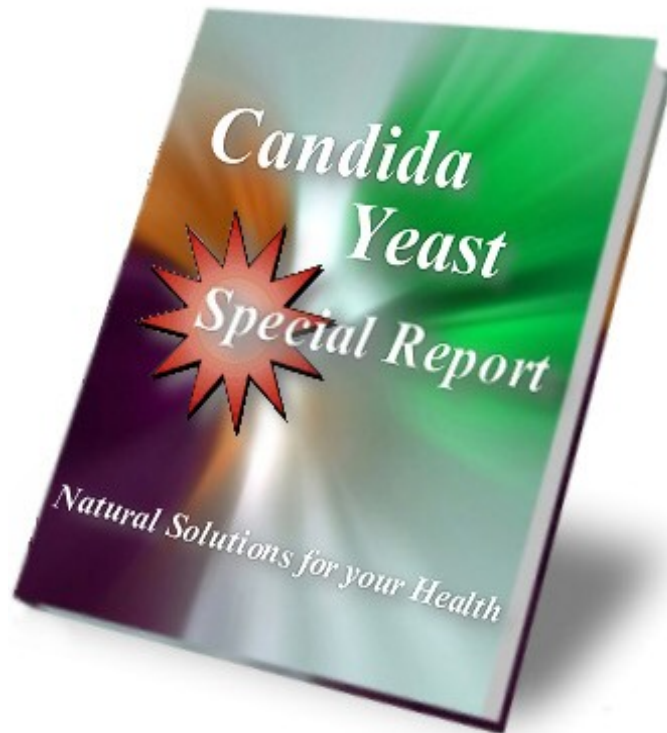


# Candida Yeast Special Report



**Presented by Tony Saldin**

**© 2007 Claire Poulton All Rights Reserved**

**[Contact Tony Saldin](#)**

## Table of Contents

<b><u>About The Author</u></b> .....	3
<b><u>Introduction</u></b> .....	4
<b><u>Legal Information</u></b> .....	5
<b><u>Candida Yeast Self-Test</u></b> .....	6
<b><u>Candida Yeast Self-Test</u></b> .....	7
<b><u>What is Candida Yeast ?</u></b> .....	8
<b><u>Conditions and Symptoms of Candida Yeast</u></b> .....	10
<b><u>What Causes a Candida Yeast Infection ?</u></b> .....	11
<b><u>Sugar and Processed Food</u></b> .....	11
<b><u>Prolonged Stress</u></b> .....	11
<b><u>Antibiotics</u></b> .....	11
<b><u>Incomplete Digestion</u></b> .....	12
<b><u>A Good Digestive System</u></b> .....	13
<b><u>Natural Ways To Combat Candida Yeast</u></b> .....	14
<b><u>Dietary and Lifestyle Changes</u></b> .....	14
<b><u>Beneficial Health Resources</u></b> .....	15
<b><u>Probiotics</u></b> .....	15
<b><u>Prebiotics</u></b> .....	15
<b><u>Digestive Enzymes</u></b> .....	16
<b><u>Pure Unaltered Water</u></b> .....	17
<b><u>Special Offer</u></b> .....	18

## About The Author

My name is **Claire Poulton**. I've been on the Internet for approximately 5 years. More



important, though, is that I have been studying Health and Nutrition for over 27 years. The information in this Report is the result of a LOT of research, reading, and disseminating fact from fiction.

I am 63 years old. I have 5 grown children, and 8 grandchildren. I live on 10 acres in the Ozark Mountains in SW Missouri. I have no chronic health challenges, and I lead an active life on the Internet teaching web and graphic design via live on line conferences.

I do NOT believe in the “Status Quo”. In other words, if things don't seem right, I search out answers, truths, and reasonable explanations as to "Why Things Are Going Wrong". That's just my nature. With the recent epidemic growth of chronic disease, criminal activity, and anti-social behavior, there has to be an underlying cause.

For those reasons, and those reasons alone, I am writing this first of many health-related E book Reports in the hope that more disillusioned people will gain some knowledge and understanding that the “Status Quo” is NOT all right..

