

THE GUT SOLUTION

MODULE -5-

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# WEEK 5 PROTOCOLS FOR CANDIDA, PARASITES & AUTISM

#### **CANDIDA**

#### HOW TO TELL IF YOU HAVE A CANDIDA INFECTION

How can you tell if a Candida overgrowth is fueling your dysbiosis? Testing will give you a definitive answer and you need look no further than the Organic Acids Test from Great Plains Laboratory. (Here's the link to the test info in case you don't have it handy: https://www.greatplainslaboratory.com/organic-acids-test.)



Candida infections can mimic the generalized digestive symptoms associated with IBS, like bloating, gas, constipation and diarrhea. Some other signs that Candida is the source of your imbalance include:

Brain fog and changes in cognition
Decreased energy level
Eczema, dandruff, acne and skin rashes
Hair falling out
White coating on the tongue
Weight gain, especially around the hips, thighs and waist
General itchiness & itchy rectum

#### **ANTIBIOTICS & CANDIDA**

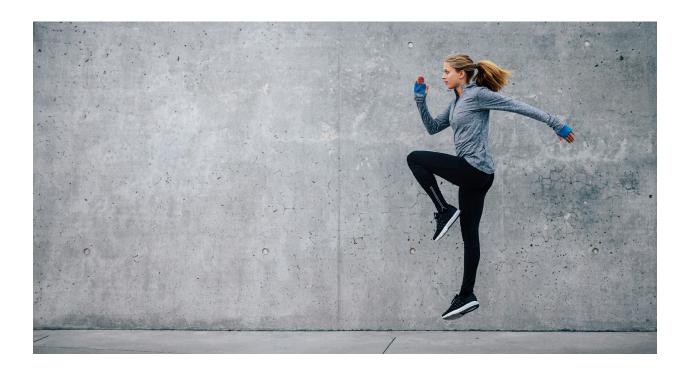
According to Dr. Leigh Erin Connealy, a single round of antibiotics can wipe out our beneficial bacteria and lead to a Candida overgrowth that pervades the entire body.

The widespread overuse of antibiotics and the resulting - and frightening! - evolution of superbugs is a real and serious problem for all of us. We are not only becoming increasingly vulnerable to mutant pathogens, but we are also wiping out our microbiome with every dose of antibiotics we consume!

The Mayo Clinic reports on overuse of antibiotics in the states, quoting the Center for Disease Control (CDC) as stating that "one-third to one-half of antibiotic use in humans is unnecessary or inappropriate." The Mayo Clinic warns that antibiotics are not an effective treatment for common viral infections colds, the flu, bronchitis and most coughs.

### **Immune-Boosting Lifestyle Habits**

We may wish to avoid antibiotics as much as necessary, but sometimes we must use them to thwart persistent infections. Keeping our immune system strong means we are less susceptible to infection and less likely to require antibiotic medications. Here are some tips from Harvard Health about ways to prevent yourself from getting sick and having to make the hard decision about whether to use antibiotics:



Avoid cigarettes.
Eat lots of fruits and veggies.
Exercise daily.
Maintain a healthy weight.
Avoid excessive consumption of alcohol.
Get enough sleep.
Wash your hands frequently.
Minimize stress.

## When Antibiotics are Warranted: Protecting Your Microbiome During and After Antibiotic Use

Despite the many warnings about overuse of antibiotics and the dangerous repercussions for our own health and that of our communities,

sometimes we need these medicines to help us recover from serious infections.

Although we should all be grateful for the availability of life-saving antibiotics, we have to be realistic about their undesirable side effects. Antibiotics deplete our microbiome by wiping out not only pathogenic but also beneficial microorganisms.

Here, from Medical News Today are some dietary guidelines to protect and restore your microbiome while using an antibiotic medication:

**1. Probiotics:** Probiotics will restore diversity to your microbiome and can relieve some of the common side effects of antibiotics, like bloating and diarrhea. Take a few hours apart from your antibiotic so that the drug will not wipe out the species you are trying to introduce.



- **2. Prebiotics:** Be sure to eat lots of prebiotics to nourish your beneficial bacteria during and after a round of antibiotics. Onions, garlic, bananas, chicory root and Jerusalem artichokes are great options.
- **3. Fermented Foods:** Fermented foods are an excellent source of live probiotic cultures and additional nutrients that support a strong immune system and a healthy gut. Slowly begin incorporating ferments into your diet and increase your consumption to the degree that you enjoy them. Miso, tempeh and kimchi are great ones to start with.



