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CANDIDA

Self – Help Information & Advice

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Foreword

Just a few words about me and my background so you understand where my advice is coming from! I am qualified in Nutritional Therapy, Homeopathy, Holistic Diagnosis, Yoga teaching, a Reiki Master/Teacher and a student of Reflexology. I also own and run a natural health shop with my husband (www.shopholistic.com) and have served as Executive Director for the National Health Federation in Wales for a year. Since the health shop opened in 2004, I have constantly researched new and ancient products with a particularly keen interest in body detox and the relief of common ailments.

My research became more aggressive when I discovered Codex Alimentarius and the threat this was posing on the natural health industry. It is through this research that I became involved with the NHF, met some excellent researchers and 'truthers' to receive much 'cutting edge' health information and ran information campaigns on various health issues such as fluoridation, vaccines, artificial sweeteners, the corporate corruption of Big Pharma, etc. This led me to further my research in other areas such as politics, the universe and spirituality.

The reason I have done so much studying is due to my passion for helping and guiding people in any way I can, to not only realise that there is an alternative to mainstream pharmaceutical and medical care which has sadly become so corrupt and controlled, but also to be responsible for their own health and to realise that they have the power to do this. Of course, saying that I must say that my advice is not intended to replace that of a medical professional and you must seek professional medical advice if you are at all worried.

I offer my advice and email consultation services freely however I am always grateful for donations which can be made

through my website.

On a more personal note, I realised about 6 years ago that I had a long term candida infection and have battled with it ever since. However during this time I have devised a plan that has actually worked for me, hence I want to share it so that this information may help others. So Before we begin with the plan I would like to say that the advice enclosed in this booklet is based upon my studies and research but most importantly, my own experience. We are all different and therefore we will find different things work for us, but please reflect on my advice and use it as a basis. If something doesn't feel right to you, research and find your own way. I am happy to advise you further if you wish. I do not know your body like you do. However the science does not change, so it is important that you stick to the principles! Other anti-candida plans that I have tried and researched will put down each other but I do not agree with this as they are all generally well-intended and everyone is different after all. However, it is a minefield of information out there including much disinformation linked to product sales, and many written by unqualified people who intend well but may not have a true understanding. I am not saying I understand everything as after 8 years of research, including taking a diploma in Nutritional Therapy I have realised that much of it is actually only based upon different beliefs. However, there are many similarities especially spanning the different belief systems. I have tried my best to stick with the information based upon science, the beliefs that have been confirmed by either science or experience and factual research programmes, and I have combined this with my own experiences of healing myself of Candida. For more information, please see 'My Candida Story' later on.

CHAPTER 1 - ABOUT CANDIDA

What is Candida?

Candida is also known as Candida Albicans, Candidiasis, Dysbiosis, Yeast Overgrowth, Imbalance in Gut Flora and more. Candida is a yeast that is found in our bodies. It is generally kept under control by the good (or friendly) bacteria in our gut, sometimes called gut flora. However, sometimes our friendly bacteria is attacked causing an imbalance and this causes the Candida yeast to be able to multiply out of control. If the imbalance is left untreated, the yeast cells can mutate and become a pathogenic fungus which can really take hold and start attacking our intestinal walls, causing 'Leaky gut Syndrome'. They are then able to escape our gut and get into our bloodstream, and spread through our whole bodies. Candida is an extremely invasive parasite once it is fully developed and can quickly become a permanent resident in your body, attaching itself to your muscles and organs. If left untreated it will inevitably get worse and the longer it is left untreated, the more difficult it is to get rid of. It is believed by many alternative health professionals and non-biased medical researchers that candida is a pre-cursor to serious conditions such as Chronic Fatigue Syndrome, ME, Fibromyalgia and even Cancer so it is important that an imbalance is addressed as soon as you become aware of it.

What causes an imbalance?

An imbalance in the gut flora is generally caused by some sort of intervention or interference. This can be over a short or long period of time.

Most common causes are:

Poor nutrition, in particular high consumption of sweet, sugary foods and refined carbohydrates, junk foods, even healthy foods which are high in natural sugars. The modern Western diet is heaven for Candida cells! Prolonged deficiency in an essential vitamin or mineral can also be a factor.

Artificial Sweeteners and Additives in foods will most definitely cause destruction and imbalance.

Pharmaceutical medicines in particular antibiotics. Particularly at risk are those who have had long-term medication, strong medication or frequent short-term medication. Antibiotics and many other medications kill the friendly bacteria in our guts.

Vaccines contain many very harmful additives that destroy our immune system and toxify the body.

Medical Procedures such as operations, general anaesthetic, especially removal of appendix as it is believed that it serves to repopulate the gut with beneficial bacteria and keep a healthy flora balance.

Hormones such as Puberty, Pregnancy, Menopause, etc.

Accidents or anything that brings about shock to the system.

Stress constant stress, whether this is emotional stress from the past, worry for the future, or everyday stress, can cause havoc to the delicate bacteria.

Illness any illness and especially recurring illness, can cause upset and imbalance.

Alcohol consumption will kill off the friendly bacteria. As will many recreational drugs (apart from marijuana which is anti-candida and anti-cancer!)

Environmental toxins such as mould or damp in the house, pollution & pollutants. Chemtrails (unnatural lines purposefully sprayed by aeroplanes to put substances into the atmosphere) have also been linked to airborne mould, bacteria

and viruses that cause imbalance and illness.

Tap Water particularly if your area has fluoride added. Even if there is no added fluoride in the water, tap water contains chlorine and many other pathogens and toxins (including traces of pesticides, herbicides, fertilisers and even pharmaceuticals from farm land). See the section in 'Understanding the Basics' on water for more information.

Cosmetic additives fluoride in toothpaste, parabens & SLS in toiletries are all toxic to the body and can cause imbalance as they are absorbed into the body through the skin when used.

CHAPTER 2 – DO I HAVE CANDIDA?

Candida Symptoms

When we visit the doctor we are treated symptomatically, but unfortunately this can lead to further problems as if there is underlying yeast infection (or even another cause) then the problem is not addressed and we will continue to get worse in one way or another.

We all get most of the following symptoms once in a while, but we are now more interested in recurrent or persistent symptoms. If you have problems with a combination of the following symptoms, please continue with the 'Spit Test' as detailed below:

Head (emotions/mentals) – Dizziness, vertigo, foggy brain (confusion, dream-like, clumsy), forgetfulness, memory loss (especially short term), migraine, inability to concentrate, mood swings, depressive symptoms, ADHD, hyperactivity, lethargy, no energy, autism, fatigue, insomnia, anti-social behaviour, anxiety

Head (outer) – recurrent colds/flu, sinus problems, ear problems, oral thrush, white coated tongue, recurrent sore throat, post nasal drip, eye problems, hair loss, thyroid problems, bad breath, ulcers, dry mouth, receding gums

Respiratory - asthma, respiratory problems, chronic cough

Digestion – Food intolerances/allergies, gas, bloating (especially after eating), IBS, diarrhoea, recurrent nausea, constipation, stomach ulcers, heartburn, stomach pain, indigestion, sugar cravings, itchy anus

Allergies – foods (especially refined carbohydrates and sugars such as wheat, sugar, fruit, alcohol, etc), hay fever, increased sensitivity to any substances

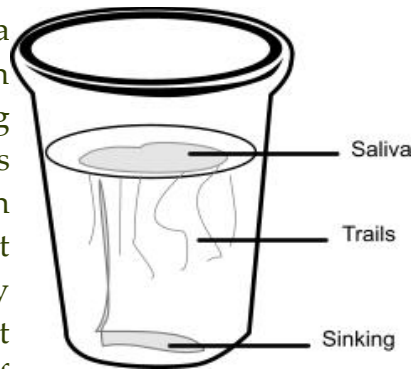
Body (muscles/joints, etc) – painful/swollen joints, skin rash, aching muscles, shivery/cold, athlete's foot, fungal infection, recurrent vaginal thrush, acne, dry skin, water retention, liver spots

Women's problems – menstrual problems, infertility, dryness, lack of sex drive, PMS, endometriosis, hormone imbalance

Other – weight problems (underweight or overweight), premature ageing

'Spit' Test

To perform the spit test you need a small glass of water. First thing in the morning before putting anything in your mouth (such as brushing your teeth, or even sipping water) you need to spit into the glass of water. Healthy spit will float on the surface (it may sink at first from the force of



landing but will surely come to the surface and float). You will need to wait a few minutes but if after this time has lapsed the spit still floats with no trails, then you can celebrate! However, if your spit sinks and has trails leading down into the water, then you have tested positive for candida overgrowth.

