

# Candida

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Candida Yeast Overgrowth Gone For Good

**A Special Report By  
Dr. Robert Lawrence, MEd, DC DACBN**



**Dr. Robert Lawrence**

Dr. Lawrence serves on the Scientific Advisory Board of Garden of Life whole food supplements. A former instructor at the National University of Health Sciences, he has also served as a consultant in Functional Medicine and Diagnostic Laboratory Testing. Dr. Lawrence has completed an extensive post-doctoral course of study on "Applying Functional Medicine in Clinical Practice" through The Institute of Functional Medicine. He holds degrees in Science Education, Chiropractic Medicine, Clinical Nutrition and is a Diplomate of the American Clinical Board of Nutrition.

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## What is Candida Yeast Overgrowth?

*Candida albicans* is a yeast that can be found living in the intestinal tracts of most individuals. Yeasts cohabitate there in a symbiotic relationship with the health promoting, good, bacteria. These beneficial bacteria help with digestion and absorption of certain nutrients, and they keep the yeasts in check.

A minor increase in intestinal yeast is usually not a problem, leading possibly to infection of the mouth (thrush) or vaginal lining (vaginitis or "yeast infection"). The body's immune defenses are usually strong enough to keep the yeast from taking over the intestinal tract.

However, if yeast overgrowth is left unchallenged, more sinister symptoms appear. Yeasts can change into an invasive mycellial fungus with rhizoids (tentacle-like projections) that penetrate the lining of the intestinal tract. These projections can cause intestinal permeability and leak toxins across the cellular membranes. Penetration by these rhizoids and the resulting intestinal permeability cause a disruption in the absorption of nutrients and finally nutritional deficiencies. Deficient nutrients lead to reduced immunity and further weakening of the body's defense systems.

**This can lead to fatigue, allergies, decreased immunity, chemical sensitivities, depression, poor memory, and digestive complaints.**

**An overgrowth of *Candida albicans* in the gastrointestinal tract is now recognized as a complex medical syndrome called chronic candidiasis, or yeast overgrowth syndrome.**

Although it has been clinically defined for some time, it was not until recently that the public and many physicians realized the magnitude of the problem. As many as one-third of the Western world's population may be affected by Candidiasis. And unfortunately, there is no shortcut to getting yeast under control.

## Your Digestive System, Probiotics, and Yeast Overgrowth

Your digestive system is more than a tube you put food in one end and waste out the other. Your digestive tract is home to more than 400 different species of life forms totaling about 100 trillion bacteria.

"I have been offering natural, drugless therapies to patients since 1983. We are not a clinic that offers "alternative" health care. The services we provide are the tried and true, historically effective, natural hygiene approaches to health that allow the body to reach its greatest potential. So whether you have a chronic, debilitating health issue or just want to find natural, safe, effective avenues to restoring your vitality, I am here to help you."

-- Dr. Robert Lawrence

While your body consists of about ten trillion cells, the bacteria that live within us add up to close to a hundred trillion cells. The vast majority of these bacteria live in the digestive tract. A healthy intestinal tract contains some 15 pounds of good bacteria. The body's defenses are centered in the digestive tract where immune cells and probiotics or good bacteria, team up to resist infection.

These good bacteria play a critical role in your overall physical, emotional and nutritional health by supporting a host of bodily activities, chief among them; supporting a properly functioning immune system.

**Probiotics**, or "good" bacteria, make a home in your intestines. About 80% of your immune system is also in your intestines.

These good bacteria are the first line of defense for your body against foreign invaders. They are responsible for protecting you from food borne and air borne pathogens and toxins so it makes sense to have a properly functioning intestinal tract to help protect you. There's an old saying, "If Momma ain't happy, ain't nobody happy." This is your gut. Unless it is functioning well you are prone to a number of maladies and your body certainly isn't happy.

Scientists know that a well functioning gut depends on adequate levels of probiotics or friendly gut bacteria that help support normal immunity and good health.

**The beneficial effects of these good bacteria on human health cannot be underestimated.** The good bacteria promote a cleaning of the intestinal cells, manufacture some vitamins like riboflavin, thiamine, B-12, and, perhaps most importantly, produce vitamin K, which is important in blood clotting and bone formation. Short chain fatty acids (used as a fuel for colonic cells) are also produced.