This Report is the result of my personal experience with this problem. Not satisfied with recurrent infections and accompanying painful symptoms, I just had to find out why I kept getting sick.

I sincerely hope that you gain some enlightenment from this Report. If so, I will be satisfied. Please share your experiences with me.

Yours truly,

*Claire Poulton*

[Contact Tony Saldin](#)

## Introduction

It's estimated that 85% of Americans have a **Candida Yeast** infection. Most people don't realize that they have a **Candida Yeast** overgrowth.

Any number of symptoms and ailments can be caused by **Candida Yeast** overgrowth. It's often not properly diagnosed due to the refusal of “Mainstream Medicine” to fully acknowledge **Candida Yeast** overgrowth as a cause of chronic and degenerative conditions.

**Candida Yeast** occurs when the immune system is impaired by our lifestyle and diet. It's extremely difficult to get rid of **Candida Yeast**. It's so difficult to treat that some health care practitioners agree that some forms of cancer are easier to eradicate than **Candida Yeast**.

### Information Included in this Report

- A quick quiz to self-determine what may have caused an infection
- How to perform a simple at-home test to determine if you have **Candida Yeast**
- What is **Candida Yeast**?
- The conditions and symptoms of **Candida Yeast**
- What causes **Candida Yeast**?
- The importance of a healthy digestive system
- Natural Ways to Combat **Candida Yeast** infections
- Support Resources that will help you become healthy

This Report will not be a Medical Journal filled with long, hard to understand words. It's an overview and introduction to a condition which afflicts many people. The easier it is to get a basic knowledge of how this condition starts, the symptoms, and helpful remedies, the more likely you will be to take the first steps to rid yourself of **Candida Yeast** Infections.

*Claire Poulton*

## Legal Information

### Your Rights to this Report

- You may give it away
- You may sell it
- You may distribute through auctions and giveaway sites
- You may bundle it with other products as part of a package
- All Members of my GHS Team will receive their own replicated copy of this Report with their own product links embedded in the source code

### You may NOT

- Claim this as a product of your own creation
- Distribute through the use of SPAM or Unsolicited Email
- Change any of the content

Thank you for your co operation !

*Claire Poulton*

### Medical Disclaimer

This Report has been written based on my own personal experiences. Any product or information in this Report is not intended to diagnose, treat, cure or prevent any disease. The information and opinions contained in this Report do not replace or substitute for the advice of a practicing medical doctor. Please consult your physician before beginning any new diet, supplement regimen or exercise program. Your use of this Report is entirely at your risk - the Report is provided "as is", and we disclaim any and all responsibility for the accuracy, timeliness, and completeness of the information contained in this Report. We will not be responsible for any loss or damage suffered by you or anyone else in connection with this Report or the information contained in it.

## Candida Yeast Evaluation Quiz

Answer each one of the following questions with Yes or No.

1. Do you experience regular fatigue and/or muscle aches and pains?
2. Do you have food sensitivities or food allergies?
3. Have you experienced nail fungus, athlete's foot or jock itch?
4. Do you have recurrent vaginal yeast or bladder infections?
5. Have you taken broad spectrum antibiotics-even for one period?
6. Do you have bad breath, smelly feet, or bad body odor?
7. Do you commonly have gas and bloating, diarrhea or chronic constipation?
8. Do you crave sugar, bread, pasta, or anything made from refined white flour?
9. Have you taken birth control pills for 6 months or longer?
10. Do you experience headaches, migraines, or diminished thinking capabilities?

If you answered Yes to 3 or more of the above questions, you may have a **Candida Yeast Infection**

This quiz is to be used as a General Guide to determine the likelihood of the presence of Candida Yeast. It is in no way meant to confirm a positive diagnosis. The questions above are a starting point to help you understand how a Candida Yeast infection can have many causes and generate many different symptoms in those who have reported having a Candida Yeast infection.

On the next page is a simple Home Self Test that you can do to determine if you have a Candida Yeast Infection. This is a more definitive test to detect Candida Yeast.