Depending on the severity of the symptoms you are getting and the speed at which the spit test works, generally depends on how bad the overgrowth is. But in any case it must be

addressed, and I will not lie to you – it will be hard at times - but I have come through this and so will you!

The spit test is a good indication, but it is not entirely conclusive. If you have a negative test, remember you are reading this as you have a reason to suspect you may have an overgrowth such as a good combination of the symptoms. In this case I would suggest that it would still be worth following the basics in the Preparation section and Maintenance guidelines at the end of this booklet.

What can I do about it?

OK so you probably have Candida Overgrowth – but don't panic! Yes it can take time for it to sink in and realise that you now need to heal yourself. After all, it is not recognised by NHS doctors so it is all up to you to take responsibility for your own health now! But you are not on your own as I am happy to advise you anytime, and have comfort in knowing that 70% or more people have a candida overgrowth too – but you are one of the lucky ones as you know about it and can therefore do something about it!

There are important steps to take when tackling a Candida overgrowth in my experience and they are:

**Understanding Good Health Basics,
Healing,
Killing the Candida,
Detoxification
Replenishing
& Maintenance.**

CHAPTER 3 – GOOD HEALTH BASICS

It is essential that you read this section which will be for the entire plan and the rest of your life (if you know what's good for you), and also applicable to anyone even if they do not have Candida!

Understanding the Basics

Do not eat any artificial sweeteners (aspartame, neotame, truvia, saccharin, Splenda, sucralose, etc. You can find articles on the dangers of these chemicals on my website.

No MSG (monosodium glutamate) or other flavour enhancers, preservatives, etc.

Eat organic as much as possible as the pesticides, weed killers and pharmaceutical drugs (in meat) used in today's foods will remain on and in your vegetables and meat and certainly worsen your Candida infection.

Avoid processed foods and ready made meals (not only are the nutrients in these almost non-existent, but also this makes eliminating artificial ingredients much easier!).

DO NOT USE A MICROWAVE! Microwaves basically 'Nuke' your food and you will end up eating ballast with no nutritional value and enriched with radiation!!

It is highly recommended that you take a metabolic typing test (a full 65-question quiz is available free from myself, some others are available on the internet) as you may be causing unnecessary stress and imbalance to your body by not eating the correct balance of foods. **This is particularly important if you are vegetarian or vegan.** I am not saying that you need to

eat meat, but you MAY need to. Please keep an open mind about this for your body's sake.

Further on in the Emotional Healing section I write about showing your own body compassion as well as others. This is what I found out the hard way. I was vegetarian for a few years for ethical reasons but since qualifying as nutritional therapist I understood how much damage I was actually doing to myself due to my blood type, and therefore why I would never be well if I carried on. It was very difficult to accept at the time and if you are in the same boat, I deeply sympathise. After speaking to some Buddhist Lamas and respected monks, they advised me that meat was actually classed as my medicine as I needed it, and how to eat meat while still showing compassion to animals. Please email me if you want more advice on this.

For now, a good indication for vegetarians is looking at the fundamental ruling of the blood type diet: type O particularly need animal protein (in particular high purines which cannot be obtained from plants such as those found in red meat and organ meat), type A & B are generally more suited to vegetarianism, but a combination like AO will usually need some animal protein.

WATER

It is very important to drink water but also just as important to drink the correct water! As a rough guide for the amount of fluid you need to have, take your body weight in pounds and divide it by 2. This gives the fluid ounces of clear fluids such as water or herbal tea that you need. But it depends a lot on the type of foods you eat as you will get a lot of fluid from raw fresh veg and fruit. Also it depends on exercise and the

weather. So only use this as a guide. The best indication that you are having enough fluid is that a) you feel well and b) your wee is either very pale or clear.

Water Purity

Our tap water is not really the best to drink. At the very least it needs filtering to remove bacteria and large impurities. However there are many hidden dangers in tap water. Herbicides, pesticides and even pharmaceutical drugs are found in our tap water from farms where the water has run off into our water sources. To remove pathogens in our water chlorine is added. This is also not good. But worst of all is fluoride. Yes fluoride is a poison that has a huge negative impact on our bodies. There have been no unbiased tests to prove that fluoride is even good for our teeth, and despite this it is promoted as safe and healthy by the dental profession and health officials. The fluoride added to our water are generally Sodium Fluosilicate or Hydrofluorosilic Acid. There is no legitimate, valid, unbiased, substantiated, independent and objective research on hydrofluorosilic acid used for fluoridation showing that it is safe for human consumption. There is much information on the conditions caused by consuming fluoride on the internet and also some articles on my website. Many parts of the UK are now fluoridated including the part of the North of England, the Midlands and Southampton regions. But even if you do not live in a fluoridated area there are still many reasons to not drink water from your tap!

There are only 2 ways of removing chemicals, pharmaceuticals and pathogens from your drinking water and that is either by distillation or by reverse osmosis filtration. Both systems will probably cost over £100 to set up but it is a very worthwhile investment. Please note that your standard water filter will not

remove all these chemicals!

Re-mineralisation of Water

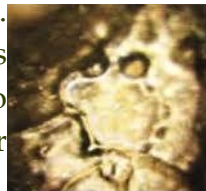
Both of these methods will leave you with water devoid of anything (if you were to use a TDS meter to measure particles in the water it should read close to 0 parts per million).

If you drink 'empty' water in the long term this is very bad for you as it will draw minerals out of your body. Some people use it in the short term to help with detox programmes but I honestly would not recommend this. The water needs to be re-mineralised. The best way of doing this is by adding a pinch of Himalayan Salt which contains 78 trace minerals.

Re-energising

Water acts like a crystal as it holds energy. When we distil it or filter it by reverse osmosis, it also becomes devoid of living energy. It is energised naturally by flowing, and is especially energised near a natural waterfall or from a running stream. We can energise the water by swirling the water in a clockwise vortex for a few seconds.

But also it is worth noting that it is believed when we give the water love and gratitude the water particles change and become symmetrical and beautiful. When given hate or anger they are malformed and unsymmetrical. This is actually very interesting as our bodies are 70-80% water! So bear this in mind for your water and your self!!



Hate



Love

The Way you Eat

The way you eat is also important as your digestion is the key to the release of energy and efficient use of the nutrients in your foods.

For optimum digestion it is better to take small bites and chew your food thoroughly before swallowing. Do not allow yourself to rush and gulp your food. Do not drink with your meal as this will dilute your stomach acid and can cause poor digestion. Slow your eating down as it takes a while for your brain to receive the signal that you do not need to eat any more. I generally try to eat until I am no longer hungry rather than stopping when I am full (there is a difference!). This is good practice as the energy from the food will otherwise be taken up with the processing and digesting of unwanted food and this can have a huge impact on your energy levels and the use of the nutrients by your body. Think how tired you feel after a big meal! This is why! You need to get out of the habit of finishing everything on your plate, even if it is delicious! This comes from our instinct of filling up while we have food in front of us as we do not know when our next meal will be, but we need to re-train ourselves to understand that we have plentiful food, and can leave our dinner and go back to it later if needed – even if that is in half hour!

