer wants cantaloupe (can be very full of fungus and I really craved it and then felt very sick after eating it.)
10. Even after I felt the Candida was no longer a problem, I found that I might have a reaction to things like honey at times. It takes time. It was six years before my ears really cleared up. I was in an auto accident and injured the ear area and believe that it was a place the fungus really grew.
11. Gargling with the **Refresher Drops** helps to kill the bacteria, and fungus as well as using a drop of **Fruit & Veggie Rinse** in pure water.

## Two Overcoming Yeast Testimonies

### **Prostate Swelling – Nighttime trips**

"For many years I experienced prostate swelling and added **Sunrider's Men's formula** that usually works for prostate problems. Much to our dismay it didn't seem to help. I still had to get up many times during the night to use the restroom.

Praise God for SR!! When we added 2 pkgs. of **VitaDophilus** (2 million good bacteria/pk.) and 2 pkgs. of **Fortune Delight** (helps combat yeast) the swelling went down and no more nighttime trips."

Evidently fungus had settled in the prostate. We are finding that yeast, fungus, Candida is the base cause of so many health challenges. See what these two additions can do for you. **SR Chinese Goldenseal** is also a great help combating this nasty problem. There are so many symptoms, majors being: mental fogginess, traveling pains, topical breaking out and itching, and digestive problems!

### **Heart Pains – Thick Blood - Yeast!!!!**

I was weak with heart pains! My doctor gave me a stress test and I was 200/0. That's bad. He said I was full of yeast. He said my heart was reacting to the yeast and that it thickens the blood so it can't flow normally.

Praise God for Sunrider! To combat yeast - I have added to my basics (**NuPlus Calli & Quinary**) 2 **VitaDophilus** at bedtime and 2-3 **Fortune Delight** to my **Calli**. I am able to exercise more. My muscles are cleansing big time, my joints are more limber and my strength is returning, and the most exciting is that my brain is clearing!

# CONQUERING CANDIDA by Nancy Donahue

(April, 2003 Tape of the Month)

Greetings, Dear Sunriders, from Nancy Donahue. This Tape of the Month addresses a very prevalent problem, Yeast Overgrowth, commonly called Candida. I **felt** it appropriate that I share on this tape, because I've certainly "**been** there and **done** that"! Yes, I've even "been around the block" a few times with Candida Yeast Overgrowth.

What is Candida Yeast Disorder? It is when the friendly bacteria, which control the yeast in the intestinal tract have been destroyed; that the yeast build up and become out of balance. The most **common** cause of Yeast Infection is prolonged use antibiotics and a diet composed of sweets and simple carbohydrates. Do you think you might have Candida or know of someone who may have it? Here are some questions I typically ask:

- 1) *Have you taken antibiotics over an extended period of time?*
- 2) *Have you had known yeast infections, such as vaginal yeast infections or fungus anywhere externally?*
- 3) *Do you have sugar cravings? Or cravings for breads?*

Usually someone with Candida will be answering "yes" to most of these questions.

My problem with Candida began when I was pregnant with our third child and took an antibiotic before I knew I was pregnant. The conditions of the pregnancy fostered rapid growth of the Candida **and to make matters worse**, I was put on a gain weight diet, which with my then limited knowledge of nutrition, meant a "treat" at the malt and soda shop every day! **Of course, the yeast disorder did not go away!** Even with medical treatment, **the problem would not go away!** Obviously, I now know I was feeding it with **all** the sugar I was eating! And boy, did I gain weight! My doctor thought after the pregnancy, the yeast problem would go away. But, it didn't. It was a few months after my baby was born that I discovered acidophilus and immediately found help! I have had to fight gaining weight and recurring Candida ever since. I know for me antibiotics are out of the question, as when I have taken them, I **always have gotten the Candida yeast overgrowth back.**

When I began eating Sunrider, I was about 20 pounds overweight. As you know from the tape on menopause, my initial phenomenal **Sunrider results were with Prime Again**. I have since learned women with Candida are more likely to also have hormonal problems. When I was ready to seriously give Sunrider foods a

“go”, I ate the **powerful NBC foods (Nourishing, Balancing, and Cleansing Foods) three times** a day in a “**meal in a mug**”. That is **so** delicious, balancing and satisfying. Adding **SunnyDew** or **Sunectar** satisfies the sweet tooth and does not feed Candida. The **Calli** assists the cleansing and mental clarity, the **NuPlus** builds the body and the **Quinary** brings that desired balance and harmony within.

Boy, did I need the mental clarity. I think that was what I needed most. Our Sunrider food **TOP** was and is a “**Godsend**” to me and my family. It has helped us think **clearly and positively** on a consistent basis. My main reason for **eating Sunrider foods** was and is “**to be the best person I can be for my family and others**”. With God and Sunrider, I feel I can do anything.