## Candida Yeast Self-Test

1. First thing in the morning before you put anything in your mouth, get a clear glass of water
2. Work up some saliva and then spit into the glass of water.
3. Check the water every 15 minutes or so for up to one hour
4. If you have a **Candida Yeast** infection, you will see strings (like legs) traveling down into the water from the saliva floating on the top, or "cloudy" saliva will sink to the bottom of the glass, or "cloudy" specks will seem to be suspended in the water.
5. If nothing develops in an hour, you are probably Candida Yeast free
6. However, most people fail this simple spit test. Often almost immediately, or within a few minutes, strings and/or cloudiness develop or sink to the bottom.

If you have taken this test and it proves you're Candida Yeast infection positive, you have a few choices:

- You can ignore the problem and hope it goes away.
- You can try to alleviate the symptoms with expensive pharmaceutical drugs.
- You can try the "Candida Diet" and eat bland, tasteless food.
- You can try Natural Proven Effective methods referenced in this Report

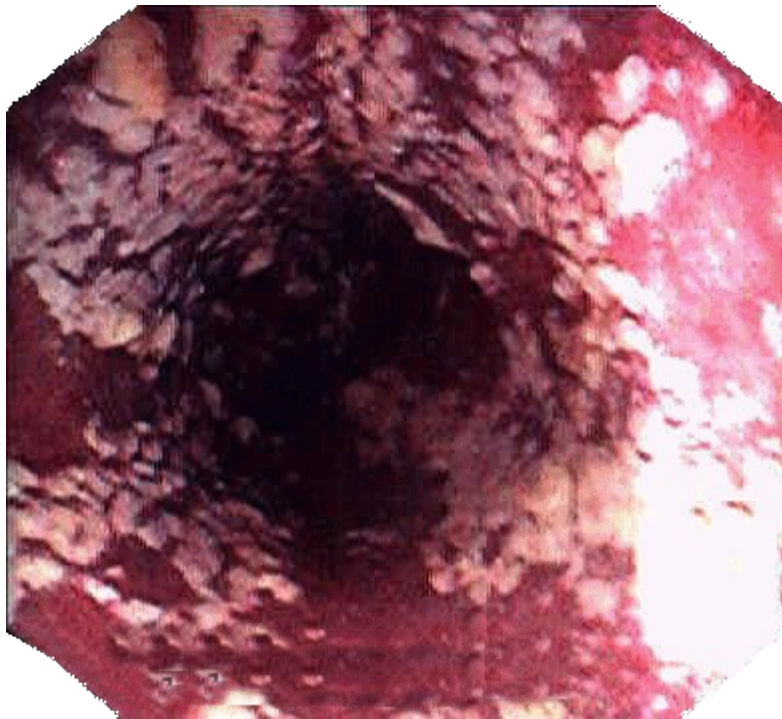
What really needs to be done is remove the root cause of the problem by replacing the "bad" bacteria in your system with the "friendly and healthy" bacteria nature provided us with.

More information regarding the importance of a healthy digestive system will be discussed later in this E book Report.

## What Is Candida Yeast ?

**Candida Albicans** is the most common yeast found in the human body. Yeast is one of many types of micro-organisms normally found in the human digestive system. In a normal healthy digestive system Candida is virtually harmless only being one yeast cell per million healthy bacteria cells in the intestines. It's only when this delicate balance is upset does Candida Yeast begin to grow and multiply.

As **Candida** grows and multiplies, it mutates into a fungal form that grows roots and secretes acids. Candida produces over 70 known toxic acids as a by-product of their digestive process. The roots, with the help of these acids, puncture the protective mucous lining of the digestive tract.



**Endoscopic View of Candida Yeast In the Intestines**

This condition is referred to as “**leaky gut syndrome**”. With the protective mucous barrier now penetrated, any digestive contents small enough to fit through the hole can travel out and into the bloodstream and lymphatic system. Bacteria, yeast, undigested food particles, toxins and fecal material are now free to leak through the protective mucous barrier into the bloodstream.

**Candida** produces an alcohol called *ethanol* and another by product called *acetaldehyde*.

*Ethanol* produces an intoxicating effect in the blood if the count level is too high. When yeast has a food source like white sugar or white flour products, *ethanol* will be produced rapidly.. In severe cases it produces much more than the liver can oxidize and eliminate.