Timing

After 6pm it is good practice not to eat much at all. After this time our bodies begin storing the sugars and energy for the following day in a 'reserve tank'. Generally we go to bed much later than we are designed to which is ideally between 9pm and 10pm (7pm-8pm for children). This forces our bodies to release tomorrow's stored energy to keep us going (usually known as

the Second Wind). This leaves us depleted of energy for the following day and causes unhealthy carb cravings for quick release energy. It also causes a depletion in brain function and our concentration and clarity of thought is greatly effected.

Not eating after 6pm will also help our digestive systems to rest. For thousands of years fasting has been practised in traditions such as Yoga for this very reason. But you will be giving your digestion a 12-hour (at least) break every day! In turn this will also make us hungrier for much-needed breakfast in the morning! And what a better way to end our nightly fast than an energy giving, healthy breakfast?

There is much controversy over whether it is best to eat in 3 main meals without snacks or if it is best to graze, eating little and often. My answer to this is to do what is best for you! I listen to my body and eat when I am hungry and it's as simple as that. If this is every 2 hours then you are probably best not to eat too much or you may put weight on, if it has been 4-5 hours, then eat a meal – just use your common sense and also it will be a bit of trial and error. If you find you are hungry too often, try increasing healthy fat intake.

Also bear in mind that thirst is often mistaken for hunger. Try to drink plenty of fresh, clean water preferably filtered (reverse osmosis) or distilled and then re-mineralised.

Eating incorrectly (foods, timing and the link with our sleep) can cause many of the candida symptoms in itself. So if you are unsure whether you have Candida after an inconclusive spit test, or even if the spit test came out negative, following the simple guidelines above may help your body come back into balance.

CHAPTER 4 – HEALING

Emotional Healing & Acceptance

OK now excuse me while I get stern! First you must understand that there is NO MAGIC PILL or OVERNIGHT CURE! Anyone promising this is in it for the money. I am sorry to bring this to you but you are in it for the long haul. The sooner you get used to this idea the better. I have cured my Candida infection many times over and got it back faster and more furious each time. It sounds harsh but there is no point going on with a healing plan until you understand this and accept it fully. Otherwise you will self-sabotage by slipping back into your old way of eating, forgetting your supplements/treatments, and end up feeling like you have failed. This will bring more stress upon your system and make it worse. So if you need to do any emotional healing, meditation, anger management, have a good cry and feel sorry for yourself, whatever you need to do, get an acceptance and a determination to succeed and change your life forever! Believe me I speak from experience here!

Be patient, it may take a while but it is an important step in the process. Remove the causes of stress in your life, face the past to let go of emotional baggage, even if you cannot do this in time for starting your plan – take a step in this direction and you *will* feel better! Do not ignore the emotional side of things as this is quite often the most important difference of success and failure! If emotions are not addressed, the loop of illness will continue.

These thoughts and realisations are what helped me and I hope they help you too!

Heal the Gut Optional but Recommended

(Approx time 2-4 weeks)

If you particularly have a lot of food intolerances or suffer from bad IBS symptoms, it may mean you have a Leaky Gut. Likewise, if you begin the plan and this causes a great aggravation of your symptoms, it would be worthwhile taking a step back to this phase and heal your gut. This can be done through a special diet called a 'Rotation Diet'. This diet will help your gut to rest between digesting different foods and assist in its healing. In addition it will also help you to identify particular foods that you may have intolerances to (and you will be surprised!).

In this phase you must eat as much variety of foods as possible while avoiding obvious sugars and sticking to the basic food rules above. The tricky part – you must not eat the same food for 4 days. So if you eat rice on Monday, you must not eat it again until Friday. I found this phase both difficult and yet exciting! It meant I had started my journey but could still enjoy a wide range of foods before the restrictions came in!

HINT:

I kept a basic food diary so I would know what I had eaten, and I made a meal plan for each week. I also recorded any reactions I had to the foods and some patterns emerged to particular foods that I had not realised before!

It is best to stick to simple meals of 2 or 3 items rather than having meals made up of 10+ ingredients or components in this phase, as this will give you a bit more flexibility in the coming 4 days!

To assist in the healing you may wish to take a good quality healing preparation/supplement like neem, aloe vera or ionic/colloidal silver. I have used all of these, and also I used colostrum however this was more expensive. If you want to use an enema, these preparations can be added to the enema fluid.

Stay on this phase for about 2-3 weeks. You will feel ready to move on when you are ready so do not worry about this, just listen to your body (but make sure you are not just being impatient!).

CHAPTER 5 – KILLING THE CANDIDA

(Approx time 4+ weeks)

If you are beginning with the rotation diet, do not start this phase until that stage is completed!

There are so many products on the market that promise to kill or control Candida. I have tried many, but to be honest they are just lining others' pockets.

To kill the candida you need to do 3 things:

- 1. Starve it so it gets weak,**
- 2. Hit it with an anti-parasite,**
- 3. Repopulate your healthy bacteria**

Now, many others say that the replenishment of your good bacteria is useless as it will be killed by the anti-parasitic remedy you are using. But by careful selection of natural products that do not harm beneficial bacteria, this will not be the case. This means that you can not waste any time in beginning the much needed replenishment of friendly bacteria and nutrients as soon as you start the eating plan.

I have chosen the easiest, cheapest and in my experience most effective anti-parasitic treatment and it is also a treatment that the fungus will not become resistant to as it acts on a purely physical level. When I first followed an anti-candida plan I was spending over £300 per month on supplements. There is no need for this at all!

In addition, this treatment will offer effective heavy metal detoxification which will bring you many benefits! It is also very high in silica, known to be essential for health.

But before we look at this, we will look at the most important part of this plan – the eating plan!

Starving the Candida

Please bear in mind that the following anti-candida eating plan will overwrite any metabolic typing plan for now, but is very beneficial to understand the balance of protein, carbohydrate and fat intake that you need by taking the test. By gaining this understanding, you will be able to bear this in mind when you eat and this will further bring your body into balance.

Any plan that tells you that you do not need to follow a similar sugar free eating plan does not understand candida. No matter what you do, if you feed it the fungus will grow stronger.

Candida feeds off sugar. **So we must not eat sugar.** That is it. But unfortunately, it really is not that simple. Sugars are found in a lot of foods including many health products – anything ending in '-ose' is a sugar – no, you must not have anything! This is particularly important as mentioned above, Candida will feed on the sugar and gain strength so everything else you do will be useless if you continue to consume high sugar foods! This includes natural sugars – honey (raw manuka honey is ok), milk & dairy (except pure cream and butter), dried fruit, etc – if you can tolerate fresh fruit you can have a limited amount but try to stick to the less sweet varieties as much as possible (only if you go grain free – see section on grains & fruit)

You also need to cut out starches as these turn quickly into sugar within the body. This includes white potatoes and wheat. Other grains such as spelt, rye, oats, are generally OK if they are wholegrain. (see section on grains & fruit)

Do not use a sweetener. If you cannot go without sweetening drinks or cereals, use **xylitol**. This is the **ONLY** sweetener that is safe for candida sufferers as it does not feed the yeast.

Natural stevia leaf is also OK but has a bitter after taste many find unpleasant. Processed and branded stevia products are far from natural and should be avoided.

Restrict your caffeine intake. It is actually quite beneficial to have 1 cup of organic ground coffee in the morning as this can help with constipation and has anti-depressant properties.

Avoid Dairy. Unless it's raw (unpasteurised). You may use cream and butter as these contain hardly no lactose, and raw milk contains the enzyme lactase to digest the lactose so that is also fine. **Eggs are very much recommended.**

Limit high sugar veg like tomatoes, sweetcorn, peas, sweet potatoes. **Eat plenty of green vegetables.**

It is OK to have rice milk, almond milk, etc but not soya (must be unsweetened – try the hazelnut & almond Rice Dream!)

You can increase your protein intake with **hemp protein or whey protein concentrate** (check ingredients).

