

Recognizing and Treating the Effects of Candida

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Introduction

This information was derived from over 20 years of research developed in Dr. Farinelli's clinic. Hundreds of live cases have been analyzed and deciphered to reach the conclusions brought forth here. Over the decades of time the original detection and management of Candida have been honed and perfected to where nearly everything possible has been figured out about this organism. Some people may read this information and think it's just not true, and others will use it to climb out of the pit of eternal suffering. Many of you have witnessed family members and friends who have been devastated by an unknown illness. Tens of thousands, and maybe hundreds of thousands of dollars have been spent to come up with a diagnosis for that individual with no avail. With no diagnosis, the next conclusion is "It's all in their head". However, there are effective ways to help people that suffer from the causes of candida overgrowth in their body.

Do you have some of these symptoms?

- Chronic fatigue
- Aching joints and muscles
- Low grade fevers
- Mild but persistent cold or flu symptoms
- Mild sore throat or scratchy cough on arising that goes away in an hour or so
- Head aches
- Nerve irritation
- Intolerance to cold or temperature changes
- Sensitivity to high-pitched sounds
- Allergies to penicillin
- Yeast infections
- Rashes
- Irritable bowel syndrome
- Chronic sinusitis
- Diarrhea, constipation or both
- Insomnia - can't sleep at night and feel tired all day
- Vertigo, lack of balance, dizziness
- Mood swings
- Depression
- Irritability
- Worsening of allergies to weeds, grasses, molds and fungi
- Indigestion, heart burn, acid reflux

The bad news: Candida may be the problem.

The good news: Candida can be managed using clinical experience acquired by Dr. Farinelli.

What is Candida ?

Candida is one of the micro-organisms that normally live in the healthy human body. Other organisms include: streptococcus, staphylococcus, leptotrichia and many other bacteria and fungi. The homeostatic mechanisms of the body maintain a balance among these organisms, keeping them in check.

Candida is part of the body's natural scavenger system.

Candida is found as a yeast-like fungus in spore form throughout the healthy body, including the lymph system, blood, muscles, joints, digestive tract and nervous system. When the body is injured, the chemical response to trauma activates candida's spore form and transforms it into a fungus. The fungus ingests and removes the dead cells damaged by the injury or disease, or normal life cycles. In a healthy body, other bacteria keep candida in control, so it does its clean-up work without interfering with healthy cells.

The body's balance can be disturbed.

Various stresses can disrupt the body's normal chemical balance: environmental stressors (toxins) such as formaldehyde given off by newly installed carpeting and press board, phenols found in perfumes and colognes, exhaust and diesel fuel fumes; and emotional and physical stressors, such as a change of a job or living situation, family or financial stresses, and illnesses.

Sometimes the simple stresses of daily life are enough to disturb the homeostatic balance of the body's chemistry. Candida sporing (reproduction) can be accelerated by increased levels of environmental toxins and the stress hormone "cortisol". This imbalance can encourage out-of-control growth of candida causing a broad range of symptoms. Candida also has normal sporing cycles within the body throughout the year, causing elevated levels in the body. Generally there are two primary sporing cycles each year; one in the spring and one in the fall. The spring sporing cycle is usually the most impactful cycle of the year, and causes the most problems for people.

Antibiotics also alter the body's micro-organism balance. When antibiotics are taken to combat illness-producing bacteria, they can also destroy helpful bacteria that ordinarily keep candida in check, thus allowing an overgrowth condition of candida. Antibiotics perform a valuable function, but after antibiotic therapy, candida can grow out of control.

The immune system does not inhibit an outbreak of Candida .

One type of white blood cells (WBCs) called neutrophils inhibit the growth of micro-organisms that are foreign to the body. Neutrophils move to the site of a bacterial outbreak and, clumping on the bacteria, ingest and remove them from the system. But these WBCs do not recognize Candida as "foreign" to the body, since Candida is a part of the body's scavenger system and performs a helpful function. Even when Candida gets out of control, the WBCs sit back, allowing it to thrive freely in the system.

When candida is fed by certain foods we put into our body it gives off a waste product. This waste product is a chemical known as acetylaldehyde. When candida grows out of control, its increased waste secretions of acetylaldehyde, over loads the body with toxins - the same chemical that causes a hang-over. This chemical irritates nerves, muscles and joints, weakens the immune system and makes you vulnerable to opportunistic infections - infections that your healthy body would simply throw off. In your weakened state, your body is unable to perform its normal bacterial clean-up. You get one or more of the flu-like symptoms associated with candida. These low-level compromises to the immune system can develop into more serious conditions, such as sinusitis, bronchitis and pneumonia. That's why it is essential to stop a candida outbreak quickly.

