

## **CANDIDA YEAST INFECTION (The Great Mimicker)**

A whopping 80% of the people I see in my practice have the health condition known as candida yeast infection. This infection, also known as candidiasis, produces a wide range of ailments including fatigue, weight gain, headaches, joint pain, indigestion, bloating, back pain, menstrual problems, rashes, etc. But, the main symptom is a distinct lack of energy or fatigue, and often spacey mental states when it migrates to the brain.

Because candida shows symptoms that might lead doctors to believe it is something else, I have called it the **great mimicker**. Doctor after doctor has treated candida as if it were something else, from acne and ear infections, to allergies, stress, metabolic imbalance, to simple indigestion. Even though all or any of these symptoms could be present with candida, by not addressing the real cause of the problem, candida and a compromised immune system, the treatment will always fall short and the problem will continue to get worse.

Often people invest a lot of money and time trying different specialists, only to discover the underlying problem is an overgrowth of yeast that is now an infection. And to add insult to injury the general treatment that is used to treat these symptoms (antibiotics) make the situation worse because it is one of the causes for the yeast overgrowth.

### **Recovery**

Common white sugar has been found to increase candida yeast in mice 200-fold. Today, we eat more sugar than in previous generations. So, one the major keys to treatment is finding substitutes for foods that yeast thrive on—those made without yeast and sugar, primarily. And now we know that high carbohydrate foods, such as, breads, pasta, potatoes, carrots and corn turn into sugar immediately, thus contributing to the candida problem. So, a candida diet is required in the beginning in order to stop feeding the overgrowth you are trying to eliminate.

To speed up the recovery from this yeast infection there is a remedy that is specific for eliminating the overgrowth and detoxifying the system from the die off. This remedy is known as OXY-MAG and is oxygen therapy in capsule form. Also, it is important that we add good bacteria into the digestive tract, such as a good probiotic that is loaded with high concentrations of Acidophilus, Bulgarios, etc. I use a product called Fight-Bac.

### **Psychology**

As with all dis-eases there is an accompanying psychological pattern. In the case of candida the psychological patterns are: *feeling at the mercy of others; frustration in the extreme, anger at life situations and not feeling in control of one's life*. If you look at what the condition of yeast infection brings to the body, you see the psychological. In this case the CANDIDA is the **others**, and is the physical manifestation of the psycho-logical state.

We are the generation born under the threat of the bomb, the assassination of our dreams, as in JFK and Martin Luther King, the control of our lives through more taxes, parents, etc., etc. But, we are also the generation that broke from tradition, sought independence, a different spirituality, less controls, etc. For this reason, those of us who are not willing to accept this candida situation are seeking cures so we can be free from these controls. The old saying applies big time here—AS ABOVE, SO BELOW. In order to affect a total cure of candida we must change our headset as much as we need to use natural physical remedies.

If you would like more information on Oxy-Mag, and an audiotape with more information about candida (which includes the fox & rabbit story) please send \$10.00 to the address below. If you would like to order a 180 capsule bottle of Oxy-Mag (a 1 mo. supply) please send \$30.00 plus \$5.00 shipping & handling to the address below. Add \$10.00 if you would like the audiotape & information. If you would like to order a 100 capsule bottle of Fight-Bac (a 1 mo. supply) please send \$15.00 to the address below.

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