

# **The Health Forum**

**Book 1**

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### **Candida's Impact on Your Health**

Edited and Compiled by Polly Hattemer

Foreword by Sondra K. Lewis



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Book 1: Candida's Impact on your Health

Book 2: Candidiasis and Dysbiosis Abatement Techniques

Book 3: Diets for Immune Support and Gut Health

Book 4: Hormones, Dysbiosis and Candidiasis

Book 5: Hope for Autism through Nutrition

Book 6: Cleansing the Body of Mercury

Book 7: Fibromyalgia Treatment Options

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# *Foreword*

by Sondra K. Lewis

Author of *Allergy & Candida Cooking Made Easy*

[www.canaryconnect.com](http://www.canaryconnect.com)

Are you sick and tired of being sick and tired? Have you consulted with one doctor after another without getting better? Did a doctor ever imply that you are just depressed or in need of some serious psychological counseling? Many of us have faced these same frustrations. However, there is hope. At the heart of many illnesses is an altered/weakened immune system and a digestive system that is not delivering the nutrients that the body needs. Correct these issues and progress will be made.

When the immune system is not functioning properly, there is often an overgrowth of yeast or the wrong bacteria in the intestines. Harmful viruses or parasites may also be present. This situation is associated with fatigue, food allergies, poor resistance to colds or flu, and many other symptoms. Many people find that their diet plays a key role in keeping these symptoms at bay. This symptom complex has been named the “yeast syndrome” because an overgrowth of yeast is often present. Sometimes people refer to the yeast syndrome as “Candida,” a common type of yeast. Unfortunately, some doctors feel that this yeast overgrowth is inconsequential because it has not been proven to cause disease. Other doctors feel that the increased yeast level is a strong marker of altered immunity and poor digestion and that the yeast itself contributes to the illness. The patient is left wondering whom to believe.

Many people are struggling to find answers to this yeast syndrome. Some of these people have joined a chat forum on the Internet where treatments are discussed and information is exchanged. Polly Hattemer has painstakingly organized these “chats” into *The Health Forum*. Perhaps the best aspect of *The Health Forum* is that the conversations shared are the real struggles and experiences of people like yourself. The forum participants are caring people who share from their hearts and feel your pain. They know how hard it is to heal when you are too tired to do the research, cook the right food, and/or even find the right doctor.

*The Health Forum* presents and organizes the “chats” in a form where you can highlight information to be easily located and reread. There is no need to search through years of messages on the Forum website. Reading these conversations supports self-discovery and thoughtful reflection on the factors influencing your health. *The Health Forum* offers ideas, solutions, treatment options, information

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resources, product resources, and more. After reading this book, search for more information or ask questions at the Forum. Or look through the articles listed in this book. Formulate intelligent questions for your health-care practitioner. Get the care you desire and deserve.

As a person “who has been there” myself, I offer you a few parting words of encouragement. You will be making many changes in your life. This will require effort, energy, time, knowledge, money, hope, prayer, faith and friends. Often the learning process is long and challenging, yet rewarding. Never give up. Continue to try different solutions, ideas, and treatment options. Go slow, making one change or adding one new supplement at a time. Yet realize that often separate changes work together synergistically. Most of all, know that “Being Positive” goes a LONG way in healing any illness. I wish you the best.

## *Preface*

The true power of the Internet is the people who are on it. Rather than being a huge impersonal library, the Internet is filled with live people from all over the world who contribute their thoughts, perspectives and experiences. At one particular site in this vast sea of exchanges, people have gathered to discuss health concerns related to the yeast syndrome and dysbiosis. The people at this Internet site/forum have learned and gained so much from their cyberspace meetings that they decided to create this book to let others share in the ideas and information exchanged. This book is a gift from our hearts to you. No one was paid for his or her contributions, and all net royalties will be donated to charity. May our efforts bear fruit, and may you, the reader, enjoy this book, and learn as much from the people at the healthy awareness forum as they have from each other.

## *Acknowledgement*

This work would not have been possible without the support of my husband, Dale Goudey, PhD. Thank you for your patience and for your generosity. A special acknowledgement is due Raymond Peat, PhD. Without his 1985 lecture on “The Endocrine System and Candidiasis,” I would have surely lost my health. More than anyone else, his books and newsletters have influenced the way I think about nutrition. Thank you Andy Cutler, PhD, for teaching me about mercury poisoning, and thank you Willis Langford for teaching me about autism. I owe much to the Candida and Dysbiosis Information Foundation, as they were my only link with reliable information for many years. Thank you to all my friends on the Internet who participated in this endeavor. Special thanks to Susan Rodriguez, Shelley Thorstensen, Kippy Noble, Thone Ritch, Billie Jo Secrist, Marilyn in Seattle, Jeanne Jackson, and Taylor Vance for their suggested improvements to the book. Also, Huy Hoang, MD was kind enough to review the book for me. Thank you Brent James for the formatting suggestions. Rosalind James, Shari Ostapiuk and Sondra Lewis have my sincere gratitude for proofreading the manuscript. And of course, last but not least, thank you to Kelly Nowicki for bringing so many of us together at the healthy awareness Internet site. This book would not exist if it weren't for the help of so many.

# *So What's It All About?*

About twenty-five years ago, Orian Truss, MD, reported a constellation of symptoms that appeared to be related to yeast/fungus overgrowth in the body. Since then, William Crook, MD, and others have been keeping the “yeast syndrome” theory alive and informing the public of further insights into this condition. Unfortunately, mainstream medicine has rejected the idea of yeast as a major contributor to common illnesses. However, they now believe that intestinal bacteria may be important to health. With time, and more information, the two viewpoints may come closer. In the mean time, the patient must decide which makes the most sense—alternative medicine or mainstream.

At first, many people assumed that the symptoms were due just to an overgrowth of yeast/fungus in the intestines. However, the wrong bacteria and parasites are often present too. Sometimes viruses play a role. For most people, the more general term dysbiosis is more applicable. Dysbiosis means harmful flora has overwhelmed the intestinal environment.

Dysbiosis is present in many illnesses besides the “yeast syndrome.” These illnesses include Crohns, colitis, autism, attention deficit, fibromyalgia, multiple sclerosis, and mercury

poisoning. This book series will start with an exploration of the yeast syndrome and then move on to discuss diet, hormones, autism, mercury and fibromyalgia.

**The yeast syndrome** is a constellation of many different symptoms, all of which combine to give an overall picture of ill health. Some of the possible manifestations are fatigue, constipation, diarrhea, abdominal bloating, food intolerances, hypoglycemia, dizziness, vaginal yeast infections, prostatitis, bladder pain, earaches, sinus infections, too many colds, asthma, carpal tunnel, mitral valve prolapse depression, rashes, psoriasis, mood swings, irritability, sensitivity to smells, headaches/ migraines, and difficulty concentrating.

**Autism** is characterized by impaired social interactions, by impaired communication, and by repetitive interests and behaviors. Sometimes autistic people are unable to speak. Vision may be impaired/altered. Almost 90% of the autistic population have the wrong flora in their intestines and many appear to have a viral infection in the intestines. Most have high serotonin levels or excess free serotonin. It is strongly suspected that one of the underlying

causes of autism is a unique type of mercury poisoning. When detoxified of mercury and treated for the infections, dysbiosis, and other related problems, some of the autistic recover. Interventions with the youngest children seem to hold the most promise.

**Mercury poisoning** makes one very susceptible to dysbiosis. When the body is detoxified of mercury, the intestinal flora has a much better chance of returning to normal. The list of possible mercury associated health challenges are very similar to that of the yeast syndrome. They are fatigue, allergies, depression, digestive disorders, immune suppression, gum disease, neurological problems, reproductive disorders, birth defects, kidney disease, heart problems, high blood pressure, autism, breathing disorders, skin disease, and leukemia.

**Fibromyalgia** is characterized by generalized joint and/or muscle pain. People with fibromyalgia often have very poor sleep, and a heightened sensitivity to stimuli. Fatigue is common and sometimes there is difficulty thinking. At a very simple level, the difference between the yeast syndrome and fibromyalgia is often just the type of intestinal infection and its distribution in the intestines. Those with fibromyalgia usually have a bacterial overgrowth in the small intestine. Often there is too much tartaric acid being produced by the bacteria in fungus in the intestines. Most of those with fibromyalgia also have a viral infection of the E. coli that reside in their intestines. An improper use of serotonin seems to underlie many of the symptoms of fibromyalgia.

### ***About The Health Forum Books***

In these books, you are listening to real people talk about their experiences with the yeast syndrome, autism and mercury poisoning. The

conversations first took place on the Internet. Then they were compiled with permission into these books. However, you will not be reading exact replicas of the Internet conversations. Editing was necessary to avoid repetition of information and to help with the clarity of presentation. Often a person will post a message that covers many different topics. Including the whole message/post would make organization of the book impossible. So most posts were shortened to only include comments on one topic at a time. To improve the organization further, several real discussions on the same topic were often combined to create what appears to be one long discussion in this book. Background material and introductory remarks were added through the voice of Polly, the person who gathered the posts for this book. Occasionally, you will find a post from a Mr. or Mrs. Generic in this book. This was a necessary artifact to keep the discussion moving.

Because there was so much information gathered, it was necessary to split *The Health Forum* into several books.

**Book 1 — *Candida's Impact on Your Health.*** Is the problem really Candida, or is it just a weakened and toxic body that allows the candida/yeast to take over? What about bacteria, parasites and viruses? This book also covers the total body load, liver support, and the usual concurrent health problems associated with yeast overgrowth.

**Book 2 — *Candidiasis and Dysbiosis Abatement Techniques.*** This book delves into some basic methods for eliminating the problem, like employing the right antibiotics, antifungals, and probiotics. Also, this book discusses the particular vitamins and minerals that are more likely to be depleted in this syndrome.

**Book 3 — *Diets for Immune Support and Gut Health.*** There isn't a perfect diet for everyone. However, some very common mistakes must be avoided. There is much that we can learn from each other.

**Book 4 — *Hormones, Dysbiosis and Candidiasis.*** When there is dysbiosis, often there is low thyroid, high estrogen and/or weak adrenals. This book explores the proper use of hormonal support when dysbiosis is present. Migraines are also covered.

**Book 5 — *Hope for Autism through Nutrition.*** This book covers autism, attention deficit, and vaccinations. Most people with autism have severe dysbiosis. What helps the autistic provides insight into everyone else's dysbiosis problem. The treatment of attention deficit is also touched upon in this book. The treatment strategy is very similar to that for autism. The role of vaccinations and mercury in triggering autism is also explored.

**Book 6 — *Cleansing the Body of Mercury.*** Those who are mercury poisoned are very likely to have dysbiosis. This book covers mercury detoxification methods and the role of amino acids in dysbiosis and mercury toxicity.

**Book 7 — *Fibromyalgia Treatment Options.*** Fibromyalgia is a special case of dysbiosis, with usually a bacterial overgrowth in the intestines. This bacterial overgrowth can contribute to the poor sleep, lack of energy and hormonal disturbances found in this condition. This book departs from the usual format, and is but a summary of the information gleaned from the patients and medical literature.

Even if you are only interested in the conditions specifically covered in the latter books, at some point you should consider reading the first few

books. The earlier books will add depth to your understanding and give you many practical hints on how to recover. All the chapters are fairly self-contained, so you can read the chapters or the books in about any order you wish. However, if you are new to this subject, you will find that the chapters in the first books are easier to grasp.

The vast majority of messages found in books 1 to 4 came from the Healthy Awareness Internet forum. These messages can still be found in the archives at [www.healthyawareness.com](http://www.healthyawareness.com). However, the latter books are a little different as they focus on autism, mercury poisoning and fibromyalgia. Although these illnesses are discussed at the healthy awareness site, they are not the main thrust of the conversations. Therefore, to a much greater extent, other Internet resources were tapped to complete these books.

### ***The Internet Forum***

The quotes in this book are but a snapshot in time of the interactions found at the healthy awareness forum. As people heal and move on with their lives, they visit the healthy awareness forum less often. If you come visit the forum, most of the people found in this book will no longer be there. Yet, you will find other very interesting and caring people at the forum who would love to have you join them. Please be aware that at any Internet site, including this forum, unfortunate misunderstandings arise. When you visit, please try to keep your posts polite and unambiguous. For many of us, fatigue and brain-fog make it difficult to create perfect posts. Please don't expect perfection. The forum is a place to learn, express your thoughts and enjoy the camaraderie. Have fun!

# *The New Forum Member*

**Polly:** Toxins from intestinal bacteria, parasites and yeast can cause much more than an irritated or poorly functioning bowel. They can initiate fatigue, foggy thinking, muscle pain, depression, food allergies, hypoglycemia, migraines, sinus problems, frequent colds and earaches and/or a whole host of seemingly unrelated symptoms. Often people refer to this grouping of symptoms as the yeast syndrome or candida. (Candida is a type of yeast.) However, there is really a lot more involved to this syndrome than just yeast/candida. The liver, hormones, stress and the food you eat all play a big part in both developing and getting rid of this syndrome. We explore many of these aspects at our Internet site each day.

If you have many unexplained health problems along with some intestinal difficulties, then please picture yourself as a new member at our Internet forum. We offer you a warm welcome. You will probably have a few basic questions such as:

- 1) Do you think the wrong gut flora could possibly be the cause of my health problems?
- 2) What causes the yeast syndrome?

- 3) Why didn't my doctor tell me that I had a problem with yeast, harmful bacteria, toxins, or parasites?
- 4) How do I find help?

## *Confused, Could Use Advice*

**Chris in Chicago:** I have been sick for well over a year and have almost every candida (yeast) symptom. Night sweats are the worst symptom. I have had two different doctors perform all kinds of tests. Basically, they said I had microscopic colitis, but nothing else was really wrong with me. My general practitioner said they use the term microscopic colitis when they don't know what else is wrong with you. Eventually I went to see a holistic doctor who did a stool test at Great Smokies Mountain Laboratory. The results said I had too much yeast (3+ on their scale) and zero *L. acidophilus*. He had me start taking all kinds of herbs, supplements and eventually Nystatin. Also, told me to go on the candida type diet, which I did for about three weeks. I guess I'm a little better in terms of energy, but while I was doing that diet I had some weird days where I felt totally spaced out. Even lights looked strange to

me. I was also told to do some exercises called eurhythmics.

Anyhow, I had a follow-up appointment with my regular doctor and I showed him the results from the Great Smokey Mountains Lab. He basically told me it was total BS and that I was getting into some quack medicine. I have read how many of you have said you were diagnosed as having candida. I am wondering how that was done. You all seem like reasonable people. This is all terribly confusing to me. I don't know what to do.

**Sarjan:** It is very confusing...so confusing...I can relate. I have seen three doctors in the last 4 months and they all tell me chronic candida doesn't exist. When I got desperate and started paying the yeast doctor dearly out of my pocket, my regular doctor got hostile and angry with me. To tell you the truth, I don't know what is right and what is quack medicine at this point. What I do know is that after 4 months of itching ALL THE TIME...NONE OF THE DOCTORS KNOW WHAT TO DO WITH ME. At least the yeast theory offers me some direction ... something to try ... Good luck... Keep me posted if you do find some good information.

**Kathy:** Hi, Chris. How people get diagnosed with candida depends to some extent on what their symptoms are. I saw an ear, nose and throat doctor for chronic sinusitis; he also happens to be an allergist who "believes in" candida, so I was tested for allergy to Candida extract along with a lot of other things. I reacted to a number of the extracts, but my strongest reaction was to Candida. The International Health Foundation, Dr. Crook's organization, has an information packet that includes a letter from Dr. Crook on candida that can be shown to prospective doctors. The letter sums up candida research and the evidence that this is, in fact, a serious illness. I

don't know if it would convince a doctor whose mind is already made up, but it's worth a try. Even better, the packet also has a list of doctors who treat candida in each state. (Dr. Crook's website can be found <http://candida-yeast.com>)

**Susan in Olympia:** Chris, I'm kind of in a hurry today, so I'm not taking the time to read the responses you have already gotten. But my 2 cents' worth: the doctor is the one who is ignorant. The lab tests are empirical and they show what they show (high yeast allergy counts). The results do mean something that has a direct effect upon your health. Don't waste your precious (scant) energy on trying to educate the closed minded MD. Dump him. Find a doctor who has gone through the process of coming 'round to understanding candidas' effect on health. Don't even take two seconds' time in worrying about that MD's response. He isn't living your life... and the problems that you deal with hourly are a mere blip on his screen. Go find help from someone who is able to give it to you. This syndrome is real. It won't go away just because we don't believe in it. Until you find help, you will stay the same or go downhill. Onward!! You can get better!! Best to you!

Later—**Susan in Olympia:** More info for you, Chris. I still think you should forget about your doctor... chances are he wouldn't listen to you even if you tried to give him something meaningful to think about. But it occurred to me today that maybe a part of your confusion is that you, yourself, don't know whether or not the yeast diagnosis is "real." I went through that and I remember that the "pooh-pooh's" of my different doctors really had me doubting candidiasis. But eventually I came around to realizing that they were wrong, and that's when I started treating the condition that was the root cause of my many really horrible symptoms. So!

If you are the one that is confused or doubtful about candidiasis, I have a few good books to recommend. Everyone on the forum recommends Dr. Crook's books (*The Yeast Connection*, etc) and I have them as well. They are not, however, my favorites. One of the reasons I like other books better is that I have found other books to use a more scientific tone. It isn't that I don't think Dr. Crook is legitimate, but his layman's language may serve to make the whole diagnosis sound like a layman's invention. Anyway, these are the books I recommend:

*Candida Albicans* by Leon Chaitow

*Back to Health* by Dennis W. Remington, MD and Barbara Higa Swasey, RD

*Encyclopedia of Natural Medicine* by Michael Murray, ND and Joseph Pizzorno, ND (This one is a treasure trove of great information on a number of health conditions.)

Like others, I recommend the Amazon website [www.Amazon.com](http://www.Amazon.com) as a quick way to purchase any reading material. These books really will get you thinking and possibly lead you to the answers you are seeking. Best of luck in your quest for health, Chris.

**Chris in Chicago:** Susan, I want to thank you for the words of advice and book recommendations. I am going to get them. You are absolutely right that I am doubting that I have this condition myself. Being educated in a scientific field, it is truly amazing to me that so many doctors refuse to acknowledge the possibility of such a condition when it seems so obvious that something is terribly wrong. Yet, even the holistic doctor I found who is listed in American Academy of Alternative Medicine (ACAM) is very vague about my situation and has suggested some things that just don't seem to make sense to me. Thanks again for your encouragement. Look forward to future communication.

## ***A Piece Of Advice***

**Mrs. Generic:** My friends get upset when I try to explain my illness. What should I do?

**Kippy:** I know that my grandmother (who is 85 years old, legally blind and still buzzes around in her spit-shined Mercedes convertible at top speeds—a scary thought) hates hearing about her friends' various ailments. She calls most of her friends (who are 15-20 years her junior) the "old biddies" and goes off in hilarious parodies of them comparing illnesses.

Hearing about someone's illness all the time could get very tiresome. I am not accusing you of speaking about your health problems all the time to your friends, but I find that it's best if I share my feelings on the forum and not with friends or family. Even if I had a "normal" disease, like cancer, I'm sure people would tire of me speaking about it. It's 10 times worse with an "abnormal" disease like the yeast syndrome that no one understands.

If you get tired of saying you can't go out because you're sick, then come up with another excuse. Otherwise, you shouldn't have any reason to discuss your illness at all. Even if you're out to dinner, it's easy enough to get away with eating what you want without having to explain your food choices to others. People tire of this very easily—believe me. I know this seems harsh, but it's better to have friends and not share your health problems with them than to be left with no friends at all.

**Polly:** I think every member of the forum has encountered variations of this same problem. People think that if you look healthy, you can't be sick. Fatigue is not obvious. At my lowest point, I remember taking several minutes to muster up the mental willpower to merely stand up and walk over to pick up a piece of paper on

the floor. How do you explain that to someone who has never experienced it? Try explaining to a person who smokes cigarettes that the cigarette smell makes you faint. It doesn't make sense to them. Try explaining that a food additive called monosodium glutamate (MSG) makes you violently ill. MSG doesn't bother them, so why are you so sensitive? Your friends will think that you are just exaggerating or you have talked yourself into some foolish notions. You can't blame people for feeling that way. This illness is too outside their realm of experience.

With some people, it is just not worth the effort to try and convince them that your symptoms are real. You just have to accept and love them the way they are. In this situation, I agree with Kippy. Hide your illness as best as possible. Yet defend your health. Don't eat like everyone else just to make peace. You can't do that if you are going to get well. If perfume makes you ill, politely ask your friends not to wear it when they visit. Ask them not to smoke in your presence or in your house. Do what you can to make peace and at the same time protect yourself.

### ***What Causes Candidiasis/Dysbiosis?***

**Polly:** Candida is actually just one of the many different kinds of yeast/fungus. Yet, often people use the word candida to refer to any yeast/fungus in the body. The word candidiasis just means an overgrowth of yeast/fungus. Often people will say they have candidiasis or candida. However, what they usually have is dysbiosis. Dysbiosis means the flora of the intestines is harmful. The harmful residents can be yeast, mold, bacteria, viruses, or parasites.

There are many things that can initiate or contribute to dysbiosis.

1) Overuse of antibiotics

- 2) Birth control pills
- 3) Environmental chemicals/poisons
- 4) Emotional stress
- 5) Vaccinations
- 6) Parasites
- 7) Heavy metal toxicity—mercury from dental amalgams or from the mercury preservative in vaccinations is often suspected.
- 8) Low thyroid hormone levels—the thyroid hormone supports your immune system, promotes normal intestinal movement, and increases secretion of digestive juices.
- 9) A recent illness or surgery—life-threatening fungal infections can occur after an organ transplant, or if a patient has HIV, or certain cancers like lymphoma or leukemia. Dialysis patients are more likely to be seriously affected too. [1] However, it doesn't have to be as serious as the above mentioned surgeries or illnesses before this physical stress can initiate a problem with dysbiosis.
- 10) Low cellular energy—this is often associated with dysbiosis. It is easy to see how the toxins from the wrong flora can interfere with cellular energy. However, that does not rule out the possibility that low cellular energy allows the pathogens to survive.
- 11) Excess polyunsaturated oils in the diet—corn, soy, cottonseed, safflower or other typical seed oils should not be used unless in very small amounts as naturally occurs in whole food.
- 12) Basic digestive system problems—like poorly functioning ileocecal valve, a missing or poorly functioning intestinal housekeeper wave, not enough stomach acid, a lack of bile acid, or not enough pancreatic enzymes.

- 13) Diabetes—it isn't just the altered sugar levels that make diabetics more susceptible. There is something about the cells of a person with diabetes that makes yeast adhere strongly. This is independent of the amount of sugar present because they can show this result in a test tube where the sugar content is controlled. [2]
- 14) Chronic infections—they can shift your immune system and make it difficult for your body to get rid of yeast. They can also produce toxins that damage the intestinal lining. Look for possible chronic infections of H. pylori, Human Herpes Virus number 6 (HHV-6), Lyme, mycoplasmas, Chlamydia, Epstein Barr, Rubeola, Strep, Cytomegalovirus (CMV), Brucella and occult systemic coccal.
- 15) Root canals—they can be an insidious source of toxins from an infection. This source of illness is often ignored or unrecognized.

Many of the above contributors to the problem can cause at least a temporary suppression of the immune system. A compromised immune system makes it easy for the candida/yeast, or bad bacteria to over-grow. Once the yeast have taken over, they shift the immune system to favor their survival. The yeast, bacteria, mold and parasite toxins also put a strain on the body's energy generating capabilities. This scenario tends to keep the yeast or other pathogen infection in place even after the original precipitating incident or factor has been removed.

Not only do the yeast or other pathogens produce toxins, but also they crowd out the good bacteria. Without the good bacteria, it is hard to kill off the bad flora or yeast once it has taken hold. The good intestinal bacteria are needed to produce B vitamins and help in food assimilation. The good bacteria also produce a lot of immune

stimulating factors. To get well and stay well, not only do you need to first rid the body of as much of the yeast and bad bacteria as possible, but you have to rebuild the immune system, repair the damage wrought by the yeast, and reestablish the good flora.

### ***Which Pathogens Are Present?***

**Polly:** Not everyone with “the yeast syndrome” has a problem with yeast. Some people harbor the wrong bacteria, or they harbor the right bacteria in the wrong part of the intestines. There are several tests that will help you figure out what is present in the intestines.

- 1) Urine test for bacteria and fungal metabolites (toxins) in the urine. The Great Plains Laboratory does this, phone (913) 341-8949 and website [www.greatplainslaboratory.com](http://www.greatplainslaboratory.com). Stool test for bacteria, yeast and parasites. The Great Plains Laboratory and the Great Smokies Laboratories are examples of institutions that do these stool tests. (The Great Smokies website and phone is [www.gsdl.com](http://www.gsdl.com) and (800) 522-4762.)
- 2) The hydrogen-lactulose breath test can be done by a gastroenterologist. This detects bacteria overgrowth in the small intestine. The bacteria count in the small intestine should be low. If high, then this will make you sick, even if the bacteria are normally considered “good” bacteria/flora.
- 3) Samples taken during a colonoscopy. The samples should be taken from several places along the colon and immediately fixed.

You can't just do one of these tests and think you have covered all the bases. If the problem is in the small part of the intestine, it could be missed by a stool test. Yet a urine test might catch it. The opposite is true too. Sometimes a stool test will find yeast or bacteria that are missed by the urine

test. Both the urine and the stool test might miss a bacteria overgrowth in the small intestine if the bacteria in the small intestine are of a type that is normally present in the colon. In this case, a hydrogen-lactulose breath test will catch the problem. And finally, all of these tests could miss the problem. Parasites are particularly easy to miss.

### ***Is There A Doctor In The House?***

**Alison:** Look for a doctor at the Great Smokies Lab [www.gsdl.com](http://www.gsdl.com) phone (800) 522-4762. You can call the number at the Great Smokies site, and they will mail you a referral list. William Crook, MD is one of the pioneers in the yeast field. If you write to him, he will send you a listing of physicians in your area, as well as information on how he treats his patients. His address:

International Health Foundation  
Box 3494,  
Jackson, TN 38303

His website is <http://candida-yeast.com>. Sherry Rogers, MD is another well-respected doctor who publishes a newsletter that carries a wealth of information. Call 800-846-6687 to order Dr. Sherry Rogers's newsletters.

**Linda in Virginia:** Here are some more ideas for doctors. For one who believes in integrative medicine, try this website [www.acam.org](http://www.acam.org) Look for doctors listed with YS (yeast syndrome) after their name. Try [www.naturopathic.org](http://www.naturopathic.org) for a naturopathic physician, or try [www.aaem.com](http://www.aaem.com) for an environmental physician.

**Polly:** There are all sorts of places on the web that are starting to gather up alternative doctor lists. Here are a few:

[www.lef.org/doctors/doctors.html](http://www.lef.org/doctors/doctors.html)

[www.AlternativeMedicine.com](http://www.AlternativeMedicine.com)

<http://members.tripod.com/~altmedangel/1.html>

Also check your local health food store. They might have a list of doctors that their customers use.