Avoid all deli meats, bacon, ham etc as these all have preservatives, also sausages and burgers tend to have wheat in, but you can freely eat whole pure meat such as chops and steak.

Make friends with fats. (even animal fats if you are O type blood). Use butter or organic coconut oil for cooking. **Never heat any other oil** as it will destroy its properties and could turn it into a trans fat. The 2 mentioned are safe for cooking. Increasing fat intake and frying will help you to be more satiated.

Avoid fruit juices - very high in sugar.

Coconut flesh, milk & water is great if you have a sweet tooth, coconut water is highly recommended for its nutrients. As is **Peanut Butter** & other Nut Butters (make sure there are no

forbidden ingredients). **Nuts should be raw** and preferably freshly cracked.

Avoid gluten free products as these are generally very highly processed. It is OK to use some rice flour or cornflour (organic) to thicken sauces or bind ingredients.

No yeast or yeast products.

SO YOU CAN EAT:

Unlimited: All unprocessed meat, poultry, fish, seafood, etc; eggs; double cream and butter; raw milk; all healthful oils (coconut, olive, hemp, etc); all nuts (raw), nut butters & seeds; all vegetables except potatoes, peas & sweetcorn; mushrooms; whey or hemp protein concentrate; seaweed & algae (such as kelp, spirulina & chlorella); Organic brown rice; Quinoa.

1-2 portions a day max: Fruit/grains (see grain/fruit section), sweet potatoes

Limited amounts (1-3 times a week in small portions): pulses, peas, sweetcorn

DRINKS: herbal teas; water; unsweetened rice, seed or nut milk; organic ground coffee (max 2 per day)

Stick to this diet strictly for at least 1 month. You may try to introduce more foods from your metabolic type diet after a month, **very slowly only 1 new thing per week and still avoiding sugars.** If you bloat or find any of your candida symptoms returning the week after you re-introduce a food, cut it out and do not introduce anything for another 2 weeks. Always stick to the basic food advice given in the Preparation section. **Be very cautious even if you have had a negative spit test!** Repeat the spit test after one month, then again after each 2 weeks or so to measure your progress.

Grains / Fruit

I have tried including fruit and grains and both seem to work, but not combined! So it's either fruit OR grains.

What I have found more recently when testing clients with kinesiology, is that some do better on fruit and some on grains. I now include I in my testing to ask which they should have. There are many different varieties of candida, so my thought that explains this is that some varieties will thrive more on fructose and some on maltose (the sugar grains break down into). I obviously cannot test for anyone using this as self help, so I would say to go with what you find easiest or more enjoyable to begin with, and switch to the other if you are not getting anywhere. Either way should work, just one will usually be more effective.

Fermented Foods

It is good to consume fermented foods and drinks such as kombucha, water kefir and sauerkraut. These are fun and rewarding to make at home, you just need some started cultures (which can be found on Ebay!) and some recipes. These will bring valuable bacteria into your gut – but take it easy, build up slowly just having a small amount to start!

If you are consuming fermented drinks and foods regularly, then you will reduce your need for probiotics in the longer term.

Mushrooms, Vinegars, Fermented Foods, Spices, etc

Many plans will tell you not to have mushrooms & vinegar. Personally, I have always found mushrooms not to be a problem. Regarding vinegar, Apple Cider Vinegar is fine. In fact apple cider vinegar has anti-candida properties and beneficial bacteria. So I have replaced the vinegar on my dinner table with apple cider vinegar, which the whole family now use as a healthy alternative, just the same as I have replaced the salt for Himalayan Salt in my salt cellar. There is benefit to be found by taking a tablespoon of ACV before meals and you may wish to try this also (dilute it in some water). The ACV must be organic and have the 'mother' (a gooey bit in the bottom) for it to have the best healing properties.

Sauerkraut is excellent for replenishing beneficial bacteria! **Garlic and onion** will deplete the body of zinc so this is better to not overdo these. When using onions, make sure you use the whole onion or throw the rest away as they are a magnet to airborne pathogens and quickly become toxic to us if left 'open'.

Killing the Candida

You need to take some sort of anti-parasite preparation. I do not recommend anything that is processed to do this job as we are natural organic beings and therefore we should only eat and take natural organic compounds! The purer and less processed the better.

I recommend Diatomaceous Earth – it really worked for me more quickly than I thought and is safe to take as a maintenance for the long term.

DE is a natural mineral that has been used for many years for its anti-parasitic and detoxing properties. It is also rich in silica, essential for healthy bones, cartilage, blood vessels, tendons,

hair, nails and skin. It also helps in the formation of collagen which is essential to the body (without it the cells would come apart!). Collagen is essential for combating the wear and tear of joints and also for maintaining the elasticity of skin (in other words, it can help premature wrinkles).

Taking Diatomaceous Earth

You need to take 1 tablespoon per day mixed in some water. You may need to start with a lower dosage such as 1 teaspoon or less and build up slowly as it may give you unfavourable effects (see below). It doesn't take great but it is fine and I have had much worse! It is best taken just before bed so it can work on your stomach and gut while your digestive system is at rest.



Sourcing Diatomaceous Earth

When you are looking to buy DE, you must make sure it is food grade and that it is sold in food grade containers. The purest source is from Peru. It needs to be freshwater sourced. There are many places selling inferior grades of DE, many of these are only suitable for animal use and many are not very pure.

In our shop we sell High Quality Food Grade DE for £2.50 per 75g tub (standard sized coleslaw tub), £6.50 for 300g (fits in a 1Litre bucket). It is a very light powder so the weight is very light for the volume you get! You should not have to pay more than this and if you find cheaper, make sure it is the proper grade and purity.

If your detoxification causes constipation, increase your water intake and you can mix Psyllium Husks in with your DE.

I am happy to advise you on your purchase of DE with no obligation if you want to send me a link to the product you are looking at. This booklet is not linked at all to sales!!

Unfavourable Effects

Killing candida can produce unfavourable effects, however these are not usually persistent and nothing to worry about. You may experience some 'die-off' effects such as flu-type symptoms, IBS, swelling, fatigue and even a slight aggravation of your original symptoms. **This is perfectly normal and is a sign that it is working.** They are caused when the candida is attacked by the anti-parasitic treatment as it will counter attack by releasing toxins to try to protect itself. The symptoms are worse if there is a lot of candida but if you want to take vitamin C it should help (see replenishing section). Increasing your water intake will help. Drink Rooibos tea or Green Tea for their antioxidant properties. Also you may wish to eat some rice or other carbohydrate that can absorb the toxins released. I found rice and salty foods in particular were very good.

If it becomes a problem reduce the dosage of DE, but do not to stop it even if it means going down to the smallest dose possible.

CHAPTER 6 - DETOX

It is important to detox from the heavy metals toxins in your body and the Diatomaceous Earth will very much help with this. If you want to, you can assist the detox process. These methods will also help to ease the detox and die off unfavourable effects.

There are 2 ways I suggest this.

1. Epsom Salt Bath and
2. Home Enema.

Epsom Salt Bath

The correct way to detox with an Epsom Salt Bath is to place 1 kg in a hot bath (as hot as you can comfortably stand, but do not burn yourself and be careful not to get giddy!). Soak for about 10 minutes. Then with a massage mitt rub yourself all over briskly in circular motions. You will get very hot very fast and the water will get quite cloudy. When you have rubbed yourself all over, try to stay in the bath for another 10 minutes, or at least 5. Then be careful when you get out, dab yourself dry and quickly wrap yourself in a hot towel or duvet and stay wrapped up for 2 hours to allow your body to sweat. After the detox period, shower off.

Enema

Enema is a very beneficial practice for the control & killing of candida, detoxing and cleansing of the body, and also relief of symptoms of candida and a change in diet such as constipation, IBS and wind. This is much like colonic irrigation, only it is done the old-fashioned way as they used to in hospitals, usually with an enema bag or can. The enema fluid is taken into the bowel, held for as long as possible then evacuated down the toilet.