**If your resistance to yeast overgrowth becomes weakened then the stage for poor health is set.**

In a normally healthy gut, when intestinal cells are functioning in an optimal fashion, the cells are able to absorb the bacterial toxins and neutralize them directly or pass them on to other sites in the body for detoxification.

As the liver and adrenal glands become chronically overwhelmed with toxins, tolerance to the fumes of certain environmental chemicals is reduced: gasoline, diesel, other petrochemicals, formaldehyde, perfumes, cleaning fluids, insecticides, tobacco, pesticides, household cleaners, etc.

"Brain fog," mental confusion, fatigue, and other symptoms of toxic overload are common in those suffering with candida yeast overgrowth.

**When the good bacteria die or are suppressed, the yeasts are allowed to grow to unhealthy levels, causing yeast overgrowth syndrome.**

### **Signs and Symptoms**

Candidiasis commonly infects the ears, nose, and the urinary and intestinal tracts. Typical symptoms are constipation, diarrhea, irritable bowel, abdominal pain, bloating, gas, indigestion, rash, bladder spasms and infection, and ear and sinus infections.

Yeast overgrowth can cause all sorts of symptoms. This can lead to skepticism in many doctors; the symptoms are tough to define. **It's not uncommon for yeast overgrowth to cause or contribute to such complex conditions as depression, asthma, fatigue, mental confusion, weakened immunity, allergies, chemical sensitivities, hyperactivity, chronic ear and sinus infections, and adrenal fatigue.**

Like most opportunistic infections, *Candida* and other yeasts may increase during times of stress.

The yeast overgrowth often leaks toxins into the bloodstream or other tissues, allowing antigens (foreign invaders) to set up residence in various bodily tissues. Antigens then trigger complex allergic reactions. (This might explain why most individuals with chronic yeast overgrowth develop food, inhalant, and environmental allergies).

**Candida induced allergic reactions can manifest in a variety of symptoms: fatigue, brain fog, depression, joint and muscle pain, digestive disorders, headache, rash, and breathing problems.**

### **Causes**

The most common cause of candidiasis is medication overuse, especially of antibiotics but also of birth-control pills and corticosteroids. These can suppress the immune system and the good intestinal bacteria. When used appropriately, antibiotics and corticosteroids save lives, but if you are taking these medications, check with your doctor about possible alternatives.

Anytime you take antibiotics or cortisone (steroids) you kill off the good bacteria. Birth control pills can lead to depletion of the good bacteria. *Candida* yeast, like bacteria, only causes a problem when it gets out of control. In a normal healthy intestinal tract, numerous good bacteria are attached to the inner surface of the intestines. But when they've become deficient, *Candida albicans* is able to attach itself, inserting a hook-like tentacle that create increased permeability and allows toxins to leak across the intestinal tract membrane.



Multi-Probiotic Formula has helped hundreds of my patients; usually noticing significant results within the first week.

Again, these toxins can cause an assortment of health problems, such as *Candida* yeast syndrome, allergies, eczema, vitamin B12 deficiency, autoimmune diseases such as rheumatoid arthritis and lupus, CFS, IBS, colitis, and psoriasis.

To correct this overgrowth and overactivity of *Candida* yeast and bad bacteria, you need to put more good bacteria into your body to tip the scales back over to the “good guys.” You do this by taking **probiotics**. *Lactobacillus* (*L. acidophilus*, *L. casei*, and *L. rhamnosus*) and *Bifidobacterium bifidum* are the two most important.

It is important to use probiotic strains cultivated to withstand the differing acid and temperature environments in the gut so the probiotics make it into the intestines where they are needed.

The Multi-Probiotic formula is a vegetarian capsule and supplies 8 billion good bacteria per capsule.

[Click Here for more information about Original Medicine Multi-Probiotic Formula](#)

### **The Missing Link For Eliminating Yeast Overgrowth Once And For All**

I find that most of my candida yeast overgrowth patients have tried probiotics, sugar free - starch free diets, and have taken numerous over the counter and prescription anti yeast medicines, only to find that their yeast overgrowth continues to return over and over again.

People can only tolerate the anti-yeast diet (see below) for so long before the give-up and return to their normal dietary habits.

