



THE M' LIS COMPANY

CANDIDA PROGRAM

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THE CANDIDA PROGRAM

CANDIDA – THE YEAST WITHIN

Self-Test For A Candida or Yeast Problem:

- Do you feel tired most of the time? Does the fatigue alter your lifestyle?
- Do you suffer from intestinal gas, abdominal bloating or discomfort?
- Do you crave vinegar, sugar, breads, beer or other alcoholic beverages?
- Are you bothered by bowel disorders, constipation, diarrhea or alternating constipation / diarrhea?
- Do you suffer from anxiety, depression, panic attacks or mood swings?
- Are you often irritable, easily angered, anxious or nervous?
- Do you have trouble thinking clearly, or suffer memory loss (particularly short-term memory loss)?
- Are you ever faint, dizzy or light-headed?
- Do you have muscle aches or take more than 24 hours to recover from normal activity?
- Without a change in diet, have you had weight gain and not been able to lose the weight no matter what you have tried?
- Does itching or burning of the vagina, rectum or prostate bother you, or have you experienced a loss of sexual desire?
- Do you have a white or yellow fuzzy coating on your tongue?
- Have you had athlete's foot, ringworm, jock itch or other chronic fungus infection of the skin or nails?
- Does exposure to perfumes, insecticides, new carpeting, or other chemical smells bother you?
- Have you at any time in your life taken "broad spectrum" antibiotics, tetracyclines (sumycin, panmycin, vibromycin, minocin), penicillin, ampicillin, etc.?
- Are you using birth control pills or shots, or have you ever used birth control pills or shots?
- Are you on synthetic hormones?
- Have you ever taken steroid drugs? These are often used for allergies, asthma, respiratory problems, and injuries (cortisone, prednisone, decadron, etc.).

RATE YOUR CANDIDA PROBABILITY	
12 or more	very high
7 to 11	high
5 to 6	moderate
0 to 4	low at this time

*This self screening is provided for general information only and is not intended to be used for self-diagnosis without the advice and examination of a health professional.

WHAT IS CANDIDA?

In a discussion about fibromyalgia, it is important to address the condition of candida, as the symptoms of both conditions are exactly the same, with the exception of the touch points (hot spots). The lifestyle change programs that these conditions require, however, differ greatly. Candida is an over-infestation of yeast in the body. It invades the brain and every tissue of the body as fibromyalgia does, and it can be just as devastating. However, unlike fibromyalgia, candida grows and lives on what you eat. It makes your body crave what it needs, and it rampages until you eat it. For this reason, candida is difficult to get rid of, but it can be eradicated if proper steps are taken.

Candida may occur alone or in combination with fibromyalgia. About 80% of those suffering from fibromyalgia also have candida. Both of these syndromes are auto-immune disorders. Take the touch point test to determine if your pain and fatigue may be caused by fibromyalgia. If you suspect fibromyalgia, you must also screen for candida. We always screen for both syndromes before determining a program. For a candida screen, take the



self-test above. If your score leads you to believe that you may have candida, request a candida test from a holistic practitioner, which may include a blood test, stool test, ear candling or written screening. Most people have either one condition or the other. For those with both fibromyalgia and candida, the candida must be treated before the fibromyalgia.

Candida (albicans) is one of the many different types of yeast. Yeast cells are able to grow on the surface of all living things and occur virtually everywhere. The fact is, we breathe, eat, and drink them daily. Because they are part of our daily lives, we all have yeast growing in our skin, on other body surfaces and in our intestines. Normally our bodies' defense systems keep the total number of yeast cells under control, and so candida colonies in our intestinal tract are nothing to worry about. However, poor nutrition or a sluggish or impaired immune system weakens the body's ability to fight off yeast. Stress and environmental pollutants can also play a role in reducing the body's control over candida. When this happens, yeast colonies grow rapidly and candida may result.

Causes Of Candida

There are over 900 species of yeast, and candida albicans is a major one found in the human body. In some ways it is very much like the yeast used in breads. Scientists are not sure why yeasts are in our bodies or what their exact function are the only thing we know for sure is that they help decompose and recycle our bodies when we die. If they multiply too rapidly in our bodies, they begin their job prematurely.

