

TOPICS IN WELLNESS

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Your Digestive System is the Soul of your Body's Health

Did you know that 25% of all your daily calories support the process of digesting your food? The digestive system is like a small planet inside your body, with over 400 species of living organisms, all working together to digest your food, absorb your nutrients to take care of the body and eliminate all the potentially deadly toxins the body ingests each day. All health begins with the digestive system. 60% of your immune system encircles the digestive tract, insuring the nutrients you receive will first go toward defending the body from disease and bacteria. The brain uses certain chemicals in the digestive system to insure it will get the nutrients it needs at the "control" center. The major organs used in cleansing the body are also close, to help the digestive system function properly.

When the digestive and elimination system do not work properly, it can cause a cascade of problems. Perhaps the largest problem we see daily is yeast infections. For this reason, we are devoting this issue to this immense problem.

Antibiotics, Probiotics and Chronic Yeast Infections

Dear Mike,

I read on a website that antibiotics can cause yeast infections and that both men and women can suffer from them. I suffer from chronic yeast infections and wondered if this is the reason. The website said there are natural methods of controlling the problem. Is there any truth to this?

RT, Mandeville

Dear RT,

Yeast infections, also known as candida, have been a medical mystery for some time, and until recently, there were so few methods of controlling outbreaks. While I disagree with the statement that antibiotics cause the infections, I do believe that these drugs can bring on infections in some folks.

A number of drugs are tied to yeast-related conditions, among them antibiotics and chemotherapy medicines. I tend to believe that yeast outbreaks are tied to the state of the intestinal tract and the immune system, not to the drugs themselves.

If someone is sick and prescribed antibiotics, a yeast infection may manifest shortly after the medicine is taken. Yeast, which exists in our body naturally residing in our colon, can move through the body when intestinal bacterium does not hold it in check.

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For this reason, I now suggest that you take a “probiotic” supplement during and after your dose of antibiotics. I feel the supplement is truly worth the money, but for more reasons than simply halting the yeast growth.

Probiotics: Beneficial Bacteria

Probiotics, also known as beneficial bacteria, contain species of bacteria such as *Acidophilus* and *Bifidus*. They are responsible for helping the immune system ward off bad bacteria that can cause illness. When you take a dose of antibiotics, the drug kills not only bad bacteria, but also our “good” bacteria, our “probiotic” flora.

There are literally trillions of bacterial cells living in our body. The major side effects of antibiotics are nausea, constipation and diarrhea. Intestinal bacteria, water and fiber are the nutritional elements that keep us from having these problems.

I recommend that people take probiotics while they are taking antibiotics, but that they take them apart from the medication by at least a couple of hours. I also suggest that they continue taking the supplement for a couple of weeks after the medication. This will help to rebuild the flora stores and will aid the body in recuperating from the illness.

I always recommend a probiotic that contains at least 7.5 billion CFU (colony-forming units). This means that there will be at least this many organisms alive when taken. The best product I can recommend for this condition as well as yeast infections in general is [Ultra Flora Plus](#).

Yeast Infections

Yeast infections can plague men and women, as well as children. They often are caused by a poor diet and can create a number of problems. Women usually see signs of yeast infections in their reproductive system. Men will see signs of problems in their digestion, muscles and joint aches, and by headaches and fatigue.

Symptoms of yeast problems in children include constant colds, sleep problems, bowel or digestive problems, ear infections and hyperactivity. There are many theories that suggest yeast is responsible for attention deficit problems.

All people that suffer with yeast have common eating problems, including the constant craving for sugar and sugary foods, and carbohydrates. Other common problems experienced by folks with chronic yeast infections include depression, fatigue, food and chemical sensitivities, and irritability. It is interesting to note that those with yeast problems often have less than optimal probiotic bacteria levels.

Allergies are also a concern for many suffering from these problems, which makes sense because the immune system is actually fighting the proteins found in the yeast.

Here is where it gets interesting. Intestinal flora produces some of our B vitamins, which directly effect our mood and mental clarity. If there is deficient digestive function, there is less production of vitamins and absorption of nutrients, and many feel this is the reason for these symptoms of yeast-related problems.

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**Can't seem to find the time to stop by?
Order all your supplements online at
www.thewellnessstore.com**

Natural Methods of Stopping and Controlling Intestinal Yeast

There are natural means of keeping our digestive tract in good shape. Fiber from foods and supplements helps to produce intestinal flora. Flora aids in digestion and nutrient absorption. A bi-product of flora produces substances that kill, or "corral", yeast in its natural residence in the colon.

While these natural means of protecting our digestive and immune system from yeast outbreaks are important, they may not stop the conditions that currently exist. There are medications to help curtail yeast outbreaks.

Herbs, such as Pau d'Arco and Citrus Seed Extracts are natural approaches to stopping fungal spread in the body. I recommend a product that contains healthful levels of these herbs, along with some important nutrients to support the process of intestinal balance, known as Candistatin.

But you must consider the entire strategy of proper diet, maintenance of the intestinal tract, and hygienic approach to controlling the yeast outside the colon. A complete, or holistic, approach has been shown to be the most effective treatment in stopping yeast outgrowth.

Look to your intestinal tract for the relief and energy you may be lacking, as a result of yeast growth. Disorders such as Leaky Gut Syndrome and Chronic Fatigue, as well as Fibromyalgia, may also result from problems within your digestive system.

For more information about methods of controlling yeast outgrowth, stop by the Wellness Store or call us for an appointment with our pharmacist, Mike Casso. We are always happy to help those that want to help themselves...remain healthy!

Candida a problem? Not for Candistatin!

Candistatin is designed to help the body maintain healthy colonic yeast levels in the gastrointestinal tract.

Get your supply today!



February is Healthy Heart Month. How is your ticker ticking? If you have heart concerns, call for a nutritional appointment today with our pharmacist, Mike Casso. He can help you with your diet, medications and integrated methods of protecting your heart.

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Gut giving you troubles? Try Ultra Flora Plus™

Ultra Flora Plus is a patented probiotic formula that provides highly viable, pure strains of *Lactobacillus acidophilus* (NCFM® strain) and *Bifidobacterium lactis* along with supportive factors.

- Helps maintain a healthy balance of intestinal flora and has broad intestinal, digestive, and immune system support functions.
- Provides the valuable Probio-Protein® factor, a concentrate of immunoglobulin proteins (antibodies) from whey to help maintain a healthy intestinal environment.
- Provides the valuable Probio-Saccharide®, an excellent food source for beneficial bacteria that helps to promote their growth in the intestine.

