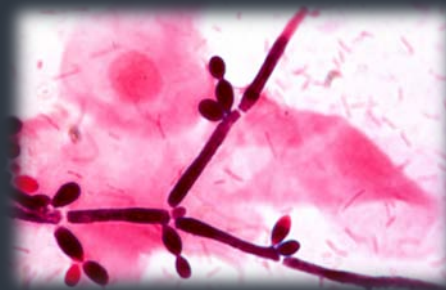
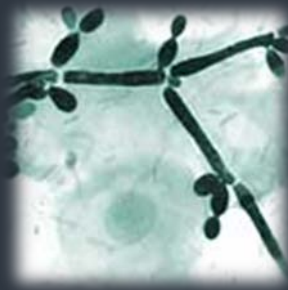


# CANDIDA

**PULSED TECHNOLOGIES**



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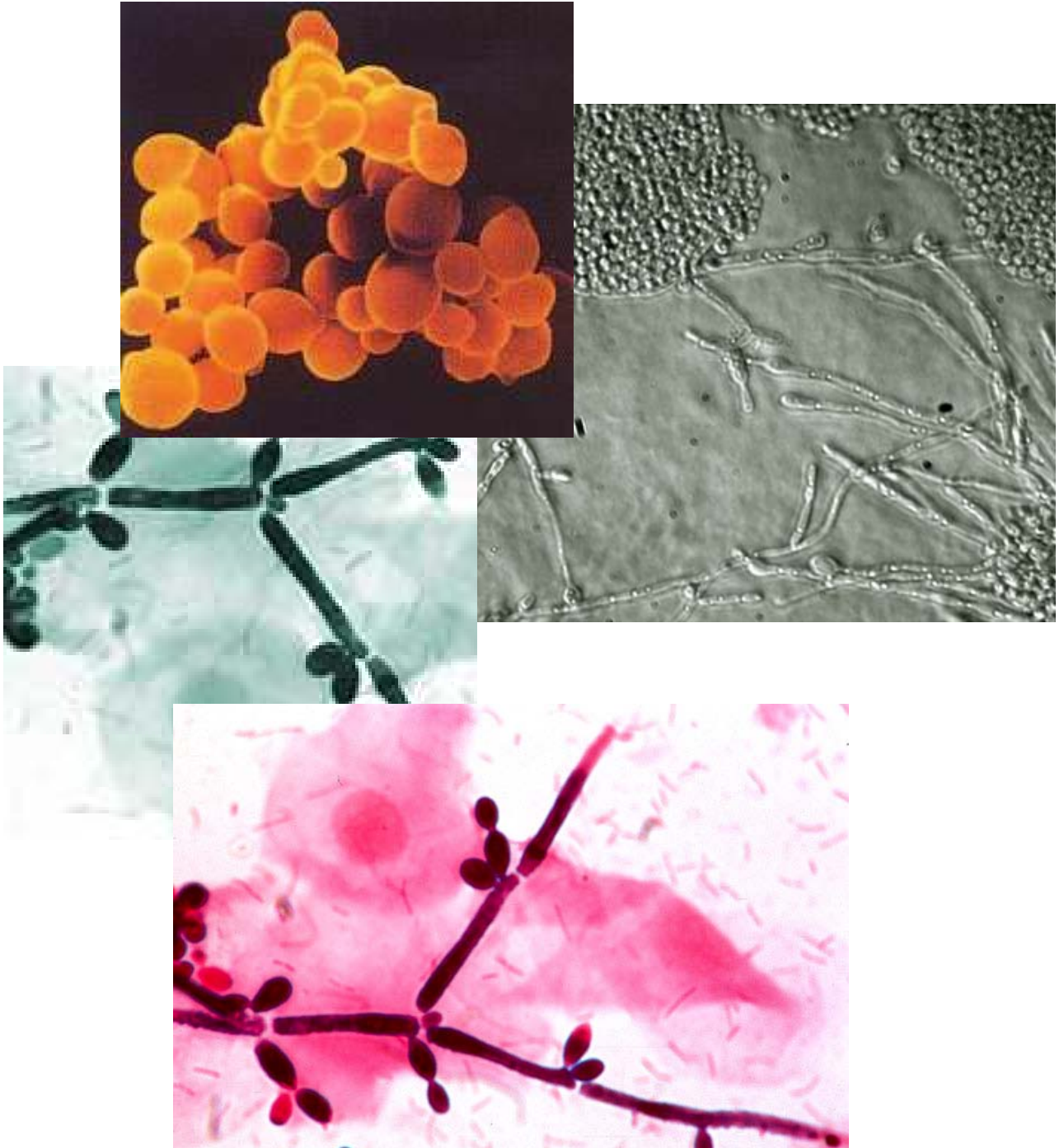
## ***CANDIDA – Research, Considerations, Protocols and Collected Reference***



# CANDIDA

*Research, Considerations, Protocols, and Collected Reference*

Holman, Dorneanu, & Associates



# Document Organization:

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## **Candida Protocol & Notes**

**8 pages**

Most readers want to skip to the bottom line rather than sort through the entire document looking for the specific numbers. For ease ... we have highlighted the probable target in RED

## **Candida Research – Romania/USA**

**14 pages**

This content briefly explains the rationale and work being conducted in eastern Europe to identify, validate, and devise a user oriented methodology to self-administered recovery and continued well-being.

## **Candida Introduction**

**4 pages**

Most folks do not realize the scope and effects this simple yeast/fungus has on those it inhabits. Lacking that knowledge, it becomes difficult to realize the complexity and interactions that are occurring in almost each and every one of us. This outline and notes is definitely worth looking over!

