

**Total Yst Redux™**

by

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Yeast is a natural inhabitant of the mouth, throat, bowel, vagina, and skin. In healthy people, the yeast population is small and kept in balance by a strong, well-functioning immune system and by the presence of competing, friendly bacteria.

Many conditions are known to cause the yeast, *candida*, to multiply, and overgrowth causes many symptoms often confused with other diseases. Common symptoms include constipation, diarrhea, irritated bowels, stomach pain, headache, bad breath, rectal itching, mood swings, memory loss, enlarged prostate, canker sores, heartburn, muscle-joint pain, sore throat, coughing, numbness in the face, arms or legs, tingling sensations, night sweats, acne, severe itching, clogged sinuses, PMS, burning tongue, white spots on the tongue and mouth, chronic fatigue, vaginal itch or discharge, kidney and bladder infections, arthritis, depression, hyperactivity, thyroid problems, diabetes, athlete's foot, jock itch, hormone problems, intolerance of contact with rubber, petroleum products, tobacco, car exhaust fumes, chemical odors.

Our clinical practice has noted that fungal yeasts appear to feed off many heavy metals and infections improve when metal poisoning is taken care of. Others causes of yeast overgrowth are side-effects of cortisone, antibiotics, ulcer medicines, and the contraceptive "pill."

Eating too many sugary foods is the leading dietary cause. Poor diet, pesticide residues, preservatives, margarine, alcohol use, chemotherapy, and radiation, have also been shown to damage or destroy immune system cells and increase yeast overgrowth.

Yeast can change into fungal forms that penetrate the bowel. Yeast waste products leak into the bloodstream, resulting in food sensitivities, allergies, and symptoms of poisoning.

Avoid foods that encourage yeast to overgrow. Read labels and avoid sugars in all forms, most milk products, potatoes, most fruits except berries, fresh pineapple, and papaya. Avoid most grains. Avoid vinegar and foods containing molds such as cheeses, grapes, and mushrooms. Conventional meats, dairy, and poultry products can foster yeast overgrowth because of antibiotic residues.

Eat vegetables, fish, and gluten-free grains such as brown rice and millet. Wear cotton underwear when you have to wear underwear. Yeast infections are 3 times more common in women who wear nylon underwear than those wearing cotton underwear.

**Freeze Dried Lactobacillus Acidophilus** helps normalize and balance the bowel with by-products that kill harmful bacteria. Acidophilus also helps improve digestion, boost the immune system, increase resistance to infection, helps reduce gas, bloating, and other poisons produced by overgrowth of yeast. It creates an environment that discourages yeast.

**Caprylic Acid** is a saturated fatty acid that discourages fungus.

**Citrus Seed Extract** helps rid the body of a broad spectrum of harmful yeast, fungus, bacteria, and virus.

**Garlic** helps discourage yeast, fungus, parasites, bacteria, and virus infections. It has special carbohydrates that are indigestible by humans, but support the growth of beneficial bacteria. Garlic stimulates the immune system by activating natural killer cells.

**Berberis Aquifolium** helps fight *candida* overgrowth, helps normalize the bacteria in the bowel, helps digestion, helps stop diarrhea, and helps stimulate the immune system by increasing blood supply to the spleen.

**Aloe Vera** is an antifungal herb. *Caution: Aloe should not be taken during pregnancy, as it has been known to induce menstruation.*

Compliments Of:

References for all statements are available from Nutri-West, call 307 358 5066

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