*Acetaldehyde* is related to formaldehyde. *Acetaldehyde* disrupts collagen production, fatty acid oxidation and blocks normal nerve functions. Basically it interferes with normal functions of the entire body and is a severe problem

**Candida Albicans** is a parasite. Parasites are organisms that live by feeding on another organism (the host) and produce harmful effects for that host. Candida is a parasite in the human body that eats nutrients found in an unhealthy digestive tract.



**Candida Yeast In The Mouth – Thrush**

## Conditions And Symptoms Of Candida Yeast

**Candida Yeast** overgrowth is a condition that can cause a great number of symptoms and illnesses. It's often overlooked because “Mainstream Medicine” refuses to fully acknowledge Candida Yeast overgrowth as a cause of serious health issues as shown below:

- Arthritis
- Autism
- Chronic hives
- Cold Hands and Feet
- Depression
- Digestive disorders
- Fatigue **Chronic Fatigue Syndrome**
- Food and environmental allergies
- Headaches **Migraines**
- Hyperactivity **ADHD**
- Hypoglycemia
- Impotence **Known as ED**
- Insomnia
- Irritability
- Learning difficulties
- Memory loss
- Menstrual problems **PMS**
- Muscle pain **Fibromyalgia**
- Respiratory problems **Asthma**
- Sexual dysfunction
- Short attention span
- Skin problems **Boils and Rashes**
- Suicidal depression
- Thyroid failure
- Bladder Infections
- Vaginitis **Vaginal Yeast Infection**

This partial list could merely be the tip of the iceberg in the ever-growing list of illnesses that “Mainstream Medicine” tries to “Cure” with drugs and pharmaceuticals.

These conditions never get cured because “Allopathic Medicine” (medical treatments which only alleviate symptoms) does not attempt to discover the root cause of illnesses, ailments and conditions.

## What Causes A Candida Yeast Infection ?

### Sugar and Processed Food

First and foremost we have to consider the *Typical American Diet*. We consume way too much sugar, white flour and other processed “food”, A diet high in processed food is just what **Candida Yeast** thrives on.. Candida depends on sugar, and our *Typical American Diet* of highly processed food is high in refined sugar.

On the other hand, Good Bacteria need a diet high in unprocessed foods to thrive. A diet which consists of mainly highly processed food lacks the nutrients and fiber needed by Good Bacteria to thrive in the intestines. *Sugar cravings are a sign that Candida Yeast has taken over.*

### Prolonged Stress

Prolonged stress can lead to a Candida Yeast overgrowth. Under prolonged stress, the body directs its resources to the brain and the muscles, rather than fighting infection and properly digesting food. Infection and poorly digested food are breeding grounds for **Candida Yeast**. Our modern world has inundated us with constant stress like financial problems, personal relationships, and job-related situations. Low-immunity and poor digestion are common problems that lead to Candida Yeast overgrowth for many people.

### Antibiotics

Antibiotics are indiscriminate. When taken, they destroy not only harmful bacteria, but the Good Bacteria as well. Antibiotics have no effect on Candida Yeast, so once all the good bacteria have been killed by Antibiotics the Candida Yeast is pretty much free to multiply and take over our intestinal tract. Antibiotics are devastating to the immune system, so avoid taking them, unless absolutely necessary and prescribed in a life-threatening situation.

## Incomplete Digestion

Incomplete digestion of food material also contributes to Candida Yeast overgrowth. Food that has not been properly broken down will ferment and rot in the digestive system. Decaying, rotting material is the perfect food for Candida Yeast and harmful bacteria. Just like mold and fungus in nature, **Candida Yeast** in the digestive system eats dead and decaying material. Incomplete digestion is caused by *Enzyme* and *Hydrochloric Acid* deficiencies.

*Enzyme* Deficiencies are the result of eating over-processed, pasteurized food and food which has been heated to a temperature of over 108°F (natural food enzymes are killed at this temperature).