## **Candida References (part 2)**

**appx 500 pages**

This segment represents a decade or more of collected reference material from periodicals, news reports, newsletters, advertisements, private notes, published articles, etc. Because of the copyrighted nature of much of this content, it is likely NOT being made a part of this document.

### **Disclaimer:**

*Neither Mr. Holman nor Mr. Dorneanu currently possess medical credential although most all of their close worldwide affiliates and associates possess impeccable international credentials in a broad range of health, medical, scientific and technical fields.*

*The content contained within and being shared should not be misconstrued as medical instruction or advice, but rather as sharing of educational and technical information and opinion gleaned in their private research.*

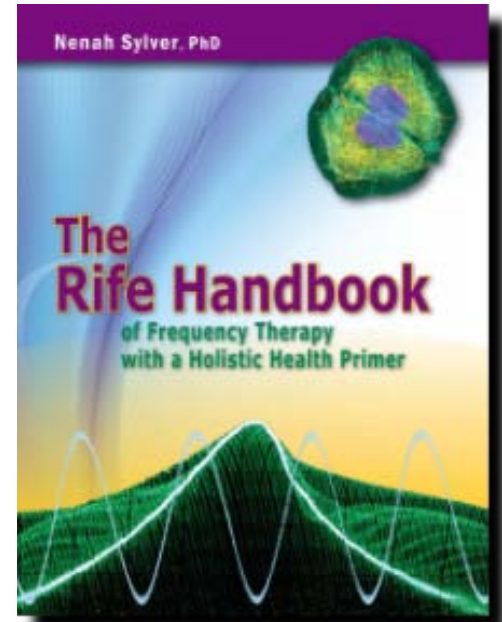
*Some comments contained in this document represent specific biological tests and observations which take place in countries other than the United States and do not represent confirmations deemed acceptable proof to US FDA. The reader should research the evidence for himself, test for himself, using universally available tools and resources, and determine for himself if the laws of physics somehow change when crossing into the realm of FDA jurisdiction. It is our position and observation that most of the information is universal in nature and follows understood and acceptable methods and practices available worldwide.*

# Candida Protocol & Notes

## Frequency Lists – Starting points

Publically available lists such as Brian McInturf's online CAFL (Consolidated, Annotated Frequency List), also published as *The Electroherbalism Frequency Lists* or Dr. Nenah Sylver's excellent *Handbook of Rife Frequency Healing* are typically some of the few "starting places researchers of modest means have to begin their quest into this realm of enlightenment.

Our methodical and deliberate search began precisely with the public info you see here.



### **PUBLIC FREQUENCY LIST (traditional CAFL - for reference only)**

Candida (also see Parasite general, roundworm, and ascaris if these don't work long term) - 3176, 2644, 1403, 1151, 943, 886, 877, 866, 762, 742, 661, 465, 464, 450, 414, 412, 386, 381, 254.2, 120, 95, 64, 20

Candida\_1 - 10000, 5000, 3176, 2489, 1395, 1276, 1160, 1044, 928, 877, 812, 728, 696, 580, 465, 464, 381, 348, 232, 116, 58, 20

Candida\_2 (includes candida carcinomas and tropicalis) - 1403, 675, 709, 2167, 2128, 2182, 465, 20, 60, 95, 125, 225, 427, 464, 727

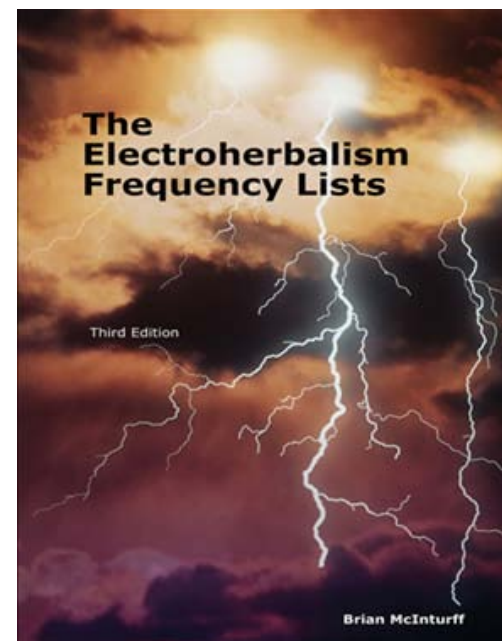
Candida\_carcinomas - 2167, 2128, 2182, 465

Candida\_secondary (also use other parasite sets esp roundworm freqs if necessary) - 72, 422, 582, 727, 787, 802, 1016, 1134, 1153, 1550, 2222, 412, 543, 2128

Candida\_sweep\_TR (sweep from 12006.25 to 12137.5 by .03125 dwell 0.5 pulse 64 75)

Candida\_tertiary (some causal factors) - 880, 95, 125, 20, 60, 225, 427, 240, 650, 688, 152, 442, 8146, 751, 1146

Candida\_tropicalis - 1403, 675, 709



**PRIVATE FREQUENCY LIST**

*(this data currently being recalculated and verified by Holman, Dorneanu and associates in USA and Eastern Europe)*

**464** (first identified/validated sub-harmonic – historical use only)

**386k** (may be Actual Absorption-Emission Frequency)

It is ABSOLUTELY imperative an associated Organ Support Protocol be included WITH each and every Candida session

464, when applied with correct waveform characteristics via plasma emission, has been verified and validated by Pulsed Technologies to be an effective sub-harmonic for *Candida albicans* under controlled strict in-vitro laboratory conditions. We are currently employing proprietary methods to identify more useful frequencies to be used for both in-vitro and in-vivo applications. The higher frequencies identified and currently being utilized are far more reactive in both in-vitro and in-vivo test.

Careful examination and evaluation of the publically available frequency lists indicate that many or most of the frequencies being utilized do not or have not exhibited this same degree of response or success and have been largely based on 465 Hz commonly available on most lists.

