



The Wolfe Clinic News

THE CANDIDA & FUNGUS WITHIN US

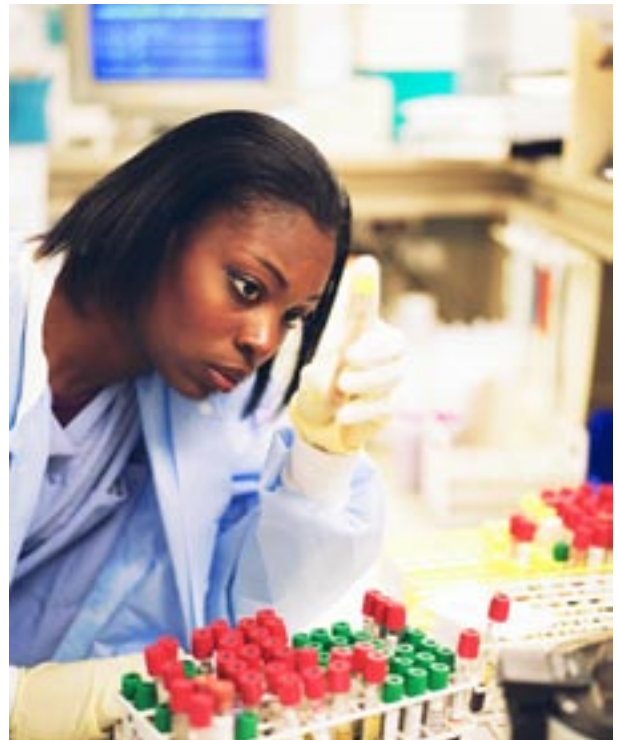
The Major Cause of Disease & the Destruction of Your Health

One of the greatest health risks to human life today is not what you would ordinarily think of or focus your attention on. It is a largely unknown and underestimated enemy; Fungus Overgrowth in the human body! It may be the greatest of all the known risks to your health because most of us either ignore it or deny its existence. Doctors are not alarmed by the presence of fungus in humans because we normally have some present at all times. What is dangerous, though, is Candida Overgrowth when it saturates the body. And as you'll see, unknowingly, doctors may even contribute to the dangerous Candida overgrowth in our bodies.

This may help explain why there is no simple solution to Chronic Fatigue, Diabetes, Heart disease, Cancer, Fibromyalgia and many more persistent diseases. A host of symptoms within these disorders is called a syndrome, in other words they are our fault. And where do the great medical researchers of our time say all these diseases come from? They sure don't know. How do you correct them? They don't know that either. We just manage them with drugs.

Fatigue is generally associated with all of these diseases. As well, there appears to be not one but many failing systems linked with all of these disorders. In most cases there are universal causes of the system failures. The most common one seems to be a faulty immune system that allows Candida Overgrowth! Observation and other evidence strongly points in that direction.

Since Candida Overgrowth is always present, why does it occur? If you have ever taken cortisone, birth-control pills, antibiotics or prolonged chlorine in high amounts, chances are very high that you have partially or totally destroyed your secondary immune system, your anti-fungal immune system! (The fungal immune system is not the same as your primary immune system made up of T-cells, antibodies, macrophages, etc.) Long term Candida problems also seem to include a crippling of the ATP energy cycle. (This is the cycle that powers the body and keeps us alive)



What is the fungal immune system? Initially in an adult it is about 6-8 lbs of friendly bacteria in the lower gut. This should comprise about 85% of all friendly organisms in the bowels. The remaining 15% should be fungus or yeast. *(The average person now has the ratio of "good bacteria" to fungus reversed; 15% good bacteria, 85% fungus.)* It takes a proper ratio (or balance of power) to keep the fungus in check. Fungus is the aggressor,



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"FEAR IS THE GREATEST DISEASE"



much more powerful than the bacteria. Fungus protects itself by producing very deadly mycotoxins (Anti-bacterial poisons) even Cytotoxins. Remember, when discovered, penicillin was just a mold on bread. Scientists discovered that it was a natural enemy of bacteria and have used different varieties to kill off unwanted or dangerous bacteria ever since.

Unknown, though, was the danger of disrupting the delicate 'balance of power' in our bowels between the bacteria and fungus. This has led to a dangerous increase of fungus in our bodies. The progress of fungus/yeast overgrowth is now unchecked. The average person now has the ratio of "good bacteria" to fungus reversed; 15% good bacteria, 85% fungus. Once fungus takes over the bowels and conquers all remaining friendly bacteria it migrates upward until filling the small intestine where digestion

and assimilation of all nutrients takes place. However, when the small intestine fills with fungus this process cannot take place. Organs and glands are deprived of its building blocks and systems begin to fail. Bad digestion and poor assimilation of vital nutrients is the result.