- A number of conditions can lead to candida. Steroid drugs (such as cortisone), birth control pills and the long-term use of antibiotics (such as those used to control acne or various bacterial infections) can invite the problem. Such antibiotics can reduce the number of beneficial bacteria that normally help to keep the yeast under control. Antibiotics kill not only the bad, but also the good bacteria in the body. Good (or friendly) bacteria work like a police force or army, keeping the invading yeast from spreading through the body. As long as the body maintains a sufficient number of helpful bacteria to counterbalance the effects of harmful bacteria (or yeast), the body remains healthy. Antibiotics kill the weakest link and then the next weakest. The strongest bacteria survive and re-multiply. When an antibiotic or a specific candida drug (such as Monistat 7, cream or suppository) are used to solve a problem, the yeast and bacteria left become a stronger strain. We have created new strains and a new generation of mutant and very difficult to eradicate virus, bacteria and yeast. The drug companies are then creating stronger antibiotics and anti-fungals to kill the stronger mutant yeast and bacteria. The more chemical stuffers for symptoms that a person uses, the harder it is and longer it takes for the body to naturally eradicate the candida. Microbial resistance to antibiotics has become a major health crisis. Antibiotic drugs also suppress immune cell production and diminish the strength of the immune system as a whole.
- Poor nutrition or a sluggish or impaired immune system weakens the body's ability to fight off yeast. Stress and environmental pollutants can also play a role in reducing the body's control over candida. When this happens, the yeast colonies grow rapidly and candida may result.
- Alcohol, caffeine, stress and aging all destroy friendly bacteria in the system.
- Sugar, gluten and meat encourage harmful bacteria in the intestines.

Effects Of Candida

- When yeast is in an overabundance, there may be local yeast infections in the mouth (thrush), gastrointestinal tract (gas), vagina (yeast infection), urinary tract (bladder/kidney infection), prostate gland (prostate troubles), skin (hives, rashes), fingernail, or toenail (fungus of the nail bed).
- Too much yeast can cripple the immune system, causing chronic viral and bacterial infection or allergies. Yeast can damage the intestinal wall, allowing food particles and toxins to enter the blood stream. The body then produces antibodies to fight these foreign substances and typical "allergic" reactions may occur, such as eczema and hay fever, along with headache, dizziness, heart palpitations, anxiety, fatigue, and muscle aches.
- There may be changes in the cells that contribute to the candida condition. Yeast by-products or exhaust are two very toxic substances: ethanol and acetaldehyde. These two toxins in turn alter the ability of our cells in the following ways:
 - Red blood cells have difficulty passing into small capillaries. This can cause fatigue, dizziness, muscle aches, or headaches.
 - White blood cells have trouble enveloping bacteria and foreign material, thus, the body has trouble fighting infection.
 - Sugar has difficulty passing through cells. Insulin cannot do its job properly, causing low blood sugar and often weight gain.
 - Thyroid hormones have trouble passing through cells, which causes the metabolism to slow down, often causing low body temperature (cold hands and feet), fatigue and intolerance to cold.
 - Minerals have trouble passing through cell walls, causing fluid retention and electrolyte imbalance.
 - Messages passed from one cell to another have difficulty. This can cause muscle and nerve problems.
 - Enzymes are destroyed. Enzymes are the chemical helpers in the body that help to build, break down, and produce energy and heat. Yeast toxins can inactivate or destroy some of the enzymes, and can result in slowing all the

functions of the body. Example: enzymes help break down sugar stores to help keep the blood sugar at ideal levels; when yeast overgrowth destroys enzymes, abnormally high or low blood sugar levels may develop.