*This development is being done using Pulsed Technologies PFG, PFG2, P3, P3+, P3pro, and associated proprietary P3tm product lines of equipment. Pulsed Technologies equipment differs from most of the typical products generally available to the public. Crucial characteristics of frequency, waveform, manipulation, programmability and sequencing as well as proprietary methods and sources are involved which are unlikely available in other units.*

*Other equipment may have limited or no results as a result of strictly technical feature deficiencies. In many cases, necessary technical characteristics may be damaging to many of the pieces of equipment currently available to the general public. To protect proprietary methods and techniques, Pulsed Technologies WILL NOT necessarily be offering full disclosure but will be sharing general information as deemed appropriate and safe. Continued research is required.*

## *CANDIDA PROTOCOL & NOTES*

One MUST realize, “simply killing and breaking up of the Candida” colonies is NOT the solution. Unfortunately this is the common mindset of the majority of Rife users and practitioners. The symptoms that the suffer is experiencing are a result, not only the presence of the Candida, but rather the specific level of overgrowth and the subsequent and extensive changes to body chemistry, neurological, and physiological conditions that have occurred as a result of this exceptional overgrowth and blossomed unnatural state. A controlled remission of this current state, (rather than total extermination or eradication), is far more beneficial to a more effective restoration to a naturally regulated and balanced state.

Along with a consistent and uninterrupted regimen of electronic assault on the Candida overgrowth condition, an equally complementary conscientious effort to restore the intestinal flora that originally kept the naturally occurring Candida in check must be strategized and adhered to. One important goal to also consider is the fact, that in this overgrowth state, the normally localized Candida is now likely systemic in nature and appears in areas of the body where it would NOT normally be found. One of the immediate goals is to contain and localize. The unique capabilities of frequency based electro-energetic technologies; make this sort of strategy possible.

There are 3 major areas that need to be simultaneously addressed but in most cases there is effective overlap of the procedures. A conscientiously applied program is having an effect more than the sum of the separate efforts.

**(1) FREQUENCY + (2) ORGAN SUPPORT & CONTAMINANT REMOVAL + (3) DIET & SUPPLEMENTATION**

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## CANDIDA ALBICANS

The initial analysis was done using the high resolution 5mp photos which showed the finest level of detail and transparency not always quite as evident on the printed pictures but definitely observable in the original digital form. Certain frequencies were clearly identified as useful and ranked in order of relative effectiveness. Sample testing was done on an individual frequency basis. When combinations of selected frequencies were used sequentially (not simultaneously), dramatic improvements were demonstrated over the individual frequency exposure.

### LOW NUMBERS (for limited capability equipment, i.e. EMEM)

These individual frequencies were shown to have a detrimental effect on colony growth rates

<b>412</b>	very good	
<b>464</b>	good	has been tested in-vivo with positive results
<b>580</b>	marginal	
<b>2182</b>	marginal	
<b>26100</b>	marginal	

Good to marginal: 232, 240, 348, 412, 427, 450, 464, 580, 787, 2182, 8146, 5220, 10125, 15660

### HIGH NUMBERS

Each of these numbers were identified to have outstanding to excellent results. They have now been tested both in-vitro and in-vivo with comparatively positive results. The necessity for specific waveform characteristics was CLEARLY identified in both the laboratory testing and especially in delivery method. (That explanation is beyond the scope of this notation but the elaboration is needed for practical and effective utilization of these numbers.)

23485	Excellent	31724	Very good
51155	.	31725	.
51156	.	33060	.
53940	.	46980	.
58914	.	50460	.
58916	.	54404	.
88740	.	54405	.
23484	.	55250	.
57420	.	55251	.
99180	.	60900	.
8146	.	64380	.
22620	.	67860	.
29580	Very good	78300	Good

From good to marginal in order: 10125, 15660, 20925, 26100, 29250, 59740

**Note:** These higher numbers when utilized as a protocol in-vitro has demonstrated to have a relatively overwhelming effect REQUIRING the use of certain supplementation (detailed elsewhere) to minimize impact (Herxheimer reaction). An "Organ Support" protocol to help stimulate natural cleansing and removal processes is also necessary and recommended.



## Observations/ Assessment

Some interesting numbers ranges observed:

- The average frequency range of the higher frequencies found to be useful in the table is **50440** (the ones from excellent to good).
- Including those from good to marginal we get **46038**.
- The average frequency of the excellent frequencies is **56639** and the average of the most outstanding is **55186**.

When you examine the overall response and relative effectiveness across the spectrum tested, a general range area is clearly found which clearly confirms our suspicion that the numbers generally distributed to the Rife community are far too low to be of as effective use as a devitalization frequency as they could be.

## Recommended thoughts on Protocol Development

When this information is to be used as a protocol, it may be advantageous to break the chart of high numbers into two separate sessions i.e. the column on the left for one session, the column on the right being another session. Note that the relative “effectiveness” of the groups is different. By separating out into a session that is “lighter” or less intense than the other, alternating use may benefit by relieving the level of Herxheimer reaction and allow a degree of recovery without “letting up” on the assault on the intended target. Individual timing of frequencies should be regularly adjusted based on what the test subject can tolerate and be extended as colony populations are obviously reduced and the subject begins to have less reaction. The subject should pay particular attention and note any frequencies they can feel having an effect (which is sometimes immediate ...within seconds). Those noted frequencies may be most beneficial for the test subject and it may prove useful to add a bit more time on those particular entries.

Alternatively any or all numbers listed may be used and individual or overall time adjusted to regulate the level of reaction.

