



Life Enhancement

Energy is the Breath of Life

Candida Albicans

It's amazing how we can miss something so basic and so important for our health. Candida Albicans is misunderstood and ignored because of how wide the range of ailments it supports. We can label many of the illnesses caused by this creature when in fact the answer is to rid our body of the Candida and balance it.

What is Candida? ~ Candida is a Live Organism that is meant to be alive when we no longer need our body. It eats away at the inside of the body to help deteriorate what no longer is in use when we die. The challenge is it is alive when we are alive.

Simply put Candida is YEAST.... Candida Albicans lives in the body mainly in the intestines and other parts of the digestive tract and mucus membranes.

Is Candida a myth or for real? ~ The medical industry is not able to detect or relate a yeast problem as a reason for a broken down body. They have not yet understood Candida to be real and how it can create the sicknesses it does.

Basic Understanding ~ Soon after birth, the microorganism Candida Albicans is normally found, dormant, in the intestinal tract of healthy individuals in the yeast-like 'friendly' form. However, under certain conditions, Candida may be encouraged to change its structure and metabolism to the 'unfriendly' fungal form. Because of its invasive quality eradication is a must if treatment is to be successful.

How Yeast can get you sick ~ The immune system includes Antibodies and White Blood cells. This is what neutralizes the system and eliminates any dis-eases in the body. (*Dis-ease – the body not of ease*)

Yeast germs normally live in the body. When Yeast multiplies they weaken the immune system. When Antibiotics are taken along with other medications, many friendly germs (antibodies) in our body are 'wiped out'. Yeast is *not* harmed by antibiotics so the yeast colonizes in the body when taken. When yeast multiplies they put out toxins which circulate through the body and creates sickness.

Situations that can flare up Candida ~

- When any Antibiotics...Birth Control...Cortisone...Prednisone...or any Corticosteroids have been taken...
- Or Pregnancy...Vaginal infections...Constipation...Digestive issues...Blurred vision...Allergies...Athletes foot and Fungus infections of the skin...
- Also some symptoms are being Sensitive to Smells and Irritability...Feeling tired, lethargic, drained or depressed...Having Headaches...Memory loss, Inability to concentrate, and Inappropriate drowsiness, numbness, tingling and muscle weakness...etc...

Do Doctors Tests Help Detect Candida? ~ Not thoroughly. Candida germs live in every person's body, especially the mucus membranes. The cultures from vaginal and other smears are not as helpful as we would like. The most effective diagnosis is made from our health history and the results of clearing the Candida.

What To Do ~

- Gently eliminate the Candida overgrowth from the body.
- Stop eating foods that promote yeast and eat food that strengthens the system.
- Build the Antibodies in the body.
- Balance the body's pH level.
- Avoid products that breakdown the system, such as Poisons, Pollutants and Toxins used in or on the body (soaps, lotions and foods) along with household products.

Ideas of how to sustain Candida Growth ~ Reference the Blood Type Diets- a way to stay away from the foods that ferment in the body and create illness. Ingest Proteins, Oils, and Carbohydrates, Magnesium, Vitamin D (naturally sunlight), exercise, and pure water.

What's Next?~ Ask about a simple Candida Albicans Cleanze program.

Be Healthy without all the *invaders*. Create a new way of living!

Blessings,

Nancy Kroner

'The Energy Woman'

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