Hypoglycemia

Hypoglycemia symptoms begin to show up and are usually viewed as individual diseases themselves. The fungus in seeking its main food of SUGAR upsets the body's whole sugar/insulin system. Anyone who is deprived of the chaperone minerals that are needed to guide sugar and insulin into the cells becomes hypoglycemic. (No one tells us we need these minerals to get the sugar out of the blood and into the cells) Without these minerals the person now has low cellular sugar but high blood sugar which is a perfect playground for fungus to feed. The cells do not have enough sugar to burn for energy so we become less energetic (we also feel hungry even though we are full) and eat more. On top of that we do not have enough sugar (cellular energy) to keep us alive

through the night!

So, the brain now signals our 'fight or flight' adrenal gland to send out adrenal hormones to keep the body functioning during the night, which it does. But the side effect is that during the night the person may get hot or they may even have night sweats since the adrenal gland is now working 24 hours per day!

All diabetics come from this type of person. All diabetics develop from a hypoglycemic individual. If the lacking chaperone minerals are not supplied, the person in time will become 'insulin resistant' and if the fungus attacks and inflames the Beta cells on the pancreas (causing the T-cells to clean up the mess and destroy the Beta cells) the person will become diabetic. (The T-cells now get the total blame)

Constipation or Diarrhea

Constipation or diarrhea or both are usually due to the fungus overgrowth which destroys the friendly bacteria also known as Soil Based Organisms (SBO's). Friendly bacteria are needed to plow the waste to keep you from becoming constipated. Use SBO's that work in whatever reasonable amount needed; but, do not expect simply taking any SBO's even the expensive ones to re-populate your colon again. The ever present myco-toxins along with the changed pH of the colon as well as the lack of proper hydration and essential nutrients will stop you. You need to go on a

proven program that also addresses these problems by eliminating the fungus and normalizing your pH and providing proper hydration and nutrition. Far Infrared Heat Therapy is also helpful for detoxification. . In some cases, though, because of the extreme damage done to your system you may have to continue the protocol indefinitely. Traditionally, people have resorted to many remedies from prunes to herbs but the real reason for the problem is a lack of friendly bacteria.

In some individuals just using probiotics does not prevent constipation. Why? It seems that in some people vital nutrients and the proper cell hydration necessary to feed the smooth muscle that surrounds the colon and make it work properly are missing. Drinking restructured, electron charged water and adding the correct nutrients may be necessary. Usually you can see the symptoms of this lack by having very narrow in circumference bowel movements.

Hypothyroid

Fermentation caused by fungus stops the Thyroid from getting the essential biological building blocks needed to produce it's hormones in order to regulate body temperature and help in the making of some neurotransmitters. The receptor sites are also affected by the cytotoxins by being a mimic of T-4 & T-3. Not only does this lack of thyroid hormone produce some fatigue and make the person's hands &

feet cold but it can affect the brain in several ways. One is foggy thinking. It seems to physically interrupt short term memory because of Candida's alcohol by-product. Alcohol is documented to cause brain and nervous system damage.

Bloating or Gas

Think about this for a moment: What is produced when brewing companies combine grains with yeast? They get alcohol do they not? Well you have all the yeast in your body just waiting for you to eat some bread, corn or other grain food like pancakes or oatmeal. The alcohol by-product can make you semi-drunk and foggy minded. This can also happen when you take in any food that turns into quick sugar.

Bloating is caused by the combining of sugar with yeast. This makes alcohol and another by-product carbon dioxide. (You are now like a big glass of beer with the bubbles rising) This fermenting process disrupts the proper digestion process. You either bloat and hold in the carbon dioxide or else release the gas. This happens when you eat high glycemic carbohydrates, grains or beans, etc. These foods are the main source of fast sugars which the fungus thrives on. Either, avoid all foods that make you bloat or kill off the fungus overgrowth having a party with the food you just ate.

(Recommendation: Use our Syclovir made from plankton. One teaspoon in 4 ounces of water even while bloating



should be appropriate)

Brain

The brain gets semi-drunk on the ethanol alcohol by-product produced by the fungus when it digests sugars. This may cause brain-fog, slurred speech or slow thinking. However, if the person also has a low body temperature, the enzymes needed to break down the ethanol may not be available. In this case the ethanol begins to cause actual brain damage.

