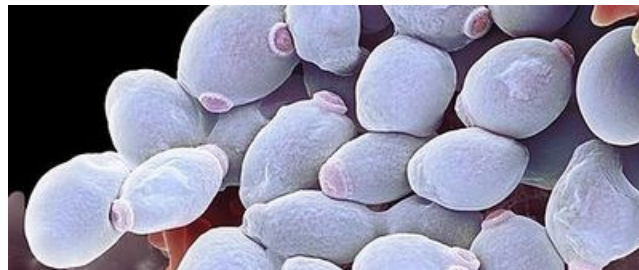


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## Candida and Fungal Overgrowth: Rebalance Using an Effective Biological Approach

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## Candida – What Is It?



Candida is a yeast form of fungus naturally occurring as part of the normal flora within the mouth, gastrointestinal tract, vaginal mucosa tissue and skin.

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## Candida – The Symbiotic Role

Candida plays a symbiotic role within the body:

- aids in digestion
- aids in nutrient absorption
- bind heavy metals (namely mercury) in the mouth and gut
- aids in decomposition of the body after death



## Candida and Heavy Metals

Dr. Dietrich Klinghardt, MD world-renowned mercury expert:

- Candida yeast overgrowth is one of the ways your body tries to keep mercury and other heavy metals from damaging body tissues. The yeast serves the purpose of absorbing and sequestering heavy metals. The body proliferates yeast to protect the rest of the body from the heavy metals.

Dr. Thomas Rau, MD at Paracelsus Clinic :

- Candida valencies occur where the milieu is severely blocked, very frequently in cases of heavy metal burden
- Candida symptoms are the same as mercury intoxication
- Chronic dental foci and amalgams associated with Candida – root canal extractions find Candida cultures in the pulp and roots
- Candida has ability to bind heavy metals (mouth, gut)
- Stool analysis shows positive results for Candida with amalgams
- diverticuli are hotbeds for Candida and heavy metals

## Candida Overgrowth – How It Occurs

Candida and fungal populations are naturally kept under control through healthy intestinal flora and the immune system.

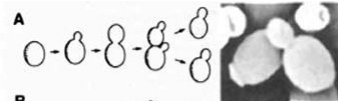
Overgrowth occurs when healthy flora become altered through:

- Diet (refined carbs and sugar)
- Alcohol consumption
- High-stress lifestyle
- Antibiotic and antifungal medication use
- Oral contraceptives and steroid use
- Immune system and decreased immune defense

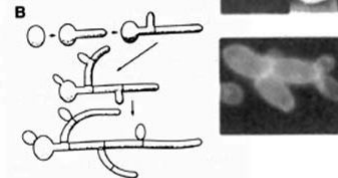
## Candida and Fungal Overgrowth

### Different Morphologies of *Candida albicans*:

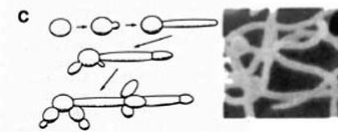
Budding Yeast



Pseudohyphae



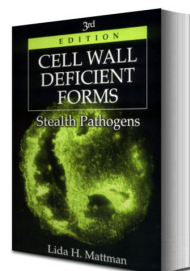
Hyphae



## Candida Overgrowth – Antifungal Use

Note of antifungal/anti-mycotic use according to Biological Medicine principles:

- Can create Cell-Wall Deficient (CWD) forms
- Drive candida into the tissues, leading to symptoms and systemic issues




## Candida Overgrowth – Symptoms

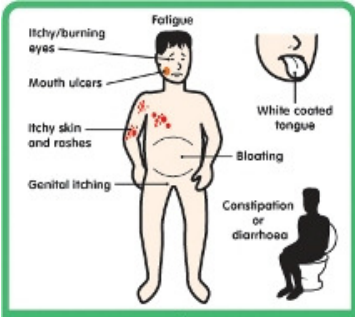
Symptoms of Candida Overgrowth:


Gas and bloating  
 Intestinal disturbances (diarrhea, constipation)  
 Leaky gut  
 Sugar cravings and fruit intolerance  
 Allergies or itchy ears  
 Autonomic nervous system disturbances  
 Autoimmune disorders (Hashimoto's, RA, ulcerative colitis)  
 Chronic yeast (vaginal) infections, UTI, itching  
 Bladder infections  
 Fatigue  
 Brain fog  
 Depression  
 Nail fungus (toe, finger)  
 Skin issues  
 Athlete's foot, Jock itch  
 Fibromyalgia, Chronic Fatigue