**EACH SESSION SHOULD ALSO BE ACCOMPANIED BY A “ORGAN SUPPORT PROTOCOL” SESSION!**

**SESSIONS SHOULD BE ACCOMPANIED BY AN APPROPRIATE & COMPLEMENTARY SUPPLEMENT PROTOCOL!** (i.e. Megadophilus, Pantothenic Acid, Biotin, Activated Charcoal, Magnesium Malate, etc)

This consciously applied program should devastate the Candida overgrowth situation and bring it back to a level that natural intestinal flora can keep in-check the normal beneficial levels of Candida in an efficiently operating system.

## ORGAN SUPPORT & CONTAMINANT REMOVAL

The previously mentioned protocol should be run prior to or immediately after any devitalizing or destructive procedure. Antidotal and observed evidence in clinical and informal environments has repeatedly indicated it has been very beneficial in helping stimulate organ processes and to expedite the flushing of contaminants released as a result of the targeting segment of the frequency protocol. The consumption of activated charcoal (discussed later) also aids greatly in minimizing Herx reactions when taken just prior or just after a frequency session.

**Organ Support \*** (see important note)

**23958, 24354, 28251, 29766, 32121, 32670, 36735, 38281, 44506, 44583, 45549, 45738, 54531, 56133, 56376, 57519, 58806, 63336, 67977, 71874, 84942, 86394, 87000, 89298**

\* Important Note: For optimal effect, both this organ support protocol stimulation protocol as well as the Candida must be applied using waveform, pulse length, and/or offset appropriate for the type of unit being used. MOST devices being sold as “Rife” machines do NOT have the full technical capabilities required for proper implementation. Some devices may actually be damaged by attempting to use these frequencies. An otherwise effective protocol may be ineffective or even detrimental without the use of proper waveform characteristics. The scope of these characteristics is large and must be covered under a separate document.

**DIET & SUPPLEMENTATION**

**(NOTE: Although current content is valid, almost all on this page will be replaced with better specific recommendations)**

A healthy diet is an absolute MUST! Diets (AND SUPPLEMENTS) which do not feed and encourage the Candida are an absolute imperative in a successful recovery. In the “real world” environment, it is unrealistic and virtually impossible to maintain strict adherence to a protocol that would not break the rules. However, a consciously applied program which minimized transgressions should be successful overall with a minimum of discomfort and inconvenience.

**Electronic Protocol and Electrical Cellular Enhancement:**

**Magnesium Malate** seems to have a very positive effect in allowing better intercellular electron transfer optimizing use of electronic methods .

**Probiotic Restoration:**

**Megadophilus** (super-strain Lactobacillus acidophilus) Acidophilus is a beneficial bacteria that synthesizes nutrients in the intestinal tract, counteract pathogenic micro-organisms and maintain healthy intestinal environment. Acidophilus may also be used for digestive maintenance and flora restoration after long courses of antibiotics.



Alternately, most good super-strains of Lactobacillus acidophilus will also be of benefit. Most (but not all) manufacturers use processes and contents keeping the product preservative, sugar, sodium, milk, yeast, and gluten free. These active flora MUST be kept refrigerated!!!



**Pantothenic Acid (Vitamin B5)** (for alcohol-like reaction) Pantothenic acid is a component of coenzyme A (CoA), an essential coenzyme in a variety of reactions that sustain life. CoA is required for chemical reactions that generate energy from food (fat, carbohydrates, and proteins). [NEEDS MORE DESCRIPTION ON ALCOHOL-LIKE REACTION ISSUES – from reference material]



**Biotin (Vitamin H -optional)** (will be naturally produced but can be supplemented) Biotin acts as a coenzyme in the metabolism of fats and carbohydrates, the breakdown of proteins to urea, and the conversion of amino acids from protein into blood sugar for energy. In addition to its metabolic properties, biotin also has some health benefits. When normal intake of biotin is supplemented, it strengthens fingernails, relieves a scalp condition in newborns, and is very effective at controlling blood sugar levels in diabetics. Without biotin, certain enzymes do not work properly and various complications can occur involving the skin, intestinal tract, and nervous system. Metabolic problems including very low blood sugars between meals, high blood ammonia, or acidic blood (acidosis) can occur.

**Contaminant Removal:**

**Activated charcoal** aids in the removal of physical debris appearing in the bloodstream as the result of carefully orchestrated electronic devitalization and physical destruction of the targeted pathogens. Activated Charcoal is one of the finest absorptive and adsorptive agents. Orally administered, these odorless and tasteless fine black granules have an amazing ability to extract and neutralize thousands of times their own weight in gases, heavy metals, toxins, poisons and other chemicals. Activated Charcoal is known as an agent for cleansing and



assisting the healing process of the body, and orally administered activated charcoal has proven to be very effective in preventing many intestinal infections.

**Clean/Pure Water** ...lots of it ! .... Helps in the flushing of contaminants liberated from pathogens during the devitalization or destruction processes.

**Organ Support Protocol** – it is ABSOLUTELY imperative an associated Organ Support Protocol be implemented and incorporated into ANY electronic protocol.

**Strategy:**

With the progressive, consistent and systematic kill-off of the target yeast/fungal targets, and the progressive re-growth of beneficial flora to the lower digestive track, the subject can successfully and progressively reestablish natural regulation over and maintain normal Candida colonies at acceptable and undistruptive [need better word] levels.

One must also consider the fact that the relatively new resistant strain *Candida dubliniensis* (only recently discovered) in most cases cannot be differentiated (or is unknown) to most of the medical community except for the most enlightened. An electronic strategy which includes targeting of multiple strains, and possible mutations is not only logical, it is a techniques that cannot be addressed by conventional pharmaceutical prescription.