- **4. Vitamin K:** Taking antibiotics can disrupt the bacteria that produce vitamin K in our intestinal tract. Be sure to maintain optimal levels of this key nutrient by eating vitamin K-rich foods like kale, spinach, turnip greens, collards, Swiss chard, mustard greens, parsley and Brussels sprouts.
- **5. Fiber:** We all know how important fiber is to a happy microbiome! High consumption of fiber is not recommended while taking antibiotics

because it may interfere with the way your body absorbs the medicine. But once you're done with the treatment you'll want to be sure to eat lots of fiber-rich fruits and veggies to nourish your intestinal bacteria.

#### **CANDIDA-STARVING DIET**

The first step in addressing a Candida overgrowth is to adopt a diet that will not feed the yeast in your gut. According to Dr. Dempster, if we wish to recover from a Candida infection we must at least temporarily eliminate the following foods from our diets:

**Foods that contain yeast:** Steer clear of breads, muffins, pastries (even gluten free varieties may contain yeast!), vinegar, citrus fruits, bananas, beer and wine. Yeast is added to many foods. Check labels to identify unsuspected sources.

**Sugar:** Yeast love sugar. When we have a Candida overgrowth our appetite for sweet, sugary foods increases to satisfy the yeast. Reduce yeast populations just by eliminating their favorite food. You'll want to skip all sugars and sweeteners and cut back on or temporarily eliminate fruit while you're recovering. This also means taking a break from milk and dairy products, as well as simple carbohydrates and grains.

#### FOODS TO INCLUDE WHILE RECOVERING FROM CANDIDA

Focusing on all of the things we ought to avoid can make it hard to know what we should eat! Let's take a look at some foods that we should be sure to include in our diets to help us eliminate a Candida infection. Here are the recommendations of Dr. Will Cole for foods that help us get our yeast level in balance:

**Non-starchy vegetables.** Dr. Cole recommends kale, spinach, Swiss chard and bok choy for high nutrient profiles without the sugary starches that Candida thrive on.



**Safer meats.** If you eat meat, choose grass-fed beef, wild-caught fish and organic organ meat to be sure you're getting enough of vitamins A, D and K2 which support immune function and fuel beneficial bacteria.

**Gut-healthy fats.** Eat lots of healthy fats to protect your gut from inflammation and make your GI tract less hospitable to pathogens. Coconut oil, olive oil and avocado oil are all great choices. Coconut oil is especially great for Candida because it contains caprylic acid, a potent antimicrobial.

**Fermented foods.** Cultured foods help us recolonize our guts with desirable species. Remember to introduce them slowly and gradually increase your consumption to avoid the discomfort of heavy yeast die off.

**Healthier sweeteners.** While you're avoiding sugar and fruits, you can use raw green stevia and xylitol in small amounts to sweeten your food.

**Tea.** Black tea contains tannins that help to eliminate Candida. And ginger tea is a popular herbal infusion that soothes and heals the lining of the gut.

#### HERBAL REMEDIES FOR CANDIDA

If there's any good news about being afflicted with a Candida overgrowth, it's that there are many natural, safe, gentle and effective remedies - and they are also inexpensive! Here are some of the favorite herbal protocols from our experts...

**Oil of Oregano:** Dr. Mary Ellen Shannon's go-to treatment for Candida is oregano oil taken 3 times daily for 3 weeks.



**Colloidal Silver:** Dr. Shannon also uses colloidal silver, a powerful antifungal that is highly effective for killing Candida.

**Berberine:** Berberine is a great choice for Candida because it not only eliminates yeast but also stabilizes our blood sugar which is important because often people experience strong cravings for sweets during the initial phase of Candida die off.

**Caprylic Acid:** A beneficial fatty acid with antibacterial, antiviral, antifungal and anti inflammatory properties, caprylic acid is especially effective for treating Candida overgrowth. Good sources include coconut oil, MCT oil and sustainable palm oil.