(Recommendation: Use our Far Infrared Heat Therapy to raise body temperature and/or take hot baths to keep temperature up as much as possible. Low body

temperature may be dangerous)

Nutrient Absorption

Mal-absorption is the result of fungus in the small intestine. Normally yeast/fungus is only found in the large intestine. With yeast overgrowth it migrates into the small intestine and covers all the receptors for absorption plus dilutes all normal processes of digestion. The person now begins to have organs and glands starving for nutrients. Without those nutrients systems begin to shut down such as; the blood cannot get iron from food, anemia; the thyroid cannot get the amino acids necessary to make hormone, hypothyroid; the chaperone minerals are missing to escort sugar and insulin into the cells, hypoglycemia, etc.

Depression

There are at least two major causes for 'most' depression, hypothyroidism and/or an imbalance of female hormones. (Not including things like Bi-polar Disorder)

Since the thyroid may be deprived of Iodine and the amino acid tyrosine because of mal-absorption, depression may occur or the cytotoxins may prevent proper function of the thyroid. A severe case of hypo-thyroid-ism may result. Often however, upon examination the thyroid will fall into a low-end-zone of what is considered medically 'OK'. In most cases no hormone is given

and the condition continues. It is better to reactivate the thyroid anyway.

Individuals usually do not know that the thyroid is also involved in the production or use of some neuro-transmitters. Without these vital chemicals they may feel they require a drug for problems with depression. Usually at the 'drop of a hat' a Prozac-like drug is prescribed. And this is only the beginning.

Remember the Thyroid is also one of the body's power plants. No thyroid means low heat, low body temperature, low blood pressure and maybe a low pulse rate which all equates to low energy. The thyroid is only one broken system. There's more to come.

Ever wonder why so many women have to use progesterone cream? It is because fungus devours it and changes it into

lack progesterone due to fungus overgrowth. These imbalances can cause the face to break out; breast to lose firmness, migraines, hair problems and perhaps the most significant trouble Depression. Aside from these problems a woman's skin can become so sensitive that she can't stand to be touched; it is so painful intimacy becomes impossible..

The main immune system of T-cells, etc. soon becomes the only defense against fungus even though they are not equipped for the scale of the job. This keeps it so busy, other unwanted guests enter the body without much opposition. In fact the mycotoxins secreted by the fungus confuse the immune system and other unwanted invaders can hide in open view without an immune response.



It is a little known fact that Candida suppresses the production of macrophages, one of the main components of the main immune system. When engulfed by a macrophage, fungus is able to destroy the macrophage. It secretes enzymes to digest or inflame human cells. Then in response the body releases chemicals

– unfortunately more tissue death. When the immune system arrives on the scene to clean up the damaged cells as it is supposed to do, it often gets blamed for all the destruction. An example is the devastation of Beta cells on the pancreas that makes a person an insulin dependant diabetic. Think for a moment What benefits

prednisone. In fact, Dr. Doug Kaufman MD & scientist plus an author reports that drug companies farm fungus colonies, feeding them progesterone to make the drug prednisone which they then sell to consumers as a remedy for everything. Prednisone is just one of the many powerful mycotoxins of the fungus that can kill bacteria. This explains why most women are estrogen dominant. Not that they have a lot of estrogen but they

the most when all that sugar is left in the blood with no way to enter the human cells. Is it the T-cells or the fungus? Which one will dine on its favorite food 24 hours per day because of this untimely death of the beta cells? Why would your t-cells only attack the insulin producing Beta cells on the pancreas?

Anemia

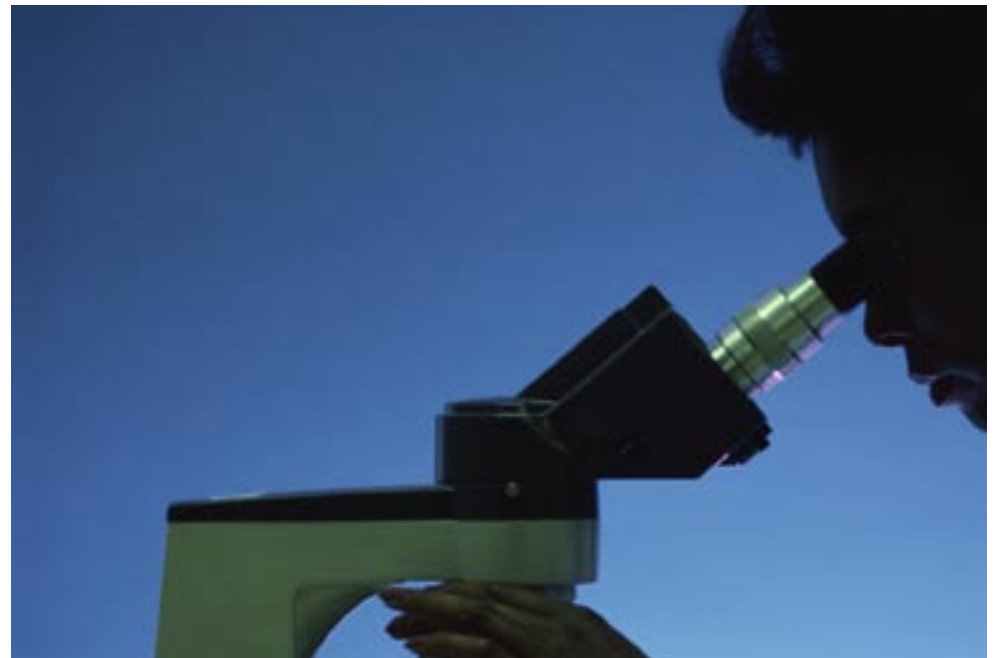
Back to the digestion problem; far more is lost than the elements needed by the thyroid or the minerals required for proper sugar levels in the blood. Iron is also in short supply. Often the person with this condition also develops anemia due to poor digestion. Does this produce more fatigue? Indeed it does and it can get worse for some!