I was lucky and found an extensive list of mercury-free dentists at my neighborhood health food store. However, when I checked the local phone book, I could only find a couple dentists that indicated they were mercury-free. I suspect that mercury-free dentists do not blatantly advertise their position because they are afraid of the political hot-seat. If you just want to have porcelain or resin fillings placed, then it should be fairly easy to call up several dentists until you find one that is experienced in placing these alternate materials in the mouth. If you want to remove the mercury, then you have a much more difficult task in finding an appropriate dentist. The International Academy of Oral Medicine and Toxicology may be able to help. [www.iaomt.org](http://www.iaomt.org) Or try [www.talkinternational.com](http://www.talkinternational.com). To find books on mercury amalgams, try Dr. Hal Huggins's website, [www.hugnet.com](http://www.hugnet.com) or Dr. Sam Ziff's website [www.bioprobe.com](http://www.bioprobe.com).

Just because a doctor is "alternative" doesn't mean he can help you, or that he knows everything there is to know about the yeast syndrome. You may have to try several alternative doctors, or sometimes even a conventional medical specialist. However, if you are pretty sure that you have "the yeast syndrome," don't spend too much time with the usual general practitioner before moving on.

**Laurie Andreoni, DC (doctor of chiropractic):** To all of you who are frustrated with the health care system, you are not alone. I certainly empathize with what you are going through.

There is no one answer for anyone; I wish there were. After being sick for a long time, I know I would be depressed about it! But that is hardly classified as clinical depression. Health care is partly science, partly art, but it's being handled by humans who aren't always the most compassionate creatures.

I stop by to visit this web site periodically, sometimes adding my input. But with my practice getting busier, I have very little free time. I spend long hours at work treating patients and I teach health classes 1-2 nights a week; I spend at least half of my time away from work studying a vast arena of health information—and there is still no one answer for everyone. We're as different on the inside as we are on the outside, and it takes a lot of time, patience and work on the part of both the patient and the doctor to peel off these layers of illness and toxicity.

That's why Grapefruit Seed Extract (GSE) or Nystatin or whatever, works great for one person and knocks out another one. Even though a lab test indicates a certain herb may kill off your strain of yeast, there may be other steps to building up your system that are necessary before you are strong enough to handle the detox process. It can take homeopathics, diet, medications, timing, emotional support—the combinations are endless. Finding a "good" doc is almost like finding true love—someone for you is out there.

**Polly:** Finding the doctor that meets your needs may take some time. So, do some networking. Join a local support group. They will know the better doctors. At the very least, ask the people at the local health food store. This can make an enormous difference. Also, don't stick with any doctor for more than a few visits if he is not helping you. Try someone in a different field. There are so many different fields to choose

from, such as: Chinese herbs, acupuncture, homeopathics, chiropractic, allergy, Reiki, breathing techniques, psychology, traditional gastroenterology and infectious disease. Each specialty has something different to offer. While you are waiting for that perfect doctor, learn to help yourself. There is so very much you can do by yourself before you find that "true love" doctor. Who knows? When you finally find that special doctor, it might turn out to be yourself!

### *Lyme Disease*

**Debbie in Michigan:** One of my main problems with "certain" doctors is that they don't believe that you know what your ailment is. I have a girlfriend who has Lyme disease. Many medical crises have resulted. She would be dead today if she hadn't insisted on certain things to be checked. It is so frustrating, because the doctors are human too. Why don't they listen to the patient?

**Polly:** All too often, Lyme disease is not diagnosed. Just because you live in a state where it is not epidemic, you are not entirely safe. Lyme disease can look like candidiasis, fibromyalgia, Chronic Fatigue Immune Dysfunction Syndrome (CFIDS) or multiple sclerosis (MS). If you have fibromyalgia, definitely get tested for Lyme. The Nelson Medical Research Institute in Warren, Michigan is reporting a Lyme disease spirochete, *Borrelia burgdorferi* in 40% of fibromyalgia patients. [3] If you have multiple sclerosis, get tested for the spirochete *Spirochaeta myelophthora*. There is also a growing realization that many cases of CFIDS are really Lyme. [4] Lyme can even be passed to an unborn baby.

There are many different tic-born organisms. Your symptoms will depend on how many and which organisms you have, as well as your genetic and initial health status. Lyme can cause

hormonal problems, rashes, fatigue, joint pain, breathing difficulties, brain fog, muscle pain, etc. Problems can start gradually, but often people report symptoms started after a flu-like episode. Don't count on the telltale rash or bulls eye for diagnosis. Most cases do not present this way. Since Lyme has a 28-day cycle, you might notice that you are more ill during a certain week of the month (often that of the full moon). That is the time to look for the infection in the blood.

Unfortunately, most doctors are not looking for Lyme. Many doctors, who do look, do not know enough about its diagnosis. Find yourself a Lyme specialist. Often you must perform the same test more than once. Since there are over 325 substrains of Lyme, one should try to use the lab that is local to the area where the infection was probably acquired. Obviously, a negative test for one of the common Lyme spirochetes doesn't rule out the possibility that you have Lyme. Many times, the doctor must rely solely on clinical judgement to come to a diagnosis.

Lyme is treated with antibiotics. However, an adjunct treatment with herbs may be prudent. The Monastery of Herbs is one resource that I'm familiar with [www.monasteryofherbs.com](http://www.monasteryofherbs.com) Also, here is an article about Lyme Disease and Chinese herbs [www.dr-zhang.com](http://www.dr-zhang.com). There is also an herbal product called Spiro Kete found at website [www.kroegerherb.com](http://www.kroegerherb.com). Jernigan Nutraceuticals carries an herbal product called Borreligen, which helps strengthen your body's natural defenses against lepto-spirochetes and spirochetes like Lyme. [www.jnutra.com](http://www.jnutra.com) Sorry, I don't know how effective the above herbs may or may not be.

However, there is some very good news about a particular Cat's Claw (TOA-free Cat's Claw). A pilot study of 28 people with advanced Lyme Borreliosis showed very promising results. After 6 months on capsules of this product, plus other detoxification/drainage support, 85% tested

negative for Lyme. [5] All of the patients on the Cat's Claw extract plus other support showed dramatic clinical improvement. In contrast, a group of 14 patients were treated just with antibiotics. Of these, 3 slightly improved, 3 got worse, and the rest remained with no change in their clinical condition.

Enzymatic Therapy has a TOA-free Cat's Claw called Saventaro. This brand is carried in many vitamin shops, so you can ask them to order it for you. Or here is website with discount prices on Enzymatic Therapy products. [www.totaldiscountvitamins.com/Merchant/enz.htm](http://www.totaldiscountvitamins.com/Merchant/enz.htm) or phone 1-800-283-2833. Another TOA free product is Samento as marketed by Nutimedix. Phone 1-800-730-3130 and website [www.nutrimedix.com](http://www.nutrimedix.com) You will have to ask the companies which is the most concentrated.

A very important question for money conscious consumers is whether or not these same results can be replicated with high quality Cat's Claw that still has some TOA in it. Some people believe that all the TOA must be removed because it interferes with the immune system modulating properties of the rest of the Cat's Claw. Yet that "fact" is debatable. Other studies show that the TOA also improves the immune response. [6] At least what most people can agree upon is that you must get the real Cat's Claw. There is an herb very similar in appearance that dilutes / contaminants many products on the market. I once purchased an off-brand of Cat's Claw tincture that was no good. So if you try Cat's Claw, don't look for the cheapest on the market. Go with a brand with an excellent reputation for herbs, like Rain-Tree. Website [www.rain-tree.com](http://www.rain-tree.com) or phone (800) 780-5902. Or just try a few brands. If you are like me, you will immediately feel the difference between good and poor quality Cat's Claw.

Besides getting rid of the organisms that cause Lyme, you will want to get rid of the toxins

produced by Lyme that interfere with cellular energy. Ritchy Shoemaker, MD, has had excellent success in treating Lyme, fibromyalgia and chronic fatigue patients with cholestyramine, a drug that removes the toxins. Many of us should take note because this drug also removes certain fungal toxins, not just Lyme toxins. Dr. Ritchy Shoemaker has found that an eye test for contrast sensitivity will often show the presence of Lyme neurotoxins. (However, the neurotoxins could be from other sources too.) You can find the eye test at the doctor's website, [www.chronicneurotoxins.com](http://www.chronicneurotoxins.com).

There was a vaccine on the market to prevent Lyme. The government did not find any statistics that would indicate a problem with the vaccine, but many people claimed to have gotten ill from the vaccine. Sales plummeted and the vaccine was taken off the market because it was no longer profitable. [7]

Here is an introductory book on Lyme that you might like, *Coping With Lyme Disease: A Practical Guide to Dealing With Diagnosis and Treatment*, by Denise Lang. This website has many Lyme links,

[www.geocities.com/HotSprings/Oasis/6455/lyme-links.html](http://www.geocities.com/HotSprings/Oasis/6455/lyme-links.html).

If you don't have access to the Internet, contact one of the following organizations. Be sure to enclose a small donation to cover copy costs, postage and overhead.

Lyme Disease Resource Center  
P.O. Box 1891  
Sonoma, CA 995476

Cape Cod Lyme Disease Awareness  
Association  
P.O. Box 1916  
Mashpee, MA 02649.

The Lyme Disease Network of New Jersey

43 Winton Road,  
East Brunswick, NJ 08816

**Mrs. Generic:** I am wondering if my husband's arthritis is from Lyme Disease. He was treated for Lyme, and every symptom is gone except he now has a strange type of arthritis. Anyone had any experience with this?

**Biella:** I've got Lyme, though I don't have arthritic symptoms. I have friends though, whose only symptoms are arthritic. It is worth checking out. Look at [www.igenex.com](http://www.igenex.com). IGeneX, Inc, Reference Laboratory is a good Lyme lab. Also look at <http://groups.google.com> and do a search for sci.med.diseases.lyme and you will find a good Lyme forum.

**Polly:** People consider arthritis a symptom of under-treated Lyme. The usual treatment for Lyme is a 2 to 4 week course of antibiotics. However, many people in the Lyme community claim that a short course of antibiotics is totally inadequate when a person has been infected for a long time. Treatment for six months, a year, or even longer with antibiotics may be necessary. (See Dr. Joseph Burrascano, Jr., MD's treatment protocol for Lyme at [www.Lymenet.org](http://www.Lymenet.org).) The use of long-term antibiotics means that you must be very vigilant for complications like fungal infections and dysbiosis. [8] Antibiotics are not harmless.

Long treatment periods also mean that the antibiotics get very expensive and some insurance companies are refusing to pay. Unfortunately, doctors who openly treat Lyme with long-term antibiotics are often targeted by medical boards. [9] Some Lyme patients are quite scared. They fear that if they turn their prescriptions into the insurance company, they will lose their doctor and they will lose their chance to ever be healthy again. A popular Lyme

testing Lab, IGeneX Labs of Palo Alto, California, also appears to be under increased scrutiny.

### ***Arrgh! Some Doctors are So Frustrating!***

**Laura Mc:** I am 25 years old and I can't stay awake past 8:00 at night. I've been on birth control for 14 years because of extreme abdominal pain during my periods. Told my doctor I want to go off the pill, but she encourages me to stay on it. She has prescribed other pills which I'm sure are just as harmful. I have suffered with sinus infections, headaches, dizzy spells, bad memory, and muscle pains and, as mentioned, always being way too tired for a 25-year-old person. I asked my doctor about candida, and she laughed at me. She isn't giving me answers, but she laughs about the one thing that finally makes some sense to me. I have been reading the forum and getting names of products. I am trying the diet, but I am confused about what I can and cannot eat. I have been eating veggies, meat, eggs and seafood. I feel like I'm starving half the time. What can you suggest to start? I am taking garlic pills, flaxseed pills, ginseng, ginkgo, grape seed extract, calcium supplements and vitamin C supplements. Is there anything else I should do or take? There's no way I'm getting Nystatin or Lamisil from my doctor.

**Kate:** I am brand new on this forum and I have not been diagnosed as having candidiasis. I have experienced all the symptoms you described, though. (My doctor also basically just laughed off candida). Start checking yourself for allergies, and try to eliminate those foods and environmental factors immediately.

**Alana:** Laura, In my opinion, I would go off the birth control pills. Just see how you do OFF them. That's unfortunate that your doctor is not more supportive. I never felt *right* on the pill either. My doctor laughed too when I said they made me feel weird with low energy. (This was years ago...and I've never regretted my decision to go off them. The pill tricks your body.) Anyway, it sounds like you are right on track with supplements, diet and reading up as much as you can on this forum. I found eating a few carbohydrates helped with hunger pangs and energy. I found the *The Carbohydrate Addict's Diet* book a good source for information. This article, [www.wholeapproach.com/diet.html](http://www.wholeapproach.com/diet.html), may help.

**Polly:** Laura, you need to go off the birth control pills because they increase yeast growth. At the same time, you also need to take care of the menstrual pain. Often the pain is due to endometriosis. Dr. Lee's book *What your doctor will NOT tell you about Menopause* will explain that enough NATURAL progesterone will give your body a rest and can help you get rid of the endometriosis. An appropriate amount of natural progesterone shouldn't increase yeast growth. However, when you first start using the natural progesterone, there can be a flare-up of yeast symptoms as the body starts releasing estrogen from the tissue. There are several books on the alternative treatment of endometriosis. Ask at your local bookstore, or try a search at these on-line bookstores, [www.Amazon.com](http://www.Amazon.com) and [www.barnesandnoble.com](http://www.barnesandnoble.com). Look up "menstrual pain" on the net too. Excess estrogen and prostaglandin release can cause the pain too.

Here is another book to read, *Hypothyroidism: the Unsuspected Illness* by Broda Barnes. Since you probably also have candidiasis, there is a good chance that you will need some thyroid support. Natural thyroid will

help you get rid of the yeast. Unfortunately, a conventional doctor will usually not give you a trial of thyroid. She will rely only on standard blood tests and will interpret them very conservatively. Hence, you will not get a thyroid supplement from that type of a doctor. If you need the thyroid, you will have to go to an alternative doctor to get a trial of thyroid. The thyroid will help your liver get rid of excess estrogen and correct your other hormone levels.

**SR:** Laura, your doctor caused your health problems by not taking care of you properly and giving you good health advice. SHE KNOWS IT, but will not take responsibility for it. She will not treat you properly, ever, period.... She sees you as just another one of her calves in the herd of patients. It's a matter of saving face and especially saving her growing bank account \$\$\$\$\$\$. Your doctor will make tons and tons and tons of money, off of people just like you, in the years ahead. Your doctor will NOT make tons of money by curing you and everyone else she is manipulating with her abusive laughs!

Your doctor wants to control you and all her patients ...as little more than a herd of returning cash cows. Most doctors need to do little more than give a few minutes of their time and few pill prescriptions, in order to reap huge profits on their HMO branded and corralled herds... Stop the madness of being forced to drink from toxic water holes and ludicrous salt licks. Find another doctor pronto, partner, and get your hormone levels back in the saddle... YEE HAAA.....

**Polly:** I'm also upset with certain doctors for their immediate dismissal of the condition. However, I just can't put the yoke of malfeasance on them. Doctors are doing the best they know how—that which they have been taught. Unfortunately, alternative medicine ideas are not taught in school. That is why certain doctors

don't care if birth control pills promote yeast growth in the intestines. They were taught that intestinal yeast means nothing.

Yes, part of the reason the best and brightest go into medicine is to make a lot of money. Gosh, give them credit for being human. That doesn't mean it is the only reason they are doctors. Most care. Most want to help and most feel they are right. In a way, we can't blame a doctor if he acts condescending. Society tells doctors that they are very important members of the community. Medical school tells them that the conventional medicine they are taught is the very best, because it is "scientific." Doctors must be taught to have confidence in their "science." How else can they look a patient in the eyes and tell them to take chemotherapy? What a stomach twister!

Doctors are bright people. No question. If they don't deviate from what they are taught in medical school, then there is no need to question what they do in practice. They are merely handing out medical "science" to the masses. However, what happens when doctors begin to question their schooling? Then they have to take responsibility for what they are doing. That is tough work indeed. A lot of soul searching needs to be done. Are they really confident enough in themselves and what their patients are saying to strike out and do something different? You can't sue a doctor when his treatment harms your loved ones if he gave them the "standard and customary" treatment. Yet, if your doctor steps out of line and gives your loved one a different treatment, then he becomes liable under the law for any assumed damage. Pretty scary for any person who needs to protect himself!

Besides opening up himself to lawsuits from the patients, a nonconformist doctor faces the wrath of the medical boards. The boards can easily take away his license or ruin him financially. These boards set themselves up as

true defenders of the prevailing wisdom. Those in power are not “all-knowing.” Yet by definition, “the prevailing standard of practice” is correct and to be adhered to. How can a doctor morally agree to administer the “approved” treatments, if his intelligence, experience and heart tell him that it is wrong? Must nonconformist doctors be driven from their profession and leave only those who are resigned to follow without question? Somehow, we have to make room for disagreement, not mayhem, but honest disagreement. Narrow definitions of right and wrong cripples the advancement of medicine and harms everyone.

**Jane:** Well-said, Polly! It is easy to “hate” the doctors, but they are only human too. It is, however, the SYSTEM, the board, that should be dealt with somehow. They have way too much power and do not allow any questioning or interpreting of studies.

**SR:** I, of course, understand what you are saying, and you did say it very well! In my post, I was referring to Laura’s case history and her particular doctor and to any doctor who “LAUGHS” at their patients. It’s abusive and manipulative. Any doctor adds insult to injury, when they “LAUGH” at a patient for any reason.

Also, I feel that most doctors are very aware of the truth these days and refuse to face it because they are afraid.... for many reasons, not the least of which is persecution, as you indicated.

But that is still NO reason for doctors to persecute their patients and allow them/US/ALL, to go ever downhill, with excuses of... “Oh sorry, I want to help you, can you see it in my concerned and caring eyes, but my hands are tied. (sob sob) I’m sooo afraid I will get in trouble.” BULLPOPPY! We are supposed to be dealing with professional adults, not sobbing backwoods

bullies, who defend their kin’s feud lines and steam stills. If they are afraid, then tell us so and say to our faces that they cannot legally comment on alternative therapies and gently point us patients to the net or the local bookstore.

**Polly:** What we really need is a better understanding of this syndrome. When more doctors finally understand “the yeast syndrome,” then it will no longer be a figment of the patient’s imagination.

### ***Let’s Support Our Doctors***

**Polly:** One of the medical establishment’s latest attacks is on a Dr. Sinaiko. The California medical board has declared that yeast allergy and other such disorders or allergies “don’t exist” because they have not been “proven” to exist with “acceptable” studies. Besides financial punishment, Dr. Sinaiko has been ordered to undergo “rehabilitation” until he “admits” that all the disorders he treats—chronic fatigue syndrome, multiple chemical sensitivity, candidiasis, intestinal mold allergy, food-induced attention deficit disorder—don’t exist. [10]

As patients, we can help. If you feel that alternative doctors should be protected from unwarranted attacks by the medical boards, a painless way to contribute is to buy your books using the link to the Amazon bookstore found at this website, [www.treatmentchoice.com](http://www.treatmentchoice.com), which belongs to the Progress in Medicine Foundation. Using this link costs you nothing, but the foundation will receive some money when you use this link. If you would like to make a cash donation, contributions can be sent to the following address:

Medical Defense Fund  
PO Box 554  
Mira Loma, CA 91752

**Shula:** Many studies support Dr. Sinaiko's work and the treatments he uses. The Medical Board's experts sweep all those studies away by saying that they are not "valid," while presenting nothing to prove their own view. It is not surprising that doctors are afraid. I would be afraid. I would not like my child to grow up to be a doctor today.

On the other hand, it is not surprising to hear such testimony from good doctors who get their information from the studies supported by pharmaceutical companies and from the training provided by their medical board's outreach and education services. All that training insures that most doctors color inside the lines and don't learn anything else. Good doctors may be laughing at other treatments simply because they truly believe that those treatments are outrageous. After all, they have learned the party line very well, and have been taught that other ideas are foolish.

**Polly:** Yes, the pharmaceutical industry finances a great deal of our medical studies and our doctor's education. That is a core problem. The money doesn't necessarily turn good professors and researchers into dupes of the drug industry. I give people more credit than that. Yet only those people who agree with the drug industry viewpoint get financed. Hence we end up with biased viewpoints becoming the dominant offering in our medical community. Those promoted into power step in time to the dominant beat. Those who disagree, keep their mouth shut in order to survive.

PostScript—The backlash to the treatment of Dr. Sinaiko is changing the situation in California. Governor Gray Davis replaced all the California Medical Board members by not renewing their appointments. More changes are to come, thanks to organizations like the California Medical Association (CMA) and the

California Citizens For Health Freedom. As citizens, we need to support efforts to continue this health-medical freedom movement in all states. If you would like to help, read the latest at [www.healthlobby.com](http://www.healthlobby.com) and [www.citizenshealth.org](http://www.citizenshealth.org)

### ***Any Good Books?***

**Becky H:** Do you know if D'Adamo has written anything about candida? I've looked in vain and I can't find anything.

**Polly:** No, I don't think D'Adamo has written anything about candida specifically. Have you read *The Yeast Connection and the Woman* by William Crook, MD? It is fairly basic, and it contains a good questionnaire. The questionnaire can also be found at [www.mall-net.com/cgibin/quiz4.cgi?quiz=crook.qa](http://www.mall-net.com/cgibin/quiz4.cgi?quiz=crook.qa) It is an excellent place to start, even for men. His newest book, *Tired So Tired* is also very good. However, you will need to learn more. There are two recent books that are much more informative. These are *Digestive Wellness* by Elisabeth Lipski and *Optimal Digestion: New Strategies for Achieving Digestive Health* by Trent Nichols, MD and Nancy Faass. Comparing the two books, *Digestive Wellness* has perhaps more basic definitions and *Optimal Digestion* goes a bit deeper into the theory and gives more information on supplements and treatments.

Have you read *What Your Doctor May not Tell You about Menopause* or *What your doctor May not Tell You About Pre-Menopause*, both by John Lee, MD? Every woman should read at least one of his books. If you like his books, and want to learn more about the subject of female hormones, read *From PMS to Menopause* by Raymond Peat, PhD. It is an amazing book, but there is too much new information in it for the book to serve as an introduction to the subject.

The book is available at his website, [www.efn.org/~raypeat/index.html](http://www.efn.org/~raypeat/index.html).

People like the book *The Body Ecology Diet* by Donna Gates. It is fairly easy to read and is pretty close to the mark. See website [www.bodyecologydiet.com](http://www.bodyecologydiet.com). I think the SCD (Specific Carbohydrate Diet) as described in the book *Breaking the Vicious Cycle* is a good diet for many of us. However, no one diet will be perfect for everyone.

An important book is *Hypothyroidism: The Unsuspected Illness* by Broda Barnes, MD. It is easy to read and entertaining. The book will convince you that the blood tests for thyroid function miss many cases of low thyroid. *Living Well with Hypothyroidism*, a more recent book by Mary Shomon, is outstanding. Besides giving you the views of several doctors, it lets you know what the patients think about proper treatment.

If you have “silver” fillings in your teeth, you may have a mercury burden that is making the yeast thrive. The book *Uninformed Consent*, by Hal Huggins will convince you that you need to take mercury poisoning from your teeth fillings seriously. *Dental Mercury Detox* by Sam Ziff is an excellent adjunct to Hal Huggins’ book.

If your illness started after exposure to pesticides, fungicides, fungus, pfiesteria, contaminated fish, or Lyme spirochetes, then you need to read *Desperation Medicine* by Ritchy Shoemaker, MD.

Unfortunately, with this yeast syndrome, many of us have brain fog, which makes it difficult to comprehend and learn. Start with the simpler books and try not to get overwhelmed.

**Becky H:** Thanks for all the reading suggestions—this will definitely keep me busy for a while!

**Sally:** Dr. Sherry Rogers has a new book titled *No More Heartburn*. Subjects addressed are

healing the gut in relationship to candida; heartburn; indigestion; Irritable Bowel Syndrome; colitis; chronic fatigue; depression; fibromyalgia; autoimmune arthritis; allergies to mold, food and chemicals; and cancer. It is available from N.E.E.D.S.. I haven’t read it yet but judging by her other publications, I would guess it would be great.

**Polly:** Thank you Sally for letting me know about this new book. I picked up a copy today. *No More Heartburn* is very easy to read, it is short, and it gives most all the basic concepts needed to heal digestive disorders. Dr. Rogers has outdone herself. After starting with the *Yeast Connection and the Woman* by Dr. William Crook, I’d suggest that people head straight for Dr. Sherry Rogers’ *No More Heartburn* book, and then Broda Barnes’s book on hypothyroidism.

**Deb:** These books helped save my life—

- 1) *The Yeast Connection* by William Crook, MD
- 2) *The Yeast Syndrome* by Trowbridge, MD
- 3) *From Fatigued to Fantastic* by J. Teitelbaum, MD
- 4) *Prescription for Nutritional Healing* by James F. Balch, MD. and Phyllis A. Balch
- 5) *Alternative Medicine Guide to Chronic Fatigue, Fibromyalgia and Environmental Illness* by Burton Goldberg
- 6) *The Merck Manual of Medical Information: Home Edition* by Robert Berkow
- 7) *The Pill Book* by Harold M. Silverman
- 8) *Optimal Wellness* by Ralph Golan, MD

**Shelley:** I have been reading *Radical Healing* by Rudolf Balantine, MD lately. Just wanted to say I think it is a really really good resource. Worth checking into.

## Any Good Websites?

**Alison:** Here are a few sites on diet:

[www.wholeapproach.com/diet.html](http://www.wholeapproach.com/diet.html)

[www.panix.com/~candida/candiet.txt](http://www.panix.com/~candida/candiet.txt)

[www.howdyneighbor.com/jbayliss/foods.htm](http://www.howdyneighbor.com/jbayliss/foods.htm)

[www.mwilliamson.com/yeastdiet.htm](http://www.mwilliamson.com/yeastdiet.htm)

Do not be surprised if you see conflicting statements on foods. Everyone has their own “opinion” of the right way to eat—I am still learning what works best for my body.

**Polly:** As far as web sites that could help, everyone seems to like what Doc Darren has to say,

[www.cfs-recovery.org/docdarren2.html](http://www.cfs-recovery.org/docdarren2.html).

Then there is a site on Chronic Fatigue Immune Dysfunction Syndrome (CFIDS). It has many excellent links to other sites. It is worth checking out even if you don't have CFIDS.

[www.beatcfsandfms.org](http://www.beatcfsandfms.org)

Here is another similar site,

[www.chronicfatigue.org](http://www.chronicfatigue.org).

Dr. Leo Galland has written a good article on leaky gut, at

[www.healthy.net/library/articles/galland/Leaky\\_gut.htm](http://www.healthy.net/library/articles/galland/Leaky_gut.htm).

At the same site, you will find another article worth reading. It is “Introduction to the Digestive System” by Michael Schachter, MD. The article includes a good explanation of the liver's role.