The reason people experience chronic fatigue symptoms is caused by the acetylaldehyde, a waste product of candida, which weakens the immune system, which in turn is reflected in the body as fatigue.

Food cravings may signal a Candida outbreak

Candida is a yeast like fungus. This association to the plant kingdom gives candida certain capabilities found in plants. Scientific research has found that plant cells can communicate with one another through an array of chemicals. It appears that this clever chemist in each and every one of us can be responsible for the irresistible cravings we have for the specific foods that feed it. This essentially explains how the chemical secretions given off by candida can cause you to feel cravings for the foods that fuel it. Eating these foods will contribute to the growth of candida making the outbreak worse. Several foods, including chocolate, ice cream, cookies, cake are also at the top of the list that feed candida. During the initial treatment of candida, using CandidaZyme, those foods must be minimized or eliminated for a period of time – usually 2 to 3 months. Once the level of candida is reduced to a manageable level those foods can be enjoyed again in moderation. Some experimentation of foods is usually required to determine which foods cause candida to flare up in your system. When a flare up does occur, taking the CandidaZyme will help lower the level of candida in the digestive tract, and reduce the symptoms caused by a particular food. (See the section *Treatment of Candida.*)

- Fermented Foods (tofu), ALL vinegar products - especially pickles, apple cider vinegar, and vinegar-based salad dressing
- Wine, tequila, and beer - especially microbrews
- Cheeses - especially cheddar
- Soy sauce
- Breads and bagels - yeast products
- Salt – even Sea Salt
- Sweets: Chocolate, Sugar, Cookies, Ice Cream, Honey
- Aspartame – diet sweeteners, sugar substitutes

The level of candida can be controlled during the time in which you are eliminating or minimizing these foods by taking the homeopathic remedies and CandidaZyme mentioned in the section *Treatment of Candida.*

Dr. Farinelli can help stop Candida outbreaks!

Dr. Farinelli will advise you on the proper diet and nutrition to control Candida outbreaks. A managed regimen of:

- Candida Information and Counseling
- Wise Nutrition and the proper (accurate) use of Candida-killing remedies and enzymes
- Homeopathic Remedies, and
- Restoration of normal bacterial flora using probiotics.

Understanding the symptoms related to increased levels of candida in the body, and the use of effective remedies and enzymes, will help people that suffer daily from candida overgrowth and will improve their health to a level whereby they can live a much more enjoyable lifestyle. Knowledge is the key to controlling the candida.

Treatment of Candida

Several steps are required for the effective treatment of candida. Homeopathic remedies, designed to reduce the systemic levels of candida, use the body's immune system to control the levels of candida in the body. When introduced to Chronic Fatigue Syndrome (CFS) patients over a three month period, these remedies have produced extremely good in response in the majority of sufferers.

Medications, such as antibiotics, have been shown to eradicate non-pathogenic bacteria strains vital to the digestive tract. Elimination of such intestinal flora (i.e. lactobacillus) causes increased growth of candida which, in turn, will begin to exhaust the immune system. Consequently, in our current age of antibiotics, natural lactobacillus levels are rarely normal.

a. Nutrition

To stop the candida outbreak, you must eliminate the foods from your diet that feed it. CandidaZyme can be used to reduce the level of candida in the body. Once the candida symptoms are under control, you can reintroduce the foods slowly, one-by-one, watching for any return of candida symptoms.

b. Research Results

Dr. Farinelli uses a Dark Field Microscope to examine blood samples of patients with candida outbreaks to observe white blood cell (WBC) activity before and after treatment. Before treatment, WBCs did not attack candida spores and left them intact. After patients took the homeopathic remedy, the WBCs clumped onto the candida spores and

consumed them, reducing the level of candida in the body and restoring the normal balance of micro-organisms in the blood.

c. Homeopathy

Homeopathy is a branch of natural medicine that heals a condition by training the body to recognize the organism that caused the problem. The homeopathic candida remedy is contained in tiny sugar and powdered milk pellets. The homeopathic remedy for candida is made by combining candida with sterile water and shaking (percussing) the solution. The solution is then diluted again and again, until it is so weak that no trace of the candida is left. However, the water retains the "memory" of candida's molecular fingerprint. The homeopathic water is then absorbed into the pellets.

When you take the homeopathic remedy, letting the pellets melt under your tongue, the medicine is released into the mucous membranes, enters the bloodstream and is distributed throughout the body. The "memory" of the Candida carried in the homeopathic remedy artificially stimulates the white blood cells to attack and eliminate Candida, ultimately restoring the normal internal environment of the body. When the artificial stimulation of the homeopathic remedy wears off the white blood cells return to their 'normal' programming, which is to leave the Candida alone.

d. CandidaZyme

CandidaZyme is a proprietary blend of enzymes and probiotics formulated to dissolve candida in the digestive tract. An enzyme called cellulase in the CandidaZyme powder dissolves the candida in the digestive tract. Another ingredient (the probiotics) ensures proper levels of the good bacteria that will eventually take charge and keep the candida at a level that is balanced for the body. If you happen to eat foods that feed candida, CandidaZyme is the secret weapon to stop any extra growth of Candida.