Symptoms Of Candida

- Allergic reaction; congested nose, hives, headache, dizziness, diarrhea, weakness, cramps, arthritis, irritability or depression, increased sensitivities to foods or chemicals.
- Gastrointestinal problems; gas, bloating, abdominal pain, gastritis, gastric ulcer, heartburn, diarrhea, constipation, spastic colon.
- Respiratory problems; frequent sore throat, mouth or canker sores, sinus infection, bronchial infections, chronic cough, asthma.
- Cardiovascular problems; palpitations, rapid pulse rate. (Candida does not directly effect the heart but rather the hormones regulating the system.)
- Genitourinary problems; yeast infections, itching or burning in the vagina or prostate, urinary burning, frequent urination, lack of bladder control, bed wetting, menstrual cramping, PMS.
- Musculoskeletal problems; muscle weakness, night leg pains, muscle stiffness (especially neck and shoulder), slow reaction time, poor coordination, poor motor skills, falling, tendency to drop things. (Yeast impairs cells from receiving nutrients and eliminating waste and also nerve/muscle sending patterns.)
- Skin infection; usually rash type in nature, typically under the breasts, groin area, diaper rash, hives, etc.
- Central nervous system problems; headache, sinus headache, tension headache, migraines, low blood sugar headaches, rapid blood sugar changes.
- High levels of stress hormones can cause anxiety, irritability, moodiness, restlessness, panic attacks, sudden anger, sleep disturbances, poor short term memory, inability to concentrate, fuzzy thinking and confusion.
- Fatigue, which may be caused by impaired metabolism and impaired enzyme production.
- Weight gain may result from an overgrowth of yeast that may cause cravings for sugar, interference with normal hunger, high insulin levels, low metabolism, low energy levels and fatigue.

CONVENTIONAL MEDICAL APPROACH

A common scenario is to have finished a course of antibiotics or steroid drug and shortly end up with a yeast infection. Drugs that specifically address the fungus or candida destroy some of the yeast. The yeasts that are not affected by the drugs begin to colonize in vast numbers and become more and more drug-resistant. As the yeast multiplies in its stronger state, they produce toxins that attack the body's defense (immune system). These same drugs also destroy the friendly bacteria or flora in the body so there is no defense against the new, stronger fungus.

When a candida sufferer is prescribed a symptom-stuffing drug such as antibiotics, steroids of any kind or anti-fungals, the weakest yeast is eradicated. However, yeast mutates and the strongest survives. For the next outbreak, conventional medicine will prescribe higher and higher doses of anti-fungal. This makes the yeast stronger and further weakens the immune system. Solving candida with drugs "stuffs" the immediate discomfort, but causes the yeast to come back with more strength and more symptoms develop almost immediately upon the end of the drug intervention.

A HOLISTIC APPROACH - THE M'LIS CANDIDA PROGRAM

Since candida and other yeasts are all around us, we can never totally get rid of them, but we can bring them back under control without the use of prescription drugs. To achieve the greatest degree of success, an effective balance of dietary changes, nutritional support, and the increase of friendly bacteria are necessary. The M'lis DETOXIFICATION and nutritional program will help provide this balance, while teaching you how to keep yeast under control for good.

Specific Protocol for a 30-Day Candida Program Includes:

- DETOXIFICATION
- Friendly Bacteria - CANDIDA Yeast Control Formula
- EVENING PRIMROSE OIL
- 100% nutrition - M'lis DAILY Multivitamin / Multimineral
- Water
- Exercise
- A yeast control diet

Detoxification

Just as is the case with any lifestyle change, a total cleanse of the system is the first step to improved health. Detoxification, along with a 30-day Candida Nutritional Program help provide nutritional support to strengthen the immune system. A fully functional



immune system and a diet that controls the intake of yeast will help reduce the candida to a non-threatening (harmless) level. For those with both candida and fibromyalgia, treatment for candida must occur first before fibromyalgia can be addressed successfully.

In order to start to get well, the first step is to cleanse the body through detoxification. This is a total body cleansing program, which cleans the liver, bowels, kidneys, and the blood supply. It helps restore the peristaltic action of the colon, and helps to rid the body of mucus, toxins and waste materials that are trapped in the colon (and may have been there for years). Detoxification will help to rid your body of this condition for life.

For specific instructions on the 3-day cleanse, see the information inside a M'lis detoxification kit or visit www.mliscountry.com.