## Candida Overgrowth – Symptoms









Healthy nail with pinkish hue      Yellow discolored nail      Yellow, brittle and crumbling nail


Increasing severity of nail fungus infection →







## Candida Overgrowth – Testing


- *Patient history and symptoms*
- *Candida questionnaire*
- *Blood test* - IgG, IgA, and IgM candida anti-bodies, may be negative when stool or urine test is positive
- *Stool testing* – candida levels in lower intestine and colon, use Comprehensive Stool Analysis to determine species and which treatment will be effective (ex. caprylic acid, oregano etc...)
- *Urine Organix Dysbiosis test* - detects a waste product of Candida yeast overgrowth known as D-Arabinitol, determines is candida is in upper gut or small intestines.
- *Spit test?* – spit in glass of water first thing in the morning and check every 15 min for 1 hour. If saliva grows 'legs', becomes cloudy or has floating specks or sinks to bottom, indicates candida. If saliva remains floating and clear, no indication of candida overgrowth




The Biological Approach: Healthy Gut, Healthy Body

A healthy gut and balanced intestinal flora will lead to proper digestion and a strong immune system. This is of the upmost importance for health, and recovery of chronic disease and illness, and eliminating candida and fungal overgrowth.






Who Needs to Restore Gut Health

Starting from birth and as life progresses, many gut damaging factors can include:

- Type of delivery at birth
- Breast fed and type of foods eaten in 1<sup>st</sup> years
- **Dysbiosis (candida and yeast)**
- Chronic infections
- Over-acidity of the body
- Food allergies
- Chronic stress
- Heavy metals and toxins
- Poor diet and eating the wrong foods
- Various medical interventions and medications (including antibiotics)



**BIOMED** **Constituents of the Gut**

The diagram illustrates the layers and components of the gut. The **Gut lumen** is the space above the mucous membrane, containing **Microbiota**, **Antigen**, and **secretory IgA**. The **Mucous Membrane** is the outer layer, featuring **Goblet cells** and **M cells**. Below it is the **Lamina propria**, which houses **Memory T cells**, **Macrophages**, **AMPs** (Antimicrobial Peptides), **Stem cells**, **Paneth cells**, **B cells**, **Dendritic cells**, and **T cells**. A **Peyer's patch** is a specialized cluster of B cells and T cells within the lamina propria.

- 1) Mucous Membrane
- 2) Peyer's Patches
- 3) Bacterial Lining

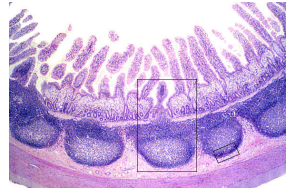
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**BIOMED** **Importance of Mucous Membranes**

Why is the *Mucous Membrane* so important?

- Represents a protective barrier from foreign substances entering the body
- Critical for absorption of nutrient
- Detoxification
- Involved in acid-base balance establishment
- Major defense system in the body
- Secretes immune substances - secretory IgA (mucosal immunity)

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- Found at the base of Kerckring's folds
- T and B Cell production
- 80% of the adult immune system resides in the small intestine
- If overburdened and decreased performance, the human body responds by making more lymph nodes – leading to adenoid and tonsillar swelling

### Why are the *Bacterial Flora* so important?

- Nourishes and protects intestinal mucous membranes
- Offer resistance to growth of 'bad' bacteria and fungi (ex. systemic yeast, candida)
- Digestion of food (produces enzymes)
- Aids nutrient transport through gut wall
- Detoxify the body (soak up toxin ex. arsenic)
- De-acidify the body (acid building anaerobic bacteria transport organically bound acids from the body into the stool)
- Manufactures vitamins – K2, B1, B2, B3, B5, B6, B12, Folic Acid, essential fatty acids and various amino acids
- Decrease in intestinal flora are correlated to chronic illness
- Stimulation and proper functioning of our immune system





## Restoration, Regeneration, Regulation

**Restoration**


- Gut flora – probiotics, isopathics, fermented foods, diet to support flora
- Mucous membrane lining – diet, EFA oils, supplements (L Glutamine)
- Boost Immune System (Peyer's Patches)


**Regeneration**

- Remove food allergens to stop further gut damage
- Regenerate cells and weak/diseased organs – healthy oils (olive), diet


**Regulation**

- Detoxify – alkaline foods,
- De-acidify - acid-base balance
- Enhance hormonal and cellular metabolism






## Regulation



“We treat humans, not symptoms or diagnoses. We support the regulatory forces in the human, which brings healing from the inside.”

