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Reduce 7 in 1 contains:

- Control Appetite and Inhibit Fat **Hydroxyacetic Acid**
- Burn Fat and Stimulate Metabolism **Fucus Vesiculosus & GUGGULIPID**
- Fight Water Retention **Uva ursi**
- Increase Lean Muscle **Chromium Chromax**
- Increase Energy **Thermogenic herbs** (ephedra free)
- Enhance Nutrition **Naturally occurring vitamins & minerals**
- Block Sugar **Gymnema Sylvestre**



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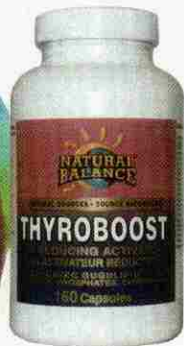
**NATURAL
BALANCE**

DIET PROBLEMS?

(It may be due to poor thyroid function.)

Natural Balance **Thyroboost** is an exciting new weight loss tool specially formulated for those who find it difficult to lose weight and keep it off. **Thyroboost's** exclusive formula will assure adequate nutrient support when normal thyroid levels are lowered during dieting and in those with borderline thyroid problems.

Reports show that tens of millions of overweight people have a malfunctioning thyroid and most don't even know it.



**NATURAL
BALANCE**

Advanced Supplements

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For the difference you can feel™
Available at your local health Food Store

Conquer

S. Colet Lahoz, RN, MS, L Ac

Do you suffer from a chronic illness that does not respond to usual treatments? It may be because you have a condition called candidiasis. *Candida albicans* is a type of fungus that grows in the gastrointestinal tract. In healthy individuals, the fungus coexists with beneficial microbes and bacteria and causes no problems. However, candidiasis is the term applied when these organisms become overgrown, producing mycotoxins (poisons) that are harmful to various organs in the body. When allowed to persist over an extended period of time, they can cause chronic illnesses and make existing illnesses worse.

Predisposing factors for candida overgrowth are 1) a history of recurrent or prolonged use of antibiotics, cortisone drugs, birth control pills or chemotherapy 2) a diet high in refined sugar, breads, carbohydrates and/or alcohol 3) exposure to household mould or toxins such as herbicides, chemicals or mercury.

Take this quiz to find out if you have candida. Checkmark the following statements that apply to you:

1. crave sweets, breads or alcohol
2. experience recurrent illness such as colds, allergies or headaches
3. suffer from chemical sensitivity, allergies to moulds, dust, pollens or perfumes
4. have food intolerances, gas and bloating after eating
5. experience "brain fog," poor memory, short attention span
6. have digestive problems, tendency to diarrhea, constipation or both
7. suffer from anxiety, irritability, depression or panic episodes
8. have headaches, fibromyalgia, muscles and joint pain
9. in women: experience recurrent yeast infections, PMS, bladder infections
10. have skin problems such as acne, eczema, itching, scaling
11. have fatigue, tired upon awaking
12. suffer from weight gain, low libido, poor thyroid function.

Count the checkmarks; the total is your score. A score of 11 or more can indicate severe candida. A score of seven or more can indicate moderate candida. A score of four or more can indicate mild candida. Please note that if symptoms are severe or persistent, even scores of three may warrant intervention.

What is the treatment? Eliminate the following foods from your diet: refined sugar, breads and other yeast-containing foods, alcoholic beverages, aged cheese and caffeine. A healthy diet can include any of the following foods: vegetables, grains, beans, sprouts, brown and wild rice, raw nuts and seeds. In severe cases of candida, fruits are eliminated for at least three months. Drink eight to 12 glasses of non-chlorinated water per day. Acupuncture treatments have also proven effective in helping to reverse symptoms.

Why are many foods restricted on an anti-candida diet? Yeast survives by eating sugar. Even natural sugars such as those

Candida

Naturally

found in fruits can feed yeast, making the infestation stronger. Yeast in breads and other food items can increase the number of yeast in the intestine, while alcohol and low fibre carbohydrates such as white flour, white rice and pasta allow for an excellent breeding ground. Coffee, aged cheese and sweets make the intestinal pH more acidic, which encourages yeast growth.

I also recommend four different antifungal regimens that should be taken in sequence, each for a three-month duration. The dosage and length of time it takes to stabilise the situation depends on the severity of the illness and the compliance to the prescribed diet.

Phase 1: caproil (a combination of caprylic acid and olive oil), bentonite, psyllium powder and acidophilus. In mild to moderate cases, one to two months on this program may be sufficient and the next phases will be unnecessary.

Phase 2: grapefruit seed extract combined with bentonite, psyllium powder and acidophilus.

Phase 3: Horopito (also known as *Pseudowintera colorata*,

a traditional New Zealand shrub), anise seeds and a probiotic supplement including soil-based organisms.

Phase 4: olive leaf extract and a probiotic including soil-based organisms.

It is important to take the four phases in sequence. Doing phase one first causes the least "die off" reaction, which occurs when the yeast has died and toxins are released, often causing headaches and brain fog. The antifungals (caproil, grapefruit seed extract, Horopito and olive leaf extract) also need to be rotated to address the pleomorphic nature of fungi. Pleomorphism is when an organism changes form to survive. Just like bacteria can become resistant to antibiotics, yeast can become resistant to the antifungals. To stop this from happening, every three months the anti-fungal must be switched. ■

S. Colet Lahoz is the founder and director of the East West Clinics in Minnesota. A practitioner of traditional Chinese medicine and a registered nurse, she is also the author of Conquering Yeast Infections: The Non-Drug Solution for Men and Women. Web site: <eastwest-mn.com>. E-mail: eastwest@mm.com.



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