**Warning:**

The inexperienced and overzealous researcher/victim typically WILL attempt over exposure to the electronic protocols early in their experience. Almost no amount of forewarning will be headed and rarely anything but the resulting “experience” (Jarisch-Herxheimer reaction), will enlighten them into a cautious and deliberate, and well organized strategy suitable for their own unique situation.

Much like a finger in a light socket, this reaction provides the incentive and typically subsequent self-education allowing the end user to set and understand their unique and hopefully ever-changing “upper limit” which only the subject is best able to interpret. Continually pushing that “upper limit” without exceeding provides for the overall successful incorporation

**Candida / Weight Log:**

In almost every case, persons who have had prolonged Candida overgrowth situations, also have some degree of (over)weight problems. One of the best ways a person can self monitor success is via weight loss. Not only does weight loss occur, cravings for the very foods that feed the Candida appear to subside.

*The Following page will allow for easy recording and monitoring of progress when used with a scale which also measures %fat and %water for age. These electronic scales are readily available from many sources such as Wal-Mart and most pharmacies and medical supplies. By recording weight daily, at regular intervals, apparent physical changes and progress being made become quite evident. As the targeted yeasts/funguses are removed, the subject will also likely notice a obvious decline in cravings for the very foods (sugars, breads, etc) that were once a large part of the Candida’s diet. ... the very foods that were not particularly good for the individuals diet. Once these cravings decline, the diet, issues become much easier to deal with and overall progress typically accelerates at a much faster pace.*

# Candida / Weight Log

Test Subject: \_\_\_\_\_ Height: \_\_\_\_\_ Age: \_\_\_\_\_

Date	Time (of day)	Weight	% Fat	% H2O	Device Notes	Time

Sheet \_\_\_\_\_

# Candida Research - Romania/USA

*Candida Albicans -2008*

## The Project

The problem of Candida is being addressed as a joint project of Pulsed Technologies research (USA), Pulsed Technologies Development (Romania) and medical facilities in Eastern Europe (Romania),

Principle directors of the project include Jimmie Holman, Paul Dorneanu, supervising an eminent array of medical doctors, lab technicians, microbiologist, administrative personnel, nutritionalists. Consultants include an impressive collection of engineers, physicists and mathematician with backgrounds as in depth as nuclear engineering and quantum mechanics.

The current environment in the United States would make this sort of “dream team” very unlikely. For that reason, almost without exception, participants performed work and operated under NON-USA credentials and in NON-USA public and private facilities.

## The Problem

Candida is an issue that is a problem that affects almost every US citizen even though it is largely undiagnosed or more than often, not realized that a relationship exists between one of the morphic forms and is an affliction of which they are aware. Nothing short of legitimate biological testing in a controlled environment will allow us to determine an effective and efficient protocol.



The largest hurdle is that this type of testing is best done by credentialed individuals, in a secure and properly equipped environment and/or facility with uniquely specialized equipment. Although procedurally relatively straightforward, this work can be VERY dangerous, even potentially fatal, if proper safety precautions are not adhered to. The skilled professionals do this automatically; the unskilled can contaminate or expose themselves without even being aware.

As a result of a decade of experience (ranging from bad to

worse), It was determined this work would likely NEVER be able to be successfully accomplished in the United States, largely from legal, political, and educational reasons. Eastern Europe (Romania specifically) was identified as an ideal location and strategic alliances were formed, specialized equipment and training was provided, and strategies compared.

## The Strategy

A currently proprietary method of frequency selection and calculation was determined. This methodology may possibly be published as a technical paper at a future date. Currently all aspects of the methodology are considered proprietary however, the unquestionable validation of that methodology was confirmed by these practical but predicted results.

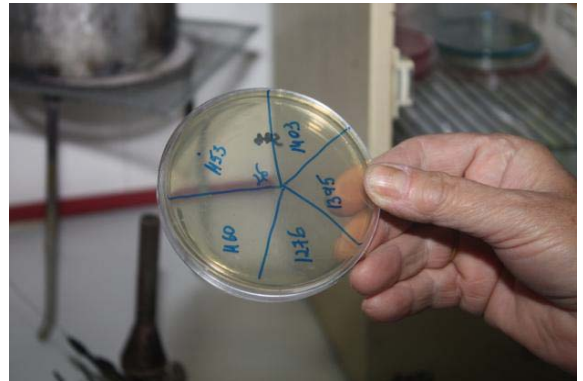
## The Equipment

All testing was done using Pulsed Technologies PFG precision waveform generation, P3 plasma technology and PFG Lab software. In-vivo testing also included PFG2 waveform generator. Recent validation work will also include prototype PFG2x equipment (available early/mid 2009).

## The Testing

Initial testing was done using the published public CAFL list. This QUICKLY determined which numbers on the public CAFL list were appropriate MOR related frequencies. It was found MOST numbers listed were virtually worthless for use in typical Rife deactivation or devitalization schemes. This came as no surprise. It did however clearly reveal specific and accurate starting points.

Individual samples were separately and equally proximity exposed to unique frequencies being applied via Pulsed Technologies PFG & P3 technology. Each was then cultured in the laboratory under identical controlled environmental conditions for comparison purposes. Effects of previous proximity exposure on colony growth rates were clearly evident. (Detailed photos of cultures are attached for clarification.)



