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Dear Customers

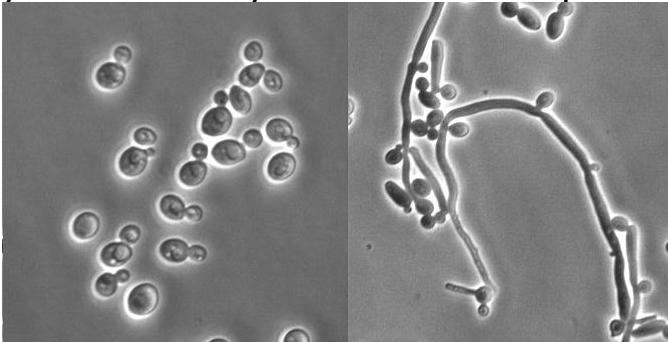
In this Issue: Health Tips for Candida

Candida

Candida albicans has been blamed for a lot of problems and indeed it can be the cause of many. It can cause anything from M.E. to headaches and of course bloating.

If you have a Candida problem it will usually start with gut problems and it can spread from there. The first signs of a gut infested with an over growth of Candida are bloating and lots of inoffensive gas. This is usually much worse after carbohydrate rich foods. There is usually a lot of attention paid to diets containing sugar and how bad they are for Candida. However you must remember that all starchy foods are broken down to sugars; that is the whole point of digestion. So these foods too will provide the sugar Candida likes. There is a school of thought that complex carbohydrates are better!!

The thing is that you eat and you will therefore inevitably ingest more Candida, your immune system needs to stop this happening in the first place.



Picture of Candida

So how do you get rid of it?



If you have had it a long time then you will need to give yourself a long time to get rid of it as it can develop in to a mycelial form which pervades the tissue of your gut. So restrict your intake of simple sugars for a while. Then take 3 doses of Maximised Caprylic acid (one after each meal). You will need to do this for about 12 weeks to be sure you have quietened down the over growth of yeast. You should notice you become less gassy and bloated if not - you may want to look at my IBS information.

[Goto GoodVitality.com](http://GoodVitality.com) and search for code 550 Caprylic Acid

So you are killing the Candida off, but you need to replace it with a healthy

ecosystem of organisms. This is best done by a non-dairy form of multiacidophilus. This powder can be sprinkled on to any cold food or drink. Use 3 half teaspoons per day, one after each meal.

[Goto GoodVitality.com](http://GoodVitality.com) and search for code 1786 Multiacidophilus



Oral Candida or thrush

This is typified by a white tongue; often the throat and tonsils can become involved. Some of the inhaler type drugs can cause this problem. You may want to change your diet too, eating too much acid food will help the Candida thrive.

What to do

Use a colloidal Silver spray in your mouth three times per day. It is best to use it after eating.

[Goto GoodVitality.com](http://GoodVitality.com) and search for code 5127 Colloidal Silver Spray



Vaginal Thrush

The contraceptive pills can often make you more prone to thrush. Again change your diet to more alkaline foods.

What to do?

Use Colloidal Silver gel three times per day. You can use it more regularly if the symptoms are bad. Some customers have reported that they have used it hourly.



[Goto GoodVitality.com](http://GoodVitality.com) and search for code 5131 Colloidal Silver syringe

How to prevent it!!

Firstly, as I have said before you need to change the diet to more alkaline foods. Here is a link to the Alkaline diet I have used for 20 years.

chrishyslop.com/pdf/alkalinediet.pdf This will help to keep the problem away.

Also for a while try to avoid all the foods that come covered in or rich in other yeasts - as this will help the Candida thrive too. Foods like grapes, plums, fermented products such as beer wine and bread!!!

Boost you immune system

1. Zinc helps you thymus gland produce white blood cells and in studies has been shown to speed recovery from infections. Take one tablet after your main meal of the day.

[Goto GoodVitality.com](http://GoodVitality.com) and search for code 3725 Zinc Picolinate



2. Echinacea, will make your white blood cells more aggressive and so speed up recovery. Take 3 capsules per day, one in between each meal.

[Goto GoodVitality.com](http://GoodVitality.com) and search for code 3870 Echinacea



Also available as Echinacea tincture, which can be added to a little water. Take 20 drops 3 times a day in between each meal.

[Goto GoodVitality.com](http://GoodVitality.com) and search for code 7029 Echinacea Tincture



Prevention

Remember if you eat you will be eating Candida on certain food it is inevitable. So you need to keep on top of it. Just because you have got rid of it does not mean it can not come back. If you do not change what made you susceptible to it in the first place it is more than likely to re-occur.

Latest Video on Candida



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