~ Dr. Thomas Rau






### Eating for Restoration and Regeneration

By removing all potential allergens and acidifying foods from what you eat on a daily basis, a rapid healing of the intestinal system, mucosal lining, bacterial flora and Peyer's patches (immune system) occurs.

### Basics for Restoration and Regeneration

- a. Build up the intestinal flora
- b. Eliminate cow dairy, gluten & other food sensitivities
- c. Reduce protein
- d. Increase raw fruits and vegetables
- e. Support liver function, bile flow and bowels
- f. Acid-base balance to support the milieu





## Basics - Restorative and Regenerative Diet

### The Diet in General


Low in protein - 40 – 60 grams day is the amount processed on the cellular level. More creates excess acidity. Use mainly plant source


Alkaline in nature – a healthy body is naturally slightly alkaline

Raw foods – foods high in cellulose support healthy and beneficial flora, and helps prevent candida converting to pathogenic forms

Free of food allergens, particularly cow dairy products – can cause congestion, inflammation and impairment of the immune system, disrupts regulation


High in Omega 3 essential fatty acids – enhance cell metabolism, cellular membranes, transmission of neural signals, oxygenation of tissues, healthy flora will manufacture Omega 3 and 6 in gut





## Importance of Diet

1. Need to follow for approx 6 weeks to 3 months for natural regeneration cycle of body cells, intestinal tract, gut flora
2. Excludes the primary antigens to rebuild the mucosa of the small intestine (an atrophy of the intestinal mucous membranes will cause a dysbiosis, restoring the gut is essential)
3. Exclude refined carbohydrates and sugars.
4. Include digestive enzymes and coconut oil (caprylic acid)
5. Restore the immune system – as a reduction of IgA will lead to leaky gut syndrome
6. Naturally detoxifies and de-acidifies

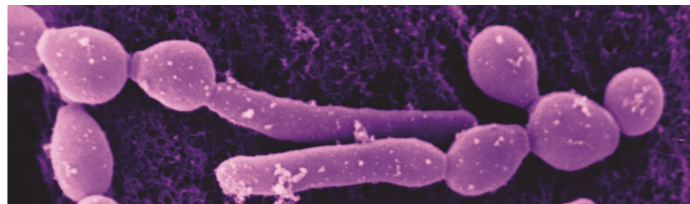


## Candida Overgrowth – Starve Diet

A note about carbohydrate-free 'Candida' use according to Biological Medicine principles:

- Candida is regarded as a sugar consumer
- starving Candida or fungus will push it into upward development and more pathological forms, driving into deeper into the tissues to feed off glucose from the blood vessels
- *Carbohydrates in form of raw foods with cellulose are ideal*
  - feed candida (and beneficial flora)
  - keeps candida within intestines
  - accelerates passage though the gut to be eliminated
  - assists in elimination of heavy metals

## Pleo Sanum Candida and Fungal Remedies




- Easy to use
- Non toxic, no side effects
- Very effective in children
- Safe for any age group (infant to elderly)

From the pleomorphic perspective, the internal environment is responsible for the establishment of fungal, viral, bacterial and degenerative physiology. Therefore, most infections and *fungal conditions* can be resolved by modifying the milieu.

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## Pleo Sanum Candida Remedies

Combat *Candida* and Fungal symptoms with...



Pleo Alb • Pleo Pef  
Pleo San Cand

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## Candida Remedies

### *Pleo Alb ~ Pleo Pef*

- Candida cyclogeny remedies
- These remedies introduce regulatory forms of *Candida* species into the biological system to reduce and down-regulate the highly developed forms into less pathogenic ones, thus reducing fungal infections and inflammatory-related processes.

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## The Candida Constitution



*An individual's constitution determines what typical disease pattern is expressed and how disease develops within the body.*

- Tendency towards tendency toward fungal and mycotic conditions and dysbiosis.
- The typical conditions seen include local and systemic fungal infections (especially of the skin and mucous membranes), candidiasis and digestive issues (including gas and bloating).