Having spent years specializing in and successfully treating yeast overgrowth patients, I’m convinced that most people can eliminate their chronic yeast overgrowth once and for all-within a few weeks.

For the most stubborn cases it may take longer, perhaps 12 weeks. **The key is to follow my exact protocol that I developed through trial and error over the last several years of specializing in treating yeast overgrowth patients. See protocol below:**

#### **Intestinal Permeability: Leaky Gut**

Intestinal permeability occurs when the lining of the digestive tract becomes permeable (leaky) to toxins that cause chronic inflammation. This permeability allows toxins to leak out of the digestive tract and into the bloodstream. This triggers an autoimmune reaction that can create pain, fatigue, mental confusion, and inflammation.



The most common side effects when using Diflucan:

Changes in taste; dizziness; headache; nausea; stomach pain.

Leading to more severe possible side effects of:

Severe allergic reactions (rash; hives; itching; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue); diarrhea; scaly, red skin over a large portion of the body; swollen or tender abdomen; vomiting; yellowing of the skin or eyes ([www.drugs.com](http://www.drugs.com)).

Candida yeast overgrowth and the use of NSAIDs, steroids, antibiotics, antihistamines, caffeine, alcohol, and other prescription and nonprescription drugs can cause intestinal permeability, as they render the intestinal mucosa permeable to toxins and undigested food particles.

Intestinal permeability is associated with many illnesses including candida yeast overgrowth, crohn's disease, irritable bowel syndrome, and chronic fatigue.

Studies show individuals with chronic fatigue are especially plagued with it. A treatment program for patients with chronic fatigue that reduced allergic foods and used nutritional supplements to increase liver detoxification pathways yielded an 81.2% reduction in symptoms.

[Click Here to read more about \*S. boulardii\* to restore intestinal lining integrity.](#)

Treating yeast overgrowth requires a comprehensive, multidimensional approach. **Used alone, prescription drugs like Nystatin, Nizoral, and Diflucan — or even natural anti-yeast supplements — rarely produce significant long-term results.**

## Candida Yeast Overgrowth Protocol

### 1. Control Your Candida Through Diet

Begin the **Candida diet**, which eliminates yeast-nourishing foods. A number of dietary factors appear to promote the overgrowth of *Candida*. Try eliminating all the foods below for three months:

- **Sugar** is the chief nutrient for *Candida albicans*, so restricted sugar intake is absolutely necessary to effectively treat chronic Candidiasis. Avoid refined sugar, honey, maple syrup, fruit juice, milk, white potatoes, corn, processed or bleached (white) flour, bakery goods, muffins, cereals, and anything containing sugar. Ice cream, cake, cookies, and other sweets should be avoided for at least three months.
- **Fruits** should also be avoided, along with fruit juice. After the initial two weeks, try introducing apples and pears to see if you have any reactions. (Reactions might include fatigue, depression, aches and pain, rectal itching, itching of the ears or nose, and digestive disturbances.) If not, then try berries: strawberries, blueberries, blackberries, and raspberries. Avoid all other fruits.
- **Alcoholic beverages** should be avoided, as should malted-milk or other malted products.



When following the Candida diet, take note of your own health. It is important that you notice changes in your body so you can learn which foods are causing negative results of increased yeast overgrowth. Doing this, along with the supplements has helped hundreds of my patients rid their bodies of candida for good.

- **Mold - and yeast-containing foods** are best avoided for two to three months. These include peanuts, dried fruits (including prunes, raisins, and dates), vinegar, pickled vegetables, sauerkraut, relishes, green olives, vinegar containing salad dressings, catsup, mayonnaise and, pickles.
- **Milk** should be avoided for at least three months, since it is a simple carbohydrate.
- **Dairy products other than milk** present increased yeast problems for some people. Still every person is different, and some are able to be more liberal with their diet. Try these other dairy products, and seeing if you have any problems.
- **Most vitamin and mineral supplements purchased at a drug store** are contaminated with yeast. Look for yeast-free products, though even some of these vitamins contain yeast, because the B vitamins contained in them were derived from yeast-fermenting processes. All of the products I recommend, including the Essential Therapeutics line of supplements, are yeast free.

