

Could the "Yeast Beast" Be Destroying Your Health?

Take this Quiz and Find Out

If your answer "yes" to any of the following questions check the box on the left. If you check five or more boxes, you may have a problem with yeast overgrowth.

- Do you generally feel fatigued or have low energy?
- Do you experience food sensitivities or food allergies?
- Do you have nail fungus, athlete's foot or jock itch?
- Do you have recurrent vaginal yeast infections?
- Have you taken broad spectrum antibiotics?
- Do you crave sugar or sweets (candy, soda pop, etc.)?
- Do you often have gas, bloating or indigestion?
- Do you crave refined white flour (bread, pasta, baked goods)?
- Have you been on birth control pills for 6 months or more?
- Do you experience brain fog, mental confusion or mental fatigue?

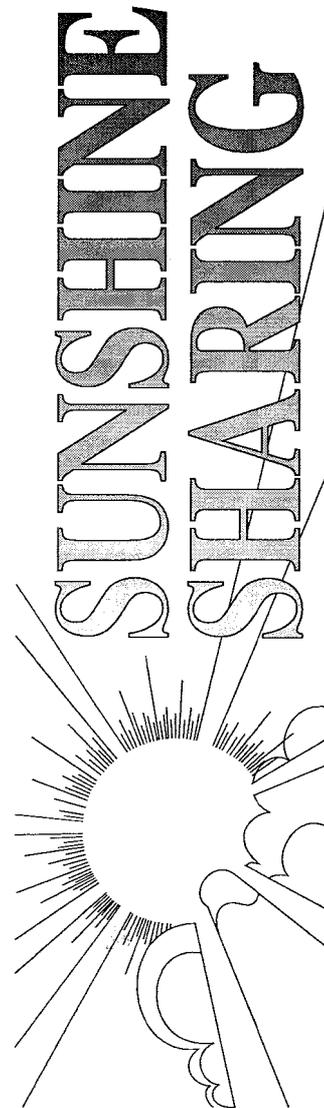
What is the Yeast Beast?

Yeast normally don't behave like "beasts." In fact, these little critters can actually be helpful at times. After all, they make bread rise and ferment carbohydrates to make beer, wine and other alcoholic beverages. They even produce antibiotics to help fight infection. In fact, these "yeastie beasties" can be found everywhere (including in our own bodies) and are normally quite benign creatures.

However, under the right conditions, these normally friendly micro-organisms can multiply out of control and transform from friendly allies into nasty yeast beasts that ravage our good health. The yeast most likely to do this is a little creature called *Candida albicans*, or candida for short. When candida gets out of control, you develop candidiasis. Other species may also turn into beasts, so we're going to call the problem of excessive yeast in the body *yeast overgrowth*.

Yeast overgrowth in your body will undermine your good health because yeast secrete toxins which weaken the body's immune system. Obvious signs of yeast overgrowth include recurring vaginal yeast infections, thrush, athlete's foot, nail fungus and jock itch, but yeast overgrowth can also be an underlying factor in chronic indigestion, asthma, allergies, chronic sinus congestion, skin problems like acne and general immune weakness.

If you suspect the "yeast beast" may be undermining your good health look inside to find ways to tame the yeast beast and keep it under



Important Notice

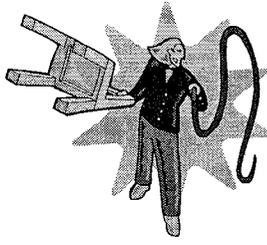
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Four Steps to Taming the Yeast Beast



For starters, we need to make one thing perfectly clear—you'll never get rid of all the yeast in your body. In fact, you wouldn't want to. We play host to a wide variety of microorganisms collectively known as friendly flora. These organisms live on our skin and in our intestines. Women also have colonies of friendly flora in their reproductive organs. Yeast are a natural part of this mix of friendly microorganisms.

Normally, the competition between these various microbes keeps them all under control. In particular, the friendly lactobacteria such as *Lactobacillus acidophilus* and *L. bifidophilus* secrete lactic acid which keeps yeast under control. Yeast overgrowth occurs when the balance of friendly flora tips in favor of the yeast, allowing the yeast "take over." What is needed is to "tame" the yeast, that is, to bring it back into proper balance, not to completely destroy it.