Dr. Farinelli has been treating patients for candida-related health issues for over 20 years. His research has gone down many paths, and the blend of enzymes in the product named CandidaZyme has proven over-and-over to help many-many people overcome the effects of candida in their system. CandidaZyme is available from Dr. Farinelli at his clinic in Fort Collins, Colorado

or can be ordered online at www.candidazyme.com.

e. Acidophilus Restoration

The treatment for Candida outbreak also includes daily doses of acidophilus. This is the same active bacteria culture found in healthy yogurts. Taking acidophilus restores the active bacteria in the digestive tract that controls Candida. You would have to eat gallons of yogurt to replace the acidophilus bacteria, so it is recommended that powdered acidophilus be introduced into the digestive tract to reconstitute and restore the proper population of acidophilus in the digestive tract. Generally a quarter-teaspoon of the acidophilus powder in the morning and night provides 10 billion colony-forming units.

CandidaZyme has the two primary probiotics needed to restore the proper level of bacteria flora in the digestive tract which keeps the candida levels in balance for good health.

Acid Reflux

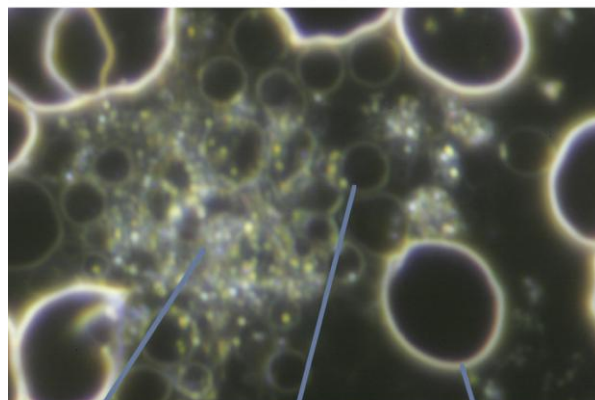
When there is an overgrowth of candida in the digestive tract, there is a high level of acetylaldehyde. This is due to the candida being fed foods that it likes. The candida eats the foods and produces two waste products: acetylaldehyde and methane gas. One of the biggest causes of acid reflux is chocolate. Several other foods, including ice cream, cookies, cake are also at the top of the list that feed candida. Those foods must be eliminated or minimized for a period of time – usually 2 to 3 months. Once the level of candida is reduced to a manageable level those foods can be enjoyed again in moderation.

A case in point: A patient had gone to the hospital emergency room numerous times over a two-year period because of the fake heart attack chest pain caused by acid reflux. He was told his heart was fine and he needed to take medication to stop and block the acid production of the stomach. He used several different prescribed medications over the two-year time period with no stabilization of the acid reflux attacks. He was then told that there was nothing else that could be done for his condition. He then asked me if I knew of anything that might help with his acid reflux. I asked him if he ate chocolate, to which he responded "Yes". He told me that he ate chocolate every day. I explained how he was feeding the candida in his digestive tract with the high levels of sugar he was eating. The high levels of acetylaldehyde produced by the candida caused his esophageal sphincter muscles to become weakened from the toxin. This allowed the acid in his stomach to shoot up his esophagus

and into the back of his throat and nasal passages, causing great discomfort and pain which sometimes produced chest pain and heart-attack-like symptoms.

I told him about an enzyme supplement that I have been providing for my patients over the past 18 years to reduce the abnormally high level of candida in the digestive tract (caused by the foods they were eating). He started taking the CandidaZyme 5 to 7 times a day. After 3 days he noticed a reduction in the severity of acid reflux symptoms. After 5 days he experienced only minor acid reflux symptoms. He then reduced the amount of CandidaZyme he was taking to 3 to 4 times a day. After 2 weeks at this dosage, he reported that he was no longer experiencing any acid reflux conditions. At this point he began taking the CandidaZyme only 2 times a day for approximately 2 weeks, then stopped taking the CandidaZyme except when he felt the need to do so because of something he ate. The best news is: he no longer suffers from acid reflux, and has not been back the hospital emergency room for symptoms caused by acid reflux.

Candida within a drop of blood as seen through a Dark Field Microscope.



Candida spores. Note that the candida is much larger than a red blood cell.

Vesicles of methane gas - caused by the fermentation of the candida spores.

Red blood cells.

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