#### PROBIOTICS FOR HEALING CANDIDA

Dr. Dempster stresses the importance of taking probiotics when combating Candida. Beneficial bacterial species will boost your immune response and restore balance to your GI tract. Keep these things in mind when shopping for your probiotic supplement to make sure you choose one that will give you optimal support against Candida:

- It's important to choose a product that is formulated to deliver the bacterial species to your intestines. This is achieved with capsules that do not dissolve when exposed to stomach acids. Check the label to make sure the product you choose uses capsules that enhance delivery.
- Pay attention to the number of organisms in each dose. Dr. Dempster urges you to select formulas that contain hundreds of billions of CFUs (Colony Forming Units).
- Choose products that contain strains that are proven to be effective against Candida. Species that you want to include are Lactobacillus plantarum, Lactobacillus paracasei and Lactobacillus acidophilus.

#### DR. NUZUM'S CANDIDA REGIMEN

Dr. Nuzum detailed the specific steps he takes when guiding a patient through Candida protocols. You can follow the steps as you work through your own recovery.

- One month of gentle detox remedies and gentle dietary changes. We must first begin to open our drainage pathways before initiating an aggressive detox! In this step, the patient will begin following the Candida diet and taking measures to ensure that their colon and other organs of elimination (liver, skin, lungs, kidneys) are efficiently removing waste from their bodies.
- 3 days of liquid fasting. The patient may consume water, fresh vegetable juice and nourishing broth. They should be sure to allow themselves plenty of rest so their body can direct its energy to healing and detoxification as they continue through the protocols.

- 2 weeks of gut cleanse and repair.
- 3 more days of fasting on liquids.
- 21 day Candida detoxification program.

As you can see, substantial preparation is needed to lay the groundwork for targeted removal of Candida. Dr. Nuzum guides his patients through nearly two months of preparatory work before initiating the focused removal of Candida.

You can learn more about Dr. Nuzum's protocols and the specific products he uses for each step of the process at https://www.drnuzum.com/choose-a-detox/.

#### **CANDIDA & WEIGHT GAIN**

Candida contributes to weight gain through multiple pathways. First, yeast overgrowths increase our appetite for sugary starches and simple carbs. These nutrient-dense foods are stored as fat if we are unable to burn enough calories to utilize them as energy.

Secondly, Candida releases endotoxins. Our body protects us from the inflammatory toxins by storing them in our fat cells. As the toxin levels rise, our fat cells absorb more and more water to dilute the concentration of toxins, and the fat cells themselves become bigger and bigger.

If you're struggling with stubborn weight gain around your midsection, Candida may be an underlying contributor. No matter how well you eat or how carefully you diet, you'll struggle to lose weight until the Candida has been reined in.

You can use testing to positively identify a yeast overgrowth or self-diagnose according to your symptoms. If it seems Candida is present,

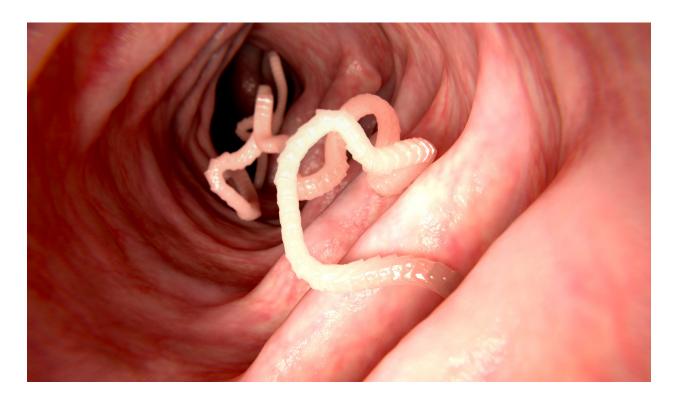
you'll want to pursue the dietary and herbal remedies we've described. As the yeast population diminishes, you'll be able to focus on exercise and diet for additional weight loss as needed or desired.

Be sure to incorporate anti inflammatory protocols into your program. Inflammation impairs our ability to flush toxins and contributes to weight gain. Dr. Nicola Ducharme has seen patients lose 10 pounds just by relieving inflammation!

#### **PARASITES**

#### HOW TO TELL YOU HAVE PARASITES

Stool testing is the standard method for positively identifying a parasitic infection. Unfortunately, this method is somewhat limited in effectiveness. Parasites have life cycles and if they are not in an active state at the time of testing, there won't be evidence of their presence in the sample.