[www.healthy.net/library/articles/schachter/digest.d.htm](http://www.healthy.net/library/articles/schachter/digest.d.htm)

If you are interested in any particular subject, go to one of the search engines and type in a few key words. My favorite is google. I also like

altavista because you can translate foreign languages there. If you want an easy way to look up a technical article, first go here and then click on “pubmed.”

[www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)

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# *Recovery Of Health*

**Polly:** Each of the twelve people in this chapter has been blessed with a significant improvement in their health. Each had symptoms of fatigue and dysbiosis. Each took a different approach, yet each succeeded. Perhaps their stories may give some insight into how to approach your own health issues.

## *Sarito*

**Sarito:** For 4 years, I thought I had candida. All the symptoms fit. I responded to caprylic acid and antifungals—I felt better on the candida diet. I didn't get a positive test for candida, but I didn't think that was necessary. I could keep symptoms under control this way, but I was continually getting worse—chronic fatigue, itching, colonitis, bladder problems, etc. Then I noticed how moldy my bedroom was. I started to consider a mold allergy. I read Dr. Rogers's book *E.I. Syndrome Revised*, on environmental illnesses, and I finally moved out of my moldy house. As soon as I did that, my energy picked up. After a few weeks, I could start eating grains, a little fruit, etc. I've found that I'm allergic to a whole spectrum of things that I have to keep out of my environment. Following this regime I am gaining weight again and my energy is returning. So, if you are one of the many who are not getting better, start by reading Dr. Rogers book. You can order it

through Borders or directly from her Prestige Publishing.

**Polly:** This website gives many practical suggestions on how to clean your home and car of mold. [www.fungalsinusitis.com](http://www.fungalsinusitis.com) For instance, they suggest putting grapefruit seed extract and hydrogen peroxide in through the air intake that goes to the interior of your car. To find the intake, turn on the fan, set the intake to fresh air, and place tissue along the bottom of the outside windshield. Also, you can place special cloth filters in your home's heating and air-conditioning vents. Mechanical and electronic filters inside the house may help. One place to purchase a mold test kit, and mold abatement equipment is National Allergy Supply. This is their website [www.nationalallergy.com](http://www.nationalallergy.com). Many pharmacies and places like Costco carry HEPA and other filters. Be sure to get one large enough to be effective in the space you are cleaning.

If you are having problems with moisture and mold, the basic steps that you can take to improve airflow and your house's integrity are outlined in this excellent article [www.fungalsinusitis.com](http://www.fungalsinusitis.com) by Donald P. Dennis, M.D., F.A.C.S. Among other things, he suggests:

1. Stop the source of the moisture (fix plumbing or roof leaks).

2. Install more vents and a fan in the crawl space.
3. Remove old plastic in the crawl space and replace with a new plastic cover with a six inch soil border
4. Install florescent lights in the crawl space.
5. Remove fiberglass duct board and blown in insulation in the attic. Spray the wood with grapefruit seed extract, and replace the insulation with Myraflex, which is fiberglass insulation covered with clear plastic.

I would also suggest that you remove wallpaper and paneling. The glue and cellulose are a perfect breeding ground for mold.

### **Anna**

**Anna Coy:** Learning to get oxygen into my body has pulled me out of the dark abyss of illness and back into the light of good health. Deep slow diaphragmatic breathing provided the oxygen my body needed to heal itself. I suffered for 17 years from bouts of chronic sinus problems, candidiasis, allergies, asthma, low energy and a myriad of other symptoms—all of which can be linked to a lack of oxygen in the body. Eventually, I ended up with Chronic Fatigue Syndrome. Weak, bedridden and in a life threatening situation, it was all I could do to get myself to breathe. So breathing is what I concentrated on. I discovered that the additional oxygen from proper breathing opened up my body both physically and emotionally to the process of healing. During this time, all the emotional and psychological barriers that had led to my illness surfaced. By using deep breathing, imagery and intention, my vital life force grew stronger. Ultimately, it led to my complete healing. Now I have an abundance of energy available for working and living fully again, and I no longer have the habit of storing stress in my body.

**Polly:** Anna Coy teaches classes on breathwork, and she also teaches breathing techniques to the patients of one of my doctors. She has a website at [www.heartofbreathing.com](http://www.heartofbreathing.com). She has tapes for sale to teach you this breathing technique. This deep, slow, diaphragmatic breathing increases the oxygen that reaches your tissue. (More is said about this breathing in the Acid And Alkaline Balance chapter of book 3.)

**Shelley:** I really concur about the breathing. There are many ways to learn this—Shiatsu, Yoga, classes specific to breathing, and Theresa Hale's technique, as described in her book *Breathing Free*.

**Polly:** The breathing is very important, however, notice that Anna combined it with emotional work. There is also another technique that you can use to release emotions and the damage they do to your body. In its most basic form, it doesn't cost you anything but your time. It is called EFT (Emotional Freedom Techniques). You think of something that is bothering you and then you tap along acupuncture meridians on your body to get rid of the harmful response. In a small way, it is like the techniques they use to bring someone back from a traumatic experience—if the incident or parts of the incident are related often enough, it no longer has its emotional impact. This is the EFT website [www.emofree.com](http://www.emofree.com). They have a lot of free information there. They also sell video-training courses for the advanced student and professionals.

### **Dechen**

**Dechen:** I'm in excellent health now. Since I've had the last of my amalgams removed, I've experienced a steady improvement, in terms of energy levels and of the complete disappearance of any digestive, allergic, or other symptoms.

I used to have some little flare-ups if I ate lots of sweets before I removed my three last amalgams, but since then, I've had no flare-ups at all, just slight gut irritation if I ate sweets. (I limit myself to figs, grapes, etc. No cakes, no cookies, which I don't like anyway.) Now a few weeks after final removal of my last amalgams, I have nothing, no more symptoms whatsoever. I have loads of energy, like I never thought I would have again. Remember that just one year ago, I was in bed all day with severe colitis, serious food allergies, no energy whatsoever, itchiness all over. Now I'm just in perfect health, and what's more, I've gained a lot of weight—10 kilos, a little too much, but I was a skeleton.

I did fight this thing with all I could find: Chinese medicine, natural and chemical antifungals, probiotics, meditation, acupuncture, diet, transfer factor, hormone rebalancing, etc. And I can say every little thing helped, but nothing like removing that poison from my body. It could be that I was mercury sensitive, or just too toxic, I can't say enough good about this. This was the key to healing for me. It unburdened my immune system so that my body could really fight the candida. And from reading a lot on mercury amalgam poisoning, it just seems like such a destructive substance for the body. I'll never regret removing my amalgams. I only regret waiting so long before doing it. I would have suffered much less.

**Polly:** Note, some people notice no change after removing their amalgams. There is no guarantee that it will help. Also remember that there is residual mercury in the soft tissue and possibly some stuck inside the intestines. Sometimes progress is not seen until this other mercury is also removed.

## **Beth**

**Beth:** Let me first stress that in order to achieve wellness, you have to make sure that you cover all the issues that contribute to your illness. It's usually not just one thing.

Back in '92 or '93, I was diagnosed by a dermatologist as having Rosacea (reddening of the face, red bumps, etc). My doctor prescribed topical creams and a daily oral antibiotic. I was on the antibiotic for two and a half years. Slowly I began developing abdominal symptoms. I was eventually diagnosed then as having Irritable Bowel Syndrome (IBS). By this time, I was suffering severely. At times pain was so severe that I'd pass out. I had chronic diarrhea, indigestion, etc.

I went to three different gastroenterologists. Each diagnosed me as having IBS. They couldn't tell me what the root cause was, but one thought it was stress related—my husband and I didn't agree, but I did try several months of biofeedback but no improvement.

I did my own research and read about candida. I was convinced that I had it. I didn't realize that I had other symptoms as well, since the IBS pretty much ruled my life. Then I found a doctor who took my entire family medical history, plus my notes and listened to me for two hours during my first visit.

He unpeeled me like an onion. We first addressed my food allergies, then the candida (we used diet and the antifungals Diflucan or Sporanox) for 8 months. I stuck to the routine. Then I went on a maintenance program. He discovered that I had Hashimoto's thyroiditis and prescribed Armour thyroid hormone. That really helped to push me over the edge to wellness. Mind you, I didn't have any normal "hypo" symptoms at all, but lab results did show that I had the disease.

Before my treatment with this doctor, I had three amalgam fillings replaced with composites. This may or not have contributed to my excessively high levels of mercury. You see, I thought I was cured from candida, but I knew that it was still lurking inside me. I never could really stray too far from my diet.

I decided to undergo DMPS treatments to remove mercury, which took 11 months. Towards the end, my mercury was almost to the normal range, but it remained at the same level. DMPS ceased to be effective. He suspected a parasite. In fact, we always suspected a parasite but it's very difficult to get good lab results. Well, I did have a parasite. Once I was treated for it, I took two more DMPS treatments and that's it. I was finally well.

Today I just take a normal amount of vitamins to maintain good health. I'm an avid bicyclist and am training for a century ride (100 miles). I teach water aerobics and manage a marketing department for a large company. I can't tell you how great it is to be well. No more food allergies. My inhalant allergies are gone. I eat whatever I want to eat, but I'm trying (and failing) to avoid sugars, etc.

Polly is really good about pointing out that many things help contribute to the candida. Mine probably was the antibiotics and possibly the mercury. I tend to suspect that the mercury contributed to my thyroiditis. Which, by the way has continued to improve. My antibody count was reduced by 50% the last time I was tested (about 6 months ago).

## ***Polly***

**Taylor:** Hi Polly. How long has the yeast problem been gone? Do you have to do anything (antifungals, diet, etc) to maintain this truce?

**Polly:** It has been gone quite a while. I have had no problems with the yeast returning, even though

my maintenance diet has not been ideal by any stretch of the imagination. I don't use antifungals. Presently, I eat a reasonable amount of natural sugars from fruit, milk, honey and maple syrup. The only thing that I do to keep the yeast at bay is avoid the unsaturated seed oils. Eg, soy, corn, safflower, canola, flax and cottonseed. These oils suppress the immune system and make us susceptible to the yeast syndrome.

Eliminating the yeast isn't the whole problem. You also have to correct the damage their toxins have wrought on your body. My health history is a clear example of this. Here is my story.

The obvious symptoms started about 20 years ago. I had migraines, food intolerances, flatulence and diarrhea. Yes, I had tests performed. The only thing that showed up was yeast. However, the doctor told me, "Yeast in the stool doesn't mean anything because everyone has yeast." I assumed he was right. Fortunately, one of the doctors told me to watch my diet and see what helped and what didn't help. Even though I'd never heard of the yeast syndrome, my observations lead me to the classic anti-candida diet. I also found a few supplements that helped. I took vitamin A, E, buffered C, and digestive enzymes.

My diet included a pound of raw butter per week, and lots of meat, fish, and eggs. No unsaturated oil, except from fish. No sugar or fruit. I had to cook my vegetables in order to tolerate them. Potatoes were definitely a no-no for me. However, I was eating bread, and I never checked to see if eliminating it could help. If I had it to do it over again, I would have tried eliminating the bread, or at least I would have tried going to the non-gluten breads for a significant period of time. Perhaps I would have gotten well quicker. (Hindsight is wonderful.)

After about 10 years, the food intolerances and migraines were gone, and I could eat anything I wanted. However, I had developed a very foggy brain, and I had no energy. I think it was from the

cumulative damage from the yeast toxins. By this time, I had heard of the yeast syndrome. So, I tried the antifungals Nystatin and Nizoral. They helped a little with the brain fog, but not enough to continue taking them. Over the next 10 years, bit by bit, I found several supplements that helped me regain my energy, brain function, and general health. In order of discovery, I needed coenzyme Q10, alpha-ketoglutaric acid with magnesium-potassium aspartates, natural progesterone, Methyl-Sulfonyl-Methane (MSM), Armour thyroid, tri-methyl-glycine (TMG), a homeopathic remedy (for the removal of chemicals), the amino acid taurine, a little DMSA, and some T3 thyroid (Cytomel). However, there were several other things that were also very helpful, yet not as critical.

I would like to share this with you since I feel oils are so very important. One of my doctors asked me to make my own coconut cream. I did so and felt better on this than the usual store-bought coconut oil. Perhaps there is something more in the homemade coconut cream, or perhaps the oil is just better when it is truly raw. My doctor was very specific. I had to use the Green Life Juicer so that the oil was not heated. Other juicers would not do. Store bought “cold-pressed” coconut oil is heated too much in the processing. Much later I discovered a fermented coconut oil product that was made using very little heat. My body seems to react just as favorably to this oil as it does to the homemade coconut cream. However, if I cook the fermented coconut oil, I fall asleep after eating it, just like I do with the heat-processed oils. See [www.coconut-info.com](http://www.coconut-info.com).

Fresh coconut is another option. If the coconut doesn't smell or look right, don't use it. The meat should be white, not clear or brown. You should be able to hear some juice when you shake the coconut. I found the best way to get to the meat out of the coconut was to first loosen the meat by tapping the coconut with a hammer for a minute

or so. Then place the coconut in a plastic bag on the sidewalk, and give it a good whack with the hammer. Any meat that is still attached to the shell can be removed in small pieces by using a thick knife to make cuts in the meat perpendicular to the shell, and then wiggling (applying a torque) the knife sideways. There is also the more professional way. Strike the coconut with the backside of a cleaver. This should break the coconut in half. Then get a scraper to pull out the meat. The scrapers are sold at [www.coconut-info.com](http://www.coconut-info.com).

If you try coconut oil, please start slowly, with a teaspoon or less per day. You must give your body time to adjust. Also, coconut oil contains caprylic acid, which kills yeast. You don't want to suffer severe die-off symptoms.

### *Susan in Olympia*

**Susan in Olympia:** Last spring I was suicidal on various occasions. I have some excruciatingly painful journal entries from April, May and June which continue to remind me where I was then. It was a palpable blackness... and eventually it, along with the symptoms of candida and fibromyalgia that I have lived with for four/five years... culminated in me taking a leave of absence from my job starting in June.

The depression turned out, as you say, to be the deal-breaker. It was the “straw that broke the camel's back”. I could hobble to work with pain in all my joints and hands that could not clench enough to hold a pen (imagine a teacher unable to write for 6 weeks until the pain somehow subsided). I could go to work bloated and miserable and fatigued, piecing together every last vestige of determination to appear minimally competent on the job only to collapse at home and be consistently AWOL from family duties. This went on for quite a while due to a remarkable

force of will. But I was ultimately no match for the depression. It sucked the life right out of me.

The first breakthrough I had in terms of depression was in taking SAM starting mid-June. The results were relatively quick (within 2 weeks) and included a remission of the blackness of depression, and a marked absence or alleviation of joint pain. It was, for me, dramatic.

My next step forward was when I started taking natural progesterone in July. By August I was feeling a lot more energy, further smoothing of my moods, softer skin (I had always lived with permanently chapped lips, sandpaper elbows and feet, etc), a miraculous disappearance of PMS and menstrual cramps, and more.

Since I wasn't working, I was able to concentrate all of my increasing energies on diet: NO sugar or wheat (to which I am allergic) and that started working some magic too.

Then in October I started counseling with a psychotherapist. I had avoided this for a while because I felt that this illness is definitely NOT in my head... why would counseling about personal relationships, etc affect it? However, I did have a difficult childhood and suffered emotional abuse and neglect. Much of the patterns set then has continued even now with respect to my relationship with my mother. And every time my parents would come to visit I would have a mysterious relapse into intractable fatigue and the famous Chronic Fatigue Syndrome (CFS) headache that rendered me lifeless and in bed.

In short, counseling surprised me. While I agree with what Paul says about depression being biological.... somehow the counseling made me stronger on a psychological level and affected my biological responses.

In November I started working out fairly vigorously, four times per week or more. I tolerated it well, and have continued to the present. I echo the sentiments that exercise is a VERY important factor in recovery. In July when

I had tried to even take a slow walk, I was bedridden for several days afterwards with fatigue. The ability to exercise was a clear marker that I was making progress.

In January I went back to work. And I found that a job I had blamed for stress is now easily managed and enjoyable to me. Funny, I always thought it was the job. Yet much of it was me, trying to do a normal load with less than normal resources.

I needed that break, that six month rest, the chance to gather my wits, to focus on my health, to make small steps of progress accumulate into something big... and the result has been that the situations I have always been surrounded by are now manageable and rewarding. I am a mommy who can get down on the floor and play race cars with my toddler son, dance with him to Cuban music, play hide and seek 'til the cows come home, sail through my responsibilities at work without feeling run over by a truck...

SO.... I do believe it is biological. But I also believe that the mental/spiritual/relationship realm... it all affects the biological. AND... finding the right treatments, being sane enough and rested enough to focus on diet and exercise... all that stuff is part of climbing out of the pit.

I haven't felt the blackness return since early December when I stopped taking SAME ("I don't need this stuff any more... I'm cured!" WRONG!) But since then I have switched to the much cheaper TMG (tri-methyl-glycine), with the same wonderful results.

I know this is long, but maybe it will help you find hope. Nobody who hasn't lived through the maelstrom of depression has a clue how powerful and evil it is.

### *John Q*

**John Q:** I was infected with erlichiosis, which is a particular form of Lyme disease. I want to share

my story so more people will be better aware of the many different symptoms that this disease can present—especially, since in my experience, it is easy for doctors to misdiagnose different forms of Lyme disease as a totally different medical or even psychological condition.

I believe I was infected in Iowa in the fall of 1997. I could have been infected in Oklahoma or in the Hill Country here in Texas. I had spent time in the outdoors in all three places from August to September of 1997. I did not experience a ring from the bite. The bite I remember getting looked more like a strange fire ant bite.

I began to feel tired in November 1997. I had cramps in my major muscles and my joints began to get stiffer than usual. I always felt chilled but I chalked this up to getting older and more out of shape. At the time, I was refereeing soccer every weekend. I was the commissioner of referees for my local soccer association. At Thanksgiving I remember developing a headache and noticing that my feeling of being chilled seemed like a virus or sickness. I took aspirin and went about my business. In December I began to develop an earache and I became dizzy and lightheaded. I never went to doctors and I decided that I better break down and see one because I thought I had developed an internal ear infection.

I initially went to see an HMO doctor in Bedford, Texas. I now know I was in stage one of the disease. This was in December 1997. He noted that I had swollen glands and a rash. I have always had acne and the rash looked more like acne to me. I did complain of the ring in the ears and the dizziness when I stood up. After he gave me an antibiotic Z-Pack (Zithromax 100mg???) I felt somewhat better, but then a week after the Z-Pack, I must have had a Herxheimer reaction. This is where I felt as if my legs came out from under me and the electrical shock sensations began, primarily down the left side of my body. I

nearly passed out several times. It felt like I had a heart attack. My left arm hurt and was numb.

I returned to the doctor and told him how my left arm had gone numb and how this electrical shock pain was pulsing in my body. I told him that my heart hurt and I was having trouble breathing. We did an EKG and found nothing. He conducted more blood work and all that showed up was that my liver count was slightly high.

The pain and pulsing electrical shock feelings increased. The headache that never went away began. The doctor sent me for a MRI for my headache. Nothing. I was still always cold. I began to have horrible night sweats. The inability to sleep and now the irritable bowel became intolerable. I then began to complain about the pain in my stomach. My bowel movements were total mucus. Stool samples were taken. Nothing. My eyes hurt and ooze was coming out of them. I couldn't stand to be in the sunlight. My skin began to peel and I showed this to my doctor. He prescribed Lamisil, which is an antifungal medication.

One morning before work, I felt very strange. I became short of breath and passed out. When I woke I could hardly breathe. I called the doctor's office. After hearing of my list of strange symptoms, all they could say is that I needed mental treatment. I did not feel that it was only a mental or psychological condition, but they arranged for me to go to a private mental hospital. I spent a week in a hospital getting used to some very strong drugs. I explained my symptoms to the doctor (a psychiatrist) in the hospital before being admitted. I could hardly breathe without difficulty and feeling short of breath. He said take this Xanax and I began to get calmer and the breathing became easier. Xanax is just a Central Nervous system relaxant. You are really anxious was all he could offer as a medical diagnosis.

I was in constant pain, especially my head and stomach. I complained about my stomach to my

doctor. He ran a sonogram. Nothing—now he simply decided that I was a “head case”. They prescribed Effexor. This really made me hallucinate. Xanax helped me breathe and sort of helped me sleep. I saw a second psychiatrist. Told him all the same things and showed him my peeling skin. He changed me from Effexor to Busbar, another antidepressant.

A co-worker said if you are depressed I can get you into see the Head of Psychiatry at the University of Texas Southwest Medical Center. When I visited this new psychiatrist, I explained all my symptoms, the diarrhea, the electrical shock sensations, the headache, and the dizziness. I showed her my peeling skin. I remember taking my shoes off to show her how the skin on my feet was peeling off. She said this is a fungal infection. All she came up with was “you are really depressed and it is interesting to see that you are also anxious at the same time.” She prescribed Zoloft and Kolonopin.

I was in stage two of the disease and probably entering stage three of the disease when I ventured home to the University of Iowa in June 1998. I really was sick then. I became dyslexic and I couldn't remember anything. I got lost driving to work—I kid you not. I couldn't speak. I forgot words. Again after the exam all they could say was that I am depressed and you need to see a psychiatrist.

I had seen the best doctors at two great state medical institutions. I could not get anyone in the medical profession to believe that I was sick. What was I to do? I accepted I was depressed. I considered traveling to the Mayo Clinic but now am glad I didn't go because I probably would have ended up in a mental hospital or diagnosed with cancer like Senator Harris. [1]

In the summer of 1998, I really deteriorated. I entered stage three of the disease. People at work became concerned. I really could not complete tasks. I couldn't concentrate because of the pain.

All my muscles and joints hurt. The headache was completely unbearable—a pounding throbbing ache. I had to hold onto things when I walked because I was so dizzy. I had great difficulty driving. The pain in my neck was intense and the left side of my face went numb. I really never slept because of the pain.

I went to see the only naturopathic doctor in Texas (unlicensed in Texas but licensed in other states). I told him my entire story and how poorly I felt. He asked if my original doctor could order a special stool sample to see if we could find something. Again nothing. I went to see a yeast doctor in Houston. He was the only one that would truly listen. He started me on thyroid and Cortef. He tested me for yeast and I had high levels. I had read books about the yeast syndrome and I had all the symptoms listed in the book; but the stuff he put me on didn't help. I explained the electrical shock feelings to him and he asked if I had played football. He said, “You must have a pinched nerve.”

A Chinese friend who works at my office took me to a Chinese doctor in December 1998. I was desperate so I told her I would go. She has an excellent reputation for acupuncture and herbs. She told me I had a parasite but she didn't know which one. She believed I was sick. She said Western doctors do not see these types of infections often so they don't think about them.

By this time my muscles were fasiculating (twitching) where it looked like there were worms crawling under my skin. This fasiculation came and went. At least two weeks out of the month I could not control it. I became very shaky like I had Parkinson's disease.

I changed insurance companies and in January 1999 went to a doctor that everyone at my work goes to. I told him how I was feeling and he wanted to do a physical. He mentioned Lyme disease. I had already researched it on the web and he told me to write an account of where I

might have gotten it. He still didn't test me at the first visit.

The blood test came back and I went to the follow up exam in February 1999. He said my liver counts were high. He speculated I had hepatitis. While I was at the office for the second exam the fisticulation was very severe that day. I told him I needed to show him this. I stripped off my clothes and said, "Tell me that is in my head!" He then believed me and then tested for Lyme. God, another two weeks before treatment! I begged for antibiotics. He said he wanted to see which strain it was.

So now I knew I was sick. It wasn't a mental thing. I had a Western doctor that believed me. We knew what we were dealing with, a tick borne illness, but I tested negative for borreliosis (Bb) and babesia (Bm) as well as other spirochetal infections like syphilis. Once we had it narrowed down to erlichiosis, the insurance company would not pay for the conclusive test, which is the human monocytic ehrlichiosis (HME) and human granulocytic ehrlichiosis (HGE) test. Most HME cases were reported from the southeastern and southcentral areas of the United States. In contrast, the highest reported average annual incidence rates of HGE were in the northeastern and upper midwestern areas of the United States. Therefore I still can't tell you where I picked this up. No conclusive test.

I had developed enough other symptoms to diagnose the disease clinically—like the fisticulating muscles and my skin peeling off. I really looked like something out of a science fiction movie. The doctor that diagnosed the disease and who had seen the twitching muscles sent me to a neurologist. The neurologist did not believe I had Lyme disease because the blood test for Bb and Bm came back negative. He also knew I had seen a psychiatrist. His assessment was hypochondria. I showed him the peeling skin and the rash on my body and all he could say was,

"You need to see a dermatologist." (I saw the neurologist in an off week from the fisticulation. The fisticulations came in two week waves or growth cycles of the spirochetes.) I had no test to prove to this neurologist that I had the disease because the insurance companies refused to pay.

By this time, I was in search of relief from the pain of the fisticulating muscles. The Chinese doctor placed rings at nerve points where it would ease the twitch and ease the pain.

I also went to see an ophthalmologist at UTSW. He said he had never seen a diagnosed Lyme patient. He asked if I cared if his students could look at my rash and peeling skin as well as examine my eyes. It is sad to note, that of the many doctors I visited, this was one of the only doctors with any real curiosity.

Treatment: I went on a triple antibiotic attack of the disease. I took orally 600mg of Zithromax daily for three months and 750 mg of Mepron twice daily for four months, and then I had Recephon IM one gram twice a week for six weeks. (Note, this is much longer than the 6-week antibiotic cure that some insurance companies insist is sufficient.)

The doctor said you are also depressed and I expect you to be because you have been infected with this for more than 16 months. Since this is a total body infection and the liver is infected—it does mess up the brain chemistry that is made in the liver. I was slightly reluctant to take the antidepressants because of the experience with the psychiatrists. He prescribed Asendin (amoxapine) 300 grams and a low dose of Wellbutrin 100 mg twice a day. I took the Asendin for just over a year. And I am continuing to take the Wellbutrin. The combination along with the antibiotics really helped speed recovery from the third stage of the disease.

My thinking began to come back. I had to teach myself to read and do math again. What an experience. I had lost over two years of my life to

this disease—due to the lack of doctors being able to recognize the symptoms. It really took almost a year after I was diagnosed and started treatment to feel normal again. How do you tell your boss you can't read or you can't comprehend numbers? I am fortunate that I didn't lose my job. My wife nearly divorced me over the illness. All my wife was told by the medical profession was that I had a mental condition such as depression. All because no one was willing to listen to me or look at my physical skin peeling and take it seriously.

Rehabilitation was slow and painful. I joined the YMCA and told the trainer what I was dealing with. He placed me on a low weight high frequency weight lifting program. I stumbled around the track trying to rebuild my cardiovascular function. I sat in the sauna daily for as long as I could to try and cook the spirochetes out of my skin. I continued to get acupuncture until I felt I didn't need it. It was expensive and not covered by insurance but it really helped the pain.