There are four steps to this process of reducing yeast overgrowth. Here they are.



Step One: Modify the Diet to Stop Feeding the Yeast

The first, and most important, step in eliminating yeast overgrowth is to stop feeding the yeast beast. Yeast love carbohydrates, especially simple sugars. So, to calm the raging yeast beast, you've got to limit his food supply. This means getting all simple carbohydrates out of the diet for a short period of time.

So, for a period of two to four weeks eliminate *all* simple sugars and refined grain products from your diet. Simple sugars include table sugar (or sucrose), glucose, fructose, corn syrup and even natural sugars like honey, brown sugar and fruit juices. Refined grain products include white flour, white rice, corn chips and breakfast cereals. You're going to have to read labels carefully to do this because sugars and refined grains are added to most prepackaged foods.

It is also important to avoid alcohol because it is also converted to sugar in the body. In fact, if your problem is severe, you may wish to avoid even whole grains, most fruit and starchy foods like potatoes for at least the first two weeks.

It is also a good idea to avoid foods that contain yeast or mold, such as bread, beer, aged cheeses and so forth. Many experts also recommend avoiding pickled and fermented foods and vinegar. These foods don't cause yeast overgrowth, but eliminating them for a period of time seems to help get yeast under control.

This diet may seem very restrictive, but it's going to help you learn to eat more healthy in general. Here's what you should eat.

Have a 3-4 ounce portion of high quality protein at each meal, such as fish, poultry, red meat, eggs, plain yoghurt, nuts or legumes. Meat and dairy products should be organic, as animals raised in non-organic farms are often routinely fed antibiotics, which contribute to yeast overgrowth.

Fill the rest of your plate with low glycemic carbohydrates (non-starchy vegetables) such as green beans, broccoli, cabbage, cauliflower, beets, chard, celery, lettuce, radishes, cucumbers, etc. Green foods are especially valuable. If you don't particularly care for green leafy vegetables, consider taking **Ultimate GreenZone** as a food supplement to help you get your greens. You can also eat low glycemic fruits, particularly berries like raspberries and blueberries.



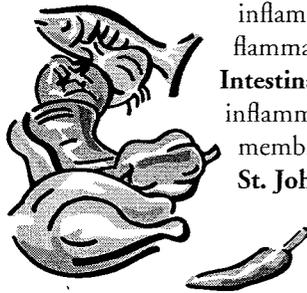
It is also important to include some good fats in your diet. A particularly good fat for fighting candida is coconut oil because it contains a medium chain saturated fatty acid called caprylic acid that helps control yeast. Other good fats are organic butter, flax seed oil, olive oil and **Super Omega-3 EPA**.

Step Two: Improve General Digestive and Intestinal Health

Remember that yeast get out of control when the environment becomes conducive to their growth. So, if we want to get them back under control, we need to change the environment of the digestive tract.

The hydrochloric acid and enzymes found in our stomach help keep these microbes in check. These can be stimulated by taking **Digestive Bitters** 15-20 minutes before meals. It will also help to relieve the gas and bloating common in people with yeast overgrowth. Also consider taking **Proactazyme** or **Food Enzymes** with meals. Taking **High Potency Protease** between meals will also help to regulate digestive microbes.

Yeast overgrowth is often accompanied by intestinal inflammation and leaky gut syndrome. In cases where there is intestinal inflammation, such as colitis or other inflammatory bowel disorders, consider using **Intestinal Soothe and Build** to soothe digestive inflammation and promote healing. Intestinal membranes can be repaired by using **Kudzu/St. John's wort** or **Una D'Gato** to tone intestinal membranes and reduce gut leakiness.



Additional Help and Information

For more information on overcoming chronic yeast and fungal infections talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. You can also consult some of the following sources for more information:

Chronic Candidiasis by Michael T. Murray
The Yeast Connection: A Medical Breakthrough by William G. Crook
The Yeast Syndrome by John P. Trowbridge and Morton Walker
The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing
Coming Clean: Your Guide to Detoxification by Steven H. Horne

Step Three: Use Anti-Fungal Agents to Reduce Yeast Overgrowth

Now that we've cut off the yeast beast's food supply and started altering the environment to make it unfriendly for his growth, we can knock it down using antifungal herbs and supplements.