Dr. Jay Davidson says these symptoms can indicate parasites:

IBS symptoms, especially alternating diarrhea and constipation Food allergies and gluten sensitivity
Dark circles under the eyes
Teeth grinding
Difficulty in falling asleep and night waking
Itchy rectum

#### ANTI-PARASITIC DIET

Diet is an important part of a complete plan to remove a parasitic infection. Here, from our parasite expert Dr. Jay, are tips on what to exclude from your meals while you are treating parasites:

- Dr. Jay advises that people who are treating parasites should avoid sugars and grains, including fruits and honey. Sugar feeds parasites while weakening your immune response.
- Processed foods should be avoided because they drain energy from your immune system and digestive tract which would be better spent fighting the infection.
- Alcohol depletes the immune system and causes long term health problems.
- Pork is often contaminated with parasites and should be avoided while working to eliminate parasites from the body.

#### FOODS THAT SUPPORT ELIMINATION OF PARASITES

Dr. Jay also shares several foods that we should be sure to include in our diets to help us recover from parasites:

**Apple Cider Vinegar:** One teaspoon, taken up to three times daily kills parasites, restores acidity of digestive tract and improves digestion.

**Probiotics:** Essential for restoring healthy diversity of the GI tract. Take at least one hour apart from apple cider vinegar.

**Cinnamon & Ginger:** Effective natural remedies for parasites. Add to a cup of tea or a smoothie to boost your daily consumption.

**Vitamin C:** A potent antioxidant and known immune enhancer, vitamin C also helps to eradicate parasites. Take 4 grams daily while fighting an infection.

**Garlic:** An excellent remedy for both parasites and yeast. Try slicing a couple cloves of garlic and swallowing it in a glass of water between meals.



**Olive Oil:** Add 1-2 spoonfuls to your meals on a daily basis to support elimination of yeast and parasites.

**Pumpkin Seeds:** Hailed as the most potent antiparasitic at our disposal, pumpkin seeds should be included in any parasite treatment.

**Papaya Seeds:** Papaya seeds contain an enzyme called papain that helps to break down parasites.



#### **DIGESTIVE ENZYMES**

Dr. Jay advises us to include digestive enzymes in our parasite protocol. That's because parasites thrive on protein, and they like their protein intact. Digestive enzymes hasten the process of breaking down proteins in our foods into amino acids before parasites have a chance to consume them. Otherwise, we're left with a deficiency of the amino acids that we need to create neurotransmitters like dopamine and serotonin!

Digestive enzymes also restore a healthy acidity to our digestive tract, which makes it an inhospitable environment for parasites. Plus, they increase our ability to digest and absorb nutrients in our food.

#### HERBAL REMEDIES FOR PARASITES

As with all of our detoxifying protocols, our treatment of parasites must begin by opening our drainage pathways so that our bodies can adequately flush dead organisms and their toxins from our system. Here are the top-choice formulas for parasites from our panel of experts:

**Wormwood:** Wormwood effectively removes intestinal parasites, especially roundworms and pinworms.

**Black Walnut:** Black walnut contains a compound called juglone that is toxic to parasites. It is used to remove ringworm, tapeworm, pinworm, threadworm and other parasites of the intestines.

**Clove:** Cloves contain eugenol, the most powerful germicidal agent in the plant kingdom! This compound allows clove to kill not only mature parasites, but their eggs and larvae as well.

\*\*\*When used in combination, wormwood, black walnut and clove are believed to eliminate parasites by targeting them at all phases of their life cycles.\*\*\*

**Chamomile:** Chamomile is an effective remedy for worms. This calming herb also soothes the digestive tract and relieves symptoms like gas and bloating.

**Sarsaparilla & Myrrh:** Kirsty Wirth encourages us to include sarsaparilla and myrrh in our parasite cleanse because these herbs dissolve the biofilm that pathogenic organisms use to protect themselves from antimicrobial herbs.

**Mimosa Pudica:** Dr. Jay cannot say enough good things about Mimosa Pudica for parasite removal! Make sure you select the seed, rather than whole plant form when shopping for supplements. The seed produces a sticky, gelatinous substance that scrapes the walls of the gut and grabs hold of anything that shouldn't be there.

#### PARASITES AND THE MOON

It's no secret that many people experience sleeplessness, heightened irritability and unstable emotions around the time of the full moon. But did you know that the underlying cause of our lunar moodiness is suspected to be...parasites!?

Parasite eggs hatch on or within a few days of the full moon. This activity is believed to be the cause of the craziness we exhibit at the time. It also represents a vulnerability for parasites.