Doctors need to be taught to recognize the symptoms of this disease. The Head of a Department at one of our best institutions missed this in me. There also needs to be a state or regional testing facility, where blood can be sent and tested for all tick borne illnesses at a reasonable cost. Also, the insurance companies should be required to pay for the tests of all the various forms of Lyme disease. Available testing is very important. Some doctors (like the neurologist that I saw) do not have the intestinal fortitude to diagnose this unusual infection clinically. These doctors need a test. Without an available test, many people will continue to get sicker and die.

Doctors who diagnose this disease should be allowed to use whatever drug treatment and duration of that treatment that they feel is necessary. The doctor that treated me had not seen a person in the third stage of this disease before

me. He used the Internet just like me to help figure a treatment and rehabilitation regiment. I am truly grateful for the treatment he prescribed—it worked!

### ***Ann***

**Ann:** I could have been the poster child for Candidiasis because I was such a classic case of antibiotic overuse and having a poor diet. My health history started from a young age. By the time I was 9, I was immune to Penicillin because I had had it so often for colds, ear infections, sore throats, and sinus problems. I also had a very poor diet consisting of lots of sugar and refined processed foods. My overuse of antibiotics continued through my teenage years. At age 18 I hit my first health crisis. I was diagnosed with Epstein-Barr and Mononucleosis.

After a couple of months my condition worsened and I went on a wild goose chase searching for the right doctor. In a span of 6 months I had seen over 7 different specialists and had been prescribed more than 36 medications, most of them antibiotics, steroids, and cortisone. I was literally dying from the drugs. My symptoms were fatigue, disorientation, brain fog, weight loss, allergies, chest constriction, sore throat, abdominal discomfort, etc Emotionally and mentally I was depressed.

It was at the end of those 6 months that I came across an alternative practitioner that said my body was so infested with *Candida albicans* that I was showing signs of leukemia. I started the protocol of changing my diet and eliminating all sugars, dairy, wheat and yeast products. I also started taking Nystatin (500,000 units), an antifungal drug, 1 pill 3x/day. It took me about a year on this regime to return my body back to normal.

Unbeknownst to me I did not know that I needed to moderate what I ate and watch my yeast

levels because Candidiasis can come back even more virulent. At age 24 my greatest health challenge engulfed me, Multiple Sclerosis (MS). I was completely debilitated with MS. I had a near death experience and was ravaged with convulsive tremors daily. I was bedridden for a month and for the first two years I had ataxia (incoordination), paresis (muscle weakness), spasticity, numbness, disorientation, exhaustion, bladder dysfunction, pain, mood disturbances, speech-swallowing-mastication impairment, and cognitive dysfunction (thoughts & memory). The disease turned my world upside down. I walked away from Western medicine knowing that I was put into a box of “incurable” and that my only hope was some experimental drugs. I was done being a guinea pig.

I begin to read and research when I could. My research took me right back to *Candida Albicans* as the primary culprit to Multiple Sclerosis. I started up with Nystatin and took it for 2 years. I got back on my diet of no sugar, dairy, wheat or yeast products. I took vitamin C, Evening Primrose Oil and drank red clover tea by the gallon each day to clean my blood and liver. I also had 15 amalgam fillings replaced. The missing ingredient that was crucial to my transformation was that I needed to address my belief systems, my thoughts and emotions. I changed my belief to knowing that my body could regenerate on a cellular level. I worked on releasing fear-based emotions, such as fear itself and feeling unworthy. I also changed my thoughts to making them more positive and envisioning my body healthy again. All of this was not easy and in addition to eradicating MS, I overcame an eating disorder and a suicide attempt to get to the other side of health.

I am now a Naturopathic Doctor & Clinical Hypnotherapist, specializing in Candidiasis, Allergies, Digestive Disorders and Autoimmune Diseases. I have been 7 years without one visible sign or symptom of Multiple Sclerosis. My body

has transformed on a cellular level. What I do keep in check are my yeast levels, I watch my diet, and also take an herbal antifungal to make sure Candidiasis is not an issue for me. I do believe that the primary cause of MS is Candidiasis and once the yeast has gotten into the bloodstream it will attack what is most vulnerable in that person’s body. For me it was my central nervous system.

What I practice and know is that health is a balance of the body, mind/emotions, and spirit. To only address the physiological component means only part of the picture is being corrected. With my patients I am interested in complete transformation and I work at every level to assist them. Self-empowerment, belief and choice to have a healthy body, diligence to uphold that choice each day with actions and examining all facets of the self are key to transforming the body!

Ann Boroch, ND. [www.annboroch.com](http://www.annboroch.com)

## *Jenny*

**Jenny:** I’ve been hanging out here for a few months, but I haven’t shared my story. Now is a good time because I’m feeling 96.4% better.

**1993-1997:** I biked home in the rain, went to Clayoquot to protest, got cold, didn’t sleep much, got sick. I had bad neck pain, as well as bronchitis-type symptoms. After 8 months of antibiotics, including Biaxin, I still wasn’t better. The pain started to spread to my arms and back. In April of 1994, I was diagnosed with fibromyalgia.

**1997-1998:** My first yeast infection of my life. I bought Monistat. It went away and then came back. And then it came back and then it stayed. I was put on Diflucan (one pill), but it came back. I tried diflucan a few more times. It didn’t work.

I started to get a funny taste in my mouth and bad sinus headaches. Then migraines. My body pain got so bad I could barely work. I was

depressed and suicidal. Every time my yeast infection flared up, I would cry for hours. In fact, I cried for a few months straight.

My doctor told me candida was a fad. It didn't exist. I believed him. Then I was trying to figure out why I had bumps on my tongue. I read about thrush. There was something funny on my toenail. My doctor told me it was from highland dancing. I believed him.

I started taking garlic, echinacea, etc. These things seemed to work for a few weeks, then would quit. My sex life was pathetic. If I had sex, I'd get a yeast infection. If I thought about sex, I'd get a yeast infection. Desperation set in. I inserted garlic, SF722 (don't try this at home) and many other dangerous things into my vagina.

**January to March of 1999** were my darkest months. I did a lot of thinking and decided that I should rotate my antifungals. I used every form of divination to figure all this out.

**March 22, 1999.** I visit my doctor, hoping for long-term Diflucan. The test was inconclusive. The next day I got the worst yeast infection of my life. The yeast was in big huge chunks. I quit my doctor and decided to wage war on the yeast.

The diet: After a week on the diet I began to feel better. I chose the strictest diet I could find, so that when I cheated, it wouldn't actually be bad. For me, Perrier was a BIG CHEAT. I began to feel more like myself. I was happier, in a lot less pain and hopeful.

The herbs: I took a lot of antifungals, sometime swallowing six or more cloves of garlic. I did: SF722, pau d'arco, echinacea, caprylic acid, garlic. Then I added colloidal silver, then olive leaf, then GSE (Grapefruit Seed Extract) and oil of oregano.

I figured the yeast was dying, but I wasn't cured. I started taking psyllium. Then I did a two-week candida cleanse from Gaia Herbs. [www.gaiaherbs.com](http://www.gaiaherbs.com) The program was great and

really helped a lot. The yeast infections were only bothering me three times a month (pre-period, post-period and at ovulation).

Step 2: Getting better. I visited a herbalist because I knew how to kill the yeast, but not how to get better. She suggested I drink oat straw tea to nourish my liver. She also suggested I douche with sage, oregano and thyme. Within a few weeks I was 80% better. The next month, I only got two yeast infections. The following month, only one.

Finally, I took the SBO (Soil Based Organism probiotics) plunge. I started gaining back weight. I have now gone 30 days with no yeast infection.

I'm not 100% better yet, but I've come a long way. I hope this helps others. A few months ago, those who considered themselves cured seemed so far from where I was. We can do this. I know there are others here with multiple problems, and I know we're all at different stages, but we can all get better. This forum has taught me so much. It's like a friend who's always there. We just have to believe in ourselves. Keep the faith!

**Taylor:** Dear Jenny, It was quite a lift to read your story. I think I'll go to bed with a big smile from one corner of my soul to another. Thank God people are getting help!

Who knows why we have had to go through these things...but one thing is certain, we will never let another doctor do our thinking for us, eh? I think that such a frame of mind is a strength and a discipline that might stand us in good stead down the road. Be well.

**Alana:** Thanks for sharing your story, Jenny. I am glad that you found what worked for you. Isn't it so frustrating that the medical establishment can't help us? When you rotate the antifungals, how do you do that, 4 days on one, switch, 4 days to another?

**Jenny:** Four days, yup. Although I wasn't religious about it (ie I'd find every excuse in the book NOT to take Grapefruit Seed Extract. It tastes like bile to me.)

### *Mitch in New York*

**Mitch in New York:** My Brief, Rough Personal History

**Pre-teen:** Antibiotics for ear infections.

**Adolescence:** Tetracycline for acne (big part of candida profile!). Blew out my Knee. Recurring severe sinus infections started soon after that and were treated by powerful wide spectrum antibiotics like Keflex. (To this day, I cannot take Keflex without a serious intestinal reaction.) Sinus surgery #1: Caldwell Locke procedure to remove a cyst and polyps followed by more antibiotics. \*\*There is a connection between nasal polyps and candida. Mild Hypertension starts and continues through twenties.

**Twenties:** Sinus surgery #2 to remove polyps followed by a course of antibiotics. Developed recurring bronchitis and diagnosed with asthma. Treated with more antibiotics and steroids (Prednisone also is a big part of candida profile!). Multiple unexplained prostrate infections followed, which were all, blasted with antibiotics. Sinus surgery #3 (third operation finally repairs deviated septum!). Followed by, you guessed it, more antibiotics and eventually steroids, as it was allergy season. Also throw in a couple of root canals followed by the ever-popular antibiotics.

**Thirties:** More prostate infections. More antibiotics. The pneumonia I had five years ago required more antibiotics. Six weeks after I finished the antibiotics the lymph gland on my neck became enlarged. The eventual biopsy was negative. Four years ago I had some kind of weird

abdominal inflammation that was quite painful. The beginnings of the epididymitis perhaps?

**The good news:** I haven't had one sinus infection, prostate infection or case of bronchitis since I changed my diet and stopped taking antibiotics. I also have not had hypertension since I diagnosed the candida and change my diet. The antibiotics and steroids not only damaged my immune system but also created optimal conditions for the candida to thrive. Antibiotics do not affect candida (it's not bacterial). Instead they kill off the beneficial bacteria (*L. acidophilus*, etc) that compete with candida and thereby eliminating one of the body's built in defense systems meant to prevent the overgrowth!

### *Patti*

**Patti:** This is an update on my leaky gut and food allergies. (Leaky gut means increased intestinal permeability. This contributes to food allergies.) About November first, I undertook a four-week elimination diet that had me exclude almost all foods except 10. This is a fairly risky thing but it enabled me to unmask all sorts of food sensitivities that I was masking: to soy, wheat, dairy (cow, not sheep or goat), buckwheat, food coloring, MSG, rosehips, citrus, etc. It took about two months after for a state of hyperreactivity to go away. I would get pains in my neck, migraines, buzzing head, etc upon eating the wrong thing. I kept a meticulous diary. Sometimes I didn't know what got me reactive; I was so reactive. Hence the danger of the elimination diet. (Thank goodness I had my trusted nutritionist to hold my hand through all of this.) Well, I retested things and found that over time I was much less reactive. I still have the major sensitivities mentioned above but won't retest those until June.

I took antifungals for a month in January and since then I have been on a four-month leaky-gut healing program. Month one, I blasted my system

with heavy antifungals. I used products by Biocare in England. Month two, I took glutamine, n-acetyl glucosmine and other things. Now it's butyric acid, L. acidophilus, and some other stuff like quercitin (I have used this since December for calming the reactivities).

Anyway, when I started I was having daily migraines and life was unbearable. It has been what? 6 months? My life is far more normal. I have a few migraines around my period and a few at other times of the month. I still get bloated at times, but my energy is great thanks to working out my new thyroid regime (a mixture of T3 and T4 thyroid). I am now also taking hydrochloric acid (HCL) and digestive enzymes and extra biotin. It's a fairly simple program, not too many supplements. (I take a low dose multivitamin too). Every day I feel I am getting better. I haven't had a food reaction in a long time, maybe since Mid-January.

I haven't challenged those remaining foods listed above (I am supposed to wait until the leaky gut program is finished in a month and a half.) It has been a lot of work but worth it. I am especially glad to feel like I am heading in the right direction. Every month gets better—less migraines, less intense ones too when I get one. It is a slow process. The practitioner I work with is very conservative and doesn't believe in overnight fixes. He wants the body to learn to heal whatever it can without a lot of extra help. Long process yes! But we are going for the 100% cure, even if it means a life of limited sugar. The high potency probiotics are the mainstay. I may never stop taking those.

By the way, I just tested for parasites given that I hadn't gotten totally rid of my migraines. My nutritionist is going for a 100% elimination! (I must admit I saw stuff in my test that makes me certain that there are some "problems.") I am going for 100%....and en route, my life is hardly the same as the poor miserable suffering person

who tuned into this forum last August. Oh yes, progesterone 14 days a month, 1/4 teaspoon.....! Just wanted to give an update and report that there are successes on this type of program and encourage others.

### ***Celeste***

**Celeste:** When I look back, I believe I have had a form of candida for almost 10 years. Between birth control pills, carbohydrates/sugar diet, chronic (fake) sinus infections and of course their solution, antibiotics, I was a walking poster child for this so called "disease". During those ten years I was able to control it by working out. But that stopped once I opened my own business and had an enormous amount of increased stress in my life. Last Christmas my health become much worse and I went and got another antibiotic (not knowing anything about candida and what it needs to grow). This time the 10-day antibiotic was no match to what was going on in my intestines. So that was when I started to educate myself with little or no help from the medical profession. I started hanging out at really good health food stores and co-ops. Most of the employees at these places understand candida and they educated

me! I bought my food, supplements, antifungals and books on candida at these establishments. Today is one year later and I have learned the cure. It takes discipline. If you're sick of feeling lousy, this is the only alternative. It's all about your diet and elimination.

Your intestines make up most of your immunity system and if you constantly feed yourself sugar and carbohydrates (which turn to sugar) you make your immune system weak. Now throw in some stress, antibiotics, caffeine, lack of veggies, lack of exercise, birth control pills or steroids and you have totally killed what's left of your immune system (and healthy bacteria in your

gut). So basically, to get better, it's not just taking a quick fix like the prescription antifungal Diflucan. A pill isn't gonna get you better when you still live an unhealthy lifestyle and eat like crap! Getting your intestines healthy so your immune system can function properly involves a healthy diet of veggies and proteins. No pasta (except brown rice pasta). No breads (except spelt or millet). Drink water to flush the healthy food through your intestines on a daily basis.

Do not waste your time with idiotic doctors that do not believe in candida. Contact the Great Smokies Lab and they will locate a doctor in your area that understands what you are going through. This way you can have the proper tests. By the time I found this doctor (two months ago) I had educated myself enough and followed a candida diet for almost a year. I went off the pill, gave up coffee and I began slowly exercising again. I also do yoga, take B vitamins and eat the proper grains to reduce my extra stress. The tests came back stating that I still had bad bacteria in my intestines. More supplements on a daily basis plus diet will ensure my healthy future. Eat and drink properly and your immune system can fight off everything!

**Mr. Generic:** Are you really cured, or just feeling a little bit better? Your tests say you still have a problem. What makes you feel this is all you need to do?

**Celeste:** Last year I didn't have the energy to get out of bed to open my business. I felt as if I had a flu for three months. After Western medicine didn't work, I went to Eastern where they too didn't listen to my health symptoms and prescribed Chinese herbs. Prior to last year, I had sinus infections two to three times a year and was always prescribed antibiotics. Doctors said it was allergies...so off to an allergist I went for almost two years. So I pretty much exhausted all routes for better health. The Great Smokies Lab came up negative for yeast. As you read this forum, that is usually the case. However, my new doctor felt that since my tests proved to have some traces of bad bacteria (PS—low levels) it was probably a good indication that we shouldn't rule out candida.

Last year I wasn't myself and I had nowhere to turn. No doctors had helped in the past. This year I am a completely different person. I run at least three miles, three to four times a week. When I do not run I work out in the gym with cardiovascular exercises and weights. I make it a point to do something at least five days a week. Although I have some health issues to deal with (as most people on this forum), I feel I am in control of my health.

### *references*

1. Associated Press "Panel: Texans at risk of Lyme not receiving proper treatment" *Corpus Christi Caller Times*, a Scripps Howard newspaper. Friday, November 17, 2000, Senator Chris Harris of Texas had Lyme disease, and the Mayo Clinic missed its diagnosis.

# *The Total Toxic Load*

**SR:** I saw a pigeon fall off a building today. It had eaten rat poisoning. I was outraged and saddened. Sometimes we are like innocent pigeons, feeding on things that we think look good, act good, taste good and seem good, yet we are being poisoned and weakened by them. Even though we can read English, boxes of rat poison are written in many different languages and it is up to us to decipher the labels and recognize poisonous packages. We must learn to choose our packages of life carefully. Toxic families, friends, husbands, wives, boyfriends, girlfriends, foods, houses, thoughts, dental fillings, etc, etc. All these contribute to the toxic load that damages our immune systems. Poisonous things breakdown our body, mind and spirit. Healthy, happy things build up our bodies, minds and spirits. Choose carefully and read packages wisely.

**Sally:** Yes, we must become aware of our surroundings. Stress, environmental toxins and emotional pain all contribute to the total toxic load. Other toxic burdens that we often overlook are allergies, chemical sensitivities, viruses, bacteria, nutritional deficiencies, and hormonal imbalances. If you can reduce the total load on the body, and support it correctly, then often the

body can heal itself. Many conditions will improve, resolve, and not reoccur. Even those conditions that many doctors would label untreatable or even fatal may resolve spontaneously.

I was a patient mired in ill health with severe physical and neurological disabilities. After numerous doctors (over a span of 8 years) failed to help me, I finally ended up in the office of Sherry Rogers, MD, the head of the Northeast Center for Environmental Medicine in Syracuse, NY. She helped me lessen my total load, and I've been candida free for almost two years and in good health for the first time in my life.

## *Unburdening The Load*

**Sally:** Here are some of the methods by which my doctor helps many people unload these burdens.

**Inhalants:** Pollens, molds and animal danders can be treated with allergy shots, avoidance and environmental controls. All allergy shots are not equal. Dr. Rogers prefers to use a Neutralization/Provocation Method that individually titrates a full range of substances (including newly discovered molds that are often not included in standard mixes.) These are tailored to the

patient's needs, unlike the standard mixes that most are familiar with. Cessation of symptoms is usually rapid and severe reactions are rare with this method. The surprise for me here was discovering that I was severely allergic to the lake algae in my municipal water supply. I was already drinking bottled water but installing water filters on taps and showers helped enormously. The decision to sell my sailboat was difficult but necessary. I'd already been so disabled that I'd been unable to sail for 2 years. I'd always had a strong stomach but now I was getting motion sickness on the drive to the boat. The lake algae on the Great Lakes accounted for my immediate and progressive worsening of allergy symptoms after my move here, 30 years ago. Dr. Rogers supplied mold plates for me to expose in my home, which cultured several varieties of mold that I was allergic to. I installed air filters and washed everything with a solution of Borax. Concentrating on a clean bedroom environment gave me a place to recover daily while sleeping and also to retreat to in case of accidental heavy exposures outside my normal environment. If I had been aware of how allergies could escalate and spiral a person down into total disability I would have treated them years ago instead of relying on drugs to just subdue the symptoms.

**Food allergies:** Testing can help pinpoint these allergies. Testing revealed I was allergic to potatoes, one of my favorite foods. I learned that favorite foods should always be suspect and that nightshades (potatoes, tomatoes, peppers, and eggplant) are common hidden food allergies. Delayed reactions to these can include joint pain and arthritis like symptoms. Keeping a food diary is a good method to track your reactions in conjunction with diagnostic, elimination and rotation diets. Food allergy injections should be reserved for the most severely sensitive.

**Chemical Sensitivities:** Testing for offending substances and then removing them should help. Environmental controls can include removing carpet, synthetic materials (known to out-gas toxins), natural gas utilities, and adopting clean diet. Installing air and water filters helped with this too. In some cases, the most severely ill have relocated to homes that are low in toxic building materials or are old enough to have finished out-gassing. I've recently bought an older home and am remodeling it to suit my needs. People who've had poor results with standard allergy shots in the past may consider being tested for sensitivity to phenol (a chemical used as a preservative in many standard allergy extracts which also is commonly present in the home or office place.) Phenol and glycerin free allergy extracts are available. If you are considering having allergy shots, inquire about this before starting your tests.

**Candida:** This was the biggest load of cargo for me and served to worsen my allergies, nutritional deficiencies and digestive problems. Beside a severe candida overgrowth, I tested allergic to the organism, and candida was added to my allergy extracts. Dr. Rogers compares this to a person allergic to cats wearing a cat around their neck. If you are having reoccurrences of candida or taking more than 6 months to rid yourself of symptoms, you best examine what's in your other boxes and address the next biggest factors for you.

**Nutritional Deficiencies:** Vitamins, minerals, essential fatty acids and amino acids can become very imbalanced with candida and the average poor diet. Leaky gut and the extra mineral requirements used to carry toxins from the body worsen the situation. Red blood cell assays and a magnesium loading test can be necessary to develop a temporary imbalanced prescription to correct these deficiencies. Digestive enzymes

will help with better absorption of food and supplements and also the breaking down of food to reduce allergic food reactions. It has taken me several years to improve my absorption of minerals and have yet to see if this problem resolves completely, so I still need to take daily supplements.

**Hormones:** Natural hormone balancing and checking for hormone hypersensitivity can be the missing link for some. Estrogen dominance is a common problem in our world today. Besides the use of birth control pills and hormone replacement therapy, many substances contain powerful chemical estrogen mimics (eg pesticides and certain plastics). Also, our meat and milk supplies are tainted with industries' effort to increase production. Natural progesterone and eating organic became part of my regimen to combat this problem.

**Toxins:** Heavy metals and volatile organic compounds can be stored in the body for years and can be detected by blood, hair, or urine analysis. I measured high in mercury, cadmium, aluminum, lead, and arsenic. Embarking on a healthy clean diet often results in weight loss and stored toxins from fatty tissue are released into the blood. The macrobiotic diet is very therapeutic for clearing toxins from the body and many people have reported the "macrobiotic discharge" during this cleansing period. This is evidenced in a temporary worsening of symptoms during an interim between toxins releasing from fatty tissues and the body working to remove them from the blood. I cannot say that I felt an obvious "discharge" but my blood levels of these toxins rose with my weight loss. A lab test called the "liver detox panel" revealed a deficiency in the balance of my detox pathways. Candida toxins can bottleneck some of these detox pathways allowing toxins that a healthy person would normally clear to accumulate in the

body. Supplements are available to enhance and balance the detoxification system in order to speed the exiting of toxins rather than having them redeposit in different areas of the body. Proper mineral balance is also involved here to carry out toxins. All the methods here were part of my healing. After much encouragement, I was persuaded to try coffee retention enemas. I was relieved to find they were mild and very helpful in stimulating the liver to flush.

**Stress:** It is well known that stress will make any condition worse, knocking down the immune system and inhibiting digestion and absorption of nutrients. Having some form of good support system—whether it is friends, family or a support group (like "The Healthy Awareness Candida Forum")—can be very therapeutic. Stress reduction techniques like Yoga, meditation, self-hypnosis, imaging, or avoidance of stress can all add to your health and well-being. An angry person will never heal and stress also accelerates aging and allergies.

**Miscellaneous:** Genetics, thyroid problems, hypoglycemia, histamine, serotonin, heparin, GABA, dopamine, acetylcholine, viral vaccines, etc. This list is long and exemplifies the importance of treating every individual differently in the assessment of each one's total load. Treating one problem can often improve another.

**Mystery Box:** Beside the yet undiscovered problems, tests and treatments, this category includes patient compliance, sticking with your regimen and constantly learning. Implementing existing methods and new discoveries will guarantee your continued good health.

The rare individual may need to enter an environmental unit in order to unload enough toxins to start the healing process. The beach or

the mountains are inexpensive alternatives to this and can prove beneficial to many.

### ***Books by Sherry Rogers, MD***

**Sally:** Dr. Rogers is insistent about patient education and has written many books designed to put the patients in control of their health. Her goal is for us not to need her. I've read them all and they have given me the power of knowledge that has been the path to my continued improvement. Her monthly newsletters, "Total Wellness," keep me up to date on the most current health information and new treatments. Her books may be ordered from your local library to save money, but I've found that owning them allows me to refer back to information as needed. If you wish to purchase Dr. Rogers' books or monthly newsletters, call 1-800-846-6687.

*No More Heartburn*—This is her most recent book. It concentrates on the digestive tract, includes methods to diagnose and options to treat many common digestive problems. It has an excellent section on candida and lists what are the best supplements to treat each problem and where to get them. It also lets you know when you need a doctor and what you can treat yourself. This book is a must have!

*E.I. Syndrome*—This book on Environmental Illness covers allergies, chemical sensitivities, candida, nutritional deficiencies, and toxins.

*Tired or Toxic*—More on allergies but is packed with many inexpensive changes that you can make to improve your home environment. Fully referenced it emphasizes common medical blunders in conventional treatment of high blood

pressure, high cholesterol, osteoporosis and how common drugs promote the disease process.

*Depression Cured at Last*—Concentrates on causes and cures in the area of brain function. Goes in depth on the role of nutritional deficiencies and the current inefficient standards to establish them.

*Macro Mellow*—Introduction to the macrobiotic transition diet, great for high cholesterol and heart disease. Creative menus allow cooking one meal that the whole family will enjoy.

*You Are What You Ate*—Modified macrobiotics for candida, chemically sensitive, mysterious undiagnosable illnesses, or allergies.

*The Cure is in the Kitchen*—The full macro diet including healing stage diet that is renowned for curing cancers. Dr. Rogers consulted and studied with Michio Kushi to develop this program.

*Wellness Against All Odds*—The mechanisms of healing the "impossible" including end stage cancers, after exhausting all that medicine has to offer- complete with scientific references. (For the most severely ill)

*Chemical Sensitivity*—48 page booklet with scientific references is a good introduction to the subject and can be used to educate your physician or insurance company.

*The Scientific Basis for Selected Environmental Medicine Techniques*—Small book containing scientific evidence and references that validate treatment methods. Good primer for those who seek treatment rather than masking symptoms with drugs. Usable as evidence in insurance disputes or in educating school personnel, attorneys, and doctors.

# *Liver Health*

**Polly:** According to Julian Whitaker's newsletter of April 1999, if your liver is not removing toxins fast enough, then the toxins will accumulate in the body and this may result in

*“fatigue, aches and pains, difficulty concentrating, and other neurological complaints, skin problems, headaches, autoimmune disorders and overall poor health.”*

His list of symptoms sure looks a lot like the symptoms we experience with our “yeast syndrome.” I wonder how many of us do not have dysbiosis, but have instead a poorly functioning liver? Of course, anyone with dysbiosis will be putting a strain on the detoxifying capabilities of their liver. All the poisons that the unwanted yeast or bacteria in your intestines have produced are sent to your liver for detoxification. Eventually, this can lead to a damaged liver and depletion of many nutrients used for detoxification. Even when the yeast and bad bacteria have left, there is often residual damage to the liver. If you are ever to regain your energy, robust health, and mental clarity, you need to focus on your liver's health as well as that of your intestines. Please note that just because your doctor gave you a test that said your liver enzymes are fine, it doesn't mean you are detoxing properly. Even if your liver enzymes look good, your liver detoxification pathways can

be poor. All of us need to pay attention to the health of the liver.