I have found much benefit in this practice. It is perfectly safe and recommended by many alternative health care practitioners. I can supply enema kits in our shop, and have written a comprehensive instruction leaflet for the kits after much research. You can also find enema kits for sale in places such as Amazon.

It is a myth that enema can make your bowel lazy, however I always suggest that enema is not used to replace regular bowel movements. For this plan I would suggest performing an enema once a week to start.

Once the candida is gone you can reduce this to once a month. For extra detox effects and support for your liver and kidneys you can use 1 mug of coffee diluted in the enema water (usually 2 litres). Any organic ground coffee can be used, but it must be fresh not instant and it must be organic. If you do not want to use coffee, just use water, distilled is best. In any case I would do a cleansing water enema before the coffee enema so as I could hold the coffee enema for longer for more benefit. If you want any advice on enemas please email me.



CHAPTER 7 - REPLENISHING

It is my belief that as much nutrients as possible come from the foods you eat and I really do not believe in unnecessary supplementation. Taking too many supplements cause stress to your liver and kidneys which have to process the overload of nutrients. You can also save money by eating correctly in the first place! However, as the candida will have prevented effective absorption of the nutrients in your foods, it is very highly likely, almost definite, that you are deficient in many essential nutrients. On top of this you will be cutting out many foods in the anti-candida plan so it is important you supplement your diet at this time.

The first supplement plan is to start when you begin the anti-candida eating plan. There is no point taking any supplementation at the healing phase, ie the rotation diet, as your body will not absorb them properly anyway so you are wasting money.

So begin the following programme when you begin the killing phase.

The essential supplements I suggest are:

Zell Oxygen Plus by Dr Wolz

This is an enzymatic yeast formula of various nutrients including B-vitamins and some minerals. It kills candida, replenishes essential nutrients, feeds good bacteria, oxygenates cells, gives energy and builds immunity. Take 30ml in water every morning for the first 2 weeks, then drop to 15ml for a minimum of 8 weeks (1 bottle lasts 8 days at full dose and just over a fortnight at half/maintenance dose). It is beneficial to take ongoing. It tastes YUK but is really worth it – you will feel

the difference!

High Count Multi-strain Probiotics

(such as Probiotix 5 Live by Nutri Advanced)

This will re-populate your gut with friendly bacteria. At the start of the plan the fungus will probably overrun the probiotics but as time goes on they will soon find strength and win over! This is best taken at your main meal. Take 2 per day. If you are regularly eating fermented foods, you can try without probiotics after the first month.

Magnesium Chloride Flakes (for in the bath or make a Magnesium Oil spray).

Almost all of the population is deficient in magnesium and this is causing many problems such as insomnia, inability to relax, muscle aches, heart problems, furring of the arteries, calcium deficiency and much more. Please see my article on the website 'the Magnesium Deficiency Epidemic' for more information. Magnesium is most effective taken transdermally (through the skin). Flakes can be taken in the bath, approx 500g – 1Kg in a bath (500g is a maintenance dose, 1Kg is for deficiency). You can also use it to make magnesium oil by dissolving approximately 100g flakes in 42g water. This is sprayed on an area of the body each day 20 minutes before washing off. The next day a different part of the body is used, and so on.

The following are not essential, but recommended as they will help you.

Vitamin C 3,000mg per day (optional)

This is quite a high dosage and its antioxidant effect will help your body cope with detox effects and die off. It is much better

to take regular smaller doses than 1 large dose. Take with meals. Try 3,000mg (3 x 1,000mg doses) first, if there is any unfavourable effects reduce to 2,000mg.

Vitamin D3 5,000iu minimum

I would suggest to increase this dose to at least 10,000iu in winter. You will generally need to shop around on the internet for a supplement above 1,000iu. I can supply 5,000iu in my shop.

Digestive enzymes

These are taken at mealtimes and will help you to digest your food. I recommend Similase by Nutri Advanced or Supergest by Higher Nature.

Selenium

As the soil in Europe is deplete of selenium, it is advised to take a supplement. I suggest 200µg would be fine. Or you may eat 2 x organic brazil nuts!

Nascent Iodine

This will help to support your thyroid and metabolism and can be painted on the skin to absorb (2-3 drops per day).

CHAPTER 8 – MAINTENANCE

Once you have had 2 negative spit tests in a row (2 weeks apart), you may continue with the maintenance plan. It is important not to get too carried away – believe me I know this from experience. It is so easy to think – that's it I have done it! It is also even easier getting on that slippery slope again. **This is probably the most crucial point now** and what you do will determine whether you need to go through all this again! This phase is also good as a preventative measure for the rest of the family or anyone who just wants to avoid getting candida!

Eating Plan

I would suggest that you take the metabolic type test again as you may have changed, or if you did not do the metabolic typing test, then do it now. This will help you to find optimum well-being and balance for the long term.

You can start slowly introducing some of your foods that are part of your metabolic eating plan, if you have not done a test it is an idea to do one. If you do not wish to do one, then just introduce one per week of the foods you wish to continue eating. Try your best to still avoid all sugars, wheat and processed foods. Any time you have a return in your symptoms go back n the anti-candida plan for at least 2 weeks, or more.

I am not saying you can never ever again have a treat or slip up – but if you do, revert to the anti-candida plan for at least a few days afterwards and double up on your DE and probiotics.

Supplements

For on-going maintenance I would take the following:

Zell Oxygen Plus – 15ml every morning.

Magnesium Chloride Flakes 1 magnesium bath per week or oil spray at least every other day.

Diatomaceous Earth 1 teaspoon per day, or 1 tablespoon 2-3 times per week. Please do listen to your body and take the amount that you feel best suits you.

Detoxification

I suggest that an enema is taken approximately once a month, or just whenever you feel the need. The idea is to get to know the signs your body is giving you so you will know what you need when you need it!

You may also continue with regular Epsom Salt Baths if you wish. We take in toxins not only from our food but from the environment and everyday life, so it is important to keep up with a maintenance programme for protecting ourselves against these toxins.

Exercise

I have not mentioned exercise at all, but I would suggest that a gentle exercise is undertaken such as Yoga which will also help with the detox. Do not start any vigorous exercising when on this plan as your body will have enough to cope with! Walking in nature (especially barefoot) and doing anything you feel is fun will bring about positive energy and help you in your

healing process! Take extra care when getting used to the new eating plan and be kind to yourself!

Therapies

In addition, I have also found the following therapies to help me on my path to well-being.

Reflexology – I have regular (approximately monthly) treatments of reflexology which helps my stress levels, assists in the detoxing process and also corrects any imbalances in my body.

Hypnotherapy – I have had an 8-week course of hypnotherapy a few years ago in order to help me release past issues that were hindering my progress.

EFT – Emotional Freedom Technique is a powerful healing tool and can be learned free from the founder's website at www.emofree.com – EFT reached the parts for me that hypnotherapy didn't quite reach (not putting down the impact hypnotherapy had too)! Also check out The Emotion Code which uses muscle testing.

Meditation & Positive Thought – simply practising being in the 'now' has greatly helped me stop worrying about the future. This has also had a huge impact on my tolerance and compassion. Look for guided meditations on Youtube, especially powerful are binaural beats meditations. Be grateful for your health, life, etc and see the positive in everything as much as possible!

Kinesiology – Muscle testing and kinesiology have played a huge part in assessing my body's needs when selecting supplements, dosages and diagnosing deficiencies and other problems.

CHAPTER 9 - CONCLUSION

I really hope that some, if not all the information in this booklet will help you on your journey to well-being. I am very happy to advise you in any way I can if you need help or guidance, or if there is anything in this booklet that you do not understand.

I am also very grateful for feedback, success stories, or hearing if something didn't work for you. This will help me to further develop this booklet and improve the information in the future.

