

## **Candida Spit Test;**

\*spit first sputum of a.m. in glass of water (before you put anything in your mouth, including brushing teeth)

\*check water every 15 min—1 hour.

\*if you see strings like “legs”, cloudy saliva that sinks, or cloudy specks let me know during your follow-up visit

\*if there are no strings and the saliva is floating at the end of an hour let me know as well.

Please complete the Candida spit test 2-3 days before your next nutrition appointment with Dr. Carolyn and be prepared to discuss results at that time.

## **What is Candida?**

Candidiasis is a major contributing factor to the cause of:

Chronic Fatigue

Immune Weakness

Allergies

Systemic Degeneration

Candida Albicans is a negative yeast infection that begins in the digestive system and little by little spreads to other parts of the body. It is a strong, invasive parasite that attaches itself to the intestinal wall and can become a permanent resident of your internal organs. It may cause numerous health problems and discomfort for over 30 million men and women every day and it is estimated that many people have or will eventually have a moderate to serious Candida condition in their lives.

A yeast cell may produce over 75 known toxic substances that poison the human body. These toxins contaminate the tissues, weaken the immune system, the glands, the kidneys, bladder, lungs, liver and especially the brain and nervous system. Candida yeast can become so massive and invasive that it enters the FUNGAL form where it provides very long, root-like structures that penetrate the mucous lining of the gastrointestinal wall. This penetration breaks down the protective barrier between the intestinal tract and bloodstream, allowing many foreign and toxic substances to enter and pollute the body systemically. As a result, proteins and other food wastes that are not completely digested or eliminated can assault the immune system and may cause tremendous allergic reactions, fatigue and many other health problems. It also allows the Candida itself and bacteria to enter the bloodstream, from which it may find its way to other tissues, resulting in far-ranging effects such as soreness of the joints, chest pain, sinus and skin problems, etc. The results of an autopsy done on a lady who had died of heart failure for no apparent reason, found that her heart was encased with Candida yeast. Vaginal yeast infections are more prevalent today than ever, and they will never completely go away until the yeast has been cleared from the intestinal area. To make matters worse, Candida may be sexually encouraged from one person to another.

Candida covers the intestinal wall which chemically and mechanically interferes with digestion and assimilation of food nutrients. Many people, especially senior citizens, cancer victims and

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those with AIDS are wasting away for want of nutrition because they cannot absorb what they eat. Many people digest less than 50% of their food because the Candida creates a digestive conflict and robs them of their nutrition. Candida creates chaos in the intestines and diseases of which the doctors have little or no answer and can use only medicines to treat it. ALL IMMUNOLOGICAL WEAKNESSES AND INFECTIOUS CONDITIONS are made worse by the presence of Candida throughout the body.

The major waste product of yeast cell activity is acetaldehyde, or ethanol. Many people have low iron in their blood because iron is hard to absorb when Candida is present, and which deprives tissue of proper oxygen. Ethanol may cause excessive fatigue and reduces the strength and stamina which takes away ambition. It destroys enzymes needed for cell energy and causes the release of free radicals that encourages the aging process.

Candida Albicans can be an incredible destroyer of health and may be the main missing link in many of our modern day diseases and poor health. The fact that Candida can rob the body of its nutrition and poison the tissues with its toxins may be a major contribution, directly or indirectly to the following list of serious conditions:

The majority of people who have Candida may not realize they have it until they become seriously ill. The symptoms are so numerous and seemingly unrelated that it is very perplexing to both doctor and patient. Candida itself is not preventable and if you have this condition, there is a special way in which your body can be brought back into balance.

The presence of Candida and what it does to the body is common knowledge with health practitioners, but how to get rid of it is a guessing game and not understood by some doctors. If you can remove this parasite from your body using a natural approach, you will also remove negative effects and symptoms along with it. A Candida elimination program may help improve your digestion and most associated weaknesses including bloating, constipation, ulcers, colitis, colon problems, gas, chronic fatigue, aches and pains and many subtle, nagging health problems. Infections such as the common cold, Epstein Bar Virus, bladder infections, skin eruptions, etc. can be prevented or significantly improved along with less stress on the immune system, the glands and the nervous system. Reproductive organs can become healthier and infertility issues improved and food assimilation can be increased.

The Candida information is for health purposes only and is not intended to diagnose, treat or cure disease.

Statements have not been evaluated by the Food and Drug Administration. Products are not intended to treat, diagnose, cure or prevent any disease or their symptoms.

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## Possible Symptoms

While the symptoms in this section occur commonly in people with yeast connected illness, they may also occur commonly in people who do not have a candida yeast overgrowth.

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Adrenal/Thyroid Exhaustion	Puffy Eyes	Heartburn
PMS Symptoms	Vaginal Yeast	Infections
Poor Memory	Colitis	Thrush/Gum Receding
Bad Breath	Respiratory Problems	Hiatal Hernia
Hyperactivity	Menstrual Problems	Infections
Colds & Flu	Hormone Imbalance	Intestinal Pain
Gas/Bloating	No Sex Drive	Skin Rashes & Hives
Irritability	Allergies	Premature Aging
Mood Swings	Cold/Shaky	Dry Mouth
Indigestion	Dry Skin & Itching	Hemorrhoids
Lethargy	Low Blood Sugar	Finger/Toenail Fungus
Muscle Aches	Fatigue	Headaches
Ulcers	Cystitis	Over & Under Weight
Insomnia	Food Cravings	Over-all Bad Feeling
Chemical Sensitivity	Epstein Bar Virus	Depression
Constipation	Burning Eyes	Lupus
Endometriosis		Numbness
Diarrhea		

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