Before Sunrider, I was having extreme food cravings! **Yes**, it was the Candida calling out, “**Feed me, feed me!**” **Sunrider’s food, VitaTaste came to my rescue!** Sometimes I would have to eat **4 capsules at a time** but I could get the cravings and the pangs in my gut to stop pulling at me! **VitaTaste** is an amazing food and very nourishing. It is **actually NuPlus plus one** mysterious herb, Wuxue Teng, which helps balance the blood sugar in such a way that the cravings stop. **VitaTaste was just** what I needed to get me through the initial phases of gaining control of the Candida.

**Two other foods keep me victorious over Candida** and also other parasitic type infections: They are **Fortune Delight** and **Sunrider’s Chinese Goldenseal**. I have found **Regular Fortune Delight** the most **beneficial** flavor. The **Fortune Delight** tends to **normalize the gut** and, by so doing, eliminate the “**bad guys**”. **Obviously, if there are a lot of invaders present**, one may experience cleansing symptoms when drinking Fortune Delight. So, as always, when uncomfortable cleansing symptoms occur, simply dilute and cut back. Many individuals cleanse Candida with 3-7 pks. **Fortune Delight** a day. Fortune Delight helps the digestion and is excellent to drink with meals. **Fortune Delight** is unique in that it is a **food but it is also hydrating**. What a gift! Thank you to the Drs. Chen!

**Sunrider’s Chinese Goldenseal** is also unique and something my cupboard will never be without. It is so unique because it helps the body fight off any invaders, such as bacteria, parasites, or Candida, and yet does not destroy the friendly bacteria in the intestinal tract. **Sunrider’s Chinese Goldenseal** is also unique because it is the **Chinese Goldenseal**, not the Canadian variety, commonly found in health food stores. The **Chinese Goldenseal** does not produce the side effects of the Canadian variety. **Sunrider’s Chinese Goldenseal** is also unique because of its concentration – many pounds down to one, just like all of our Sunrider foods. There is no Goldenseal to be found **anywhere** like Sunrider’s Goldenseal. With all the attacks that can come to the human body, it is **important to keep Sunrider’s Chinese Goldenseal on hand**.

**Of course, the companion to Sunrider's Chinese Goldenseal is Sunrider's Alpha 20 C for the body's immune system.** My understanding is that Alpha stands for alphabet and 20 stands for the 20<sup>th</sup> letter and C stands for cells. In other words, **Alpha 20 C** is designed to nourish the **body's own defense system.** Sharon Farnsworth's recommendation for a Candida immune system challenge is 20 capsules, or two packets, of **Alpha 20 C** a day.

And, of course, last but not least, we **must mention Sunrider's champion weapon against Candida** yeast overgrowth – Sunrider's own acidophilus – **VitaDophilus.** Quoting from Sharon Farnsworth: **“The most important thing to do if one has Candida is eat 1 box of Sunrider's VitaDophilus a day for a week.** This helps to restart the friendly bacteria in the intestines. Most other companies' friendly bacteria are destroyed in the intestinal tract by the **stomach acid.** Sunrider's **VitaDophilus** has a special encapsulated coating of apple around each viable bacteria, **protecting it from the stomach acid,** so the acidophilus can be absorbed in the intestines. It is very important to only use Sunrider's product, as it is the most effective. **VitaShakes** also can be **of help** because they contain **FOS, a food fiber from chicory root which promotes all the friendly bacteria, including acidophilus, bifidus, and faciem.”**

Yes, keeping the eliminatory tract open is vital to winning the battle against Candida or any parasite. When the bowel is sluggish, the enemy has time to multiply and flourish. So we must keep the waste moving out! Here enters the **Slim Caps** and **Fibertone** – **great helps** in this area. **Vitalite SunBars** can be introduced **slowly,** a bite or two a day, as you are entering the war against Candida. **Slim Caps, Fibertone, and Vitalite SunBars** should all be introduced very slowly. **All of the Vitalite foods help digestion and elimination.** **Action Caps** can come later ...they are a great help with digestion and energy.

A lot of people have skin problems with Candida. Sunrider's skin food and skin protectors are in the Kandesn line and SunSmile lines, which match the pH of the skin. Unwanted guests, such as bacteria and Candida, do not grow in the correct acid balance in the body or on the body. **SuperClean** is not a violator to the skin, unlike detergent that does not match the pH of the skin. And the SunSmile dental and mouth care will be greatly appreciated by one suffering with Candida. **Sunrider's Refresher drops** make a great antiseptic mouthwash. All of these products are non-violators to the body and give the immune system a chance to recharge. So there we have it.....**Eat lots of Sunrider** and a pure and simple table food diet. p.s. We have since learned the effectiveness of **Spirulina** against Candida. Eating 5-10 capsules a day really helps win the war!