I will not wish you luck as you do not need luck – all you need to do is recognise that your body is yours and it has it's own needs, and deserves your compassion. And then deliver what it needs! We very often give compassion and loving kindness to all living (sentient) beings, while failing to have the wisdom that we ourselves are living beings!

Time?

You may think you have no time for all this especially if you care for others. I have 3 children, a mail order company, Yoga class, I have studied for 10 diplomas in as many years, researched into truth issues, products and health issues and home educated my son and daughter. You can do it no matter how busy you are. Time is an illusion and always 'not having the time' is therefore also an illusion (and an excuse!). I schedule these things into my day and stick to it! I plan meals, shopping, etc. If you fail to plan you really do plan to fail! Just think – if you fall ill who will be able to do your job of mother, wife, father, keeping your home together, etc as well as you? You owe it to everyone in your life as well as yourself to be well and happy! And above all, remember you are not alone.

CHAPTER 10 – ARTICLES

On the following pages you will find the articles I reference throughout this booklet.

My Candida Story

About 5-6 years ago I self diagnosed with Candida Albicans, a yeast overgrowth in the gut and body. I confirmed my diagnosis with kinesiology testing and advice from the Finchley Clinic in London and over the phone consultations with Gut Doctor. It took a while to come to terms with it and to accept all the things I would have to give up, but I wanted this parasite to be gone from me so I wasted no further time.

I embarked upon an anti-candida diet plan and supplement programme provided to me by the “Gut Doctor” which I followed to the absolute letter for 8 months. I visited another kinesiologist after 8 months who confirmed my food intolerances and candida had all re-balanced and eased. Unfortunately I took this as a green flag for eating what I wanted. 6 months later my symptoms returned and I had blood microscopy analysis which confirmed it was back with a vengeance – I could actually see the yeast cells in my blood. I was horrified!

I tried the Gut doctor plan again but found it was a very difficult and strict plan to follow this time and it made my symptoms worse. I tried different things, sometimes re-trying the Gut Doctor plan and sometimes trying other plans on the internet and eventually in 2009 I decided to study Nutritional Therapy for myself so I could understand the reasons behind the diet more fully and be able to help myself.

Little did I realise how difficult it would be to treat yourself as

you can't see the wood for the trees!! It is also heavily influenced by likes and dislikes as I would be formulating a diet plan and then realise I would have to give up something I loved and then would scrap that or try and do it with just that food still included. I also embarked upon a diploma in Homeopathy and thought this too may help to bring balance back. However finding the correct remedy for yourself is even more difficult as you can see yourself in most remedy profiles!!

So time went on and I tried other things such as Detox Foot Pads, zeolite, homeopathy, reflexology, other supplements such as high dose biotin, sauerkraut, enemas, most of which seemed to have some effect but no lasting effect. So in 2012 I decided enough was enough. I decided to open the Natural Health Clinic and thought I wouldn't possibly want to advise people how to heal themselves if I couldn't do it for myself. So with new determination I formulated the diet and detox plan (in the My Personal Detox article) and set about a public detox diary (linked from the detox article). I based this upon all the things I had tried which I felt had given me most benefit over the years and felt a combination of all these may just work! The fact it was public served very well in keeping my on track as I knew people were following my progress!

A summary of the main factors of the plan are: weekly reflexology, a diet plan based upon metabolic typing, regular supplements (listed in the personal detox page), anti-parasitic treatment with Diatomaceous Earth, replenishing treatment with high dose probiotics and sauerkraut, cleansing with coffee and water enema, gentle exercise with Yoga.

The last 2 weeks of the diet I felt quite unwell, low energy and fluey and just feeling like something wasn't right. I thought the diet may not be suiting me any more or maybe my immunity

was low. Despite taking lots of vitamin D3 and C I still felt rotten.

Results – So after finishing my month plan, July 2012, I am in the process of re-testing and re-formulating a plan for the longer term. I have taken the Candida test (morning spit test) and for the first time in over 5 years my spit test is negative!! I understand that the illness I was feeling must have been candida die-off – if I had known I would not have been so down about it!! I have also taken the metabolic type test as devised by William Wolcott (one of the original researchers and pioneers in metabolic typing) and found I have changed from a protein type to a mixed type. This means I can cut back on meat and introduce some more carbs that I can tolerate!

I am sure all of my efforts over the past few years have contributed in some way to my freedom from Candida, including much emotional healing and stress-reducing practices such as mindfulness and meditation that I have undertaken during this time.

Learning from my past mistakes I will not be taking this as a green flag to eat what I want! I know I will always be prone to Candida now I have had it and I will be sticking to my new eating plan. I am also going to keep taking Diatomaceous Earth everyday for its anti-parasitic properties plus high dose probiotics as a maintenance.

UPDATE October 2012 – I did somehow get on that slippery slope so I am now back on the plan! It has taught me that the maintenance part is probably the most important part of all.

The Magnesium Deficiency Epidemic

Written for my shop newsletter

During our extensive research on magnesium, which ultimately led to the addition of Magnesium Chloride Flakes to our range, we have discovered that magnesium deficiency has fast become somewhat of an epidemic.

Unfortunately allopathic doctors and allopathic medicine fail to recognise the many symptoms of magnesium deficiency and their insistence of covering up symptoms with prescribed drugs can do a lot more harm in the long term as the deficiency will fail to be addressed.

One reason magnesium is so important to our body is that it is needed for the efficient utilisation of calcium. When we are deficient in magnesium, calcium wanders around aimlessly and can end up leaving calcium deposits in our joints and a chalky deposit in our blood vessels.

Lack of the absorption of calcium can then have a negative impact on our teeth and bones. When we realise we are lacking in calcium, we take or are prescribed calcium supplements which then worsens the problem.

Calcification of the blood vessels is far more widespread than cholesterol, and the main cause of 'blood vessel furring'. We almost always get enough calcium in our diets, but rarely get enough magnesium, and if we do this is quickly and easily depleted by stress, prescribed medicines and the toxins we are exposed to in our everyday lives.

So it is extremely important that we supplement with magnesium for optimum health. It is believed to be most effective to supplement trans-dermally (through the skin) as it is estimated that we only absorb about 40% of magnesium

taken orally, and then our bodies have to process it and deal with any excess. But trans-dermally, magnesium is delivered directly into the muscles and tissues where it is needed, and our body will only absorb as much as it needs. There is very little risk with this method, but if you have a kidney or thyroid condition we advise you seek medical advice in the first instance.

There are 2 easy ways to get magnesium into your body:

1. You can put magnesium flakes in your bath or foot spa (500g-1Kg into a bath, or approx. 250g in a foot spa)
2. Make up some magnesium oil to spray onto the body, rub in, leave for 20 minutes then wash off. This is the most cost effective method, as with our magnesium flakes, 250ml oil would cost you only £1!

To make your own oil is so easy too! You will need a mister or spray bottle, magnesium flakes and pure water. We recommend distilled water or spring water is the best but tap water will be fine if your area is not fluoridated. You simply dissolve the salts into the water until no more will dissolve (you will know this as there will be a small amount of salts that stay in the bottom of the solution).

That is it! No need for expensive preparations that other's will so willingly sell you! Be warned! We have been extremely shocked to find others selling ready made magnesium oil for £15 - £20! We really cannot understand how people can cash-in on things like this. We would much prefer to offer products at very reasonable prices so more people can benefit!

Dangers of Fluoride

by my daughter **Beth Bryant**

As part of a personal investigation on adding fluoride to water supplies (fluoridation) I conducted this interview with Scott Tips, president of the National Health Federation. By publishing this interview I hope this will give an insight into the dangers on using fluoride in your dental care and water supplies.

Date of interview: 28th November 2011

BETH: What, to you, is the most worrying fact about fluoride that people may not know when putting it in their bodies?

SCOTT: That fluoride not only harms their physical health but their mental health as well. In certain sub-populations that are especially susceptible to fluoride's effects, fluoride can make those people more docile. It blunts their ambitions and drive.