<b>Sanum Constitution Type</b>	<b>Milieu Remedies</b>	<b>Isopathic Remedies</b>	<b>Bacterial Remedies</b>	<b>Sanukehl Remedies</b>
<i>The Mucor Type</i>	<i>Alkala 'N' powder Sanuvis</i>	<i>Mucokehl or Mucedokehl</i>	<i>Utilin or Arthrokehl A or Arthrokehl U</i>	<i>Sanukehl Coli Sanukehl Klebs Sanukehl Pseu Sanukehl Salm</i>
<i>The Aspergillus Type</i>	<i>Alkala 'N' powder Citrokehl</i>	<i>Nigersan or Ruberkehl</i>	<i>Latensin or Utilin 'S'</i>	<i>Sanukehl Myc</i>
<i>The Penicillium Type</i>	<i>Alkala 'N' powder Formasan</i>	<i>Notakehl or Quentakehl or Nota-Quent</i>	<i>Recarcin</i>	<i>Sanukehl Brucel Sanukehl Prot Sanukehl Strep Sanukehl Staph</i>
<i>The Candida Type</i>	<i>Alkala 'N' powder</i>	<i>Albicansan or Pefrakehl or Exmykehl</i>	<i>Leptucin</i>	<i>Sanukehl Cand Sanukehl Trich</i>



**Pleo Alb**

## Pleo Alb

### *Candida Albicans*


Great remedy for all ***Candida and fungal*** conditions


**Main Uses:**  
For chronic and system mycosis of mucous membranes, skin, urogenital and gastrointestinal tract

**Includes:** Candida, fungal overgrowth, gastrointestinal conditions, gas, bloating, nail fungus, athlete's foot, groin itch, vaginal yeast infections, UTI

High candida levels may be associated with high heavy metal levels (such as mercury)

**Dosage:** Depends on product form.





**Pleo Alb Product Forms Simplified**

**Drops** – used for oral, ear, and nasal administration

- Oral – 5-10 drops once daily, can be more frequently in acute conditions
- Ear - apply 1-2 drops per ear
- Nasal – inhale 'snort' 2 -4 drops per nostril up to several times daily

**Suppositories** – used before bed, strongest potency (3x), good for general infection

- Vaginally, anally – 1 supp before bedtime

**Ointment** – easy topical application, see next slide for more details


- Topical - apply up to several times daily


**Capsules** - 4x potency - stronger than tablets

- Oral - 1 tablet or capsule up to three times daily

**Ampoules** – 'sipped', European usage as injection IM, S/Q, IC, IV

- European usage – 1 ampoule one to three times weekly, more frequently in acute cases (can be daily)






**Pleo Alb**


## Pleo Alb


‘A great topical remedy’



Pleo Alb drops are great for candida, fungal overgrowth, gas, bloating, systemic candida and/or fungal overgrowth

Pleo Alb ointment is great for nail fungus, infections of the skin, and vaginal infections. It acts as a natural anti-fungal





**Pleo Pef**

## Pleo Pef

*Candida parapsilosis*


Great remedy for all **local candida/fungal** conditions of mucous membranes


**Main Uses:**

For mycosisinfections of skin, of the orifices, intestinal, genital

**Includes:** for mycosis, secondary mycotic infections of the skin and mucous membranes, thrush, cradle cap, disorders of the respiratory tract, bacterial and viral diseases, aphthae, pemphigus vulgaris, cystitis, otitis externa, acne, dental granuloma, and lymphadenitis.

- **Dosage:** Depends on product form.







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## Alkalizers

## Alkalizers:

- Alkala N powder (Biomed and Terra Medica)
- Basictab (Biomed and Terra Medica)
- Basic Powder (Biomed)
- Alkatab (Biomed)

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## Basictab

## Acid-Base Balance

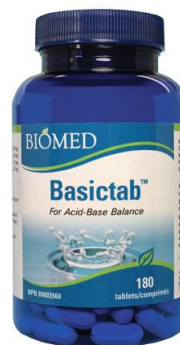
Basictab supports the body in its ability to compensate for acid overload and achieve a pH balanced milieu. Tablet form allows for increased compliance in some patients.