Healing Crisis

- Live yeast revolt – an aggravation of all symptoms. Things seem to get worse before they get better
- Stomach cramping
- A low grade fever during the days of detoxification
- An orange discharge from the eliminative organs
- A rapid weight loss after day 9 on the program
- Candida will try to defeat you – perseverance is key

100% Nutrition

Nutrition is essential to health and wellness. 100% nutrition ensures that the organs of the body and the immune system are being strengthened, while getting what they need to function at their full potential. For more information, please read the chapter on fibromyalgia treatment for specific information on obtaining 100% nutrition through healthy eating and M'lis formula DAILY.

FOLLOW A YEAST CONTROL DIET

Foods you can eat on the yeast control program (carry this list with you when you go shopping):

- All fish, poultry, turkey, rabbit, water packed tuna and eggs. (No more than two eggs per week.)
- All vegetables including scrubbed potatoes, yams, tomatoes and avocados, fresh vegetable juices (excluding corn).
- All legumes such as lentils, peas, soybeans, dried beans i.e.: pinto, navy, northern, kidney, etc.
- All whole grains including barley, soy flour, millet flour, rice flour, potato flour, oats, brown rice, whole grain pasta, vegetable pasta (Be sure to read the labels. No gluten, sugars or yeasts.)
- Whole grain muffins, biscuits (if made with soda or baking powder), tortillas, rice cakes.
- Hot or cold cereals: Wheatena, grits, Oat Bran, Shredded Wheat, Puffed Rice, Zoom, oatmeal, Wheat Hearts, Puffed Wheat, Roman Meal or Cracked Wheat.
- Unprocessed nuts and seeds - except peanuts (no salt).
- Butter and cold pressed oils such as walnut, linseed, olive, sunflower, and safflower. Be sure to use all very sparingly.
- Soy, rice or almond milks (nut milks), plain unsweetened yogurt, ricotta cheese or cottage cheese, cream cheese, unsweetened tofu.
- Use miso or soy sauce sparingly. Flavorings should be without alcohol, sugar or salt.
- 100% vegetable glycerin or stevia for sweetening.
- Lemon / lime.

Items to eliminate on the yeast control program:

Candida grows on all of these foods. If you eat any during the die-off period, you will need to start the program over.

- Red meat and pork
- All sugars and sugar-contained food including: table sugar, fructose, corn syrup, honey, molasses, maple sugar, date sugar and rice syrups.
- All white flour and white flour products. All yeast-containing pastries, breads, crackers, pastas, etc.
- Brewers yeast, B vitamins made from yeast, yeast breads, pastries, crackers and pretzels that contain yeast.
- All cheese except ricotta, cottage cheese and cream cheese. All hard cheeses are made from mold.
- Avoid alcoholic beverages.
- Avoid all fruit juices, fruits (fresh, canned, or dried) until yeast is abated. Fresh lemon or lime may be used in water, or as a substitute for vinegar in salad dressings.
- All coffee and tea (including herbal).
- Old leftovers. If a food has been in the fridge for more than 3 days, do not eat it. Leftovers may be frozen.

- Obvious fungus foods: mushrooms, blue cheese, etc.
- Peanuts and peanut products, pistachios.
- All processed meats: such as bacon, sausage, ham, hot dogs, luncheon meats, corned beef and pastrami.
- All vinegar-soaked products or vinegar dressings: pickles, pickle relish, etc. Lemon juice may be substituted for vinegar in recipes.
- Artificially sweetened drinks and food products.
- Dairy products – milk, buttermilk, whipped cream, sour cream, ice cream.
- Corn and corn products.

FRIENDLY BACTERIA

(healthy bacteria, good flora, healthy microbes) (M'lis CANDIDA formula)

The human gastrointestinal tract is home to many types and high numbers of microbes, or bacteria. Microbes live in our skin, in our mouths, in women's vaginal tracts, and all the way through our gastrointestinal tract. It is estimated that there are more microbes (bacterial cells) than there are human cells in and on the human body. There is also a very large diversity of the types of bacteria, with over 400 different species being present in humans. Because of the diversity and number, it has become evident that bacteria plays an important role in human health. Most of these bacteria are not harmful, and in fact contribute positively to normal growth and development. Some of these bacteria, however, can have negative influences. A healthy balance of the bacteria, favoring beneficial bacteria over potentially harmful bacteria, is essential to the proper functioning of all systems of the body. Friendly bacteria strains can suppress harmful bacteria. They have been shown to improve intestinal tract health by aiding digestion and elimination, alleviating the symptoms of lactose intolerance, improving absorption of minerals and reducing toxins in the bloodstream, and improving immune function.

