

A background image of a forest with tall trees and sunlight filtering through the canopy. A semi-transparent green box with a white border is centered in the upper half of the image.

↑PROOTING
LYME

WHERE RECOVERY IS *more* THAN *skin deep.*

Practitioner Mentorship

Module 2.3

Yeast & Parasites

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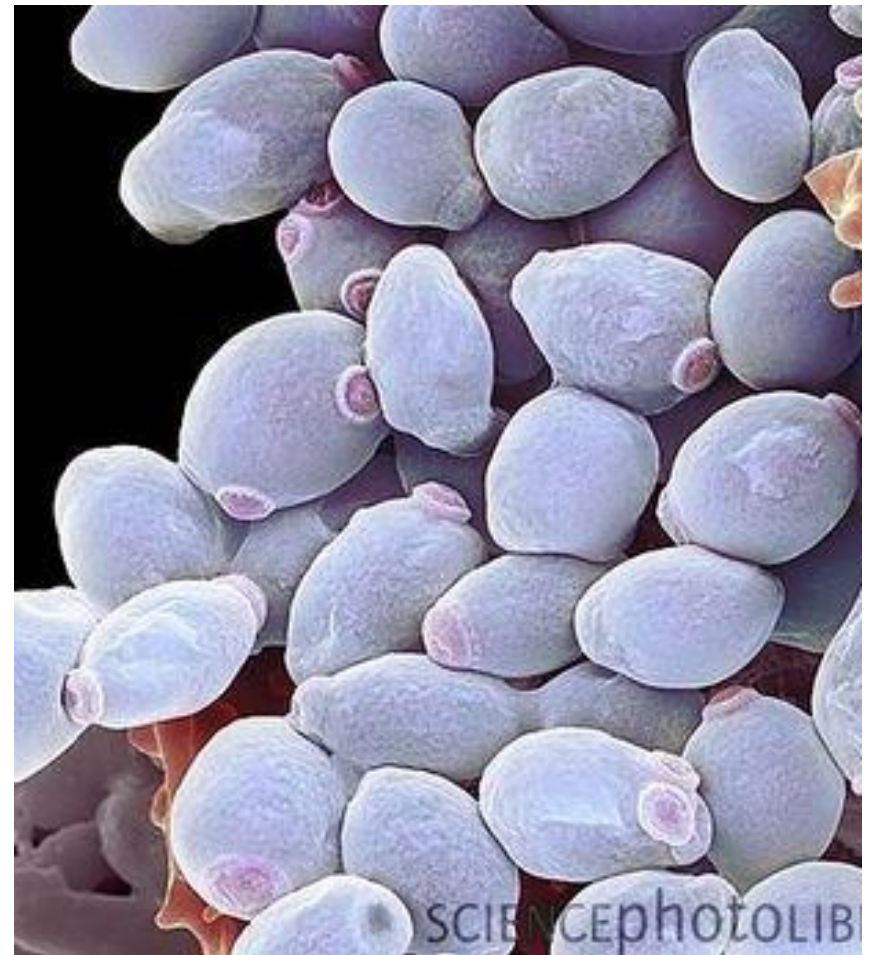
2.3: Co-Infections Part 3: Yeast & Parasites

Learning Objectives:

- Receive a thorough understanding of the clinical presentations of yeast and parasitic infections;
- Look at specialized questionnaires, diagnostic markers, and other ways of identifying the hallmark signs and symptoms of these infections;
- Learn the natural treatment strategies that we can use to approach recovery from these infections;
- Discuss specific protocols for the treatment of these infections within the context of Lyme disease.

Candida albicans

- Fungal infection;
- Occurs naturally in the body in small amounts;
- Overgrowths are difficult to remove;
- Side-effect of antibiotics, birth control



Candida Overgrowth: Pathogenesis

- Common side-effect from taking abx.
- Birth control;
- High sugar diet;
- Yeast converts sugars into alcohol inside the body.

