



Yeast/Fungal Detox

Effective program to eliminate *Candida albicans* infections

Overgrowth of yeast (*Candida albicans*) in the intestinal tract is a condition that has been linked to numerous health problems. Yeasts secrete toxins which weaken the immune system. Yeast overgrowth is also linked to sinus infections and cravings for sugar and refined carbohydrates. Candida infections in the gut also contribute to yeast infections in other areas of the body such as the feet, nails, and genital areas. Itchy ears may also be a result of yeast overgrowth.

Antibiotics are primarily to blame for the proliferation of yeast in the body. By killing friendly bacteria in the colon, antibiotics allow yeast and other harmful microorganisms to proliferate. The simple sugars and starches, so prevalent in the American diet, also feed candida overgrowth. Dr. Robert Greenberg estimates that 90% of the American population has an overgrowth of yeast.

The ingredients in **Yeast/Fungal Detox** are designed to inhibit the growth of *Candida albicans* in all three of its life cycle stages. They also help to rebuild an immune system that has been weakened due to yeast overgrowth.

Here is a short description of the purpose of each ingredient in this formula.

The essential oil of oregano has been widely promoted for yeast infections, because it is a strong antifungal. It is not wise to use the pure essential oil of oregano internally, however, because it can damage the liver. For internal use, **oregano** herb (which is found in this formula) is the better choice. It is completely safe, and is still a useful antiseptic and antifungal. Oregano herb not only helps control yeast overgrowth, it also stimulates digestive function and expels excess mucus from the lungs.

Garlic has been dubbed "Nature's Penicillin" because of its ability to combat bacterial infections. Unlike chemical antibiotics, however, garlic does not cause yeast overgrowth because it also inhibits viral and fungal infections. Like oregano,

it also stimulates digestive secretions and enhances digestive function, as well as expelling mucus from the system.

Pau d'arco comes to us from the Amazon rain forests. No parasites grow near the pau d'arco tree, under its branches, in spite of the damp tropical climate in which it grows. Pau d'arco not only inhibits the growth of fungus, it is also a blood purifier and helps with bacterial, viral, and parasitic infections.

Echinacea is also known as purple coneflower. Echinacea is widely recognized for its ability to stimulate the immune system and inhibit the spread of infection. It overcomes sluggish lymphatic function and helps remove toxins from the blood. It helps people who feel sick, exhausted and weak to recover their strength.

Yeast/Fungal Detox also supplies other traditional antifungals including **caprylic acid**, which kills yeast in one phase of growth. These ingredients also support immune system function to resist candida and other infections.

The minerals **selenium** and **zinc** (as amino acid chelates) are absolutely critical to immune function. Zinc enhances immunity and promotes tissue integrity.

Sodium propionate and **sorbic acid** kill yeast in all phases of growth and are classified as GRAS (Generally Recognized As Safe) by the FDA when used in foods as antimicrobial (preservative) agents according to current good manufacturing practices.

The recommended use of Yeast/Fungal Detox is one capsule with a meal twice daily.

It is best to go slowly when trying to eliminate yeast from the system, as a too-rapid die-off of yeast can cause uncomfortable symptoms such as headaches and diarrhea. It is also wise to follow up with probiotics such as Probiotic Eleven or Bifidophilus Flora Force to replace friendly microorganisms in the intestines.

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