Friendly bacteria is needed to:

- Manufacture and assimilate B vitamins (niacin, biotin, folic acid, riboflavin & B-12)
- Produce digestive enzymes
- Detoxify toxic materials in the body
- Reduce unfriendly bacteria in the body
- Reduce blood pressure
- Reduce cholesterol in the blood
- Balance pH levels in the intestines (acid / alkaline balance)
- Assist in protection from colon irritation, constipation, diarrhea
- Help with digestion of proteins, carbohydrates and fats
- Produce natural anti-bacterial agents
- Detoxify chemicals added to foods
- Increase assimilation of calcium
- Retard yeast growth (especially Candida)
- Retard candida infections, herpes
- Help eliminate bad breath, bloating and gas



What destroys natural friendly bacteria in the system?

- Antibiotics - kill not only the bad, but also the good bacteria in the body (this includes the antibiotics in meat and dairy products that we consume each day). Even one dose can kill all of the friendly bacteria.
- Steroid Drugs - cortisone, birth control pills, laxatives.
- Alcohol - destroys enzymes and lacto bacteria.
- Coffee – destroys friendly bacteria.
- Stress
- Aging
- Anything that weakens the immune system also affects the balance of beneficial and harmful bacteria.

What encourages harmful bacteria in the intestines?

- Sugar – any foods containing white sugars and sugar substitutes.
- Gluten – any foods that contain gluten; breads, pastries, etc.
- Meat – feeds the bacillus coli (harmful bacteria) which then overrun the friendly bacteria
- Any foods that use fermentation or molds in the production process.

What are the effects of an unhealthy balance of bacteria?

Some of the most common effects are diarrhea, digestive problems, lactose intolerance, hypertension, cancer, vaginitis, small bowel bacterial overgrowth, kidney stones, elevated blood cholesterol and allergies.

The M'lis CANDIDA formula provides friendly bacteria, and using this formula as part of the M'lis Candida Program will help maintain a healthy level of friendly bacteria in the system to allow the body to keep yeasts under control.

EVENING PRIMROSE OIL

A source of the important nutrient gamma linolenic acid (GLA), as well as linseed oil which is a rich source of linoleic acid. Recent research has shown that polyunsaturated fatty acids are needed by the body for building cells and for producing prostaglandin, which controls many body functions, including the immune system. These supplements help to ensure that the body is receiving an adequate supply.

WATER

Water is critical to the treatment of any health condition, including candida. Every organ of the body requires water. The heart, lungs, skin and circulatory system all depend on water. To find out your individual need, divide your weight in half. Half of your body weight gives you a good rule of thumb for how many ounces of water your body needs to function on a daily basis. For example, if you weigh 150 pounds, you must be drinking 75 ounces of water each day. Nothing substitutes for water. If you drink enough water each day, you will absolutely feel different. This is not to say that you cannot drink other liquids, but remember the importance of the quantity of water that you drink each day.

FITNESS AND EXERCISE

Begin your program gradually. Go at a comfortable pace. Even though fatigue and muscle soreness is a symptom of candida, exercise is vital. Do cardiovascular exercises: walking briskly, swimming, treadmill, stairs, biking. Exercise at least three times per week, working up to 30 minutes each time. Get plenty of fresh air and sunshine. They have an excellent anti-depressant effect. Mental exercise is also important. Set aside times daily to relax, unwind, de-stress and allow positive emotional and psychological repair to begin.

To begin the M'lis Candida Program, visit your nearest M'lis Representative for a free consultation. You will be fully screened for Candida and receive a calendar explaining what to do each day of the program. A M'lis Consultant can walk you through the program, mentoring and answering questions along the way.

The M'lis Program has helped many people suffering from an overabundance of yeast in the system to get the condition under control. This is done through eating proper foods, eliminating or restricting harmful foods, and nutritional supplementation. Call the M'lis Company or visit our website to learn more about how this program can help you.



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