*Hydrochloric Acid* deficiencies are caused by use of Antacids to relieve heartburn (caused by a lack of enzymes in food and dehydration) and Proton Pump Inhibitors which neutralize *Hydrochloric Acid* – HCl. Proton Pump Inhibitors are prescribed to alleviate Heartburn and Acid Reflux, irrespective of the fact that HCl is required for the absorption of nutrients, particularly *Calcium*.

**T**here may be no greater health problem facing the West than the over-consumption of sugar – glucose, sucrose, fructose, lactose (anything ending in “ose”) We love candy, sugar, sweet drinks and rich carbohydrate products. Just by co-incidence these are the same heavily commercialized products that make us *Obese*, cause *Heart Attacks*, *High Blood Pressure*, *Strokes*, *Diabetes*, impair our *Immune Systems* and cause many other conditions such as Candida Yeast Overgrowth.

All these conditions are treatable by expensive medicines and medical specialists; much to the delight of Pharmaceutical Drug Pushers and Physicians who consider the “Bottom Line” more important than the physical well-being of their patients.

**There is NO Money to be made by Curing Chronic Disease.**

## A Good Digestive System

The process that occurs in our digestive system is probably one of the least understood processes in the body. This unseen process performs the extraction of nutrients in food after it leaves the stomach. It progresses through both the small and large intestine , and eliminates unwanted, dangerous toxic materials. When the intestinal tract is healthy, good bowel movements, healthy vitamin and hormone production, and a long and growing list of other important health benefits are realized. .

The diet of the average North American consists of food that is over processed, low in fiber, and high in refined sugar. We also consume large amounts of red meat, dairy products, and wheat.

According to a 1977 Journal of American Medical Association article, this kind of diet results in fewer Good Bacteria in the intestinal tract. Furthermore, many of us eat too much, too often, and we mix too many different kinds of food at the same meal.

These and other factors can cause a thick coat of mucus and impacted food residue, which combines to form on the walls of the large intestine. Not only does this encrusted matter contribute to further dysfunction of the colon, but, according to *Bernard Jansen, D.C.*, in his boldly illustrated book, “Tissue Cleansing through Bowel Management”, disease actually begins here because toxins are absorbed to cause malnutrition of our body cells while absorption of nutrients is prevented.

**Candida Albicans**, a normal inhabitant of a healthy colon, prefers to live in this toxic filth where it is warm, putrid, and lacking in oxygen. Consequently, this family of yeast does well in most colons.

Most “Mainstream Medical” physicians will tell you it's perfectly normal to have three bowel movements a week. The truth is that for each meal you eat there should be an accompanying elimination of the waste material from that food..

## Natural Ways To Combat Candida Yeast

For a lot of people this is going to be a huge challenge at first. I can see the biggest stumbling-block is going to be withdrawing from sugar cravings. Once the **Candida Yeast** starts dying off, and the Good Bacteria are restored, those cravings for sugar and refined carbohydrates will diminish, *leaving you feeling better than you have felt in a long time.*

### Dietary and Lifestyle Changes

1. Eliminate foods that encourage yeast growth. Eliminate refined carbohydrates like wheat, rice and sugar. Eliminate fruit and fruit juices at first. Avoid alcohol, coffee, tea, even the decaffeinated teas and coffees. Especially avoid **all forms of SODA**. Diet Sodas loaded with Artificial Sweeteners are worse than Regular Soda due to the toxicity of *Aspartame*. Cheese is another food to avoid due to fat content.
2. Eat lean protein and vegetables. Eat as many raw vegetables as you can and chew well to aid in proper digestion.. Granny Smith apples are the only occasional fruit permitted because of their low sugar content. Avoid **Corn, Potatoes and Yams**. These foods are very high in sugar content.
3. Increase fiber intake to 30-40 grams per day. Fiber absorbs toxins in the digestive system and prevents their absorption into the bloodstream.
4. Drink pure clean (not altered) water. You should drink in ounces, half your body weight of pure clean water.. In other words: If you weigh 150 lbs., drink 75 ounces of water daily.
5. Eliminate the use of non-steroidal anti-inflammatory drugs, Aspirin, Tylenol, Advil, antacids, steroids, immune suppressing drugs and oral contraceptives (after consulting with your health care provider or physician).