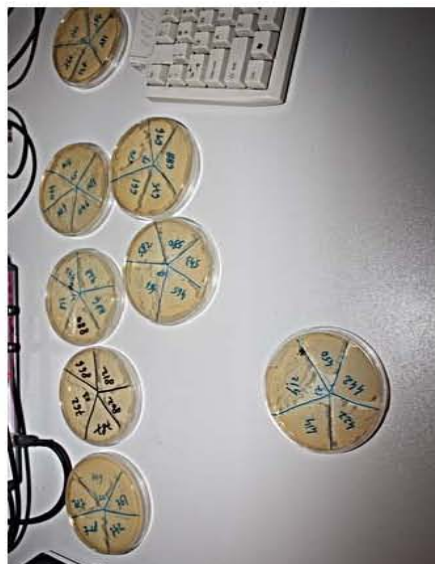
## **The Results**

The results have clearly identified specific frequencies and the importance of certain waveform characteristics. To use one without consideration of the other is irresponsible. Waveform and frequency ARE NOT inseparable characteristics. It is unfortunate, but much of the equipment being sold as Rife equipment to unwary consumers is not capable of providing the characteristics needed for effective use.

## **Biological (In-Vivo) Validation**

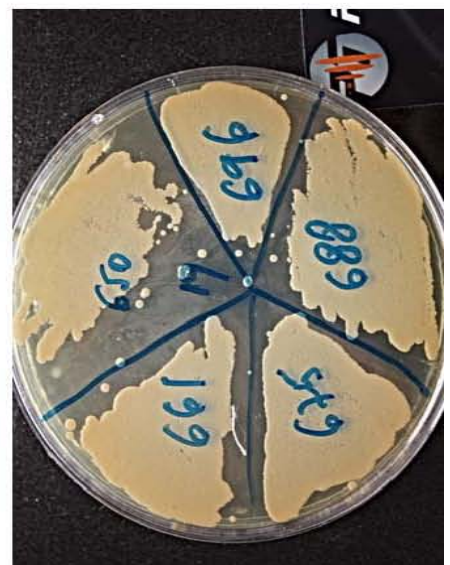
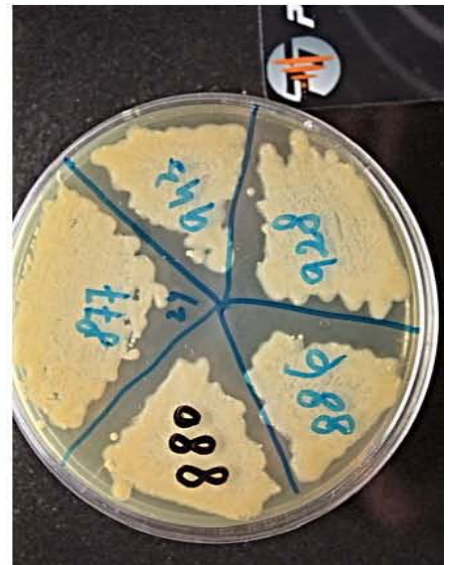
Although this research and testing was performed in-vitro via P3 plasma technology, initial practical validation is being performed in-vivo using BOTH plasma and contact application methods. Contact application requires a slightly different strategy and waveform characteristics to be implemented to achieve effective results. Both plasma and contact methods can and have been validated as effective tools in this research.











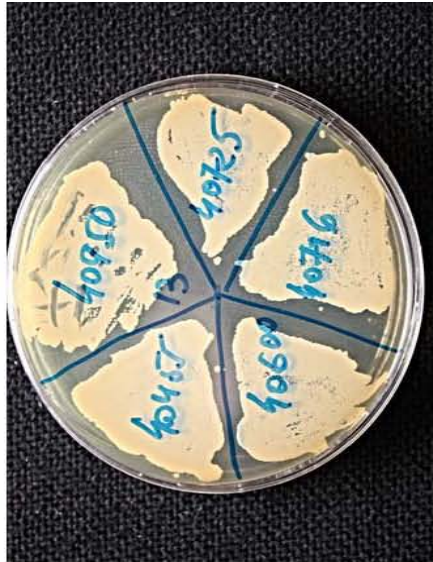
















# CANDIDA Introduction

(weight gain, food cravings, allergies, fatigue, rashes, athletes foot, jock itch, vaginal yeast infections, food allergies, sinus issues, etc)

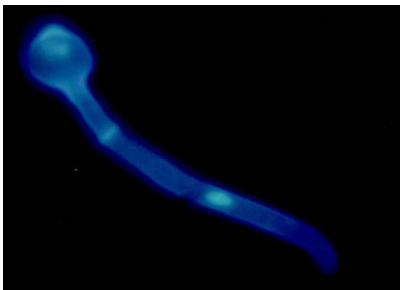
*The following content has been collected from numerous sources (sometimes copyrighted) to obtain a better understanding of both natural and especially un-natural Candida/fungal situations and the relationships to other seemingly unrelated symptoms in an effort to allow the researcher to better assess and address their private needs and to enable a more effective strategy in combating this issue that typically affects most adults today.*



## Introduction to Candida

When our organs developed over the course of evolution, very specific types of microbes developed with them. The biological purpose of the billions of microorganisms that inhabit our body is to maintain the different tissues and keep them in a healthy state. Microbes such as fungi and bacteria are our loyal helpers, indispensable for our survival.

We must admit that we do not necessarily fully understand the relationships and purposes that these residents play, but must understand that in a healthy functioning system, normally they play no adverse role to our survival.



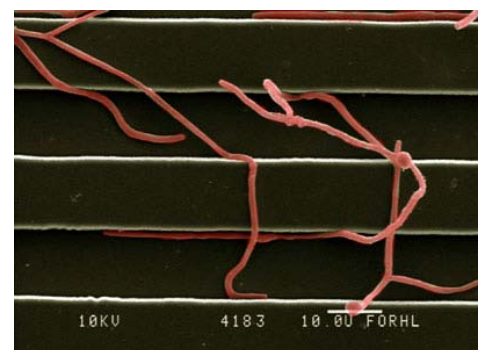
The mentality mankind has used over the years in attempting to “control” his environment in manipulating various species growth, be it at the level of pesticides on our crops, or at the level of controlling a species of pest, secondary problems occur, almost always adverse in nature.