**Marilyn in Seattle:** I guess I am just a big fan of liver support. Chinese medicine certainly emphasizes it—calls the liver the gateway to health. In my specific case, I think mercury caused a liver overload. Then the candida was allowed to proliferate, further straining the liver toxic burden. It was a cascade. I am doing liver support a la milk thistle, glutathione, alpha-lipoic acid, vitamin C, vitamin E etc.

**Franca:** Hmm... the possibility that what I have is a poorly functioning liver that then created the right circumstances for an opportunistic yeast to set up camp is seriously worth considering. I haven't had classic candida symptoms, but I have had all these ‘poorly functioning liver’ problems.

## *Lipoic Acid*

**Polly:** Here is a book that illustrates how very powerful lipoic acid is for healing the liver: *The Alpha lipoic Acid Breakthrough* by Burt Berkson, MD, PhD. The lipoic acid has done wonders for his patients with any type of liver disease. He has used it to save many patients from liver transplants. This is standard treatment in Europe, but in the USA, they don't try it. They just give

patients their \$300,000 liver transplant, and collect the insurance money. This is one of the most sickening comments I've ever heard on the greed and politics of the USA health care system. Patient's lives can become little more than dollar signs or fuel for someone's political turf. In his book, Dr. Berkson tells how he was ordered to let some patients die an excruciating death rather than try the lipoic acid. He couldn't stomach that; so he was politically blackballed for disobeying orders and saving their lives.

Lipoic acid is wonderful for liver health, but anyone with heavy metal poisoning should be very careful in how they use lipoic acid. Lipoic acid removes mercury from the body. In the process of removing mercury, damage can be done if the amount of mercury being moved is more than the body can deal with. (See the chapter on mercury detoxification in book 6.) The lipoic acid will affect the disposition of other metals too, and so there are probably other metal poisoning situations (cadmium, aluminum, copper ...) where one should be very careful in how they use lipoic acid.

### ***Cholestyramine***

**Polly:** There is a particular cholesterol-lowering drug, cholestyramine, which can remove certain low molecular weight fat-soluble neurotoxins. These toxins are particularly hard to get rid of. The liver may dump these toxins in the intestines for disposal, but the toxins are so small that they are absorbed back into the bloodstream before they have a chance to exit the body. The cholestyramine binds to the toxins and creates a larger molecule that is not absorbed. (See the book *Desperation Medicine* by Ritchy Shoemaker, MD, or visit his website.)

I heard about a woman who improved greatly with this toxin binding protocol. She was severely environmentally sensitive and had

asthma. She had been living out in the desert away from even the electricity that bothers her. Now she is much better and her asthma is gone after starting this protocol. Cholestyramine can also be used to treat psoriasis as demonstrated by E. William Rosenberg, MD.

A nominal amount of cholestyramine mixed with water or juice needs to be taken four times per day on an empty stomach. Don't take other medications like thyroid at the same time that you ingest the cholestyramine. Wait at least 30 minutes before taking in other food, and preferably wait at least 6 hours before taking your thyroid medication. (Perhaps take the thyroid medication in the morning well before your first dose of cholestyramine.)

Because cholestyramine absorbs bile, the drug can cause constipation. Also, since the bile will not be recaptured by the body (absorbed in the intestines), I would presume that a person may need to pay particular attention to substances that help the body create bile—like taurine, thyroid, and glycine, and/or take a supplement of bile.

According to Dr. Shoemaker, those with Lyme can get very sick on cholestyramine unless they are pretreated for five days with pioglitazone. This is to blunt the reaction to the Lyme toxins coming out of their cells.

Cholestyramine will lower cholesterol, but you don't want to lower cholesterol levels too much. Fruit will help bring your cholesterol levels up. Since cholesterol is needed to create pregnenolone, I would suggest that a supplement of pregnenolone be considered to mitigate some of the potential adverse affects.

Dr. Shoemaker uses a Visual Contrast Sensitivity (VCS) eye test to discover the presence of neurotoxins. If you flunk this eye test, it is fairly certain that the cholestyramine will be helpful to you. The eye test is available at his site. I took the test and flunked it. Then I took

it again at my doctor's office and flunked it again. So I'm trying the cholestyramine. So far, it has produced subtle changes. In general, my intestines just feel better.

**Sally:** I had an eye exam yesterday with a local doc and took the opportunity to ask him about the eye test and cholestyramine. He was familiar with both, however in different contexts. He said that years ago, when they first started using this test, the doctors were thrilled as it was a new way to detect cataracts. He had patients arriving with cards you could buy for \$2 to test yourself. Indeed it detects a possible neurological disruption, but the disruption can also be from cataracts or other neurological problems not associated with toxins. You can even fail the test if your eye glass prescription is not correct. There is a better more accurate and more expensive version of this test where electrodes are attached to the scalp to detect the actual location of the neurological disruption while taking the VCS test. The wide use of the test with the cards alone was discontinued because it was not specific enough to pinpoint the source of the problem.

I'm thinking the VCS test is a good way to assess progress as toxins are removed, but as a diagnostic test I don't believe its specific enough to stand alone.

**Polly:** Dr. Shoemaker talks about using a machine called a Heidelberg Retinal Tomogram Flow Meter to verify the lack of blood flow in the optic nerve. A doctor could use this additional test and/or the patient history and symptoms to come up with the diagnosis of neurotoxins. In my case, I didn't fail the test because of glaucoma or cataracts. I just had my eyes tested by an ophthalmologist.

**Sally:** I also questioned him on the use of the cholestyramine to remove toxins. His first response was

*"You want to talk about colon cleansing! This stuff will clean out everything, with an accompanying severe diarrhea!"*

He said its an old cholesterol lowering drug that has fallen from use due to the associated nutritional deficiencies it causes. He said to really caution anyone that uses this to stay on top of nutritional status. Its the most powerful colon cleanser he knows of and makes enemas and direct colon cleansing look like a walk in the park.

**Polly:** My PDR (Physician's Desk Reference) lists constipation as the most common problem with cholestyramine. The constipation may be very severe or even cause impactions. The PDR also warns of severe loss of fat-soluble vitamins (A, D, E, K). Since all of these vitamins have anti-inflammatory properties, and in particular vitamin A is so important for the health of the intestines, I can see how cholestyramine could really set one up for bowel problems. The PDR has a long list of other possible intestinal complaints including the diarrhea that you mentioned. Pre-loading with the fat-soluble vitamins and/or parenteral supplementation may help. The PDR suggested trying the water miscible form of the vitamins. Yet this might not be such a severe problem if the treatment is short term. Often the treatment to remove toxins with cholestyramine is only short term—one to seven weeks. This might be short enough that one could keep the fat-soluble vitamin levels up. So far, the cholestyramine hasn't bothered me, but I eat a lot of butter, cheese, and milk, and I've only been using one packet per day of the cholestyramine. (Before this experiment, my cholesterol reading

was 160—a high cholesterol diet doesn't equal high cholesterol readings.)

In the book *The Cholesterol Myths*, the author says that within one year of being on cholestyramine, half the people in the Lipid Research Clinics trial had some sort of gastrointestinal symptom. Some people ended up in the hospital with neurological symptoms. These people were told to cut out the saturated fat like butter, which contains fat-soluble vitamins, and to substitute the polyunsaturated fats. I'll bet this misguided advice greatly added to their intestinal woes.

It definitely sounds like one must be careful with the cholestyramine. However, even though this drug often causes intestinal problems, it can also cure them. Dr. Shoemaker has found that using the cholestyramine to get rid of the body's load of toxins has cured the irritable bowel symptoms in many of his patients.

### ***Lecithin And Phosphatidylcholine***

**Polly:** 30% of alcoholics develop cirrhosis of the liver. A small study showed that alcoholics with cirrhosis have leaky gut, while the others don't. [1] If we have had this yeast syndrome for a long time, perhaps we need to be somewhat concerned with the possibility of having created a fatty liver. Many of us have leaky gut, and we also have been exposed to a yeast toxin called acetaldehyde, which is the first breakdown product of alcohol.

Lecithin helps remove fat from the liver and improves liver functioning. I saw one suggestion to take one tablespoon of lecithin three times per day for at least 2 months. There are different types and grades of lecithin. In order of increasing quality, these are soy lecithin, egg lecithin, and purified lecithin (phosphatidylcholine). A word of caution—if you purchase lecithin, make sure it is white in color,

and keep it in the refrigerator. It goes rancid very easily, and is not good for you if it has changed to a yellow color. There is a possibility that those who are mercury poisoned might find lecithin hard to tolerate unless some vitamin B1 is used with it. (See the section on acetylcholine in book 6 in the chapter on mercury poisoning.)

This article by the Life Extension Foundation says that SAME has been shown to help get rid of cirrhosis, [www.lef.org/protocols/prtcl-068.shtml](http://www.lef.org/protocols/prtcl-068.shtml). They also gave references and reasons for a long list of supplements that help support the health of a person with a cirrhotic liver. These supplements are milk thistle, lipoic acid, B vitamins (especially B1), antioxidants (vitamin E, C, and coenzyme Q10), zinc, selenium, branch chain amino acids, and amino acids that help remove ammonia. Raymond Peat, PhD mentions that glycine and saturated fats can help reverse the cirrhosis too. [2] The amino acid threonine also helps defat the liver. [3]

**Sally:** I read a recent study that phosphatidylcholine is shown to reverse cirrhosis of the liver, besides helping neurological functions. Phosphatidylcholine supplements help the liver recover after damage from alcohol, pollutants, viruses, and other toxic agents. Numerous clinical studies have been conducted in which dietary phosphatidylcholine was given to subjects suffering mild or severe liver damage. Phosphatidylcholine supplementation consistently benefited liver healing and significantly shortened time of recovery. Also, it enhances neurological recovery and breaks down cholesterol. Phoschol is the brand my doc recommends. She is very specific about what brands to use for quality, price, and allergic considerations. N.E.E.D.S. mail order carries most of the brands she recommends and phone staff should have a list of these. [www.needs.com](http://www.needs.com)

**Polly:** *Alternative Medicine Review* has an article on phosphatidylcholine by Paris Kid. According to this article, there are times when phosphatidylcholine may be better tolerated than plain choline. [4]

The *Townsend Letter* also had a recent article on phosphatidylcholine. Joseph Vitale, MD and David Larson, PhD, told of their research with phosphatidylcholine and the immune system. In spite of the fact that phosphatidylcholine contains a lot of omega-6 fatty acids, the phosphatidylcholine improves the immune response and helps the body get rid of bacteria and fungus. [5] Dr. Vitale's website is [www.UniversityMed.com](http://www.UniversityMed.com).

By the way, *Alternative Medicine Review*, is a very good magazine. If you can afford \$95 for a subscription of 6 issues, it is a good investment. The articles are well written and tutorial in nature. [www.thorne.com](http://www.thorne.com) However, if you have even a slight problem with multiple chemical sensitivity, you might not be able to tolerate the smell of the slick paper. I'm not that bad off, and I'm totally unable to read an issue when I first get it because of the fumes.

I also like the much more affordable *Townsend Letter for Doctors and Patients*. It is \$49 for 10 issues. [www.tldp.com](http://www.tldp.com) There are articles at their website for you to sample. I like the fact that occasionally you will get disagreements between different authors in the *Townsend Letter*. However, lately I've seen much less of that in the magazine and more articles in support of advertisements. At least, the magazine isn't the total rah-rah hype like what is usually fed to the public. Alternative medicine doesn't have an answer for everything. I recommend this magazine to everyone.

## **Bioflavonoids**

**Polly:** An excess of bioflavonoids can be harmful. They may interfere with your liver's ability to remove estrogen and they might even act as oxidants instead of antioxidants. They can be hard on both the glucuronidation and the sulfation pathways in your liver.

1. Many of the bioflavonoids slow down the glucuronidation of estrogen. [6]
2. If you are mercury poisoned, or low in sulfates, or have a problem with phenol-sulfotransferase like many of the autistic, then you may have difficulty removing the estrogen, bioflavonoids, or phenols via sulfation. Bioflavonoids or any added phenols could become a problem. You may even have to go on a special diet to avoid these. (See autism and attention deficit chapter in book 5.)
3. Many of us are fatigued. Low cellular energy, interferes with the Phase III disposal of sulfated phenolics. In other words, if you are tired, you are more likely than most to have a problem getting rid of estrogen and bioflavonoids.
4. Bioflavonoids aren't always antioxidants. Quercetin is a bioflavonoid that is often tooted as an anti-inflammatory and an antioxidant. Yet a little quercetin has antioxidant properties, but a lot has oxidant properties, at least in vitro. [7]

Quercetin (or quercitin or yellow dye #10) is a bioflavonoid that is advertised as generally non-toxic and beneficial. However, just like other bioflavonoid, it may interfere with the removal of estrogen. It could be particularly harmful when you are estrogen dominant.

*“quercetin did not significantly enhance tumour incidence, except that of renal tumours induced by oestradiol in a model in hamsters.” [8]*

Quercetin is mutagenic.

*“Quercetin increased the frequency of DNA damage and lipid peroxidation in liver nuclei of rats in vitro.” [8]*

Yet there are always two sides to a story. There may be times when a modicum of bioflavonoids does more good than harm. Those suffering from multiple chemical sensitivities may find that bioflavonoids help them get through the day. Another possible example is with chronic biliary obstruction. [9] When the toxins can't come out of the liver due to an obstruction in the bile ducts, it may be better to slow down the liver's function and provide more antioxidants.

I don't know enough about this to tell you which bioflavonoids and what dose would do the most good while doing the least harm for which person. I do know that one of our forum members, Marie, seemed to get more yeast problems when she took quercetin during the high estrogen part of her cycle. This would be consistent with an increased strain on the liver's ability to remove estrogen. Another forum member took quercetin and many bioflavonoids for a year, and it seemed to help her with her allergies, but at the end of the year she had an inflamed liver. This is just a warning that although under the right circumstances a little bioflavonoids might be helpful, they aren't totally benign, and you should think twice about using large doses on a regular basis. Also, look for hidden sources of bioflavonoids. Most Ester C products are packaged with bioflavonoids and therefore might not be tolerated.

## ***Milk Thistle***

**Franca:** A while ago, I took milk thistle, which did help at the time to drastically reduce the allergic reactions I had developed, and improve my general health. It also made me really really lethargic, though. I'm now considering following Polly's advice and taking some natural thyroid, but I wonder if it will have an effect on my liver (good or bad). Anyone know how the thyroid and liver work together? I'll go to bed tonight, trying to figure out whether I got a yeast infection that weakened my liver, or whether my weakened liver allowed a yeast infection...<smile>

**Polly:** The health of the liver and thyroid are bound together. A healthy thyroid promotes liver health. And a healthy liver promotes thyroid health. So if you think you need thyroid, go ahead and use it without worrying about it harming the liver. If anything, it should help liver function. (Please start by trying a natural thyroid or a mixture of T3 and T4. Often, just the plain T4 preparations can be hard on the body. Alternative doctors are more likely to prescribe the natural thyroid for you.)

Milk thistle is known for its ability to increase glutathione levels and to improve liver health. However, a possible problem with milk thistle is the fact that it is a bioflavonoid. According to Raymond Peat, PhD,

*“Flavonoids and polyphenols, like our own estrogens, suppress the detoxifying systems of the body,” and “Natural estrogens, like other phenolics, including the flavonoids, are also mutagenic.”*

So milk thistle probably enhances some aspects of liver function and degrades others. I think things like lipoic acid, phosphatidylcholine and TMG (tri-methyl-glycine) might be better for our liver than milk thistle.

**Shelley:** Milk thistle is definitely something I stay away from right now—it makes me feel awful. And guess what? So do bioflavonoids...don't go near 'em. It's a "this can't be the right thing to do at this time" feeling. I know this is personal experience only, but wanted to say I feel just about the same bad on either substance.

**Debbie:** The one and only time I have had milk thistle tea I went to bed with such a rapid, pounding heartbeat I have been scared to try it again. I'm sure it was a fluke that this happened right after I drank milk thistle tea but has any one had any reactions to milk thistle or any advice to get me to try it again??? Scared in Michigan....Thanks all. I love this forum...

**Polly:** Debbie, if this isn't a common occurrence for you, then there is a good chance that the milk thistle caused this. An increase in heart rate following ingestion of a substance is an indication of an allergy to the substance. However, there is also the possibility that it is a reaction to the phenolic compounds in the milk thistle. If you increase the number of phenols that the liver must detoxify, you may end up with symptoms of excess serotonin, dopamine or noradrenaline, etc. My dad said that farm animals will not touch milk thistle. So I assume it isn't a totally benign substance. I wouldn't try the milk thistle again, or if you really want to, try 1/4 cup, and measure your pulse rate before and after. Tough call, since many doctors think milk thistle is really great.

Later—**Shelley:** At first when I tried milk thistle, it made me sick/nauseous, which felt just like a liver issue to me so I stopped. Then I tried it a few months later and I was fine with it. So one thing to remember, is that we are maybe in a hole, \*but\* are climbing out of it...some things

that don't or won't work at one time will or won't later...we keep changing.

**Polly:** Glad to hear you are getting better. I've been doing some reading about milk thistle. Milk thistle is often a disaster for the autistic. They have a weak sulfation pathway. Glucuronidation and this sulfation pathway are the means by which the liver removes milk thistle. [10] Yet curiously, pycnogenols, which are also bioflavonoids, seem to help some of the autistic. So it is a bit of a mystery why some can tolerate one bioflavonoid but not another. Perhaps it has to do with the amount of salicylates in milk thistle compared to the amount in pycnogenols. Salicylates interfere with the PST enzyme, which attaches sulfates to substances. They think that many with autism have a weak PST enzyme.

Milk thistle not only has to be detoxified by the liver, but it has two other undesirable properties. Milk thistle can interfere with mitochondrial respiration and it can strongly inhibit one of the enzymes in Phase I liver detoxification called Cyp3A4. [11] This enzyme is also found in high concentrations at the tip of the villi in the intestines. [12] I wonder if there is any connection between intestinal damage and intolerance of milk thistle?

I've not tried milk thistle myself. However, I have tried pycnogenols (grape seed extract and/or pine bark). It is supposed to help with allergies. So when I tried it and got no relief, I was disappointed. Then I read a book where it said the dose was 300 mg per day. That was much more than I had taken before. For me, at this higher dose, the pycnogenols will get rid of a headache induced by inhalants. However, I've noticed that if I take some progesterone afterwards, the effect of the pycnogenols dissipates rather quickly. Then I'm stuck with the headache and sensitivity again. I'm guessing that the progesterone causes the liver to get rid of the

pycogenols. I also tried some proanthocyanidins from cranberry, which were supposed to be like the pycogenols from grape seed extract, only stronger. I'm not allergic to cranberries or the other ingredients in the preparation. However, the formula made me very very sick for 24 hours.

### ***SAMe, TMG, And DMG***

**Lynni:** Hi Susan, I always enjoy your posts. Sage advice. I'm wondering about a post where you said SAMe (S-Adenosylmethionine) and TMG (tri-methyl-glycine) are the same thing? Maybe you can illuminate? The good news I do know about SAMe is that it stimulates the synthesis of proteoglycans which are building blocks of joint cartilage and it also has anti-depressant qualities. I think someone may have said this on the forum before, but the quality and way SAMe is handled is real important. Specially sealed capsules and refrigeration is best.

**Polly:** TMG helps the body make SAMe. Since TMG is a much cheaper supplement, it is worth trying first.

**Susan in Olympia:** Hi Lynni! I think Polly just explained the difference here. That is as much as I know as well. I took SAMe from June to the middle of December with excellent results. I believe SAMe has helped me in all of the areas it is touted for: joint health, depression, and liver health. After about a week of taking nothing... and seeing the depression come slogging back into my consciousness, I tried TMG. I have been taking TMG for about 2 weeks now. Since trying the TMG I'm happy again, and my joints feel good... so I guess it is working for me! SAMe is about a dollar a pill around here... whereas I got a large bottle of TMG (maybe 200 pills?) for \$12.95. Good luck!

**Pamela:** What is TMG? I don't think I have heard of this before. Thanks

**Polly:** TMG stands for tri-methyl-glycine. Some of its properties seem to relate to its ability to increase SAMe (S-Adenosyl-Methionine) levels, and some of its properties seem to relate to methylation and its ability to convert into glycine and DMG (di-methyl-glycine). You will find a lot of information about TMG, DMG and glycine in Dr. Eric Braverman's book on amino acids. Here are a few properties of TMG that I find interesting.

- 1) **Improved Liver Function:** One of my doctors likes to use TMG for his patients that have liver problems. According to him, one of TMG's biggest advantages is that it greatly increases the production of SAMe. The liver needs SAMe to perform many of its detoxification functions. Another benefit for the liver is the lipotropic nature of TMG—it helps get rid of fat deposits in the liver. Another benefit is TMG's ability to increase bile salts and bile production by the liver. Bile emulsifies fat so it can be absorbed and bile carries toxins out of the liver into the intestines for disposal.
- 2) **Improved Mood:** The first time I took TMG, I noticed a definite improvement in mood, possibly because of the increase in SAMe levels. However, there is a possibility that large doses of TMG could have an opposite effect and cause depression. This has been observed with DMG, which is created from TMG. (See page 305 of Braverman's book on amino acids where he is talking about 3 grams of DMG.) Also he says that large doses of SAMe have been a problem with bipolar depression. This might have something to do with the increased methylation. Please be aware of another potential problem with

SAMe. SAMe, DMG and TMG must be kept in balance with folic acid and B12.

- 3) **Enhanced Nerve Function:** When I take TMG, I notice a definite improvement in my handwriting. (I didn't notice a thing from plain glycine.) Someone at this forum found TMG helpful for her carpal tunnel syndrome. These effects might be related to TMG's ability to increase SAMe because SAMe supports normal neural function. SAMe also helps convert CoA into acetylcholine, which is required for nerve transmissions. See [www.megson.com](http://www.megson.com).
- 4) **A Source Of Methyl Groups:** TMG acts as a source of methyl groups. Methyl groups are needed for the proper formation and function of many things like vitamins, hormones, enzymes, and neurotransmitters such as epinephrine. The methyl groups are also needed for RNA production for protein synthesis. **Methylation is often inhibited by mercury poisoning.** [13] Here are a few notes I took from a tape on methylation that I viewed at my doctor's office: A methyl group is a carbon and three hydrogen atoms. Choline, TMG, and DMG have methyl groups. Folate helps make methyl groups, and B12 transfers methyl groups. SAMe is the body's actual methyl donor. Methylation prevents DNA breakdown.
- 5) **Reduces homocysteine levels:** TMG helps lower homocysteine levels by providing a methyl group needed to convert homocysteine back into the sulfur amino acid methionine. High homocysteine levels are associated with heart disease and the birth defect spinal bifida. When B12, folic acid and B6 prove inadequate to lowering homocysteine levels, the addition of TMG often brings the homocysteine levels down.

Yet, don't think SAMe will have the same effect on homocysteine. A supplement of SAMe without these other factors present could actually increase homocysteine.

**Pamela:** Thanks Polly. Very informative! So where do you find TMG, in a supplement or tincture or food?

**Polly:** TMG can be found in beets and/or you can purchase it as a supplement. DMG is in apricot kernels and/or you can purchase it as a supplement. In its pure form, TMG will very quickly gather water from the air if you leave it exposed. My doctor has his supply of it coated so this doesn't happen. I've been using this most of the time. However, one time, when I ran out, I bought a bottle of TMG pills and boy was I disappointed. The pills were 90% chalky filler. Jarrow offers a supplement of TMG powder at a good price. The product has been compressed or changed in some way from the pure TMG that I'm familiar with. The Jarrow product doesn't draw water from the air like the usual TMG powder. They have a scoop in the jar for measuring out a serving of 650 mg. If you haven't used TMG before, start with half this amount. Later you can go up to more. My doctor has some people using as much as a teaspoon each day. If necessary, you can get a hypoallergenic TMG and DMG from Kirkman Labs. [www.kirkmanlabs.com](http://www.kirkmanlabs.com)

As with all supplements, even the most seemingly benign, please be careful. Just because a little is good, it doesn't mean a lot is beneficial. There are people who cannot tolerate extra methyl groups. Marilyn here at the forum is sensitive to these, and she thinks it has something to do with inadequate sulfur and her mercury toxicity. A little while ago, Dana B alerted the people here at the forum to another problem with TMG. You should probably hold off on TMG

supplementation if you have Klebsiella bacteria overgrowth. TMG protects this bacteria from osmotic stress. (eg If you add salt to the growing medium, the bacteria will not grow very well. The salt dehydrates them. But if you add TMG to this salty growing medium, the Klebsiella is able to protect itself from the salt and will be able to grow.) [14]

Glycine is known to protect plants from osmotic stress, and so this protective effect of TMG and glycine might apply to many other microorganisms besides Klebsiella. Glycine seems to stimulate the growth of yeast in some people, according to this article, [www.food-allergy.org/root3.html](http://www.food-allergy.org/root3.html). I would assume that it might depend on which strains of yeast that are present and their form. Glycine may also promote a change in form of some yeasts. [15]

**Lynn of Virginia:** This may explain why TMG gives me big asthma attacks!

**Orla:** Thanks for the info, Polly. Is there a recommended duration for taking this supplement that you shouldn't exceed or how do you know when to stop? Is there a point when your liver functions well again?

**Polly:** Wish I knew the answer, but I don't. In Braverman's book, he talks about DMG (dimethyl-glycine) as being fairly non-toxic. But on the other hand, he mentions that increased methylation can be a problem for some people who have schizophrenia. Also he says that large doses of SAME have been known to be a problem when bipolar depression is present.

DMG in the presence of nitrites could be mutagenic. [16] So be cautious about eating bacon, lunchmeat and other foods preserved with nitrates at the same time as you take your DMG or TMG.

The Kirkman Labs site has more information about TMG and DMG. [www.kirkmanlabs.com](http://www.kirkmanlabs.com) It says that DMG can decrease folic acid levels, and therefore you should add more folic acid when taking DMG. Dr. Bernard Rimland's experience indicates a need of two 800 mcg folic acid tablets with each 125 mg tablet of DMG. Otherwise you may notice symptoms of hyperactivity. An approximate conversion factor when using TMG instead of DMG is found in this article from Kirkman Labs. They state,

*"TMG converts one of these harmful chemicals, toxic homocysteine into methionine. It also boosts the level of beneficial SAME and then becomes DMG (Dimethylglycine). It takes approximately 250mg of TMG to naturally produce 125 mg of DMG."*

[www.kirkmanlabs.com/products/articles/tmg.htm](http://www.kirkmanlabs.com/products/articles/tmg.htm)

Therefore, if you use a typical capsule of 500 mg of TMG, then you would need approximately four 800 mcg folic acid tablets to balance the DMG that this much TMG creates. This would just be a rough guess. I don't know if the extra methyl group in TMG would increase the need for folic acid to above this amount. Again, balance is important. Hugh Fudenberg, MD cautions that the folic acid should be balanced with B12.