Candida Overgrowth: Symptomology

- Lowered immune system
- Brain fog or mental fuzziness
- Skin and nail fungal infections
- Chronic fatigue
- Skin and nail fungal infections
- Vaginal or rectal itching, especially at night
- Itching of the ears
- Sores on the mouth or lips or white spots inside mouth
- Bloating and gas
- Constipation or diarrhea
- Anxiety or depression
- Muscle or joint aches
- Chronic phlegm or mucus congestion
- Recurrent bladder or vaginal infections
- Food cravings, especially for sweet or starchy foods
- Hormonal imbalance
- Difficulty sleeping and waking up
- Oral thrush
- Toxic body, sensitivity to food or chemicals

Candida Overgrowth is linked to:

- History of antibiotic use
- Birth control
- Steroidal meds
- History of high sugar, alcohol or carbohydrate consumption
- Infertility
- Cancer
- Arthritis
- Vitamin Deficiencies
- Chronic Fatigue
- Weakened immunity
- Leaky Gut Syndrome
- Digestive problems of all kinds

Candida Overgrowth: Diagnosis

- Stool testing
- Detailed questionnaire (see Module 2.3 Resources)
- Candida anti-body blood testing shows whether the body has developed an allergic response to the level of Candida, and is a signal of problematic overgrowth that's leading to symptoms.
- Initial trial on a candida cleanse.

Candida: Treatment

- Anti-fungal medications (conventional)
- Natural treatment protocol:
 - Detoxification
 - Strict Candida Diet
 - Rotations of natural anti-fungals
 - Persistence and consistency over at least several months if yeast overgrowth is widespread.

Candida Treatment: Pharmaceuticals

- Anti-fungal medications:
 - Nystatin –tx intestinal yeast only; side-fx = nausea, vomiting, diarrhea, allergic reactions (hives, bronchoconstriction)
 - Amphotericin B – oral or IV; side-fx = fever, chills, confusion, anemia
 - Fluconazole (Diflucan) – systemic; side-fx = nausea, abdominal pain; yeast may develop resistance
 - Flagyl (Metronidazole) – antibiotic, not for vaginal yeast; side-fx = rapid heartbeat, tingling, nausea, diarrhea, hot skin sensations; toxic to liver, no alcohol allowed.

Candida Treatment: Detoxification

Serves 4 major functions:

- Reduce symptoms caused by yeast's toxic by-products;
- Facilitate the clearing out of a congested digestive tract and speed the elimination of yeast die-off and toxins;
- Helps to reduce cravings and reset the body's inner intelligence;
- Accelerates healing process.

Candida Treatment: Detoxification

- Step 1: 1-2 days+ liquids only
 - Vegetable and bone broth
 - Fresh vegetable juices (green lemonade)
 - Pure water
 - Herbal teas
 - If needed, vegan smoothie
- Step 2: Raw and steamed veggies 3-5 days
 - All of the above + add salad greens / chop veg. salad, cooked bitter greens, or steamed / stir-fried vegetables with olive oil, lemon, salt.
- Step 3: Strictly follow a Candida diet

Candida Treatment: Detoxification

- Colon cleansing – a must
- Sauna
- Dry skin brushing
- Supplements – molybdenum, milk thistle; bentonite clay + fiber shake; vitamin C
- Appropriate exercise
- Near infra-red light

Dietary Adjustments for Candida Eradication

- Completely sugar free
- No fruit or honey (stevia is best substitute)
- No grains or potatoes
- Avoid dairy while cleansing
- May need to avoid fermented foods, vinegars and probiotics until later in the cleansing and healing process.

The Best Natural Yeast-Fighters

- Dietomaceous Earth
- Olive Leaf / Olivirex
- Garlic / Allicin
- Oregano Oil
- Grapefruit seed extract
- Caprylic acid
- Biocidin / Liposomal biocidin
- Black walnut hull, wormwood, barberry
- Pau D'Arco, Neem

Sample Protocol

- Candida Cleanse and Diet
- Bentonite clay 1 T. + caprylic acid 1 t. + psyllium husk & seed 1 T. + juice of ½ lemon in 8 oz. water 1x / day in morning.
- Enemas 2x / week
- Rotate every 4 days: GSE 2 / 2x / day; Olivirex 2 / 2x / day; garlic tablets 2 / 2x / day; Oregano oil gelcaps 2 / 2x / day.
- Biocidin slow ramp up from 1 drop up to 30 drops 1x / day