## Beneficial Health Resources

### Probiotics

Probiotics are not drugs, but rather living organisms that you transplant into your digestive tract. It is necessary to take the treatment regularly. Each time you do, you reinforce the beneficial bacterial colonies in your body, which may gradually push out harmful bacteria and yeasts growing there.

The downside of using a living organism is that Probiotics may die on the shelf, or will grow mold, causing even more Candida Yeast to flourish.

The ONLY Recommended Probiotic Product that WILL NOT die on the shelf, and absolutely WILL NOT grow mold is **Total Immune Booster™** (see below)

### Prebiotics

Prebiotics are food that is readily absorbed by Probiotic organisms. Prebiotics aid in the growth of Good Bacteria in the digestive system. An example of a prebiotic is the active compound in Garlic – Allicin.



### Total Immune Booster

- **Living Grains** – Over 100 Mutually Exclusive beneficial bacteria
- **Allimax™** – The Patented form of Allicin the active substance in Garlic
- **Beta Glucan™**
- **Chinese Wolfberry (Goji),**
- **Swedish Flower Pollen,**

## Digestive Enzymes

Digestive Enzymes are plant-based enzymes that are lost during the processes of Manufacture, Storage, and Cooking at temperatures above 108°F. There are a lot of ineffective Digestive Enzyme Products available. When choosing the right Digestive Enzyme, the dosages should be measured, not in Milligrams, like most Digestive Enzymes but in **Standards of Measure**.

Make sure when you buy a **Digestive Enzyme Complex** that the **Standards of Measure** is used. Digestive Enzymes are NOT measured in Milligrams. **PhytoBioForte Super** contains enzymes using the **Standards of Measure** and have the most potency of any **Digestive Enzyme Complex** available on the Market anywhere.

### PhytoBioForteSuper



- Protease 120,000 **HUT**
- Amalaysse 18,000 **SKB**
- Bromelain 1,500,000 **PU**
- Invertase 225 **Sumner**
- Lipase 8,000 **LU (800 FIP)**
- Cellulase 1050 **CU**
- Lactase 225 **ALU**
- **Ionic Trace Minerals 20 mg**

European Oncologists (physicians whose specialty is cancer) have included enzyme therapy as a natural, nontoxic therapy against cancer, and almost all leading alternative cancer specialists treating Americans prescribe both food enzymes and concentrated enzyme supplements. Digestive Enzymes will help digest food, and take the strain off your digestive system, enabling the Good Bacteria to grow and flourish.

## Pure Unaltered Water

Most people today do not drink enough water. With the availability of beverages on the market, we have been deluded into thinking that ANY beverage that is liquid will quench thirst and hydrate cells.

Nothing could be further from the truth. Any liquid that has been “altered” in any way such as adding minerals, ions, oxygen, and by spinning, the water into some unnatural state is not going to hydrate your cells, which is the **only function of water**. These altered forms of water will Dehydrate you even further.



**The only recommended source of water:**

### M-Powerment Water

- pH Level of 7.2. Any pH value above that which is normal for water found in nature will cause dehydration
- Produced from mountain springs in the Cascade Mountains of Oregon State
- Tested and researched for over 6 months by *Fenestra*, it was the ONLY water product that hydrated the cells and produced health benefits
- Only 2 capfuls of **M-Powerment Water** will transform One Gallon of Ordinary Tap Water (no chlorine) to pure natural water with properties found in nature 1,000's of years ago

Drink lots of water. At least half your body weight in ounces of water. For example if you weigh 150lbs, you should drink at least 75 ounces of water every day.

Drinking water along with the dietary changes will definitely speed up the removal of **Candida Yeast** from your system.

## Special Offer

You can save a substantial amount on product purchases if you become a Regular Member of [Greenwood Health Systems](#)

All members of my **Greenwood Health Team** receive this, and any subsequent E-Reports absolutely FREE of charge..

Here's what's included:

- Your own personalized copy of this E-Report embedded with all your GHS Product links.

If you have any questions or need further information about the contents of this E-Report or about Greenwood Health Systems, please contact me by the email link below

Thank you,

*Tony Saldin*

[Contact Tony Saldin](#)