**Willis:** Folic acid has a short 4-hour half-life, so it is best to take the folic acid spread throughout the day. The only adverse report on folic acid that I know about pertains to Downs Syndrome where, due to their particular problems, we are cautioned to use no more than 3 mg folic acid per day. About half the autistic don't do well on TMG; it over-methylates them. These will do better on DMG.

**Mrs. Generic:** Why is DMG used in the treatment of autism?

**Polly:** DMG will often improve speech and eye contact in these kids. I don't know which property of DMG is the most important to the autistic—methylation or the glycine. Glycine is very important to brain function, including verbal memory. [17] However, methylation is very important to the autistic too. Many are mercury poisoned which lowers methylation in the body.

Braverman has several interesting pages on the subject of DMG in his book *The Healing Nutrients Within*. He mentions that in one study, DMG was shown to enhance both antibody and cell-mediated immune response by stimulating white blood cell metabolism—although that study has not been duplicated yet.

**Lynni:** DMG does, as far as I know, treat Tourettes and tics etc. A friend's son was having problems and DMG was suggested. DMG is not anything that someone with low blood pressure or slow synapses would want to take!

**Polly:** What is this about DMG and low blood pressure or slow synapses?

**Lynni:** Well in Tourettes, and in seizures, and tics, the desired effect of DMG is to lessen the neurons firing as they are “overfiring” in these syndromes. Synaptic response also controls blood pressure (arterial walls relax, then blood pressure goes down temporarily).

### ***Ulva Rigida, Calcium-d-glucarate, Diindolymethane And DMSA***

**Sally:** One supplement many docs are unaware of is *Ulva Rigida*. It is a sea algae (one of the sea lettuces) consisting of 10% glucuronic acid and other micro-nutrients. It supports one of the phase II liver detox pathways that may be overlooked. However, the only way you know which pathways to enhance is if you are tested.

For liver clearing, there is the dreaded coffee enema (2 cups for 10 minute retention). Full instructions are included in Dr. Rogers's book, *Wellness Against All Odds*. They are really very mild but the initial thought is the hardest part to overcome. It took a lot of convincing for me to try, this but it was one of the best things I did. Rogers also recommends the lemon and olive oil liver and gall bladder flush, but I would start with the coffee enema first, as it is milder. The book contains both procedures in detail.

**Polly:** Most people haven't heard of calcium-d-glucarate, either. Calcium-d-glucarate prevents the conjugated estrogens in the bile from being deconjugated by the bacteria in the gut. When the estrogens are deconjugated they can be reabsorbed and reused by our body. (N.E.E.D.S. and Willner Chemists carry calcium-d-glucarate. [www.needs.com](http://www.needs.com) and [www.willner.com](http://www.willner.com)) But since the calcium-d-glucarate can also speed up the disposal of certain drugs, you must ask your pharmacist or doctor before using this with any prescription drugs. Also, this may alter the ratio of your hormones faster than your body can tolerate. Like so many things, it should be started slowly to see if it is tolerated.

Diindolymethane is a nutrient found in broccoli, cauliflower, cabbage and brussels sprouts. It helps the liver convert estrogen into a form that is safer for the body to get rid of. These foods are very good for you, however, if you are going to eat a significant amount of these, the food should be cooked. Otherwise these foods can interfere with the thyroid. If you hate the taste of these foods, or would just rather take a pill, you can purchase a supplement of diindolymethane. Nature's Way carries it, and they call it DIM-Plus. Nature's Way is carried in most vitamin shops. The product is also available from Vitamin Research and they call it BioDIM. [www.vrp.com](http://www.vrp.com)

There is some promotion of a product called Indole-3-Carbinol (I3C) which is converted by the stomach acid to DIM and other chemicals. According to Leon Bradlow, PhD, you are much better off with the DIM product. There are some undesirable properties of the I3C. [18]

I like the Vitamin Research Company because their newsletters are excellent and because they claim to test their products before supplying them to the public. Steven Wm. Fowkes, a cofounder of Vitamin Research, has some outstanding articles at his CERI site too. (CERI is the Cognitive Enhancement Research Institute.) These articles are unusually well done. Their website is [www.ceri.com/ff.htm](http://www.ceri.com/ff.htm).

DMSA (2,3-Dimercaptosuccinic Acid) is also a very curious substance. It is used to remove lead and heavy metals, but it also seems to remove other toxins that the body usually has a very hard time removing. I had immediate and wonderful results using DMSA. However, DMSA must be used very cautiously. (The chapter on mercury detoxification in book 6 has some information on DMSA.)

## ***Hepatitis***

**Paula:** I just visited a new doc today. I have hepatitis C liver problems. The new doc is guessing that my dysfunctional liver is not converting T4 to T3 thyroid, causing hypothyroid symptoms in spite of a diagnosis by an endocrinologist of hyperthyroidism.

**Polly:** Paula, hope your new doctor is able to help you out of this mess. You might be interested in the book *The Alpha lipoic Acid Breakthrough* by Burt Berkson, MD, PhD. He has all of his hepatitis C patients on alpha lipoic acid and milk thistle. Recently, he has added biologically available selenium. (eg. SelenoMax from Source Naturals or Bio-active Selenium

from Solaray.) He has not had any problems with patients using these. Perhaps he hasn't had a patient who was severely mercury poisoned, because these people are less likely to be able to tolerate these supplements.

One of my doctors is not a liver specialist, but he still has success treating his liver patients with herbs and tri-methyl-glycine (TMG). Lactoferrin has been used as a treatment for hepatitis C. (Lactoferrin is a component of undenatured whey. You can purchase lactoferrin separately from Allergy Research/ Nutricology.) DEWS carries quite a few different substances that improve liver functioning and health too. [www.DEWSnatural.com](http://www.DEWSnatural.com) Anything that supports the Th1 immune system may help get rid of the virus too.

Homeopathic doctors will often employ *hepar compositum*. Allergy Research / Nutricology carries an herbal product called Eurocel that has been shown to reduce the hepatitis C viral load. Changes have been seen within a month, but it may take a year or two to see dramatic differences. Here is a place that carries Chinese herbs that might be helpful. [www.hepapro.com](http://www.hepapro.com). Lloyd Wright has a new book called *Triumph Over Hepatitis C*, available from Lloyd Wright Publishing, at website [www.hepatitisfree.com](http://www.hepatitisfree.com). He cured himself, and knows of others who were able to heal relatively quickly using similar programs. He does not generally recommend the interferon treatment commonly used by doctors to treat hepatitis C. Instead he suggests employing herbs and vitamins and avoiding heated oils, including those in pasteurized milk. The program that he followed to regain his health included milk thistle, reishi mushrooms, R+ alpha lipoic acid, licorice root, dandelion root, cats claw, aloe vera, vitamin C, alfalfa, NADH, NatCell beef liver extract, and the NatCell brand of frozen thymus extract. (Thymus extract is also important for

anyone with yeast overgrowth.) Personally, I'd be somewhat cautious about the amount of alfalfa and licorice used since these are relatively high in phytoestrogens. You can purchase the NatCell brand of thymus or liver from Lloyd Wright's non-profit company, [www.hepatitisfree.com](http://www.hepatitisfree.com). Unfortunately, NatCell thymus is fairly expensive.

**Marilyn in Seattle:** The June 2001 of Townsend Letter has lengthy/informative article on Hepatitis C treatment. The title is "Herbs and the Alphabet Soup of Hepatitis" by Geoff D'Arcy, Lic Ac. A Chinese formula called Minor Bupleurumis used by 1.5 million Japanese with good success.

**Polly:** That particular issue of the Townsend Letter is devoted to the topic of dysbiosis. It has many good articles on this topic. You can order single back issues of the Townsend Letter for \$7.00. See [www.tldp.com](http://www.tldp.com) or phone 360-385-6021.

### ***Liver-Gallbladder Flush***

**Polly:** It is very important that the flow of bile from the liver to the gallbladder and then to the intestines is not obstructed. The liver mixes (conjugates) toxins with taurine, sulfate, glucuronide, glutathione, acetate or glycine and then dumps the waste into the bile for disposal. Without a free flowing system, you lose efficiency. To keep the bile flowing freely, you try to prevent the formation of gallstones. Adequate B6 and the sulfur amino taurine will help. [19]

There are several flushes that can clean out the liver ducts and gallbladder. Most use lemon juice and olive oil taken just before bedtime. The olive oil stimulates the gall bladder and bile duct to contract and expel the stones. Some of the

flush protocols add Epsom salts to relax the bile ducts and help the elimination. Many flush procedures call for drinking lots of apple juice for the week preceding the flush to loosen the stones. Some people must aggressively use herbs and juice to loosen the stones and then use quite a few flushes.

**Jane:** I've been rubbing castor oil on my abdomen to help heal my bowels and get them moving. Some days, it helps. I put some a couple days ago over and beneath my liver. I had a snack before bed too, probably too much. Anyhow, woke up feeling nauseous, clammy, sweating, and the urge to have a bowel movement all at once. Today, a couple days later, it is sore right beneath my liver area. Should I do a gallstone cleanse?

**Polly:** Just this morning, I read that castor oil packs over the liver can act to clear out gallstones. So, it sounds like you were already experiencing a gallbladder/liver cleanse. Bile is also a laxative. Jane, sometimes gallstone cleanses are pretty hard on the body. Ask your doctor what he thinks of it in your case.

**Jane:** Polly, what if the sugars in the apple juice make you feel odd, and probably feed the fungus? Do you know if anyone with candida can really do the gallstone cleanse because it requires juice?

**Marilyn in Seattle:** There was a person at our forum who didn't want to drink all that apple juice and took malic acid instead. Plain malic acid isn't that easy to find, but it can be purchased from this website:

[www.lifeservices.com/products/malic.html?pid=M145&productID=77](http://www.lifeservices.com/products/malic.html?pid=M145&productID=77)

My MD gave me the recipe for a liver flush tea:

1 tsp. Fenugreek Seeds  
 1 tsp. Fennel Seeds  
 1 tsp peppermint leaves  
 4 slices Ginger root cut 1/8 inch thick  
 1 tsp flax seed

Boil the ginger root three minutes in 1 1/2 pints water. Add the other ingredients and let steep 10-15 minutes. Strain before drinking. I have some more recipes for liver support that I can post later. There is tons of information on liver flushes on dejanews. Do a power search, and all kinds of information come up.

**Polly:** Dr. Kelly states that apple juice, malic acid, or ortho-phosphoric acid acts as a solvent in the bile to weaken adhesions between solid globules. The ortho-phosphoric acid that he recommends can be purchased from DEWS. [www.DEWSnatural.com](http://www.DEWSnatural.com) If you purchase this, also ask DEWS for a copy of Dr. Kelly's liver-gallbladder flush protocol, or the article is on the net at [www.drkelley.com/CANLIVER55.html](http://www.drkelley.com/CANLIVER55.html) (Do a search for the liver-gallbladder flush section of this article.) To help relieve the nausea that sometimes accompanies this procedure, Dr. Kelly suggests trying 2 tablespoons of aloe vera juice after taking the olive oil. He also suggests one hydrochloric acid tablet at bedtime, and/or a hot water bottle over the liver (under the right ribcage) during the night to help relieve the nausea.

Softening the stones before the flush should make the procedure much more effective and safe. If a stone is large and gets stuck in a duct, this may send you to the hospital. (If you and your doctor are particularly concerned, you can get an ultrasound before the procedure to find out the extent of the problem.) The flush described at this site, [www.sensiblehealth.com/prime.html](http://www.sensiblehealth.com/prime.html) (phone 416-248-2930), uses an herb called gold coin grass to soften the stones before the flush.

You can also use apple pectin to soften the stones.

One of my doctors suggested that I do a liver-gallbladder flush. However, I'm the original chicken, and haven't tried it yet. He did start me on something to "toughen" the ducts before I try the flush. It is just a few grains of Colefilaxe each day. Colefilaxe is a mixture of magnesium sulfate, peptone, rhubarb, and tartaric acid. Menper Distributors sell it, <http://www.german-drugs.com> phone 305-551-7204. I asked him if I could just use Epsom salts (magnesium sulfate), and he said no, to use the Colefilaxe.

The toxins flushed out of the liver will end up in the intestines. Some of these toxins might be reabsorbed. Therefore, for some people, the liver flush may be very harsh. I would assume it would depend on the type of toxins coming out and whether or not the gut was particularly "leaky."

**Linda in Virginia:** I did a liver flush on the weekend. All seemed to go well. About 60 or 70 "stones" came out. However, since then whenever I eat I experience nausea part way through the meal. I thought it was a fluke at first, but this is day three and I am still having the same problem. What have I done to myself now? Just wondering if anyone else had this happen or has any ideas.

**Dean:** Linda, for what it's worth, when I did my liver cleanse with lemon juice and olive oil I just got nauseated and sick within 8 hours. I read in Hulda Clark's book that you will get sick doing a liver cleanse if you have parasites and don't kill them first. Just a thought if you had not considered parasites.

**Linda in Virginia:** Were you nauseous after drinking all the stuff the night before? I lay down after the olive oil/grapefruit mixture and thought it was going to come back up. I hardly slept all

night. I was sooo nauseous the next morning. I felt much better after a bowel movement. The nausea stopped. My question is, what does Hulda Clark mean by feeling sick? Should we not feel sick after drinking all that goop? Or, does she mean the next morning? I thought I had taken care of the parasites. That is why I am asking. Thanks, Linda

**MM:** Linda, I think that I felt somewhat nauseous after my flush too. I tried to minimize the fats that I was eating, thinking that I was lessening the strain and stress on my liver. I think (hope) that you are all right, and that things will “right” themselves with adequate time given for healing. Remember that our livers probably are under lots of stress, and so will heal more slowly than those for “normal” people.

**Linda in Virginia:** I had dinner last night and did not experience the nausea, so maybe things are improving.

Later—**Dean:** After about 7 days on the ParaGone by Renew Life parasite cleanse program I thought I was ready to try the liver cleanse again. Same lemon and olive oil mixture as I tried before. Big mistake, 10 hours later I felt worse than before. I was real close to going to the emergency room, I felt so bad. No cramps, just flu symptoms, nervous, fever, etc. It's been about 12 hrs. Since that happened and I am starting to feel a little better. Forgot to mention I had added (per the dosage on the bottle) 30-40 drops of Milk Thistle twice during the day before the bad feelings came on. I felt bad right after the second time I took the drops of Milk Thistle so I am sure this didn't help any either.

I have been told by Renew Life, the manufacture of ParaGone (the parasite program) to stay in bed, drink lots of water, and don't eat anything for a while. It seems that a lady named

Terrie at Renew Life had the exact same thing happen with the same lemon/olive oil liver cleanse being taken during the ParaGone program and did end up in the hospital because of cramps.

**Linda in Virginia:** Hi Dean. Sometimes this stuff gets very confusing. I am sorry you had such a rough time with the liver cleanse. I had a scary moment like that when I tried to fast. I thought I would have to go to the hospital. It is no fun. What we try to do in the name of getting well!

I think we all deserve to be called candida warriors because that is what we are. We are on the front lines fighting this battle alone. How many of us have been called kooks, can't find the help we need, etc. We have had to struggle, trying all solutions no matter how sick it makes us. I don't think we could find anyone with more courage, strength and willpower than we have. And along with that I would like to add empathy. I have found this forum and my multiple chemical sensitivity (MCS) support group to have the most caring people I know. I guess illness can bring out the best or worst in people. I have only met the best. So proudly we battle on. I hope you are feeling better soon.

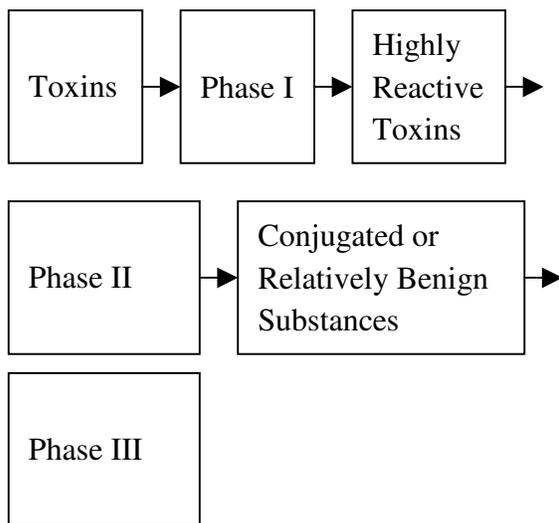
### ***Liver Detoxification Pathways***

**Mr. Generic:** Could you please explain what Phase I and II liver detoxification pathways are?

**Sally:** Phase I is equivalent to putting your garbage in a bag and Phase II is like carrying it out of the house. In Phase I toxins are altered so they can attach to carrier molecules to be transported out in Phase II. Phase I uses a family of enzymes called “cytochrome P450.” Phase II has many different mechanisms—4 of them are measured in the Great Smokies Laboratory's

“liver detox panel test”— conjugation with sulfate, glucuronide, glycine and glutathione. These should be balanced and working optimally. Phase I is measured in the “liver detox panel test,” too. If Phase I is too rapid compared to Phase II, it can cause excess free radical activity.

**Polly:** The water-soluble outputs of Phase I are excreted by the kidneys. The fat-soluble output products of Phase I are further processed in Phase II. The fat-soluble outputs of Phase I can be more poisonous than the original toxins. These intermediate substances are highly reactive—they produce a lot of free radical activity. That is why it is so important to make sure that these intermediate products are removed by Phase II as



Liver Detoxification Diagram

soon as they are generated by Phase I. If Phase II detoxification is not working fast enough, the products of Phase I will accumulate and harm the liver. You may end up with multiple chemical sensitivity if this happens. Therefore, it is very important that you don't increase Phase I unless

Phase II is working well enough to handle the increased load. ie Don't take just any product that says it improves “liver health” because it might induce too strong a Phase I reaction in you.

If you don't have the results of a liver function test to guide you, then the best place to start is:

- 1) **Improve Hormonal Status:** Thyroid improves both the liver's Phase I and Phase II.
- 2) **Improve Phase II Detoxification:** Substances that improve Phase II detoxification are sulfates, TMG, SAME, lecithin, B12, B6, magnesium, folic acid, taurine, Ulva Rigida, calcium-d-glucarate, and things that help you increase glutathione. Garlic oil, rosemary, cabbage, and brussels sprouts also enhance Phase II activity. [12] Lowering inflammation improves Phase II. Some substances that lower inflammation are: probiotics, transfer factor, IgA, colostrum, bromelain, pancreatic enzymes, progesterone, Mead oil, coconut oil, and emu oil. The fat-soluble vitamins in fish liver oil (A, E, D, and K) also control inflammation, although too much fish oil can be hard on the liver. Bioflavonoids help control inflammation, but these must also be removed by the liver, and may place a strain on the capabilities of the liver. You will have to experiment and find that which you can tolerate in this list.
- 3) **Improve Anti-oxidant Status:** Nutrients that improve anti-oxidant status are vitamin A, C, E, coenzyme Q10, taurine, glutathione, selenium, NADH, and lipoic acid. They will help protect you from the free radical activity of the substances put out by Phase I. A small amount of bioflavonoids also improve anti-

oxidant status, but they aren't always appropriate.

- 4) **Reduce Exposure To Toxins:** This is only common sense. If there are fewer toxins to process, you don't overburden the liver. This means avoiding pesticides, heavy metals, and toxins in everyday household and personal care items. It also means reducing your exposure from toxins generated in the gut by harmful bacteria and yeast. Charcoal, fiber, and a decent intestinal transit time will help. The transit time needs to be slow enough that the food is digested, but fast enough that there isn't time to reabsorb all the toxins that the liver has dumped into the intestines.

**Mrs. Generic:** What do you do if you Phase I is working much faster than Phase II?

**Polly:** You try to improve Phase II. Also, try to limit exposure to toxins that will make Phase I work too fast. Eliminate exposure to exhaust fumes, paint fumes, tobacco, carbon tetrachloride, organo-phosphorus pesticides, and the preservatives BHT and BHA. Increasing the use of anti-oxidants will help protect you from some of the Phase I products.

**Mrs. Generic:** Can you take things to slow down Phase I?

**Polly:** In general, you don't want to interfere with the ability of the liver to perform its Phase I detoxification functions. However, sometimes you have to choose the lesser of two evils. If Phase II is so slow or Phase I is so fast that there is an excessive buildup of the Phase I intermediate outputs, then you may be suffering from many chemical sensitivities, and may have to consider slowing down Phase I. This would be

only a temporary solution while you work on getting Phase II working.

Taking 500 mg of niacinamide 3 or 4 times per day will inhibit the enzymes in Phase I. [20] Certain bioflavonoids can interfere with Phase I enzymes. Bioflavonoids are also anti-oxidants and can reduce inflammation. For this reason, a modicum of bioflavonoids might be helpful. Something as simple as a half grapefruit per day can be protective.

Be sure to consult with your physician before experimenting with any Phase I inhibitors since interfering with Phase I enzymes can slow the clearance of drugs. Example: doctors will tell you not to take grapefruit juice when using certain medications. Grapefruit juice interferes with the Phase I enzyme that clears/detoxifies most drugs. Milk thistle also interferes with this same enzyme, and should be approached with particular caution when taking prescription drugs.

**Mr. Generic:** What do you do if you have the opposite problem and Phase II is working well, but your Phase I is slow?

**Polly:** Phase I can be increased by protein, oranges, tangerines, broccoli, brussels sprouts, saturated fats, saffron, schizandra, glucocorticoids, ginseng, licorice, vitamin B2, B6, B12, folic acid, phospholipids, branch chain amino acids, niacin or NADH (coenzyme niacin). [21,22] You can also attempt to get rid of the things that slow down Phase I. These are heavy metal toxicity, estrogen (birth control pills), certain bioflavonoids (quercetin, milk thistle, grapefruit juice), iron deficiency, sugar excess, partially hydrogenated fats, bacteria toxins, niacinamide, Nizoral, and Diflucan. [22] Some interfere with many of the phase 1 enzymes, and others are more specific. For instance, large doses of niacinamide would be expected to interfere with many of the enzymes, whereas

Nizoral interferes with the 2C19 enzymes, and Diflucan interferes with the 3A enzymes.

**Mrs. Generic:** What is Phase III?

**Polly:** Not much is known about Phase III. One known process is the further metabolism of glutathione conjugates. Another is the further metabolism of sulfate conjugates. Referring to a possible function of Phase III of the liver, Professor Sit Kim Ping, of the National University of Singapore states,

*“the efflux of sulfate conjugates of several phenolic compounds has been demonstrated to be ATP-dependent.”* [23]

This means that if you have low cellular energy, your liver will have problems removing phenolics like estrogen, bioflavonoids, and food colorings with sulfation. Many of the mercury poisoned and the autistic have a problem removing phenolics. Could it be partially due to low cellular energy?

**Jock in UK:** There is more about the detox process in these links,

[www.positivehealth.com/permit/Articles/Nutrition/liver.htm](http://www.positivehealth.com/permit/Articles/Nutrition/liver.htm) Article “Nutritional Approaches to Liver Detoxification” by Helen Kimber, *Positive Health*, a magazine based in the United Kingdom, phone +44 (0)117 983 8851

[www.thorne.com/altmedrev/fulltext/detox3-3.html](http://www.thorne.com/altmedrev/fulltext/detox3-3.html) Article on the liver. “The Detoxification Enzyme Systems” by DeAnn J. Liska, PhD, *Alternative Medicine Review*. 1998

[www.healthcomm.com/research/update/back-issues/spring00/index.html](http://www.healthcomm.com/research/update/back-issues/spring00/index.html) Article on the liver. “The Importance of Replenishing Phase 2 cofactors” *Functional Medicine Research Update*, Spring 2000

[www.gsdl.com/assessments/detox/appguide/index2.html](http://www.gsdl.com/assessments/detox/appguide/index2.html) Article on the liver. “Detoxification Profile” Great Smokies Laboratories.

[www.thorne.com/altmedrev/fulltext/glut.html](http://www.thorne.com/altmedrev/fulltext/glut.html) Article with a lot of information about the liver, even though the title of the article is “Glutathione” by Parris Kidd, *Alternative Medicine Review* 1997

[www.gsdl.com/news/nmnewsletter/issue2-2/index3.html](http://www.gsdl.com/news/nmnewsletter/issue2-2/index3.html) Article about one of the detoxification functions of the liver. “What is Detoxication by Methylation? *Nutrition and Metabolic Newsletter*, Great Smokies Laboratory Issue 2, No. 2 - April 2000

[www.gsdl.com/news/nmnewsletter/issue2-2/index4.html](http://www.gsdl.com/news/nmnewsletter/issue2-2/index4.html) Article about one of the detoxification functions of the liver. “How does Sulfation Work?” *Nutrition and Metabolic Newsletter* Issue 2, No. 2 - April 2000

[www.positivehealth.com/permit/Articles/Colon%20Health/abraham62.htm](http://www.positivehealth.com/permit/Articles/Colon%20Health/abraham62.htm) Article. “Candida: Diagnostic and Therapeutic Approaches” by Nigel Abraham MSc, FIBMS *Positive Health*, a magazine based in the United Kingdom.

**Polly:** Those are exceptional articles. One point struck me as particularly interesting. When the Phase II glucuronidation pathway is overloaded, more of the work falls to the Phase II sulfation pathway. Then if the Phase II sulfation pathway becomes overloaded, more of the work falls to the Phase II glutathione conjugation pathway. The use of this last pathway will deplete the available glutathione and make us more susceptible to the free radicals produced by Phase I.

This has implications for all of us, but particularly for those who are mercury poisoned. All of us are probably somewhat low on sulfates because of the intestinal inflammation, but those with mercury poisoning can be very low on

sulfates because the body is dumping the sulfates in the urine. It seems that if you could improve the glucuronidation and bring the sulfate levels back up, then you would have a better chance of improving glutathione levels. Better glutathione levels in the mercury poisoned are very important. The glutathione levels should be up before you start the mercury chelation, or else the recirculating mercury will damage the nervous system. (Another way to spare glutathione is to avoid estrogens and to take a balanced amount of coenzyme Q10, NADH, lipoic acid, vitamin C and E.)

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# Common Symptoms

**Polly:** People with the “yeast syndrome” have such diverse symptoms. They might display only a couple of symptoms at a time, or they may be replete with many of the typical manifestations. Possible problems are fatigue, rashes, hypoglycemia, “brain-fog,” migraines, depression, carpal tunnel, mitral valve prolapse, diarrhea, constipation, night sweats, sinus problems, menstrual disorders, frequent colds and earaches. In this chapter, a few of the more common complaints along with a few possible remedies will be discussed. Those conditions that pertain specifically to females are covered in the chapter on estrogen and progesterone in book 4.

