



Hare's To Your Health

Nutri-West Blue Ridge

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Back to the Basics: Yeast-Related Health Problems

Many Physicians who have made the transition from a conventional to integrative medical practice have done so as a result of having seen a patient who feels “terrible all over” and for whom conventional medical testing can find nothing wrong. “All your tests are normal” can be discouraging words for such a person to hear. Adding insult to injury, patients are apt to be told that their condition is due to “stress.” The doctor who believes that the patient’s symptoms can be caused by something other than a psychological disorder may eventually diagnose candidiasis as a result of his willingness to think outside the box.

Candida albicans is the king pin of yeasts (molds) that affect health. It is an opportunistic organism, preying on cells weakened by frequent courses of antibiotics or prednisone (cortisone), overexposure to environmental molds, excess alcohol (especially yeast-derived beer and wine), birth control pills, and a diet high in sugar and processed foods. Like other molds, *C. albicans* loves a warm, dark, damp environment, making the colon particularly vulnerable to its overgrowth. *Candida* and other molds are responsible for ailments including athlete’s foot, thrush, chronic sinusitis, jock itch, yeast vaginitis, asthma, allergy, fatigue, numerous gastrointestinal symptoms, toenail fungus, sensitivity to cigarette smoke, and mood disorders, including depression.

Candidiasis can co-exist with other diseases such as diabetes, autoimmune diseases, and various gastrointestinal ailments. Candidiasis can be life threatening to a person with diseases that severely compromise immune function, such as Acquired Immune Deficiency Syndrome (AIDS), but it more typically compromises the quality of life for its sufferers, who end up with symptoms of fatigue, irritability, brain fog, being run down, difficulty concentrating, bloating, gassiness, constipation, diarrhea, abdominal cramps, and achy muscles and joints. The neurological symptoms resulting from candidiasis are likely due to the more than 300 known mycotoxins that are generated and circulate through the bloodstream during the life and, especially, the death of *C. albicans*.

Candidiasis and related symptoms, include food allergies, PMS, lowered immune reactions, lethargy, headaches, and overall sick feeling; candidiasis caus-

es a toxin overload that can be manifested in a lot of different diseases. Candidiasis doesn’t develop overnight, and its treatment similarly must often be sustained for a long period of time.



In-season fruits and vegetables are an important ingredient for good health!

Total Yst Redux, Expore, or Cand-Ex (HO) – Fungal yeast infections have become increasingly common and troublesome, especially candida infections. **Total Yst Redux** is fast and effective with strong nutrition like caprylic acid, citrus seed extract, berberis, garlic, etc. **Cand-Ex** offers a homeopathic alternative for pregnancy/newborns. When fungal growth is allowed to take over in the gut, it predisposes the gut to a state of imbalance. **Expore** is a highly potent formula containing Caprylic acid (Its antifungal properties are noted in the Merck Index.), along with supporting nutrients such as citrus seed extract, garlic, Goldenseal, Co-enzyme Q-10 and others. Additionally, the formula is boosted with supplementation of friendly bacteria, making this an ideal choice for people who wish to maintain a healthy environment in the gut.

What’s New @ NWBR

SAVE THE DATE!!! We are hosting **Dr. J. Dunn** in Atlanta, GA, October 28 & 29, where she will teach on the subject of “Methylation & Chiropractic Practice”. Watch for upcoming details!

JOIN US & Dr. Dan Murphy for the SC Chiropractic Association’s

annual convention in Myrtle Beach, June 23-26. We hope to see you all there!

PLEASE SEE ENCLOSED INSERTS for new product info and their roles in good health and your practice!

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NEW PRODUCTS TO NUTRI-WEST!!!

GREENS RENEW POWDER (also available in chewable form):

A concentrated form of organic greens with no whey so it is dairy-free as well as being highly soluble in water. Greens Renew also contains more green nutrients than ever before! Each selected nutrient brings added power to the synergistic formula of **complete protein spirulina, combined with the cruciferous veggie broccoli (and broccoli sprouts) and phytochemically packed nutrients from beets and other darkly colored vegetables. Supportive function for:**

HAVE U HEARD/TRIED?!

Going GLUTEN-FREE to heal a thyroid: Gluten contains an inflammatory compound that closely resembles the molecular structure of thyroid gland tissue. When Gluten is consumed, the immune system tags this compound as a foreign invader and creates antibodies to attack it. Unfortunately, these antibodies can mistake the thyroid for gluten and end up attacking it as well. By eliminating gluten, you can safeguard the thyroid against further harm, which will allow it to heal and recharge faster.

Take probiotics before, to help keep immune system strong: Probiotics are "good" bacteria. Without enough in

Diet supplementation, lungs/ respiration, joints, liver, immune system, heart, glucose regulation, detoxification, lipid levels, iron deficiency, histamine reaction, oxidative stress, and a normal anti-inflammatory environment.



Organic farming can eliminate many environmental toxins

PHYTO RENEW POWDER (also available in chewable form):

Pomegranate, blueberry, cherry, acai, raspberry, blackberry and resveratrol are just some of the amazing powerhouse ingredients in

your gut, "bad" bacteria start to thrive; this increases your susceptibility to infections. To shore up level of beneficial bugs, choose supplements with Lactobacillus acidophilus, a strain proven to enhance immune function. Also eat foods that contain friendly bacteria, like Greek yogurt or fermented foods.

Moderation is key when it comes to how much fat to eat, **but some fats are better for your health than others:** Monounsaturated fat is the fat of choice for heart health and lowering total cholesterol levels and LDL (bad) while raising HDL, (good). - avocados, most nuts, olive and canola oils. Polyunsaturated fat lowers total cholesterol and is found in fatty

Phyto-Renew. The unique formula utilizes a comprehensive collection of flavones, anthocyanins, proanthocyanidins, polyphenols etc. to deliver a striking "Phyto" combo. Supportive function for: the immune system, oxidative damage (free radicals), energy, detoxification, brain/memory support, nerves, bones, aging, inflammation, muscle damage,

****NEWSLETTER**

SPECIAL**

BUY 6, RECEIVE 1 FREE (thru 4/30/16)!

**Complete Hi D-3
Complete Immuno D-3
Total Yst Redux
Vitamin D3-400**

MUST mention this ad to receive the discount - for tracking purposes!

fish such as salmon (source of omega-3 fatty acids). Saturated (butter, full-fat dairy, red meats) & Trans (partially hydrogenated oils) fats raise blood cholesterol levels and increases the risk of heart disease. Look for the words partially hydrogenated on the label, watch your intake of processed foods, Focus on natural foods with ingredient lists you can understand!

PARTING WORDS....

In cleaning out old files, my uncle ran across the following and sent to his family...great way to live. No time like the present to get on track!

Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all people. Speak your truth quietly and clearly, and listen to others, even to the dull and ignorant; they too have their story. Avoid loud and aggressive people, they are irritations to the spirit. If you compare yourself with others,

you may become vain and bitter, for always there will be greater and lesser than yourself. Enjoy your achievements as well as your plans. Be yourself. Take kindly



May you enjoy the season and all it has to offer!

to the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. Do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness. Beyond a

wholesome discipline, be gentle with yourself. You are a child of the universe and you have a right to be here. Whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace with your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

- Max Ehrman