BETH: Why do you think Dentists promote the use of fluoride?

SCOTT: It's their training. They were educated in schools that taught the conventional – but very wrong – belief that fluoride will strengthen one's teeth. This is reinforced once those students graduate from dental school and become dentists by both peer pressure and by corporate interests that continue to market and sell fluoride-based dental products such as toothpastes and mouth rinses. The inertia of continuing with what they "know" is extremely easy, and it is very difficult to swim against the tide of conventional thinking even though we now know that there are far better and safer ways of strengthening teeth such as taking supplements like magnesium citrate, boron, Vitamin D3, and Vitamin K. Most U.K. diets are more than adequate in calcium so no need to supplement with calcium.

BETH: What effects could the fluoridation of water have on communities and future generations?

SCOTT: It will weaken our overall health and that of our children. Fluoride is an acknowledged toxin and contaminant, but couple it with all of the other toxins and contaminants that we are exposed to in our environment such as pesticides, herbicides, plasticizers, endocrine disrupters, petroleum by-products, xenoestrogens, etc. and the deleterious effects of fluoride are *multiplied*! We already have a major problem with fertility. With each successive generation exposed to these kinds of toxins, that kind of fertility problem will increase. Eventually, there might not even be any future generations if we keep medicating ourselves so unwisely as this!

BETH: Do you know what a persons average daily intake of fluoride is in the UK and Ireland and is this dangerous?

SCOTT: Yes, it is very dangerous and negatively impacts consumers' health (see above). In the UK the mean daily fluoride intake, when including tea but excluding water, amounts to 1.2 mg/day for the adult population. A new UK Fluoridation Study (2011) showed that fluoride intake exceeds the recommended safe maximum in nearly two thirds of consumers receiving Fluoridated Water (0.8ppm). The recently published paper on fluoride consumption is by Dr. Mansfield, MA, MB, Bchir, FRSA, a retired medical practitioner. See: <http://fluoridation.ca/2011/02/23/fluoride-intake-exceeds-recommended-safe-maximum-uk>

BETH: Excluding dental care, are there any other products that contain fluoride and what is your advice on avoiding them?

SCOTT: Most food products that are made with fluoridated water will contain elevated levels of fluoride. This would of course include beverages made with such water.

BETH: How do you feel about governments fluoridating their waters without a public vote?

SCOTT: A more appropriate question might be: How would I feel about governments fluoridating water even with a majority vote? I wouldn't like it at all – with or without a vote. No government has the right to medicate me without my own personal, informed consent! The fact that a majority vote has been held does not add even one iota of legitimacy to the act . . . I am still entitled to opt out and you simply cannot opt out from public fluoridated water without a lot of cost and trouble. With or without a vote, the government has no right to mass medicate society with any drug.

BETH: Do you have anything we haven't covered that you would like to add about fluoride?

SCOTT: Yes, unlike in North America, the soils of the British Isles are very selenium deficient. Yet, fluoride displaces selenium in the body! So, anyone trying to get adequate selenium intake from eating any kind of British diet, while drinking fluoridated water, is asking for trouble. Selenium is a strong antioxidant, with proven cancer-fighting and anti-viral properties and benefits. To deplete our bodies of this scarce and very necessary nutrient through mass dosage of the populace with fluoridated water is a double insult to our health!

Are We Innocently Poisoning our Children?

published on the National Health Federation UK website & Health Freedom News Magazine

People are generally so trusting of the food chain that they do not even read the labels of the foods and drinks they consume. Many people are of the opinion that “it wouldn’t be allowed in food if it was bad for you”, but large corrupt corporations, biased research, bought-out organisations that claim to be regulating the products for our good and mass-marketing have enabled this not to be the case.

We have often heard that artificial sweetener and certain food additives such as Monosodium Glutamate (MSG) are bad for our health but has much of this information actually made a difference to how we feed our children?

I would like to draw your attention in particular to a deadly chemical that is widely available in unlimited amounts in products – including products that are specifically aimed at children, and more importantly are very widely used by playgroups, parents, schools and nurseries under the false belief that it is actually good for children.

There is to date NO artificial sweetener that is actually proven to be safe to consume. In fact many have been proven to cause tumours and cancer with prolonged usage. The dangers of small amounts of these additives used in controlled amounts may be considered safe by the FDA, but the fact that sweeteners are now included in the ingredients of so many foods including health foods and drinks means that it will accumulate in our system and build up to levels that are harmful, especially to children, pregnant and nursing Mums and those with compromised immunity.

Sucralose has been linked to obesity, aborted pregnancies, anaemia, increased sugar cravings, digestive problems/conditions, migraines and seizures. Acesulfame K has been linked to kidney tumours, although is usually not found on its own but part of a toxic sweetener blend. However the most dangerous sweetener of all and the one I will concentrate on is Aspartame.

To first understand why Aspartame is on the market and in our foods, it is necessary to understand who it got there in the first place.

It was discovered by accident in 1965 when James Schlatter, a chemist of G.D. Searle Company, was testing an anti-ulcer drug.

Aspartame was approved for dry goods in 1981 and for carbonated beverages in 1983. It was originally approved for dry goods on July 26, 1974, but objections filed by neuroscience researcher Dr John W. Olney and Consumer attorney James Turner in August



1974 as well as investigations of G.D. Searle's research practices caused the U.S. Food and Drug Administration (FDA) to put approval of aspartame on hold (December 5, 1974). On January 21, 1981, the day after Ronald Reagan's inauguration, Donald Rumsfeld, the CEO of Searle and the main financier to Ronald Reagan's election campaign, re-applied to the FDA for approval to use aspartame as a food sweetener. Reagan's new FDA commissioner, Arthur Hayes Hull, Jr., saw that it became approved. In 1985, Monsanto purchased G.D. Searle and made Searle Pharmaceuticals and The NutraSweet Company separate subsidiaries.

Aspartame accounts for over 75 percent of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious including seizures and death and are detailed below.

With the backing of such a large and powerful (and corrupt) corporation such as Monsanto, there is very little we can do to take this dangerous substance off the market. However what we can do is spread awareness to people so they can decide whether to keep buying and feeding this to themselves and their families. The more these items are left on the shelf of supermarkets, maybe the message will get through that we do not want to have this poison in our food chain.

I feel it is imperative that products containing sweetener and especially aspartame are not given to our children by establishments such as schools, nurseries and playgroups where the parents have no control over what is given to their children during the times when they are there. So if you want to take action, write a letter to your school or education authority. The more people that write in, the more they will listen!

INGREDIENTS OF ASPARTAME

Phenylalanine (50% of aspartame) – Phenylalanine is an amino acid normally found in the brain. Persons with the genetic disorder phenylketonuria (PKU) cannot metabolize phenylalanine. This leads to dangerously high levels of phenylalanine in the brain (sometimes lethal). It has been shown that ingesting aspartame, especially along with carbohydrates, can lead to excess levels of phenylalanine in the brain even in persons who do not have PKU. Many people who have eaten large amounts of aspartame over a long period of time and do not have PKU have been shown to have excessive levels of phenylalanine in the blood. Excessive

levels of phenylalanine in the brain can cause the levels of serotonin in the brain to decrease, leading to emotional disorders such as depression. It was shown in human testing that phenylalanine levels of the blood were increased significantly in human subjects who chronically used aspartame.

Aspartic Acid (40% of Aspartame) – Dr. Russell L. Blaylock, a professor of neurosurgery at the Medical University of Mississippi, recently published a book thoroughly detailing the damage that is caused by the ingestion of excessive aspartic acid from aspartame. Blaylock makes use of almost 500 scientific references to show how excess free excitatory amino acids such as aspartic acid and glutamic acid (about 99 percent of mono-sodium glutamate (MSG) is glutamic acid) in our food supply are causing serious chronic neurological disorders and a myriad of other acute symptoms.