Well meaning but ill-conceived efforts almost always result in some adverse upset in the balance of nature, be it on a global or microscopic scale. Candida is no exception however may be a pretty good example most folks

can grasp when they consider some of the physical and personal issues they have experienced over their own lives.

The exposures we often unwittingly subject ourselves to over the course of our lifetime such as antibiotics, fluoridated and chlorinated water, pesticides, acidic foods, hormone treatment, etc. (including that which has been delivered to us within our foods) have cumulative and long-lasting results when examined closely. Candida overgrowth is an excellent example resulting from the mentioned invasions, but a result that can be easily recognized and addressed when examined from a holistic perspective.

Candida presents itself differently in every body. You may have just one, two or many of these yeast infection symptoms! It's confusing, too, as these can be symptoms of other illnesses as well. Welcome to the world of Candida, where patients have to diagnose themselves unless they are lucky enough to find a medical doctor or alternative health practitioner who has the knowledge to guide you through a major Candida removal!



## SYMPTOMS

These symptoms may be signs that you have Candida yeast overgrowth or Thrush, also known as Candidiasis, Candida Albicans or Candida Tropicalis, which many now believe infect more than 80% of people in industrialized nations.

- Do you experience fatigue, "foggy" thinking, indolence, lack of recall?
- Do you crave sugar, have a bloated abdomen or abdominal pain?
- Do you have "intimate" infections or rashes -- to the point where they are interfering with your love life?
- Do you have a white coating on your tongue, or have itchy rashes?
- Have you been sent home time and again by doctors who say "nothing is wrong" with you -- when something so obviously is?
- Do you feel 20 to 30 years older than you really are?



What are the symptoms?

PCC can manifest as multiple symptoms affecting different parts of the body.

Physical Symptoms can include:

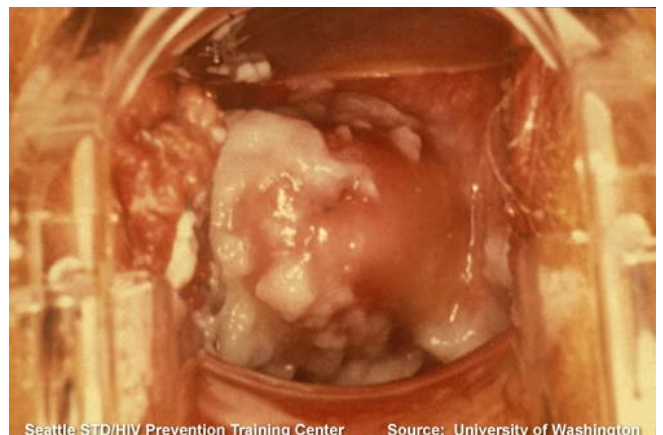
- Digestive: cravings for sugar or breads, chronic bloating, cramps.
- Emotional: depression, irritability, inability to concentrate, frequent mood swings.
- Muscles/Joints: aching joints and muscles, feeling weak or tired.
- Weight: binge eating, excessive weight gain, water retention.
- Urogenital: frequent infections, itching, discharge.
- Other: premenstrual syndrome, headaches, rashes, delayed food allergies.



Women may associate the term "Candida" with vaginal yeast infections (also called Vaginal Thrush) completes with vaginal itching, vaginal odor and sometimes vaginal discharge. But males and females both are subject to most of the symptoms.

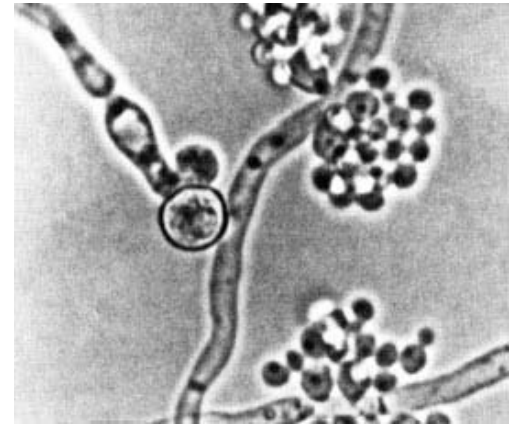
Other Candida symptoms of yeast overgrowth may include:

- Constant fatigue
- Oral Thrush (white film in mouth or on tongue)
- Abdominal pain
- Bloating and indigestion
- Joint pain with arthritis-like symptoms
- Chronic sinus drainage -which antibiotics don't help!
- Weight loss OR gain and the inability to change it.
- Brain "fog"
- Fungus on the finger or toe-nails
- Urinary infections (again, not helped by antibiotics)
- Itching, watery, red eyes
- Skin rashes anywhere on the body (eczema)
- Rashes inside the ears or around the groin area
- Anal or vaginal itching
- Hair loss / vision problems



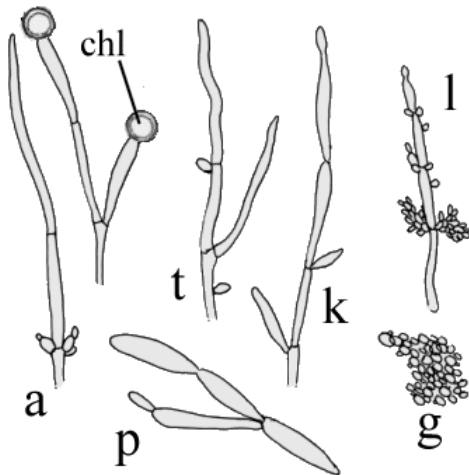
## What is "Candida"?

