



Yeast/Fungal Detox

Effective Combination for Candida and Other Fungal Infections

Overgrowth of yeast (*Candida albicans*) in the intestinal tract has been linked to numerous health problems. Yeasts secrete toxins that weaken the immune system. Yeast overgrowth is also linked to sinus infections, immune weakness 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.

Some experts claim that 90% of the American population have an overgrowth of yeast. Others state that anyone who has ever used antibiotics should take steps to reduce yeast overgrowth. Any condition which has left the immune system weakened can open the door for the overgrowth of these microorganisms.

Yeast/Fungal Detox is designed to inhibit the growth of *Candida albicans* and other forms of yeast. Several of its ingredients 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 internally, however, because it can damage the liver. For internal use, **oregano herb** (which is found in this formula) is a 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 forest. It has long been recognized as a powerful anti-fungal agent. It was originally thought to be directly anti-fungal, but more recent research shows that it may work by stimulating the immune system. It is not only helpful for yeast infections, it can also be useful for bacterial and viral infections as well as parasites and cancer. It is considered to be a blood purifier (which means it helps remove toxins from the fluids of the body).

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—particularly important when dealing with yeast die-off. It also helps people who feel sick or weak to recover their strength.

Yeast/Fungal Detox also supplies other traditional antifungals. These ingredients also support immune system function to resist candida and other infections.

One of these ingredients is **caprylic acid**, which kills yeast in one phase of its growth. **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 good manufacturing practices.

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

The recommended dose of Yeast/Fungal Detox is one capsule with a meal twice daily. However, higher doses can be taken (up to six capsules a day) when the problem is severe. However, 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.

For more effective yeast control you can add one tablet of L. Reuteri twice daily and one capsule of Paw Paw Cell Reg once daily. L. Reuteri is an aggressive probiotic which helps to quickly re-establish friendly bacteria in the intestines. It is also wise to follow up the yeast/fungus detox program with longer-term probiotics such as Probiotic Eleven or Bifidophilus Flora Force which re-introduce a wider range of friendly microorganisms back into the intestines.

It is also wise to eliminate or severely reduce the consumption of simple sugars and refined carbohydrates when trying to get yeast overgrowth under control. Yeast feed on simple sugars.

Selected References

The Comprehensive Guide to Nature’s Sunshine Products by Tree of Light Publishing

The Encyclopedia of Medicinal Plants by Andrew Chevallier

Professional Guide to Conditions, Herbs and Supplements by Integrative Medicine Communications

PDR for Nutritional Supplements by Physician’s Desk Reference

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