## *Hypoglycemia And Glucose Tolerance Test*

**Polly:** Many of us with yeast overgrowth have hypoglycemia. In fact, it may be very difficult to distinguish the “yeast syndrome” from just hypoglycemia. Many of the symptoms are the same. Hypoglycemia will interfere with the immune system and will predispose one to allergies. [1] In the book *Nutrition and Mental Illness* by Carl Pfeiffer, PhD, MD, he lists these symptoms of hypoglycemia:

*“fatigue, irritability, nervousness, depression, crying spells, vertigo or dizziness, faintness, insomnia, mental confusion or forgetfulness, inability to concentrate, anxiety, phobias and fears, disperceptions, disruptive outbursts, headaches, low blood pressure, low body temperature, and cold sweats.”*

**MM:** Check out this web site and linked pages for GREAT information on hypoglycemia. It seems that most of us share various versions of this devastating condition. On this site, make sure to find the link to the hypoglycemia association also. See [www.fred.net/slowup/hypo.html](http://www.fred.net/slowup/hypo.html) and <http://www.fred.net/slowup/hai.html>

**Mrs. Generic:** I suspect I have both candida and hypoglycemia (low blood sugar). I would like to take a glucose tolerance test but I’m afraid to because they use a form of sugar to test you. What should I do?

**Patti:** My nutritionist is having me eat small Zone balanced meals 6 times a day. If it helps then we can conclude hypoglycemia is an issue without having to go through the finger pricking stuff. It’s a pain in the @@s but if it helps then I will continue doing this. I just started. Does anyone know why the two might be related?

**Taylor:** Hypoglycemia and candida are known to be linked. I wouldn't go through the test for hypoglycemia for anything. I would treat the candida, then watch the hypoglycemia resolve itself. It did for me; it did for my son.

**Sally:** I asked Dr. Rogers this question when she ordered the 6 hour glucose tolerance test for me. She said that it will only make you sick for a day or so; take your antifungals. (I was off them when I took another test that involved drinking a similar sugary drink and I had some real bad brain fog.) Also make sure you have someone to drive you home from the test. There are different causes of hypoglycemia and the test is useful to see the particular pattern of the sugar response to a measured dose, to aid in diagnosis.

This would be very difficult to do at home. For example: My blood sugar is normal while fasting but plummets rapidly when sugar is ingested. My first blood draw, one hour after ingesting the sugar was already real low. My curve was just the opposite of a normal person. I believe this is indicative of an allergic pancreas over-secreting. I would recommend that you request your first blood draw only 1/2 hour after ingesting the sugar so the initial peak can not be overlooked, as it probably was with me. Severity of hypoglycemia is also diagnosed by physical and mental symptoms during the test so be sure and tell them how you feel at each interval and don't be afraid to ask for a place to lie down if you need to. Bring a good book with you.

### ***What Causes The Hypoglycemia?***

**Mona:** When I was at my worst in this sickness I thought I was having hypoglycemic really bad. Dr. Davis told my sister that it was the candida and I was reacting just as if I had this but I really didn't. Weird huh?

**Polly:** That sounds plausible. Food poisoning can cause shock and hypoglycemia. We aren't exposed to enough toxins to cause a life threatening reaction, but we are exposed to a lot of bacterial toxins on a daily basis. There are many problems associated with our body's constant exposure to these gut toxins that can contribute to the hypoglycemia.

1. All the toxins put a strain on the liver. It is the liver that must destroy insulin.
2. The liver must also get rid of toxins like estrogen. Estrogen causes hypoxia (lack of oxygen), and hypoxia can cause hypoglycemia. In fact anything that interferes with cellular respiration can cause hypoglycemia. [1] This includes not having enough thyroid hormone.
3. According to Dr. Shaw of the Great Plains Laboratory, the body's normal production of glucose (a sugar) is impaired by the tartaric acid produced by certain strains of yeast and bacteria. (Those with fibromyalgia are more likely than most to have this situation.)
4. A lack of biotin can add to the sugar control problems. There can be both a real and functional deficit of biotin due to the dysbiosis.
5. Dysbiosis is often accompanied by low glutamine and low branch chain amino acids (components of protein). The muscles convert the branch chain amino acids into glutamine and alanine, which the liver then converts into sugar. Thus low levels of these amino acids may contribute to the hypoglycemia.
6. Ethanol/alcohol created by yeast inhibits the liver's formation of glucose (sugar) from fats and protein.

If the hypoglycemia doesn't clear up after having gotten rid of the dysbiosis, then you have to think

about what type of damage the toxins could have done to the body. I think you need to pay particular attention to thyroid, the liver, and a possible imbalance in amino acids.

**Erica A:** What do you mean by branch chain amino acids?

**Polly:** The branch chain amino acids are leucine, isoleucine, and valine. Eric Braverman has a chapter devoted to them in his book *The Healing Nutrients Within*. They can be used by the body as fuel, similar to fat and sugar. Hence they are helpful for hypoglycemia. They are depleted by low thyroid. To use the branch chain aminos properly, the body needs B6, biotin, magnesium, alpha-ketoglutaric acid, copper and B2. Yeast toxins often deplete or interfere with most of these nutrients. (Book 6 has a chapter on amino acids. You can purchase amino acids at most health food stores.)

### ***Night Sweats***

**Mrs. Generic:** Does anyone here get night sweats?

**Mary Lou:** Yes, I got really bad night sweats when I was at the worse with my candida problems. Search for past archive posts on this topic. I would even break out in sweats during the day in the beginning. I think it is your body trying to fight off the infection and toxins. I also had horrible die-off sweating during the first five weeks. I don't think hormones have anything to do with it, as it is not anything like hot flashes. I started this after my flu shot in the fall too. That will be my last flu shot.

**Mitch in New York:** I've had night sweats on and off with candida so you shouldn't be alarmed. It is definitely a sign that your body is

struggling to deal with an infection and/or inflammation. My acupuncturist was actually able to get rid of them.

**Sally:** Sweating serves two purposes, to cool the body and to get rid of toxins. In candidiasis there can be a build up of toxins from the byproducts of the yeast and also digestive repercussions that allow toxins to enter the body. At night your body is in repair mode and starts dumping toxins more rapidly. Meditation, Tai Chi, or other forms of calming the body also is similar to the sleep state in that it relaxes and calms the system and allows it to go into repair mode. Sweating can also be a sign of kidney shut down if it occurs simultaneously with a fever (most fevers are dry and sweating only occurs when the fever breaks.) When your kidneys cannot handle an overload of toxins the skin and also tongue become more active pathways of toxin release. Many people with the classic white tongue symptom of candida still retain the white tongue after the candida is cured until their body has eventually become detoxified enough for the kidneys to resume the major part of the load.

Sweating can also be a sign of hormone imbalance. The book that Polly recommends by John Lee, MD is excellent and, in my opinion, should be required reading for every woman. I related with your comments about the misdiagnoses and fears instilled by the medical profession. I went to various specialists over seven years and most of them expected that I had AIDS or some form of severe immune dysfunction. The tests I was submitted to were scary, painful, and expensive. The doctors begin by ruling out the most common disorder and then proceed on to the more exotic, leaving you composing your Last will and Testament while you wait for your test results. What they don't realize is candidiasis is probably one of the most common. The only immune dysfunction I had

was allergies. I have been candida free since October and am still working on the allergies, but I feel great for the first time in my life. No one will call you a hypochondriac here at the forum—all views accepted with an open mind. Welcome!

**Polly:** Cold sweats are often associated with hypoglycemia. Dr. Freinkel and Dr. Molar suggest that the low body temperature or the inability to regulate the temperature of the body might be caused by the lack of glucose in the brain's hypothalamus. Of course, if you listen to Broda Barnes, MD, you will realize that additional thyroid will help reduce the symptoms of hypoglycemia.

The Zone diet seems particularly appropriate here with its goal of keeping the insulin levels constant. In order to control the hypoglycemia, your liver must destroy the insulin once it has done its job. Pantethenic acid is required to do that, and so large quantities of this B vitamin may be helpful.

Vitamin D is important for the health of the pancreas. Chromium, vanadium, and MSM will support the pancreas's production of insulin. Personally, I found that chromium picolinate helped me regulate my sugar levels better than chromium GTF. However, if you have diabetes, it is important that you ask your doctor before experimenting with these metals. They may cause too great of a change in your insulin levels if not handled properly.

In the book *Nutrition and Mental Illness* by Carl Pfeiffer, PhD, MD, he states that all their hypoglycemic patients were deficient in manganese. Pfeiffer's suggestion of manganese is probably important. A small amount of this supports the thyroid too. Pfeiffer's suggestions include 15 mg of zinc, 20 mg of manganese, 1000 mg of C, chromium GTF, vegetable protein,

and B6 to dream recall. (Increase B6 dose until you can start to remember your dreams.)

I've a comment on Pfeiffer's suggestion regarding B6 and dream recall. I was taking 150 mg of coenzyme B6 per day, and I was still not having any dream recall. It wasn't until I added a small amount of taurine (500 to 1000 mg per week) that I started recalling my dreams. Inadequate zinc can interfere with dream recall too. I think natural progesterone plays a role in dream recall. Several friends and myself have noticed that the natural progesterone seems to increase dream recall. Maybe it is because progesterone improves the use of B6.

### ***Depression And Anxiety***

**Annie D:** Last year I was diagnosed with clinical depression. Of course I was given an antidepressant which has a side effect of anxiety. An anti-anxiety drug was prescribed to balance the side effect. I take both of these drugs along with thyroid medication and occasionally asthma medication. Before I was diagnosed with clinical depression, I was having mood swings and anxiety, and I could not stay on task well. I craved pop and candy, etc. Last fall I had a major toxic attack that put me in the hospital for one week. The doctors still don't know what caused that. I was covered with bruises and then cobblestone hives. My blood pressure dropped dramatically and my heart was racing. Eight hours prior to entering the E.R. I was given a shot of cortisone. The E.R. Doc said that prevented the case of the "Killer Tomato."

Things have continued to progress in a downward spiral. I continue to CRAVE the pop (and I do drink between two and four a day) and my mood swings have become more pronounced and sometimes even frightening. Each day I don't know what to expect from my body. Now my doctor has added a mood stabilizer—Seroquel—

to my collection of pills. This seems to be contributing to more volatile down moods. My husband has been reading about candida and is pretty convinced that this is my problem. The one major symptom of candida that I DON'T suffer from is vaginal yeast infections. I welcome any comments from people who have or are suffering from either problem. In Agony, Annie D.

**Lynn of Virginia:** Hi Annie. I don't get vaginal yeast infections, and I have candida. I used to get them years ago when I was on the pill, but that was a long time ago. So it is possible to have candidiasis and not have vaginal yeast infections. I have some trouble with rashes when it is hot but they are easily cured with antifungal cream.

**Susan in Olympia:** I have been there. 15 months ago I had recurring suicidal thoughts, major depression, really low. What helped me tremendously was SAME. It was incredible. In fact, six months after I had started taking it I thought, "Wow, I'm not depressed any more at all. I can stop taking this." I stopped, and within a week the black cloud came rolling back in. So, I started up again and felt good again. Since that time I have switched over to TMG (tri-methylglycine), which is a lot cheaper. It promotes the body's production of SAME. So it may work for others as well. I really feel for you. You need to get help to feel better so that you can handle all the other issues of this health challenge.

**Polly:** Annie, you are already taking a thyroid supplement, but there might be something more that you can do to relieve your depression and improve your hormonal balance. Studies of depression indicate that adding T3 thyroid is more likely to improve response to antidepressants than is T4 thyroid medication. [2] Chances are, you have only been put on T4 thyroid (eg Synthroid). Unfortunately, that is how

most doctors have been taught to treat their patients. You may have to insist that they let you try some added T3. (If your doctor isn't comfortable/familiar with using T3, then you may have to find an alternative doctor.)

There are many other strategies and things to consider.

1. You might have hypoglycemia (low blood sugar). This can contribute to both the anxiety and the depression. So eat small meals often.
2. Natural progesterone can sometimes help with hypoglycemia and there are reports of it helping with depression too. It may be helpful to try this supplement at some point. (Book 4 has a chapter on estrogen and progesterone.)
3. Excess estrogen can contribute to anxiety/depression. I hope that you aren't taking birth control pills. This could be adding to the depression and anxiety episodes.
4. Zinc to copper ratio. Have your doctor check this ratio of minerals. According to Dr. Braverman, a strategy that often helps with anxiety is getting your zinc/copper ratios corrected.
5. The B vitamin biotin seems to help with blood sugar levels, and because of the dysbiosis you may have both a real and functional deficit of this vitamin. Raymond Peat, PhD, mentions that 1 to 2 mg of biotin can stop some depressions. [3] However, since biotin can also feed yeast, it is best if it is employed after the yeast growth is down somewhat. If you take biotin, take some inositol with it to protect your liver.
6. Low dopamine is a contributor to depression for some people. Dr. D'Adamo sells a formula (Catechol-O) that may help those who have low dopamine. He feels that the

- tyrosine, TMG, and folate in the product may improve the efficiency of brain dopamine metabolism. [www.dadamo.com](http://www.dadamo.com)
7. Toxins from Clostridia could be interfering with your dopamine metabolism. Dr. Shaw said that Clostridia bacteria produce DHPPA, a molecular mimic of norepinephrine and dopamine. [4] Clostridia is resistant to most antibiotics. So it is a very common intestinal problem. (Look up Clostridia in the index for ways to eliminate it.)
  8. Taurine and coenzyme B6 supplements might help. Taurine and coenzyme B6 are often lowered by the yeast overgrowth. There are significantly decreased levels of taurine in depressed people. [5] Replenishing the taurine and B6 might help increase dopamine levels. (If you try taurine, be sure to take it with a meal because it can increase stomach acid production.) You might want to wait until you have the yeast and bacteria growth down a little before you try the taurine. There is some concern that the taurine might increase the growth of the yeast.
  9. SAME has helped many people with depression. (If you have bipolar depression, SAME supplements might not be appropriate.) If you try SAME, keep in mind that it should be balanced with B12, B6, and folic acid. Fortunately, there is a product that has the B12, B6, folic acid and the precursors to SAME in it. The product is called Me-cofactors by DEWS Twenty-first Century Products. [www.DEWSnatural.com](http://www.DEWSnatural.com) At about 75 cents a pill, it is expensive, but it still costs less than the ordinary SAME pills I've seen. I tried a sample of the Me-cofactors. (They sell a packet of a few pills so you can try it before spending money on a whole bottle.) Although I do not have depression, I definitely got a mood and energetic lift from it. My personal observation was that the mood lift from the Me-cofactors product was much more pronounced than the mood lift I got from TMG.
  10. Take steps to reduce the production of lactic acid in your body. (Infusing lactic acid into the blood can induce panic attacks. [6]) Things like thyroid, salt and slow breathing exercises can reduce the production of lactic acid. B vitamins, coenzyme Q10, adequate protein or anything that improves your energy levels may help control lactic acid production too.
  11. Magnesium is very important for eliminating panic attacks and anxiety reactions.
  12. This last one is pretty obvious: eliminating stress in your life will help with the anxiety.
- Sally:** I suffered from debilitating anxiety attacks, which evolved into a deep depression and was treated with antidepressants. This did help some, but I never felt right. I had been off them for years and still had terrible fatigue, sporadic anxiety attacks and mild depression. I tried the St Johnswort, which helped some, but it still was not right. When I started the candida diet and antifungals, the anxiety attacks and depression were amongst the first symptoms to completely resolve. I still had some fatigue until I was tested for hypoglycemia and started eating to control that.
- Candida and hypoglycemia often go hand-in-hand. Allergies often accompany this syndrome and the pancreas can be an allergic target organ. (Just like allergies can make your nose "run" or

cause fluid in your lungs, they can make your pancreas “run” also.)

Candida can affect a multitude of body systems and I'm sure after reading all these responses you are quite overwhelmed at this point. The thing that is most important to glean from this is to find a good doctor that is experienced in treating candidiasis. Start the no sugar, no starch diet for 3 weeks (this is good for candida and hypoglycemia). After 3 weeks, add an antifungal and only whole grains in small amounts. Don't get overwhelmed from trying to do everything at once. If you make one change at a time, you can really see the difference each change makes. I no longer have candida and 80% of my problems are gone (still working on the allergies, which are much improved), but even after two years of treatment I still try to make one improvement in my diet or lifestyle every week. It is so great to feel healthy again and I've found that good health is the greatest addiction a person can have. As you feel better you will have more energy to make more changes. Just start with one thing at a time. Sounds like you have a wise and wonderful husband. That is a big plus, as a supportive family member can really speed recovery. Keep us posted on your progress. As everyone is different, what you learn will most likely help the next guy.

**Polly:** If you suspect it is an allergic response of the pancreas, then keep a diary of your foods. At least theoretically, the pancreas may be more susceptible to the lectins in wheat, potatoes, tomatoes, and peanuts. [7] So observe if these foods give you more problems than most.

**Mitch in New York:** I'm sorry to hear that you are having a tough time with depression. It's been very difficult for me as well. I was actually diagnosed with candida this time around by a psychotherapist. I was so screwed up mentally

that I went to get help. Within ten minutes of meeting my therapist for the very first time, she asks me if I had heard of candida! I had many more mental symptoms than physical ones, which is how I didn't notice my candida had come back for an encore. She referred me to a nutritionist. Naturally things got a lot worse physically and mentally with yeast die-off. My “Die-Off” effect has been particularly brutal and ongoing. Nothing at all like the first time (which wasn't exactly a six-week picnic!). I don't know if you are comfortable with taking antidepressant medication or not. I've tried a few and I'm cautious about them. But I also started taking Paxil in late January and quite frankly I would have completely fallen apart without it. I had incredible anxiety and depression previously. The medication didn't make me jumpy or feel drugged (bummer!) It just took the edge off so that I didn't snap when things got rough last month. Anyway, consider my experience and hopefully you can find a sympathetic counselor/therapist to help as well. My thoughts are with you. Cheers (raising a glass of some sort of new trace mineral concoction).

**Del:** I've certainly had very, very heavy depressive episodes—in combination with such blatantly somatic symptoms that I eventually reasoned that whatever-it-is is affecting my brain as well as other organs & muscles. Depression can, after all, be caused by cytokines (immune-system signal chemicals) in the brain. These can be produced on the central nervous system (CNS) side of the blood/brain barrier, so nothing will necessarily show up in blood tests. FWIW (for what it's worth), my own advice is—we all use symptomatic treatments, so don't be afraid to treat the brain as you would any other organ. I'm on the maximum allowed prescribed dose of Prozac: I have no regrets, and am not embarrassed to admit that my brain is one of the

organs affected. I think we're dealing with auto-immune dysfunction here, and candidiasis may be just one manifestation.

### ***Allergy To Yeast***

**JVT:** Recently I was diagnosed with a candida allergy. Has anyone heard of this and is it the same candida discussed on this forum? I have been sick for many years and recently have developed an unexplained rash! Any comments would be appreciated.

**Sally:** Many people with candida overgrowth develop candida allergies and consequently a host of mold allergies. Having candida and candida allergies is equivalent to someone allergic to cats wearing a cat around their neck all the time. Treatment is kill the candida and get allergy testing and shots to all allergens. Also important is avoiding foods with molds and yeasts—that means fermented products (especially beer and wine), dried vegetable products like fruits, teas, nuts, seeds, etc and make sure all foods are fresh and well washed. Try small amounts of foods you have doubts about, before increasing your intake—to see how you react to them. As your symptoms clear your reactions will be more obvious. Keep a food diary to make delayed reactions easier to track.

Some people's skin rashes (especially on the face) are an allergic reaction to the fungus that causes dandruff. Using a dandruff shampoo can clear this. A small study, reported at Medscape, recently showed a correlation between asthma and allergies to skin and nail fungus.

The allergy tests I have used and had excellent results with are provocation/neutralization testing, from Sherry Rogers, MD in Syracuse, NY. I believe this method to be far superior to the standard extracts, as the dosages are designed specifically to each

individual. It requires retesting yearly as your allergies improve. The shots are shipped to you to be administered by your local physician. Inquire to see if anyone in your local does this method. If not, a trip for testing once a year is well worth the results of immediate improvement in symptoms.

**JVT:** Obviously, I am on to something here. Now that I know I most likely have an overgrowth, what is the most important thing I can do? I was on the Atkins High Protein Diet / Low Carbohydrate and I did feel much better. I know I need to change my eating style, but what else should I do?

**Sally:** As long as you are already on the limited diet it can be a good time to also do an elimination diet, to check for food allergies. As your symptoms clear, reactions will be more obvious. High protein does not mean high fat so read up on balancing your essential fatty acids. No hydrogenated oils and small amounts of butter to provide the needed cholesterol. Some people do well on meats and others do better on a strict vegetable diet. Some tolerate small amounts of whole grains, and others do not. Read up on essential fatty acids. Supplementing with small amounts of Omega 3 or 6 or both can make a difference for many. It takes about 6 months to give yourself an oil change. Don't become overwhelmed with the amount of information. Only make one change at a time so you can gauge the affect.

Assess what you believe are the biggest factors for you and address them first. In some people this may be their environment. Your bedroom is a place where you should be recovering and healing. You spend 6-8 hours there every day, this is a place that should be made as clean as possible. Make your bedroom an allergy free zone by removing needless dust

catchers, frequent damp dusting, air filter, cotton bed clothes, no carpets, etc. Extreme measures here may be required for the most allergic. There are many things you can do in relationship to allergy. Read and experiment, and be your own detective as everyone is different. Vitamin C acts as an antihistamine. These are just a few suggestions and there is a lot more out there.

**Polly:** Please be careful with the amount of essential fatty acids that you try. Too much will hinder your recovery, and may possibly initiate a migraine. (Read more about the oils in book 4.)

### ***Sinus Infection***

**Alana:** Hi, the candida seems to really like my sinus passages and lungs. I get stuffiness, post nasal drip, painful throat and also asthma too. Of course, all of this was treated for over 8 years with antibiotics, steroid sprays (both nasally and most recently 1 year of inhaled steroids for my asthma symptoms). Now that I am more **informed**, I am off ALL steroid sprays, which I suspect, along with two courses of antibiotics in January, really caused the yeast to overgrow. I will never go on an antibiotic again unless something is cultured first and something is growing. I really learned a lesson here. Perhaps I did have sinus infections in the past that really needed the antibiotics, but now is the time to address why I keep getting them in the first place.

**Marie:** I've had a bad headache for about 10 days now. I think it is from spraying silver into my sinuses and putting some in my ears. Here's my problem. First of all, I thought my sinuses were getting better because I have had much less mucus. I went to the doctor today for a check up, and he told me that my sinuses and ears are infected and that I need antibiotics to cure it. The doctor wanted to give me really strong

antibiotics, but I told him I would only take Amoxicillin because this antibiotic isn't as strong as the others. What should I do? Should I skip the antibiotics and keep using the silver? Silver is an antibiotic, isn't it? Has anyone out there cured a full-blown sinus infection with just the silver? I really don't want to take the antibiotics!! I feel I am finally beginning to get rid of my yeast. Maybe I should take the antibiotics and also take lots of probiotics. Again, I want to know if you think I can cure a sinus infection with just the silver. Thanks for your help.

**Shelley:** We are all different, so I don't want to steer you in the wrong direction. However, I want to tell you that I had this problem (an infected salivary gland) about a month or so ago and I had to take an antibiotic for it. My MD hardly ever gives antibiotics. Yet he told me that my choices were to take an antibiotic or go into the hospital to get the infection drained and that in the hospital they would give me an antibiotic anyway and they would be much less sympathetic about it. (Obviously, I also had the choice of just walking out of his office and not taking his advice. But, since I trust my doctor *enough* about this stuff I figured I had better take the antibiotic.)

He took a blood test to see for sure if it was an infection. It came back with really high numbers that indicated infection. The infection cleared up in about 3 days after I started taking the antibiotic. He was making me stay in touch the whole time (he's never done that before). When I went to see him three days later, the infected gland was much much better. I asked him if I had to take the antibiotics for the whole ten days. He told me to go just for a week.

Now I am on an antifungal and I really don't think I lost ground taking the antibiotic. I think I would have done myself WAY more harm if I hadn't taken it. From my experience (abscesses

in teeth and sinus stuff) doctors are pretty right about antibiotics in stuff that is in your face, near your brain and all that. The point of all this is that I think personally that you should listen to what your MD says and if he thinks you need an antibiotic then maybe you really do. Take things one at a time.

First, deal with the immediate, which is an unfortunate sinus problem, and then go on to the next level of better health. Has your doctor checked to see if what is wrong in your sinuses is infection? I wouldn't mess with them anymore. See the MD. Just my personal feelings. Take care of yourself.

**Harold:** Marie, first try my good old standbys. Mix together in a glass bowl (not metal of any kind):

1 cup of chopped onion,

2-3 crushed cloves of garlic,

4 tablespoons of UNPASTEURISED honey.

Let sit until a liquid forms. Then eat 1 or 2 teaspoons every hour. Along with this, squirt colloidal silver up each nostril while holding the other one shut. This onion bit and colloidal silver may keep you from having to take antibiotics, which can be disastrous for candida sufferers.

Your symptoms are more than likely a combination of die-off and mucus. Is there an increase of nasal drip in the back of your throat? This is what I have found to happen. To make sure the colloidal silver gets into your sinuses, after you squirt into your nostrils, lean way over until you are almost standing on your head. This gets the colloidal silver into the sinus cavities in your forehead too. Do the directions on the bottle say you have to shake before using? If so, it is not the best on the market. You also must put colloidal silver in your ears too, because this bacteria will re-infect if you don't. All it takes is

2 drops (warmed) in each ear. OK? Follow the directions and the chances are good that you won't have to go the full 10 days, but be prepared for flare-ups and then repeat the procedure. You will find that the infections get fewer and farther between.

**Bernie:** Marie, I'm sorry to hear about your flare-up of infection. I think some store bought colloidal silver is less than useless. It can have dyes and other additives and the silver settles out of the solution over time. It can be like spraying water (and contaminated mucus) into a breeding ground of the body for bacteria, the sinuses.

Yes, you probably need to take antibiotics to clear up this infection. I have an infected inner ear that the colloidal silver did not touch. I just started Ampicillin for it. I'm going to keep taking my homemade colloidal silver with it. I drink at least 12 oz. each day. I hope it will help to keep down the yeast overgrowth if the Ampicillin kills off too much friendly bacteria. I'll post how I do, good or bad.

**Lynn in North Carolina:** I recently found two solutions to my sinus problems (one is homemade). I took one of my leftover Nystatin capsules and emptied it into a brand new bottle of saline nasal spray (Ocean or Sea Mist or whatever your pharmacy carries). I spray that in my nose once or twice a day. If you have no Nystatin, I bet you could use Kyolic, since garlic is a great yeast killer too. My second thing to use is a nasal spray that I bought at the health food store. It's made by Nutribiotic, and it's just called Nasal Spray Pump. It comes in a white box with pink and purple on it. It contains .1% Grapefruit extract. My sinuses were KILLING me daily (burning, dried out like paper) until I started using this, and now, even with the heat on, I am having no problems. For best results, you probably need to rotate your antifungal sprays.