From Medterms.com: **Medical Definition of Candida Albicans**  
 "Candida albicans: A yeast-like fungal organism found in small amounts in the normal human intestinal tract. Normally kept in check by the body's own helpful bacteria, C. albicans can increase in numbers when this balance is disturbed to cause candidiasis of the intestinal tract, or yeast infections of other parts of the body. C. albicans causes thrush." (Commonly mispronounced, say **KAN'**-di-duh, not Kan-**DEE'**-duh)



Our immune system is designed to defend us from illness. But many medical conditions in our modern world can compromise it: excessive use of antibiotics or steroids, oral contraceptives, overly-acidic pH levels from processed foods and stress, hormone imbalances, exposure to environmental toxins (often molds) and chronic illness. Our exposure to all these modern medical conditions sets us up for the fall into the medical condition known as Candida yeast overgrowth.

When our immune systems are compromised, a normal yeast present in our bodies, called Candida, can "morph" from being a beneficial yeast into a **HARMFUL FUNGUS**. This fungal yeast can quickly grow out of the normal balance that nature intended and overwhelm the beneficial flora (acidophilus type bacteria) that normally keeps natural yeast levels in check.



This yeast **OVERGROWTH** condition is called **CANDIDIASIS**. This new fungal form of yeast develops rhizoids (long, burrowing legs) that hook into and can penetrate the mucus membranes in the intestinal tract and cause serious bowel pain.

As time goes on, the morphed fungal yeast may burrow right through the intestinal wall. This condition, called **Leaky Gut Syndrome**, allows partially digested proteins and the yeast itself to travel into the bloodstream where they become toxins.

As undigested foods directly enter the bloodstream this may cause an immediate allergic reaction to those foods. Once the Yeast infection has access to the whole body, you have system-wide or Systemic

Candidiasis.

## What causes Candida?

There are several factors which can allow *Candida albicans* to overgrow in the lower intestinal tract. Alcohol consumption, frequent courses of steroidal drugs and antibiotics can depress the intestinal bacterial population which permits the overgrowth of yeast. The hormonal changes which occur when oral contraceptives are used or which can accompany pregnancies, have been implicated in increasing susceptibility to PCC in women. It is also believed chlorine in tap water also has an adverse effect on the beneficial flora as it is meant to kill ANYTHING in the water it is meant to treat.

Diets high in nutrients on which yeast thrive (i.e. sugars and other refined simple carbohydrates) encourage yeast overgrowth. Factors which depress immune function allow the opportunistic yeast *Candida albicans* to grow and multiply, causing PCC.

Many people who have PCC also experience food allergies. To achieve the most complete recovery, it is recommended that you have your delayed food allergies identified.

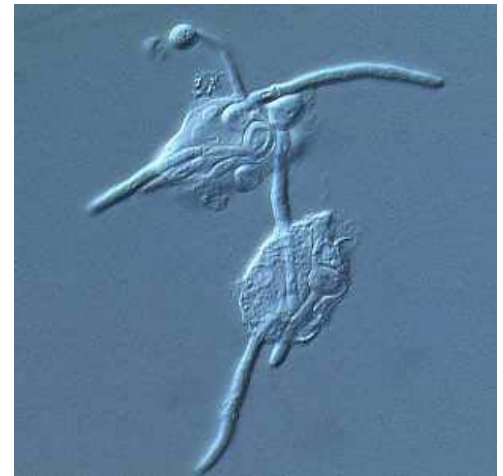
## Is Candida the hidden link between what you eat and how you feel?

Common foods such as bread, cheese, alcohol and sugar can cause a host

of physical, mental and emotional problems if you suffer from *Candidiasis*.

Even when you are healthy, bacteria and yeasts, including *Candida albicans*, are present on your skin and in your mouth, nose and digestive tract. Normally, these micro-organisms exist on and in you without causing any harm. In fact, the micro-organisms present in the lower digestive tract are highly beneficial in assisting in the digestion of food and in synthesizing vitamins which are essential to your good health.

Under certain conditions, *Candida albicans* can increase and upset the balance of your bacteria. This usually results in an infection known as *Polysystemic Chronic Candidiasis* (PCC) and can occur in men, women and children.



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## What do the medical doctors say about Candida Yeast Infections?

Medical doctors are not schooled to see the body as being in or out of any particular balance. As a result, many people find frustration with the mainstream medical community when it comes to Candida or Candida yeast infections. Yet, more and more doctors as well as alternative health care professionals are coming to understand the Candida yeast overgrowth problem.

From THE ROAD TO IMMUNITY by Kenneth Bock, M. D., and Nellie Sabin [link](#)

Dr. Bock writes,

"The traditional medical establishment refuses to accept -for reasons unknown to me -the existence and importance of chronic candidiasis. Doctors recognize the normal presence of yeast in the gut, as well as severe,

systemic Candida yeast overgrowth in immunocompromised patients, but most are unable to accept the full spectrum of candida yeast overgrowth problems in between these clinical end points."

(No wonder my wife and I have been calling Candida the "GREAT UNDIAGNOSED DISEASE" of the last half-century.)

There is yet hope, for some of them are catching on! From THE COMPLETE CANDIDA YEAST GUIDEBOOK by Jeanne Marie Martin with Zoltan P. Rona, M.D. [link](#)

Dr. Rona writes,

"The existence of a Candida problem is only denied by those not up-to-date on recent medical, microbiological, and biochemical literature."

*(If you want to know more about Candida and its possible relationship to [Irritable bowel syndrome](#), [Chronic fatigue syndrome](#), [Chronic Sinusitis](#), [Oral Thrush](#), [Crohn's Disease](#), [male yeast infection](#) or [Ulcerative colitis](#) see [Candida related diseases](#) ).*



# Candida Reference

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The following pages are collected from many sources and contain many insights essential to a more thorough understanding of the issues involved in diagnosis, treatment, and recovery from severe Candida overgrowth situations.