Methanol (aka wood alcohol/poison) (10% of aspartame) – Methanol/wood alcohol is a deadly poison. It is the poison that has caused some “skid row” alcoholics to end up blind or dead. Methanol is gradually released in the small intestine when the methyl group of aspartame encounter the enzyme chymotrypsin.

The absorption of methanol into the body is sped up considerably when free methanol is ingested. Free methanol is created from aspartame when it is heated to above 86 Fahrenheit (30 Centigrade). This would occur when aspartame-containing product is improperly stored or when it is heated (e.g., as part of a “food” product such as Jelly). Due to the lack of a couple of key enzymes, humans are many times more sensitive to the toxic effects of methanol than animals. Therefore, tests of aspartame or methanol on animals do not accurately reflect the danger for humans. As pointed out

by Dr. Woodrow C. Monte, director of the food science and nutrition laboratory at Arizona State University, "There are no human or mammalian studies to evaluate the possible mutagenic, teratogenic or carcinogenic effects of chronic administration of methyl alcohol.

Diketopiperazine (DKP) – DKP is a by-product of aspartame metabolism. DKP has been implicated in the occurrence of brain tumours. Olney noticed that DKP, when nitrosated in the gut, produced a compound that was similar to N-nitrosourea, a powerful brain tumour causing chemical. Some authors have said that DKP is produced after aspartame ingestion. I am not sure if that is correct. It is definitely true that DKP is formed in liquid aspartame-containing products during prolonged storage.

G.D. Searle conducted animal experiments on the safety of DKP. The FDA found numerous experimental errors occurred, including "clerical errors, mixed-up animals, animals not getting drugs they were supposed to get, pathological specimens lost because of improper handling," and many other errors. These sloppy laboratory procedures may explain why both the test and control animals had sixteen times more brain tumours than would be expected in experiments of this length. In an ironic twist, shortly after these experimental errors were discovered, the FDA used guidelines recommended by G.D. Searle to develop the industry-wide FDA standards for good laboratory practices. Ref: <http://aspartame.mercola.com/>

SYMPTOMS CAUSED BY ASPARTAME CONSUMPTION

Aspartame accounts for over 75% of the adverse reactions to food additives reported to the FDA. Many of these reactions are very serious including seizures and death. According to researchers and physicians studying the adverse

effects of aspartame, the following chronic illnesses can be triggered or worsened by ingesting of aspartame: Brain tumors, multiple sclerosis, epilepsy, chronic fatigue syndrome, parkinson's disease, alzheimer's, mental retardation, lymphoma, birth defects, fibromyalgia, and diabetes. Here are the 92 the FDA agreed were symptoms for aspartame. However, there are many more in Dr. Roberts medical text (Aspartame Disease: An Ignored Epidemic, H. J. Roberts, M.D.):

Headache	Difficulty Breathing
Dizziness or Problems with Balance	Oral Sensory Changes
Change in Mood Quality or Level	Change in Menstrual Pattern
Vomiting and Nausea	Other Skin
Abdominal Pain and Cramps	Other Localized Pain and Tenderness
Change in Vision	Other Urogenital Change in Body Temperature
Diarrhea	Difficulty Swallowing
Seizures and Convulsions	Other Metabolic Joint and Bone Pain
Memory Loss	Speech Impairment
Fatigue, weakness	Other Gastrointestinal
Other neurological	Chest Pain
Rash	Other Musculo-Skeletal
Sleep problems	Fainting
Hives	Sore Throat
Change in Heart Rate	Other Cardiovascular
Itching	Change in Taste Difficulty with Urination
Change in Sensation (Numbness, Tingling)	Other Respiratory
Grand Mal	Edema
Local Swelling	Change in Hearing
Change in Activity Level	

Abdominal Swelling	Sinus Problems
Change in Saliva Output	Simple Hallucinations
Change in Urine Volume	Any Lumps Present
Change in Perspiration Pattern	Shortness of Breath on Exertion
Change in smell	Evidence of Blood in Stool or
Eye Irritation	Vomit
Unspecified	Dysmenorrhea
Muscle Tremors	Dental Problems
Petit Mal	DEATH
Change in Appetite	Other Blood and Lymphatic
Change in Body Weight	Eczema
Nocturnal	Complex Partial Seizures
Change in Thirst or Water	Swollen Lymph Nodes
Intake	Hematuria
Unconsciousness and Coma	Shortness of Breath Due to
Wheezing	Position
Constipation	Difficulties with Pregnancy
Other Extremity	(Children Only) Developmental
Pain	Retardation
Problems with Bleeding	Change in Breast Size or
Unsteady Gait	Tenderness
Coughing Blood	Anemia
Glucose Disorders	Change in Sexual Function
Blood Pressure Changes	Shock
Changes in Skin and Nail	Conjunctivitis
Coloration	Dilating Eyes
Change in hair or nails	Febrile Convulsions
Excessive phlegm Production	

Additives by law must be inert or non-reactive. Inert products do not produce a list of 92 documented symptoms from 4 types of seizures to coma and death, nor necessitate a 1038 page medical text. (Aspartame Disease: An Ignored Epidemic, H. J.

Roberts, M.D.) Nor would consumers using this product need to be detoxed. "What To Do If You Have Used Aspartame" by neurosurgeon Russell Blaylock, M.D.

Ref: http://www.who.net/fda_92_symptoms_on_aspartame.htm

Even if you do not believe this yourself – please don't feed it to your children. They have no choice in this and they will pay the price.

Foods to Avoid

written for January 2012 Shop Holistic newsletter

I hope you like (or rather dislike) this picture of the potential supermarket of the future – if the corporatists have their way!



As you probably already know, I am passionate about good ethics, and educating people on the dangerous food additives enabling them to choose their family's food wisely. Sadly much of this information is not covered by mainstream media.

There is no doubt that the food chain has become controlled by faceless and ruthless corporations who put profit before health so we need to educate ourselves on whether we are eating anything that is harming us.

The main dangerous ingredients I suggest you avoid in foods are (by no means an exclusive list!):

ARTIFICIAL SWEETENERS: Aspartame, Acesulfame K, Sucralose (Splenda), Nutrasweet, Saccharin, etc etc, even the new Stevia-based sweetener, Truvia, is very bad news. These are insufficiently tested, and where testing has been performed it is often biased as it is carried out by the manufacturer and based upon junk science. These have been linked to cancer, tumours, weight gain and even death. There are 92 FDA-documented reactions to Aspartame alone!

MONOSODIUM GLUTAMATE (MSG): A flavour enhancer found in many foods especially crisps and snacks, that attacks your brain cells. It works by neurologically causing people to

experience a more intense flavour from the foods that they eat rather than just flavouring foods, and has been linked to many disorders and ethical issues.

FLUORIDE: I mention in another article about the dangers of this toxic substance found in almost all mainstream dental care, and in some water supplies. A major cause of cancer, Alzheimer's and much more.

SODIUM NITRATE & NITRITE: Found in deli meats, such as bacon and ham, have been linked to gastric cancer and oesophageal cancer.

HYDROGENATED FATS: Fats that have been blasted with hydrogen to make them semi-solid such as in 'healthy' spreads. Fats that have been altered in any way are extremely bad for us. Hydrogenated fats are basically plastics, possessing no properties of oils or fats once processed. Consumption of these trans fats are directly linked to cancer, heart disease and unhealthy cholesterol imbalances (despite advertising to the contrary).

GM FOODS: Genetic Modification, or Engineering, is completely unethical and untested, no-one has any idea how these foods will react to our bodies. The argument against GM is too lengthy to cover here. Some of our foods are already GM or contain GM ingredients, if you choose organic then there is reassurance that your food will not contain GM ingredients or if it is meat, has been fed with GM feed.

SOY: Despite soy being labelled as a health food, it has disastrous effects on the hormones and is high in glutamate. It mimics oestrogen, causing hormonal problems and is linked to hormone driven cancers so should be avoided. Not only this but over 93% of the world's soy is now genetically modified!

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