Schedule your parasite cleanse such that the targeted removal of parasites occurs on or shortly before the full moon for a more effective treatment.

#### TOP ESSENTIAL OILS FOR CANDIDA AND PARASITES

Essential oils expert Jeff Styba's first choice for treating Candida is Siberian Fir. For parasites, he prefers clove - along with oregano, thyme and ginger.

Lemongrass and clove help defeat Candida. Lemongrass dissolves the thick biofilm the yeast creates to protect it from our immune cells and antimicrobial agents. Clove is a powerful antiseptic and is also useful for treating parasites.

Thyme, patchouli & cedar are also useful for inhibiting the growth of Candida.

Chamomile essential oil is also great for parasites, as this oil prevents their eggs from hatching.

Essential oils can be diluted in coconut oil and rubbed gently into the skin. Always test a small area before applying a new oil to a large section of your skin. You can also use a vaporizer to steam the oils and inhale them.

#### **AUTISM**

#### **GUT HEALING PROTOCOLS OF AN AUTISM SPECIALIST**

Dr. Nicola Ducharme shares her complete treatment for alleviating symptoms of autism by restoring balance to the gut. She believes that poor gut health caused by toxic exposure and resulting inflammation is the source of the mental and physical symptoms attributed to autism for many children.

— Dr. Ducharme begins with identifying toxic triggers of inflammation. An elimination diet can be used to identify reactive foods. Dr. Ducharme finds gluten, dairy and soy to be common sources of inflammatory reactions and generally starts with removing these foods.



- A lab test measuring urinary peptides is used to confirm whether proteins from wheat and dairy are getting into the bloodstream. These compounds contribute to leaky gut and stimulate opioid receptors in the brain. The impact on the body is similar to using a drug. Children can go through harsh withdrawals when these foods are eliminated.
- The next step is using the IgG test for food sensitivities. Tests are great for this step because often we find that foods that are healthy for most people can be problematic for some people, so it can be tricky to identify all of the foods that are triggering reactions just be applying common sense.
- Next, Dr. Ducharme uses the organic acids test and stool analysis to determine the presence of pathogenic species. Depending on what the test reveals, she uses antimicrobials and antifungals to remove undesirable populations.
- Gut repair follows, featuring soothing remedies like slippery elm, L. glutamine, licorice root and aloe vera.
- The final step is replenishing the microbiome with probiotics.

#### **AUTISM AND INFECTIONS**

Overgrowths of fungus are common among children with autism. Dr. Ducharme thinks there's a link between heavy exposure to antibiotics in early childhood and intestinal yeast infections. Children who have received many rounds of antibiotics for ear infections, for example, are likely to have a depleted microbiome that makes them optimal hosts for Candida.

Other children may develop overgrowths of clostridium following early exposure to antibiotics. Dr. Ducharme has found that autistic children who exhibit goofy, drunken behavior often have Candida overgrowths, whereas those who are prone to aggression and oppositional behavior are likely to be suffering from clostridium infection.

Methods for treating Candida in children are similar for those that would apply to adults, although it is important to use extra caution when administering herbal remedies to young children and infants. Clostridium is a very dangerous infection and can be very difficult to recover from. In both cases it is best to proceed with the support of a medical professional.

#### **METHYL B12 FOR AUTISM**

Some symptoms of vitamin B12 deficiency overlap with those of autism, like developmental delay and regressive behavior. Dr. Ducharme has found that some children who have been diagnosed with autism respond positively to vitamin B12 therapy.

In her practice, Dr. Ducharme has seen a direct relationship between supplemental B12 and improvement of verbal skills in autistic children. Vitamin B12 injections must be prescribed and supervised by a physician. Talk to your doctor if you think this therapy may benefit you or a member of your family.

#### **AUTISM AND FMT**

Fecal transplants have proven effective for remedying antibiotic resistant cases of Clostridium and reducing symptoms of autism. In fact, introducing healthy bacterial colonies benefits all aspects of our well being, because our health is truly rooted in our gut.

In our sixth episode Kirsty Wirth shared the heartwarming story of her son's rapid verbal development, following introduction of Fecal Microbiota Transplants.

Despite promising results of pioneers of FMT and anecdotal success of fecal transplants in treating lyme disease and autism, the therapy is not yet approved for widespread use. Check with your doctor to see if your condition meets the criteria for FMT where you live.