Candida Treatment: Additional Notes

- For oral thrush: gargle with coconut oil + 1-2 drops clove oil 2x day
- Hydration + sleep
- Colon cleansing and other daily cleansing practices for a couple of weeks before starting candida cleanse
- Start low and work up to higher doses
- May need to address food allergies, gut inflammation, parasites, or detox deficiencies at the same time as candida treatment is just a part of a larger protocol

Parasites



- *1-2% of the population.... Or most of us?*
- *Potential roadblock to recovery as parasites are likely some of the Borrelia species' most important partners inside the body.*
- *Most are outside the intestinal tract.*
- *They are deceptive, adaptive, and difficult to eradicate.*

Types of Parasites:

- Flukes and worms – includes tapeworms, hookworms, ascaris, liver flukes, helminths; infect most people to some degree; eggs exist in many public places.
- Protozoa – amoebas, giardia; microscopic; associated with unclean water and food; some produce endo-toxins.
- All parasites are opportunists and thrive in more stagnant and sick bodies.

Diagnosing Parasite Infection:

- Lab diagnostics are very poor in the US.
- Attempting to detect parasites in the stool is very difficult because most parasites have enzymes built in that cause autolysis.
- Negative stool tests are truly meaningless.
- Some parasites don't live in to colon and instead are burrowed deep inside the liver or brain (for example).
- Diagnosis must be made on clinical signs and symptoms, history, and overall presentation.

Symptoms of Parasite Infection

Typical symptoms of parasites include:

- Abdominal bloating and smelly gas
- Fatigue
- A sad, worn, or depressed look on the face
- Slightly dark skin tone
- Malnutrition
- Food cravings for sugar, sweets, or fats
- Diarrhea or constipation
- Abdominal pains and cramping
- Weight gain or weight loss
- Intestinal bleeding
- Rectal itching or itching anywhere in the body
- Anemia
- Headaches
- Brain fog and confusion
- Nail biting
- Symptoms worse during the full moon

Parasite Treatment

Stage 1: Reducing the parasite load (2-6 months)

- Oral Herbs
- Herbal Suppositories – Biopure
- Colon hydrotherapy
- Rife frequency therapy
- Castor oil packs, liver massage
- Sauna
- Anti-parasitic diet
- Conventional drugs – Ivermectin; Pyrantel pamoate; Alinia; Albendazole

Parasite Treatment

Category 1 Herbals: Anti-Parasitic Herbs

Mimosa pudica

Black walnut hull

Artemisia Annuae / qing
hao

Terminalia / he zi

Quisqualis / shi jun zi

Clove / ding xiang

Mume / wu me

Thyme

Garlic

Fennel

Ginger

Gentian

Barberry

Coptis

Parasite Treatment

Category 2 Herbals: Sweepers

Milk thistle

Bupleurum / chai hu

Peony / bai shao

Yellow dock

Pau D'Arco

Burdock

Marshmallow

Elecampagne

Noni

Moringa

Agrimony

Parasite Treatment

Category 3 Herbals: Digestive System Helpers

Cannabis seed

Cascara sagrada

Senna

Sage

Psyllium seed and husk

Aloe

Bentonite clay in liquid suspension

Parasite Treatment

Stage 2: Alter the terrain (1-2 years / entire lifetime)

- Longer-term commitment to a clean diet and cleansing practices to clear the dead tissues and areas of stagnation.
- Pulsing and rotating herbal protocols.
- Juice fasting.
- Colon hydrotherapy

Anti-Parasitic Diet

What to eliminate:

- Processed sugar
- Excessive meat or dairy
- Complex carbs (breads, grains)
- Excessive cooked foods, large meals

What to include:

- Generally raw food, cleansing diet
- Follow food combining!
- Fresh juices daily
- Broths, purees, soups, stews
- Raw garlic, green onions
- Coconut
- Pumpkin and sunflower seeds
- Papaya seeds
- Pomegranate
- Almonds
- Horseradish
- Pungent spices including cayenne
- Thyme
- Fermented foods

How Parasite Treatment Helps Lyme Disease

- Possible roadblock to recovery
- May also target Borrelia, Babesia, Bartonella and other co-infections in a new way
- Destabilizes their strongholds, biofilm colonies, and a more accelerated disease and decay process
- May be a good place to start if there are many layers of infection and you don't know where to begin, and the patient has already done many of the common antimicrobial protocols.
- Dovetails well with developing detox routines and gut healing protocols.