**Polly:** I don't think there is a lot of research on nasal fungus infection remedies, yet. You must be careful not to use anything that could possibly harm the tissue of the nose. I don't know about the safety of using garlic, Nystatin or these other substances in the nose, although it sounds logical. Don't experiment with unusual substances in the ear. If you damage the tissue there, you could lose your hearing. For a fungal infection of the ears you can ask for prescription antifungal otic drops like clotrimazole and econazole. [8]

Since so many people have used silver, this might be a reasonable substance to try. However, nothing is ever 100% safe. If you try the silver, you might want to look for the clear silver products. Several people have told me that the clear silver products are more effective than the yellow ones.

A saline solution with vitamin C in it may help get rid of infections. Dr. Linus Pauling in his book *How to Live Longer* mentions that

*“vitamin C introduced in solution up the nasal passage is 1000 times more concentrated in the sinuses than vitamin C ingested by mouth.”*

MSM mixed with sterile water can be used for the ears and eyes, if it is dilute enough, and if you are careful to keep it sterile. (Article at [www.pennysaved.com](http://www.pennysaved.com).) According to the following article, a stronger solution of MSM can be sprayed into the nose to treat nasal inflammation. The recommended dilution for the nasal spray is about one level teaspoon per ounce of water. See

[www.naturalhealthconsult.com/Monographs/msm.html](http://www.naturalhealthconsult.com/Monographs/msm.html)

A product called DAG contains phenolated iodine and some herbs. Taken orally, it helped clear up one forum member's sinus and ear infections. (See Sara's experience with DAG, as told in the antifungal chapter.) Since this product

is taken by mouth, you don't have to worry about damaging the tissue of the ears and nose. Yet be careful, there is always the possibility of an allergic reaction to a product that contains iodine.

For irrigation of the nasal passages, doctors usually recommend a solution of salt and baking soda, one teaspoonful each in 2 to 8 cups of water. You won't be allergic to that, yet, there is always the danger present with any nasal irrigation that it might facilitate the spread of infection to the other sinuses, the eyes or throat. You may want to ask your doctor for his opinion in your particular case. This is a short article on the subject of nasal irrigation at this website [www.doctorhoffman.com/youche.htm](http://www.doctorhoffman.com/youche.htm)

A product called Alkalol is sold in some drugstores as a mucus solvent and cleaner. If you can tolerate a strong smell, then a spray of this in the nose may help clean out some of the mucus. It contains thymol (an antifungal), eucalyptol, camphor, and many other ingredients that will add to the strong smell. (I find it a pleasant smell.) It is made by The Alkalol Company of Taunton, Massachusetts. At least a spray of this should not spread the infection like an irrigation treatment could.

In the February 2002 *Townsend Letter*, Anthony di Fabio wrote about his experience with a very nasty sinus infection. He had seen quite a few experts, but what finally cleared up the infection was two rather simple formulas. His doctor first gave him a 6 minute treatment in the office using cotton swabs dipped in a mixture of silver, eucalyptol oil, water and glycerine. That cleared out a lot of the mucus. Then for home use, his doctor had him use some drops. Two to three drops were to be placed in each nostril two to three times per day. The drops contained:

1. 60% Aloe vera concentrated whole leaf juice
2. 40% DMSO, 99.9% pure pharmaceutical grade

Anthony di Fabio rightly points out that the type of aloe vera used is very important. He states that one suitable product is made by New Life Nutraceuticals. Here is one of many places to purchase this, phone 800 282-7216.

We can't just focus on fungus infections of the nasal passages. I know that my child had numerous antibiotics to clear up her nasal and ear infections. The antibiotics always worked. For those who have recurrent bacterial infections, a nasal spray of 5% to 11% Xylitol (a sugar) can reduce the incidence of bacterial infections of the nose and ears by reducing the adherence of the bacteria. [9] At least it is something to consider. Ask at your local health food store, or here is a place to order it: [www.xlear.com](http://www.xlear.com)

There is a good website on fungal infections of the sinuses, [www.fungalsinusitis.com](http://www.fungalsinusitis.com). They give medical evidence that it is crucial that you clean your house and car of mold. (Some of the suggestions on how to do this are covered in the chapter on Recovery Of Health, under Sarito's story.) When my child was in first grade, she had a constant stuffed-up nose. I put a large HEPA filter in her bedroom, and after a year, the stuffy nose was gone. Just giving your body eight hours free of allergens and mold can help your immune system recover and deal with the allergens that it is exposed to during the day.

Teresa Binstock posted an interesting abstract on the use of glutathione nasal spray to reduce the occurrence of inner ear infections in children. 600 mg of glutathione was sprayed into each child's nose each day for two weeks. Three months later, two-thirds of the group receiving the treatment showed improvement compared to only 8% of the control group. [10] Wish I had known this when my kid was going through all those earaches. I just recently found out that she is low on glutathione. I'd like to bring her levels up, but I don't feel comfortable giving her plain cysteine, although she tested low on that too. She

doesn't like the taste of undenatured whey, so that is unacceptable as a means of increasing glutathione. So I'm giving her a tiny bit of glycine, taurine, lipoic acid, MSM and the DEWS product called Me-cofactors instead. I really don't know which is the most important. Her selenium levels, which are also needed to use glutathione, seem adequate.

Later—**Marie**: I just saw a new doctor, and now I have some hope. His theory on my bad yeast problem is simply this: My sinuses and ears are so full of candida that I have to clear that infection up before I get rid of the stuff in my stomach because I just keep on re-infecting myself. Makes sense to me.

To clear up the sinuses he told me to first open up my sinuses as much as possible with steam (put a few drops of tea tree oil in water, this helps) Then basically saturate my sinuses and ears with colloidal silver. I have been putting silver in my sinus and ears for a few weeks with not much help. So when the doctor said to do this I didn't think it was going to help. But it did, with the right silver! Previously I'd used some very expensive colloidal silver. I paid around \$70.00 for 8oz. But when the doctor tested it, he said that it was no good. He recommended some silver made by a local woman who charges \$25.00 for 8oz. I used this silver last night, and I had a horrible headache night after I did it, but today my sinuses are draining for the first time in years. My other doctor told me I had to go on antibiotics! My new doctor said the antibiotics would have done me in. He has hope for me, and now I have some hope. At least I have a plan of attack.

**Harold**: I sure recommend colloidal silver, but it has to be the good kind. If the directions say you have to shake it before use, then it is not good. I make my own now for a fraction of the cost. To

make your own all you need is some pure grade (.999) silver, three 9 volt batteries, two alligator clip jumper wires (Radio Shack) and distilled water.

My sinuses are not 100% yet, but not bad. On a scale of 1 to 10 where 10 is the worst, mine now are about a 2. I went through the hoops with a lot of different treatments like sniffing salt water, inhalers, etc; but the best was colloidal silver and ingesting my onion, garlic and honey recipe. The main reason I ended up with full-blown candidiasis, was the Doc giving me broad spectrum antibiotics for my sinus problems. They are both linked and when one flares up, so does the other. And to tie the knot in the cows tail, my sinuses only got worse. So keep in there, I'm pulling for you. We're all in this together.

Later—**Bernie:** Hi, Here's my late follow up. The antibiotic took care of my ear infection, along with help from the end of heating season (dry air and dust). I am still taking the colloidal silver and am slowly getting the yeasties under control. I now have less skin breakouts and brain-fog. While I have great faith in the colloidal silver, it is a long slow process getting the candida cleaned out completely.

**Harold:** I found squirting colloidal silver up into nasal cavities and holding head low to allow it to run into them helped me very much. Also squirting into the mouth regularly aided the reaction. I salvaged a nasal prescription pump bottle to use.

**Bernie:** I found that adding MSM and DMSO to the colloidal silver increases its antifungal effectiveness in the sinuses considerably. I need all the power I can get in this area of treatment. I think DMSO has too much risk of transporting contaminants into the body for the average use.

Someone on the silver list suggested that if you add MSM to the colloidal silver until no more will dissolve, the mixture will give 80% of the effect of using DMSO and colloidal silver together, with the advantage that MSM doesn't transport additives past the mucosa like DMSO will. MSM only increases the contact of the colloidal silver with the tissue of the sinuses, thus allowing more complete treatment of the mucosal passages.

**Harold:** Your procedure sounds good; and you're right, DMSO has to be used cautiously, it can transport impurities into the body. The mix of colloidal silver with MSM sounds good.

Note: MSM and DMSO are closely related chemically. In fact, MSM is also called DMSO2.

**Sally:** Everyone read this news release, "CNN - Fungus causes most chronic sinusitis, researchers say"—September 9, 1999. (website article no longer available.) This short article talks about Candida and other fungal overgrowths and their related allergic reactions causing chronic sinusitis. There is a link in this article to the full text study. The study is conclusive and valid, but it states that there is no current treatment and estimates 3-5 years to develop one. This statement is not true. My doc has been successfully treating this for 25 years with diet, nutritional correction, antifungals and allergy testing and shots.

They are calling this a shocking study but wait till they realize that the postnasal drip infects the rest of the body—they'll really be shocked. The ensuing allergic inflammation of the gastrointestinal tract only adds to the leaky gut phenomenon we here are so familiar with.

**Polly:** I found another article from the Mayo Clinic Rochester News Thursday, September 9,

1999—“Mayo Clinic Study Implicates Fungus as Cause of Chronic Sinusitis.” Doctors at the Mayo Clinic have found fungus present in almost all cases of chronic sinusitis. (Fungus was present in 96% of 210 patients. Forty different fungus varieties were identified with an average of 2.7 varieties per patient.) The doctors feel that the sinus inflammation is the body’s reaction to the presence of fungus; it is an immune reaction, not an allergic reaction. These results were only for chronic sinusitis (lasting over three months). For acute sinusitis (lasting less than one month), the cause is usually bacteria.

**AI:** Now maybe mainstream medicine will also investigate fungal problems and parasites in the digestive tract. It will take time but this is a major breakthrough. Also, now the drug manufacturers will spend major bucks to develop antifungals to fight the various fungi. It will all take time but it will now happen. We must also find what causes the immune system to weaken, eliminate those causes and address strengthening the immune system again.

**Jane:** Are they actually treating intestinal fungus? I’m very skeptical of traditional medicine.

**Polly:** I doubt it. Conventional medicine has always acknowledged vaginal yeast infections. Now, they are adding nasal fungus infection to the list of possibilities. I strongly doubt that mainstream medicine will quickly embrace the yeast syndrome. Yet, if mainstream medicine acknowledges that fungus can inflame the nasal mucous membrane, and that it can be a chronic problem in “non-immunocompromised” patients, then they are one step closer to acknowledging the same phenomena in the intestines.

Before traveling to any institution for treatment of intestinal yeast/fungus, at least take

a look at their website or ask others on the net about their experiences with that institution. This may save you thousands of dollars and a lot of disappointment.

## *Carpal Tunnel*

**Jason:** I was wondering if anyone here has had any problems with carpal tunnel. It seems it is kind of related to the type of fibromyalgia pain that comes often with candida. At least that is how it “feels.” They are finding that more and more different things can cause carpal tunnel, such as thyroid problems. Some people are thinking that it is not as related to repetitive motions as was once thought. Anyway, I had it a year ago, it completely went away and now it’s coming back pretty bad. I don’t spend much time at the computer. Any experiences or advice? Thanks so much.

**Susan in Olympia:** Hi Jason. Do you get it in one or both wrists? I had it very bad in 1997 from January to July. It was so bad I couldn’t sleep and could not use my hands at all (for writing, combing my hair, opening the door, etc) In March I ran into a nurse who told me it could be caused by a hypothyroid condition. My doctor checked my thyroid and it was quite low, so she prescribed more Synthroid than I had already been taking, and by July the pain had mostly dissipated. Notice that I started the new thyroid dosage in March, but the pain didn’t go away until July. My doctor said this was normal because it takes a while for the effect to kick in. In the meantime I was in agony. At that same time I had a lot of muscle pain and joint pain as well (could be the fibromyalgia pain you refer to).

**Jason:** Susan, thanks for your response. I tested fine for thyroid levels but that doesn’t always tell the true story of how your body is USING the

hormone. A more naturally oriented doctor put me on a very low dose of Armour thyroid because I had so many of the hypothyroid symptoms and I'm hoping that that helps. I just have it in my left wrist, same as last time. Did you find anything that helped the pain? I'm afraid to take ibuprofen (although I do to some degree) because of leaky gut problems.

**Susan in Olympia:** My doctor (a MD) had me on ibuprofen around the clock, but it didn't help much at all (and probably added to the gut problems). That pain is so intense, it is hard to find anything that helps. When it was really intolerable I took hydrocodon, which is a narcotic painkiller. I was breast feeding my son at the time, so I really avoided taking hydrocodon unless I absolutely had to. The doctor also prescribed amitryptiline to help me sleep but I barely took any at all. My whole problem sleeping was the pain. I wish you the best and sincerely hope you find answers and get over the pain. It is very difficult to live with. Thinking of you and hoping you get better, Susan.

**Shelley:** Jason, there is a lot written on B6 (you would have to find references—I think there is a book put out by Avery Publishing on B6 at high doses...) for carpal tunnel.

**Polly:** There are several deficiencies / problems associated with yeast overgrowth that are also associated with carpal tunnel syndrome. These are low coenzyme B6, low thyroid, low sulfur, and low biotin. This is probably why Dr. Truss noticed the increased incidence of carpal tunnel syndrome in his yeast syndrome patients. The usual dose of biotin used to treat carpal tunnel syndrome is rather large, 900 mg. (The biotin should be balanced with another B vitamin/sugar called inositol.) If you aren't mercury poisoned, you can try MSM sulfur (start slow). Solgar

makes a supplement of coenzyme B6 that they call P5P. Country Life makes one that they call "Active B6." TMG is also something to consider. It helped one of the people at the forum with their carpal tunnel syndrome. An enzyme called serrapeptase has shown promise in the treatment of carpal tunnel syndrome. [11] Serrapeptase is made both by Carotec [www.carotec.com](http://www.carotec.com) and Cardiovascular Research/ Ecological Formulas, phone (800) 351-9429.

### ***Interstitial Cystitis/Bladder Pain***

**Jennifer:** In January I think I injured my back by moving a couch with a friend. In mid-January I was diagnosed with a bacterial urinary track infection. (I wonder if the two could be connected after reading *You Don't Have to Live with Cystitis* by Dr. Larrian Gillespie.) I have been watching my diet with some improvement, but my back hurts and I still do have urinary symptoms. I also have had gastrointestinal problems for many years. When I mentioned to my GI doctor months ago that I thought I might have Candidiasis Syndrome, he said there is no evidence to support that. He also asked if sugar made my symptoms worse. I said, "No, I don't think so." (This has since changed, I notice a big increase in bladder frequency and irritation with sugar consumption now). I did a little more research this weekend. I discovered some herbal remedies that are said to soothe the bladder—marshmallow leaf and slippery elm, cornsilk. These are demulcents. I am surprised I had not found anything on these before.

**Tricia:** I too had bladder problems, which I thought, was Interstitial Cystitis and underwent a cystoscopy etc. Once I diagnosed my candida problem and began treatment, my bladder problems have disappeared (almost two years now!!). I also had ulcerative colitis and for two

years now I have had no stomach symptoms. I suffered for 10 years. Many people on this forum mention bladder problems and I do believe that candida plays a major role.

**Luke:** Although no one has found the exact cause of Interstitial Cystitis (intense bladder pain), it is pretty well agreed upon in the research community that IC has more than one cause. And the most popular causal theory for Interstitial Cystitis (IC) is what has been dubbed “leaky bladder”—a defective glucosaminoglycan (GAG)/epithelial lining. It is so similar to leaky gut. One proposed diagnostic test for IC is even a variation on the lactulose/rhamnose gastrointestinal permeability test. Interesting, huh? AND the one and only oral medication approved for use in the treatment of IC is Elmiron (pentosan polysulfate sodium), which is, you guessed it, a glucosaminoglycan or mucopolysaccharide.

My guess is that GAG-like substances such as glucosamine, chondroitin, aloe vera, and even spirulina potentially could help to “coat” leaky intestines. Perhaps even Elmiron would work—who knows? I do know that patients taking Elmiron have to take it for months before they see improvement in their IC symptoms, but that is thought to be because very little of the substance actually gets to the bladder. The GI tract would be more accessible, I would think. There is even a company in Canada that markets a liquid form of chondroitin that is instilled into the bladder to help to coat the defective bladder lining in IC patients. Also, it does not seem clear that Elmiron actually repairs the lining of the bladder. Rather, it fills in the holes as long as you take it. But, I have seen evidence of IC patients remaining on Elmiron for a year or more and then cutting back or stopping it, and still remaining symptom-free.

**Avandish:** Liquid aloe is extremely acidic as a juice, but if this acidity is reduced by buffering with something, maybe it would be helpful. Also check the pH of raw aloe if you have it available. Maybe its pH is different. I have only tested the health food store bottled aloe from various companies.

**Luke:** Since I am used to working with interstitial cystitis (bladder pain) patients (including myself) who cannot tolerate acidic substances, I tend to recommend the following source for aloe. It is in capsule form, freeze dried, and apparently non-acidic. Most IC patients cannot tolerate the liquid acidic forms of aloe which are so readily available at most health food stores. This company has actually done research with their product and IC patients. Here is their contact information: [www.DesertHarvest.com](http://www.DesertHarvest.com) and phone 800-222-3901 . I have been meaning to try some of their product myself.

**Polly:** Infusions of MSM or DMSO are sometimes used to help bladder pain. One benefit is that the sulfur in these substances would help sulfate the GAGs and make them less leaky. Very large (40 g) oral doses of MSM has been shown to be helpful. However, make sure large oral doses of MSM are balanced with molybdenum, copper, and zinc, especially if this much MSM is used fairly regularly. You need to start with very low doses of MSM (250 mg) and gradually work up tolerance. You might make yourself quite sick if you don't do this. If you are mercury poisoned, then large doses of MSM are not be a good idea. Small amounts may be tolerated though.

Bladder pain is sometimes caused by a pathogen that was not found in the routine cultures. Nick mentioned that when cultures are done for urinary infections, the culprit can be easily missed if the wrong type of culture

medium is used. You need a culture medium that inhibits bacteria growth if you want to find a fungal infection. A selective fungal medium like Sabouraud agar may have to be employed. [12] Even then, there are many pathogens that are very difficult to culture.

Another possibility is that an infection elsewhere in the body is creating toxins that are damaging the bladder lining. For instance, just the TOXINS from the bacteria *Clostridia Difficile* have been shown to break down the tight junctions in the intestinal lining. [13] (The toxins can be identified in the urine by using the tests available at the Great Plains Laboratory. website [www.greatplainslaboratory.com](http://www.greatplainslaboratory.com) and phone (913) 341-8949.

The pain could also be due to the increased presence of mast cells in the bladder. If these break down, they release histamine and serotonin. This can cause inflammation and pain. One of our forum members said that he is having the most luck using treatments aimed at stabilizing the mast cells (preventing them from breaking down and releasing their contents inappropriately). He is using Elmiron, Atarax, and low dose Elavil. The drug Elmiron inhibits mast cell histamine secretion as well as supporting the GAG coating. Atarax is a certain type of antihistamine. Elavil is an antidepressant, but it also has some antihistamine and analgesic properties. These drugs are working better for him than antifungals. I've a few more suggestions. To stabilize the mast cells, use magnesium. Magnesium carbonate may even help raise the pH and help with the discomfort. Avoid food and inhalants that you are allergic to. Allergies to a substance will cause the mast cells to release their contents. I'd also avoid the seed oils since these unsaturated oils will cause cells to leak serotonin. [14] Glycine has some antispasmodic properties. It might be helpful for this reason. Glycine also counters many of the

undesirable effects of serotonin. Diamine oxidase is a copper-containing enzyme that breaks down histamine. So make sure you have enough copper to keep the histamine levels under control.

For an interesting perspective on stress, biofeedback and interstitial cystitis see this article <http://bcn.net/~stoll/cystitis.html> by Walt Stoll, MD. Also, here are a few more articles on interstitial cystitis

[www.aafp.org/afp/20011001/1199.html](http://www.aafp.org/afp/20011001/1199.html) Article on interstitial cystitis by Julius F. Metts, MD.

[www.ic-network.com/handbook/oral.html](http://www.ic-network.com/handbook/oral.html) Articles on oral medications that are helpful in the treatment of interstitial cystitis (bladder pain).

[www.ichelp.com/FeatureArticles/UpdateOnEtiologiesAndTherapeuticOptions.html](http://www.ichelp.com/FeatureArticles/UpdateOnEtiologiesAndTherapeuticOptions.html) Highlights from an article "Interstitial Cystitis: Update on Etiologies and Therapeutic Options," by Deborah R. Erickson, MD. Original article appeared in the November issue of the Journal of Women's Health & Gender-Based Medicine (Volume 8, November 6, 1999)

### ***Mitral Valve Prolapse***

**Polly:** People with the yeast syndrome, fibromyalgia or multiple chemical sensitivity are more likely than others to have a heart condition called mitral valve prolapse. [15] In fact, Leo Galland found that almost half of those being treated for chronic *Candida albicans* infections also had mitral valve prolapse. [16] If you have this problem, consider a supplement of the amino acid taurine. This was found to be low in the heart muscle of those with mitral valve prolapse. [17] With mitral valve prolapse, the body appears to have a problem with controlling the release of noradrenaline and adrenaline. Salt can help control this release. Also, taurine will inhibit the release of adrenaline. (If you try taurine, be sure to take taurine with a meal because taurine can

increase stomach acid secretion.) Taurine may increase yeast growth, so perhaps wait until after you have been on the diet and other medications for a while. (Book 6 has a little more information about the amino acid taurine. It seems to be beneficial for many conditions related to dysbiosis.) Any magnesium deficiency should be corrected early since it is strongly associated with the development of mitral valve prolapse. [18] Coenzyme Q10 can be helpful.

Practice slow deep breathing. This may help with the panic attacks associated with the condition. Extending your abdomen with each breath tends to be more relaxing and should help get a panic attack under control more quickly. Also, try to control the hypoglycemia. To control the hypoglycemia, you need to support your thyroid and adrenals. I used to have the skipped heartbeats and occasional speed-ups and slow-downs of my heart. However, this stopped once I got some thyroid. I still have the floppy valve though. Please note that even though this is a “heart” condition, it is not a weak heart. You still need a reasonable amount of exercise. Other very valuable suggestions are in the booklet *Natural Therapies for Mitral Valve Prolapse* by Ronald L. Hoffman, MD. It is a bit technical, but it is an outstanding booklet. It is available from the Price-Pottenger Nutrition Foundation, website [www.price-pottenger.org](http://www.price-pottenger.org) and phone (800) 366-3748.

### ***Breathing Difficulties***

**Mrs. Generic:** Does anyone else experience breathing difficulties due to candidiasis? Do you get an itchy ear and throat?

**Lynn of Virginia:** Asthma was my first symptom of candida. Of course, I did not know it at the time. The doctors didn't either, because it took 12 doctors to finally get a correct diagnosis

and medications for asthma. I took the medicines for 10 years and finally quit smoking and went off them. I have an occasional problem but it is usually environmental. I suggest going to an allergist and preferably one who tests for allergy to candida. I was tested and treated. It has been the number one treatment that I have received for this inability to breath, itchy eared, swollen throat, stuffed up feeling.

I do believe that candida interferes with the bodies ability to use oxygen efficiently. Anything you can do to help with this...do! I found that aerobic exercise helps a lot and I have heard it mentioned that chlorophyll helps. I have tried it and feel that it is beneficial. Coenzyme Q10 is another supplement that I cannot be without for this. It has been proven that us candida people have a much greater need for magnesium. Magnesium will cure an asthma attack for me. I take it generously. I take Breathe Aid from Natures Way when I am really in trouble but prefer to “cure” it with magnesium, pantethenic acid and vitamin C.

Many of us have a somewhat hypothyroid condition and this also may contribute to this inability to breathe feeling. Best of luck finding a doctor to help you with this! First mention candida and then hypothyroid and...Whew! Get ready for the prescription for antidepressants and anti-anxiety. Ain't it fun to have something that only us other kooks believe in?

**Polly:** When serotonin is outside of the cells, it causes bronchial constriction. Unsaturated oils will cause serotonin to leak out of cells. Thus seed oils could be contributing to your asthma. So be careful and avoid excess use of these oils. Glycine counteracts many of the unwanted effects of serotonin. It might be worth a try. However, you would have to be very careful with it since last year you said that trimethylglycine would give you an asthma attack. Since glycine can

increase the growth of some pathogens, it might even be harmful for some people.

Recently, I attended a conference on probiotics. In one of the lectures, they were talking about how TNF (tumor necrosis factor) was a key player in both asthma and inflammation of the gut. By injecting just the DNA from probiotic bacteria, they were able to lower the TNF and relieve the asthma. This DNA treatment also reduces the inflammation of colitis. [19] (If you methylated the DNA, the treatment didn't work.) In contrast, subjecting the body to the LPS found in gram-negative bacteria, like *E. coli*, increases TNF and causes hyperreactivity of the airways. [20] Finally, we have a clue that may explain the connection between asthma and disrupted gut flora! This is also a clue as to why glycine is helpful and why excess serotonin is harmful in asthma. Glycine lowers TNF; serotonin increases TNF. [21] Since coconut and fish oil lower TNF, these might be helpful in the diet. [22]

Also make sure you have enough copper. Copper is needed to form enzymes that break down histamine and serotonin. Copper seems to be pretty important in some cases of asthma. Performing the Heimlich Maneuver once or twice a week keeps bronchi free of mucus and can reduce or eliminate the need for medications. However, you need to be taught how to do it properly so that you do not bruise yourself. Only a gentle smooth pressure is needed to expel mucous. The Heimlich Maneuver is also very effective in emergency situations. [23]

There is another remedy that I recently came across.

*“When test subjects with asthma took 250 mg of shark liver oil, three times a day, investigators reported complete recoveries after six months of treatment.”* [24]

250 mg of shark liver oil is a tiny amount. It would not be a big unsaturated oil load on the body. There are many places to purchase shark liver oil. Here is one place, [www.naturesdistributors.com](http://www.naturesdistributors.com) or phone (800) 624-7114.

(More information about glycine and serotonin's relationship to dysbiosis is in book 5 and 7.)

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**About Polly Hattemer, PhD — editor of *The Health Forum***

Polly Hattemer's formal education is a doctorate in System Science Engineering from UCLA. She has spent over 20 years working in the aerospace industry. Specifically, she analyzed and helped to design missile guidance systems, satellite sensors, and radar waveforms. This background perhaps explains the way she looks at health. Because of her systems engineering background, she is always looking for the interactions between different "systems" in the body. However, her perspective is just one of many that will be found in the *Health Forum* books.

Polly Hattemer used to have intestinal yeast overgrowth with the accompanying symptoms of migraines, food sensitivities, fatigue, brain-fog, and of course, intestinal upsets. Over many years, she accumulated information on how to get rid of these ailments and how to heal the damage left in its wake. Several years ago, she started chatting with others on the Internet about this problem. She discovered that the Internet was a vast resource of technical information and an interesting source of personal experiences. With the permission of her Internet friends, she recorded their personal experiences and organized them into the *Health Forum* books. She also added references to tutorial and technical articles.