A convenient way to do this is with the **Candida Clear Pack**. This pack contains three anti-fungal agents, Pau D'Arco, Caprylic Acid Combination and Yeast Fungal Detox, which provide a three-pronged attack to put the yeast beast back in its place. Candida Clear also contains packets of Candida Cleanse Enzymes which should be taken between meals to break down dead yeast cells and avoid "cleansing reactions." Here's a little more information about the products in Candida Clear.

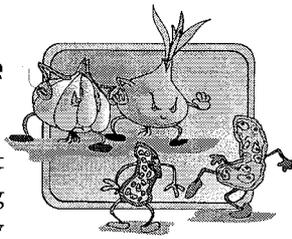
Pau D'Arco bark is one of our most valuable antifungal herbs. It not only reduces yeast overgrowth, it also tones intestinal membranes and acts as a "blood purifier" to remove toxins and help clear skin conditions. Besides being part of the Candida Clear pack, Pau D'Arco is also available in capsules, extract and bulk form. Many people have successfully combated yeast infections with Pau D'Arco alone. When using this herb by itself, one quart of tea or about 8-9 capsules per day is a good dose.

Yeast/Fungal Detox is a blend containing several herbs that reduce yeast overgrowth, including Pau D'Arco, garlic and oregano and two antifungal compounds, sodium propionate and sorbic acid. It also contains echinacea, selenium and zinc, which help to rebuild the immune system. Yeast/Fungal Detox is available as a stand-alone formula, as well as part of the Candida Clear pack. Suggested dose for Yeast/Fungal Detox is 1-2 capsules per day.

Caprylic Acid Combination is the third product in Candida Clear that helps to counteract yeast overgrowth. It contains caprylic acid, a medium chain fatty acid found in coconut oil that is known to have antifungal and immune-enhancing qualities. Caprylic Acid Combination also contains elecampane and black walnut, two herbs known for their ability to combat intestinal parasites. It is also available as a separate product.

One of the problems associated with knocking down excess yeast in the intestinal tract is that their death results in cellular debris that can cause adverse reactions. To counteract this effect (often called a "cleansing reaction") Candida Clear contains a pack of enzymes designed to be taken between meals. These enzymes "digest" the dead yeast and allow them to be destroyed without adverse effects. Without these enzymes, you have to take much lower doses of the anti-fungal products to avoid these die-off cleansing reactions.

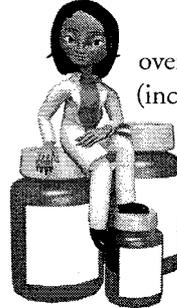
There are many other useful antifungal agents one can also chose. **High Potency Garlic** is an effective natural antibiotic that also knocks down yeast overgrowth. **Silver Shield** is another antimicrobial agent that works on both bacteria



What Causes Yeast Overgrowth?

Everyone has yeast in their body and normally, this yeast is completely benign. The body's defenses have to be compromised in some way in order for yeast to start to multiply out of control.

The most common reason why yeast starts growing out of control is antibiotics. Antibiotics not only kill disease-causing bacteria, they also kill the friendly bacteria in our bodies. These friendly bacteria keep yeast in check, so when they are gone, yeast start multiplying.



But antibiotics aren't the only factor in yeast overgrowth. Sulfa drugs, chemotherapy and steroids (including corticosteroid drugs and birth control pills) also disrupt normal intestinal flora, contributing to yeast overgrowth. Even chlorinated water may be a problem.

Antacids and acid-blocking drugs also contribute to yeast overgrowth because they inhibit the hydrochloric acid that also helps keep fungus in check. Mercury from fillings may also be a factor.

Dietary factors further feed the yeast problem. Excessive consumption of sugar and other refined carbohydrates fuels yeast growth. Alcohol and caffeine consumption can, too.

While we're at it, there are several things we should point out that don't cause yeast infections. The first is eating foods that contain natural yeasts like bread or beer. There are thousands of strains of yeast and the yeasts used to raise bread or ferment alcohol aren't candida. To suggest that these yeasts cause candidiasis makes about as much sense as suggesting that you shouldn't eat yoghurt because it contains bacteria.