## Ingredients:

- Calcium (calcium carbonate) 103 mg
- Magnesium (magnesium carbonate) 45 mg
- Potassium (potassium bicarbonate) 10 mg
- Sodium (sodium bicarbonate) 57 mg

## Dosage:

Take 2 to 4 tablets in warm water on an empty stomach (20 minutes before eating or 2 hours after eating) up to three times daily or as directed by a health care practitioner.

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## Pleo Alkala N powder

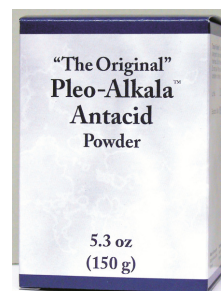
*Sodium Citrate x H<sub>2</sub>O, Potassium bicarbonate,  
Sodium bicarbonate*

**For tissue acidosis** (total body acidity, acidity of the stomach and duodenum, heartburn, gastric disorders, distended abdomen, alcohol and nicotine abuse, joint problems and more)

Best with *warm* water on an empty stomach.

Alkala helps flush out toxic acid but does **not** replace the lost minerals.

**Dosage:** ½ - 1 tsp. once to twice daily for 1 - 3 months (measure pH levels to determine exact dosage and length of treatment)



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## Probiotic 7-in-1

## Intestinal Flora

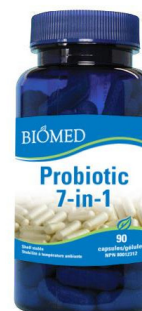
Probiotic 7-in-1 formula has been uniquely designed to incorporate several different forms of healthy bacteria that resist the negative actions of oxygen, gastric acid and bile salts on probiotic viability, thereby ensuring balanced colonization of these strains throughout the ileum and large colon.

**Ingredients:**


- Lactobacillus rhamnosus 200 million cfu
- Lactococcus lactis 600 million cfu
- Lactobacillus acidophilus 400 million cfu
- Bifidobacterium breve 200 million cfu
- Bifidobacterium bifidum 100 million cfu
- Bifidobacterium longum 200 million cfu
- Streptococcus thermophilus 200 million

**Dosage:**

Take one to two capsules two times a day or as directed by a health care practitioner.



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## Lactobacillus Sporogenes

### Intestinal Flora, Diarrhea

Lactobacillus Sporogenes is a shelf-stable probiotic that helps the body to restore healthy flora in the gastrointestinal system. L. sporogenes passes through the stomach in its spore form and upon arriving in the duodenum, germinates, multiplies rapidly and becomes metabolically active in the intestines producing lactic acid (right spinning). This form of probiotic helps normalize pH, inhibits pathogenic bacteria growth and is especially useful in cases of diarrhea.

**Ingredients:**


- Lactobacillus sporogenes 1 billion active cells
- Fructose oligosaccharides (FOS) 250 mg

**Dosage:**

Take one to two capsules three times daily before meals for ten days. Then take one capsule daily before a meal or as directed by a health care practitioner.








## CandidaFix Kit

### An effective biological approach for elimination of candida and fungal overgrowth!




**Optimize intestinal conditions and support self-regulation!**

The three pillars for addressing and eliminating candida, candidiasis and fungal overgrowth are:

1. Reduce candida/fungal overgrowth
2. Replenish healthy intestinal flora
3. Rebalance normal acid-base (pH) levels


This will lead to a healthy digestive system, balanced intestinal flora and a strong immune system – naturally keeping candida and fungal levels in check throughout the body.




**CandidaFix drops** - Reduce candida and/or fungal overgrowth

**Probiotic 7-in-1** - Replenish healthy intestinal flora





**BasicTab** - Rebalance normal acid-base (pH) levels





## CandidaFix Kit


An effective biological approach for elimination  
of candida and fungal overgrowth!

*Pleo Alb 5x drops* - Reduce candida and/or fungal overgrowth

*Probiotic 7-in-1* - Replenish healthy intestinal flora

*Basictab* - Rebalance normal acid-base (pH) levels






## Patient Handout



Request your  
**FREE patient handout**  
today!



**BIOMED**



**Make sure your patients are prepared when Candida and fungal symptoms strike!**

1-800-665-8308 • [www.biomedicine.com](http://www.biomedicine.com)

1-888-415-0535 • [terra-medica.com](http://terra-medica.com)

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