



**SEATTLE NATURAL HEALTH** LLC

CHIROPRACTIC AND NATUROPATHIC CLINIC

David Ramaley, N.D., D.C., D.A.C.N.B. and Laurie McQuaig, D.C., D.A.C.N.B.

## **CANDIDA ALBICANS**

### **What is candida or candidiasis?**

Candida albicans is a naturally occurring part of our intestinal flora, which under normal conditions does not produce health problems. However, many factors may disturb this balance such as chronic stress, antibiotics, poor diet, steroid therapy and birth control pills. When candida grows beyond its normal limits, it creates an imbalance in our digestive system creating lots of inflammation. Some symptoms of candida overgrowth and food allergies are fatigue, brain fog, sinusitis, joint and muscles aches, headaches, itching, indigestion, yeast infections and irritability. It is difficult to measure just how many people suffer from this condition, but many authorities agree that it is a much larger problem than conventional medicine recognizes.

### **How do I get rid of candida?**

To regain balance of our gut flora and reduce candida we recommend nutritional, herbal and homeopathic supplementation as well as dietary modifications. The following dietary modifications should be followed for at least three weeks.

- Avoid all refined or processed carbohydrates. Sugar feeds candida and allows it flourish. A moderate amount of natural sugar such as honey or pure maple syrup is fine. Whole fruits are also fine in moderation but should be limited to berries and just ½ cup a day.
- Avoid wine and beer. These beverages contain lots of yeast and sugars and can aggravate an overgrowth of candida.
- Increase your vegetable intake. Raw, steamed or lightly grilled vegetables are best.



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- Increase your protein and fat intake. These foods help balance your blood sugar levels.
- Strictly avoid all breads, pastas and grains as they can make the candida much worse.

Often just following a dietary regime will not be enough to get rid of the candida. We recommend one or more of the following products:

- *Candibactin AR*: A blend of herbal extracts and oils that provide potent antioxidant and anti-fungal support while promoting healthy digestion and intestinal vitality.
- *Candibactin BR*: A blend of berberine sulfate with a variety of root extracts that together promote a healthy microbial intestinal balance and a calm digestive tract.
- *Formula SF722*: An extract of castor bean oil called undecenoic acid that has been shown to have strong anti-fungal and anti-microbial properties.
- *Fungal homeopathic*: A homeopathic remedy, valuable in lowering your sensitivity to candida and helping with detoxification.
- *Undecyn*: An extract of castor bean oil with the addition of berberine.
- *Total Yeast Redux*: Contains oregano, garlic and other anti-fungal herbs.

### **Do I need additional nutritional support or herbal support during this time?**

You may need additional support for your liver and colon to help detoxify and rebuild these organs after prolonged stress. Often people



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will develop what is called leaky gut and it is important to help heal this. We often recommend:

- *Ultra Flora Plus*: Supplies highly viable, pure strains of *Lactobacillus acidophilus* and *Bifidobacterium infantis* to help promote the activity of helpful intestinal bacteria, while inhibiting certain opportunistic microorganisms.
- *Lipo-Gen*: Features nutrients including amino acids, vitamins and herbs to encourage effective liver function and detoxification.
- *UltraClear*: A detoxification program that provides a thorough detoxification of the liver and colon.
- *Total Leaky Gut*: Numerous herbs and nutrients that help reduce inflammation in the colon.
- *Intestinal Repair Complex*: Contains licorice and other herbs and nutrients to heal the lining of the gut.

### **What can I expect during the anti-candida regime and how long will it take?**

Quite often as the candida dies off and releases a toxin, you may have an exacerbation of your symptoms and actually feel worse for a few days. These effects can be minimized by drinking lots of filtered water and doing light exercise like walking to maintain proper lymphatic flow in your body. Everyone is different, so the time it takes to heal may vary. You should start to notice a change in your symptoms within one to three weeks. You may also find it difficult to maintain a diet like the one prescribed above for three weeks, but the more you adhere to it, the quicker your recovery. At the end of three weeks you should be able to go back to eating most foods without any adverse reaction.



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If you find it takes longer to feel better, do not discourage. Remember, it probably took years to develop the health problem you have now so it may take more than just a few weeks to get better. If you have any questions, please feel free to ask us. You are taking a big step toward wellness.