**Please note you won't to have to stay on this rigid diet forever.**

**By following my advice below you can eliminate candida yeast overgrowth once and for and go back to eating fruits and even starch rich foods.**

## **2. Treat Your Intestinal Permeability**

A leaky gut left uncorrected will sabotage your attempts to eliminate yeast overgrowth once and for all. I've found that healing intestinal permeability is often the crucial step in ridding a person of persistent yeast infections.

If you have a chronic case of candida yeast overgrowth or suspect that you have intestinal permeability take the following steps:

**A. Supplement with high potency multi-digestive enzyme formula - one with each meal.**

[Click Here to read more about Multi-Digestive Enzymes](#)



[Original Medicine](#)  
[Multi-Digestive Enzymes](#)

**B. Start taking [S. boulardii](#)**, 6 caps per day, empty stomach, 3 morning, 3 at bed. At the same time start the [Perfect Cleanse](#), label directions.

**C. After 10 days**, when the **S.boulardii** and the **Perfect Cleanse** are gone, take the Fungal Forte for 10 days, label directions

**D. When the [Fungal Forte](#) is gone**, I recommend my patients start the [Multi-Probiotic](#), a specially cultivated, high dose (8 billion plus live bacteria per capsule). This cultivation process makes sure the probiotics aren't destroyed in the stomach. This guarantees that the probiotics will pass through your stomach and are delivered into your intestines. The probiotics are then free and able to reach their target, the small and large intestine, where they provide health-benefiting bacteria.

**I recommend the Multi-Probiotic formula, which contains the 3 most important strains of beneficial bacteria that are crucial to your health.**

[Click Here to learn more about Multi-Probiotic formula](#)

### **Not All Probiotics Are The Same**

You've probably heard that probiotics are good for your health. You've heard that they support a healthy immune system. And you've seen advertisements telling you to take them for help with digestive disorders such as bloating, gas, and indigestion.

**Unfortunately, most people who are now taking probiotics are wasting their money - and still suffer from bloating, gas, indigestion, and other digestive problems.**

### **Here's Why ...**

Most probiotic supplements on the market are simply worthless. In fact, an independent laboratory recently tested many of the most popular brands and found that nearly a third of them flunked. Some products contained less than 1% of the amount of live bacteria claimed.

What's worse, a quarter of the products contained only one-ten thousandth the amount claimed.

**Worthless!**

In fact, **Consumer Reports** tested 27 different probiotic products and found that one in four supplements contained fewer bacteria than the amount claimed at the time of manufacture. And because these organisms can be weakened or killed by the acids in your stomach they need to be cultivated to be able to withstand varied pH and temperature conditions of the human intestinal tract.

I recommend my patients use high dose (8 billion plus live bacteria per capsule) Multi-Probiotic Formula. **Specially, grown and cultivated Multi-Probiotics bacteria are able to pass into the intestines where they do their work.**

[Click Here to learn more about Original Medicine Multi-Probiotic Formula](#)

**E. Start Taking the Multi-Probiotic Formula** Take six capsules daily in divided doses between meals.

Glutamine also transports potentially toxic ammonia concentrations to the kidneys for excretion and restores shortages created by chronic use of NSAIDs or antibiotics. **Acacia** contributes soluble, nonbulking fiber readily fermentable into a supportive environment for growth of beneficial *Lactobacillus* bacteria. It also assists in water absorption and supports colonic cell function. **Nutraflora FOS** supplies nondigestible fructooligosaccharides to further encourage growth of beneficial microorganisms, and **N-acetyl-D-glucosamine** is used as a structural component of intestinal mucous secretions that protect intestinal tissues and help food pass through the GI tract.



[Click Here for more information about the Fungal Forte Yeast Formula](#)



To Schedule An  
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561-722-9637

Dr. Robert Lawrence

(561) 722-9637

[www.drrobertlawrence.com](http://www.drrobertlawrence.com)



I'm so confident that my clinically-proven, doctor-formulated formulas will help you feel better than you've felt in years, I offer a 30 day, 100% money back guarantee!

To Your Health,

Dr. Robert Lawrence, MEd, DC, DACBN

**P.S. Now you can stop your candida yeast overgrowth once and for all. Why endure another miserable day of yeast overgrowth symptoms? Start my protocol today with our clinically proven supplements, and you'll start on your path to yeast overgrowth Freedom.**

**Please share this report with friends, family, and anyone you know that may benefit from this information. Thank you.**