

THE YEAST SYNDROME



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It's Not "All In Your Head"

In 1986 *The Yeast Syndrome*, by Dr. John Trowbridge, M.D. and Morton Walker, D.P.M., catapulted into best-seller territory for its landmark explanation of a common modern illness most traditional medical doctors had difficulty managing or comprehending.

Physical examinations and multiple blood and other diagnostic tests don't reveal the cause of problems. Some doctors dub complaints "all in your head" and resort to mood altering drugs or anti-depressant medications.

You may be a victim of the yeast syndrome if you suffer from: acne, allergies, anxiety, asthma, constipation, depression, diarrhea, ear-aches, fatigue, headaches, infertility, lack of sex drive, poor memory, muscle weakness, persistent cough, PMS, recurrent vaginitis, skin irritations, etc.

Yeast syndrome is not a disease, but rather a collection of symptoms that let you know you don't feel healthy. You enter a state of chronic unwellness, marked by subtle metabolic disorders such



as hypoglycemia, functional hypothyroidism, adrenal insufficiency, nutritional deficit and environmental toxin overload. These disorders, which manifest in your neuro-endocrine-immune system, present as multiple vague complaints that defy most standard medical classifications.

What is yeast? Fungi grow either as single cells, the yeasts, or as multicellular filamentous colonies, the molds and mushrooms. Fungi have traditionally been regarded as "plantlike." However, fungi do not possess photosynthetic pigments and exist in a purely parasitic capacity.

Candida albicans (candidiasis) is the chief culprit for the yeast syndrome, according to Dr.

Trowbridge. These particles are frequently present on the normal mucous membranes of mouth, vagina, and intestinal tract. Under special, invasive circumstances, they may manifest as oral thrush, vulvovaginal candidiasis, bronchopulmonary candidiasis, intertriginous candidiasis or endocarditis.

Candida acts principally as a histamine-releasing agent with an ability to induce extreme vascular permeability. *Candida* may produce several high- and low-molecular weight toxins, "candidotoxin," and it stimulates toxicity similar to anaphylactic shock. Allergies, which exemplify one type of hypersensitive response to candidotoxin, trigger a multitude of symptoms, as mentioned earlier.

Treatment

Four Basic Principles:

1. Nutrition
2. Detoxification
3. Immune Fortification Program
4. Antifungal Regimens, Including Herbal and Drug Therapy

Nutritional Ideas

1. Avoid sugar, coffee, caffeinated beverages and alcohol.
2. Diminish carbohydrate intake. Limit the pasta, bread, potatoes and fruit.
3. Indulge in vegetables. Eat a lot of low glycemic indices of vegetables, i.e., broccoli, beans, cauliflower, etc.
4. High protein diets are permitted: beef, fowl, pork, lamb, beans, fish, eggs, etc.
5. Drink ample amounts of distilled, filtered or bottled water, and herbal teas.

Detoxification Program

1. Bowel Cleansing
2. Gallbladder/Liver Flush
3. Parasite Cleansing
4. Coffee Enema
5. Colonics

Immune Fortification Program

1. Follow nutritional and detoxification programs.
2. Take digestive enzymes, which simulate stomach and pancreatic enzymes.
3. Take high-potency multi-vitamins and minerals.
4. Additional antioxidants:
Vitamins A and beta-carotene—25,000-50,000 units each, per day
Vitamin C—3000-4000 mg/day
Vitamin E—400-800 U/day
Selenium—200 mcg/day (recommended hair analysis for mineral studies)
Pycnogenol or equivalent—100-200 mg/day
Green tea, NAC, etc.
5. Essential fatty acids such as flaxen oil, primrose oil, or borage oil—one tbs/day
6. Hormonal replacements if indicated, i.e., DHEA, natural progesterone, thyroid hormones
7. Glandular replacements, i.e., thymus, spleen, liver, adrenal
8. Herbal remedies: garlic, pau d'arco, inner bark, echinacea, golden seal
9. Lactobacillus acidophilus/bifidus and yogurts
10. Stress control and positive mental attitude

Antifungal Remedies

1. Follow nutritional, detoxification and immune fortification programs.
2. Mycocides (black walnut hull and tinctures), tea tree oil, caprylic acid
3. Nystatin
4. Fluconazole (diflucan)
5. Sporanox
6. Ketoconazole



Antifungal Remedies, continued

7. Griseofulvin
8. Amphotericin B
9. Miconazole
10. Hydrogen peroxides

Side effects from antifungal remedies: While on antifungal remedies, especially drug therapies, your symptoms may temporarily worsen. This is not an allergic response, but rather, a reflex to the release of candida toxin. This is called the “die-off” reaction, or Herxheimer reaction. Drugs such as fluconazole, sporanox, ketoconazole, griseofulvin and amphotericin B harbor many potential side effects and require a medical doctor’s strict monitoring.

Summary

The Yeast Syndrome (Candidiasis) is not a disease. It is a sign of multi-system failure, or an imbalance of the neuro-endocrine-immune system. It is primarily the result of poor nutrition, metabolic disturbance and toxin overload. Ultimately, yeast syndrome can yield chronic fatigue as well as many of the symptoms discussed earlier. The slow recovery requires time and diligence. But the rewards—natural healing and overall well-being—endure.

Yeast Syndrome is not a disease. It is a sign of imbalance of the neuro-endocrine-immune system.