Eating mushrooms isn't going to contribute to yeast overgrowth, either. In fact, some mushrooms, such as reishi, ganoderma and miatake are actually helpful in combating yeast overgrowth.

Finally, eating foods containing natural sugars, such as fruit, whole grains, etc. doesn't cause yeast infections either. The body needs sugar for fuel, so all carbohydrates and sugars aren't bad.

Once you have yeast overgrowth, however, the yeast "hijack" even these good sugars to grow, so you may need to limit consumption of natural sugars for a short period of time until the yeast is back under control. You will probably also need to avoid foods containing yeast and mold (bread, beer, aged cheeses) just while you're getting the yeast back under control.

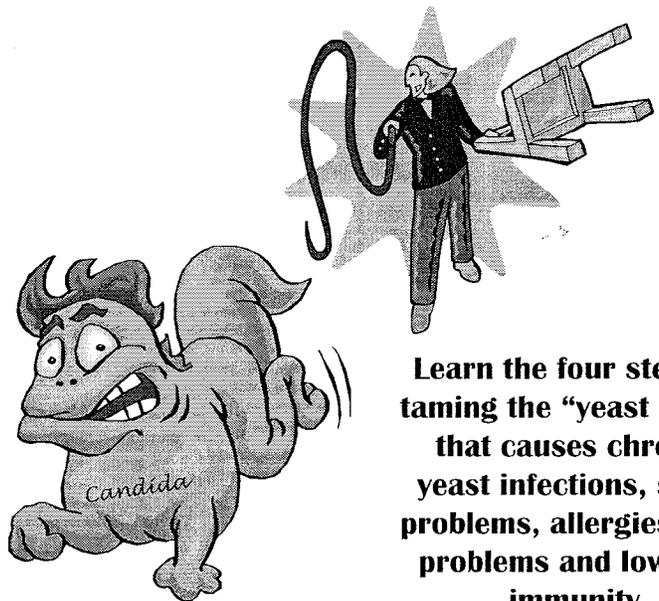
Yeast overgrowth causes the body to crave sugar because the yeast secrete chemicals to increase sugar cravings. They also release chemicals that contribute to intestinal inflammation, leaky gut and reduced immune activity.

Reduced immune activity also creates an environment for yeast overgrowth, which is why AIDS patients are particularly susceptible to yeast infections. It's also why infants (whose immune systems aren't fully developed) are more prone to getting the oral candida infection known as thrush. So, once yeast overgrowth has started, a person's health and immunity start to spiral downward. That's why it becomes important to control yeast overgrowth.

Continued on page 4



Could yeast overgrowth be causing your health problems?



Learn the four steps to taming the “yeast beast” that causes chronic yeast infections, sinus problems, allergies, skin problems and lowered immunity

and yeast. **Tea Tree Oil** is a great antifungal and antibacterial agent for topical yeast infections. **Lavender** and **Thyme** are also useful antifungal oils. All these oils can be applied topically or used in baths to combat yeast overgrowth.

Step Four: Repopulate the Body with Friendly Bacteria (Probiotics)

The final step in taming the yeast beast is to repopulate the intestines with friendly bacteria or probiotics. Naturally fermented foods such as yoghurt, raw sauerkraut and miso are good dietary sources of these friendly microbes to take after your cleanse, but you will probably want to also take probiotic supplements.

L. Reuteri is a good product to start with because it aggressively competes with yeast and paves the way for other friendly bacteria

to multiply. **L. Reuteri** can be followed by **Probiotic Eleven**, a formula containing eleven strains of friendly bacteria that can help restore normal intestinal flora. **Bifidophilus Flora Force** is another good probiotic supplement.

Probiotics should always be taken after a round of antibiotics. They should also be taken regularly by anyone on medications that disrupt friendly flora. Probiotics can also be introduced into the vaginal area via a douche for chronic yeast infections.

It's also a good idea to provide food for these friendly microbes. A particular form of fiber known as fructooligosaccharides (or prebiotics) really helps these lactobacteria grow. **Everybody's Fiber** contains these prebiotics and is a good fiber supplement to keep the lactobacteria happy and the yeast beast under control.

For more information on how to tame the yeast beast, contact the person who gave you this newsletter.