Some patients often cannot get relief by taking iron supplements from a health food store. This type of iron is often toxic. It is not only the wrong size for the body to use; it is in the wrong form. Because the body is so hungry for iron it will latch on to this wrong form of iron and will not let it go. More and more individuals are developing what is called hemochromatosis. This just means they are toxic with improper iron and the only treatment is blood-letting by a doctor because they don't know how to make the body get rid of this wrong type of iron. That's why many products now say on the label, "No Iron"..... What they are really saying is, "You caught us, so we're not going to give you any more of this wrong, toxic iron."

This problem also occurs in children in the spectrum like autism. Only they usually retain Copper in the wrong form and it cannot be easily moved because the body is now deficient of usable copper in the right form! When you have an overload of a mineral that cannot be moved out, it may mean you do not have the correct form of the mineral and the body is really starved for the proper form of the mineral. So, like a magnet the body holds on to anything that resembles the proper mineral. A hair analysis may tell you that you have plenty copper in the body but it will not tell you if it is usable. Perhaps if you satisfy the cells desire for the real mineral it will let go of the bad one.

Acid Reflux

When proteins are eaten, the stomach



secretes hydrochloric acid and its two enzymes into the stomach to begin pre-digestion. However, the fungus often will migrate upward from the small intestine and move into the stomach where this pre-digestion is taking place. When this happens the hydrochloric acid is diluted and the signal for the valve at the top of the stomach to close tightly is muted so it

often stays partly open. Acid may now be able to go up towards the mouth burning the esophagus. The problem is not too much acid, it is not enough acid to close the valve due to the presence of fungus in the stomach. If the fungus climbs all the way to the mouth the person will be said to have Thrush. This is not really a disease it is just a symptom. The tongue turns white with yeast. But by the time this is seen the person has many more problems than just thrush!

Leaky Gut Syndrome

The fungus is a clever adversary. It wants to get into the blood in search for food since it keeps multiplying, so it drills holes in

the small intestine and makes its way into the blood stream. These holes allow undigested food to leak into the blood and the body cannot recognize them. These foods will eventually be tagged as alien and anti-bodies will be made to attack them. This is now a full-blown problem which is



usually manifest as a low-grade allergy that causes troubles without any major symptoms. After years, a person may develop joint problems like arthritis and even allergy shiners. (dark circles around the eyes)

Gallbladder

Now the fungus migrates freely into many places in the body such as the gallbladder. It can fill this organ causing problems with its function.

Kidney

It has been suggested by many, including some distinguished doctors that fungus may be the leading cause of Kidney failure without anyone being aware of it.

Ears

After migrating into the ears,

fungus will cause ringing. Doctors give it a name and treat it as a separate disease like all of the other symptoms of fungus overgrowth. If the ears are ringing dizziness and loss of balance may be next. In its early stages though it may just cause itchy ears or clicking sounds.

Sinusitis

Doctors have no remedy for this except to operate and scrap the sinuses. This is only short term and it usually returns. This is a miserable disorder and adversely effects the health with post-nasal drip. Sometimes large fungal balls have to be removed from the sinuses by means of surgery. There is no standardized medical long term solution.

Epstein-Barr Virus

The Epstein Barr virus and other large viral colonies hide in the spinal fluid or other opportunistic locations. It is easy to hide in the midst of Candida's mycotoxins which confuse the immune

system. Viruses are notorious for pounding the body's organs while the fungus helps to hide them from the immune system.

Researcher Dr. Lerner said daylong cardiac monitoring found that 95% of Chronic-Fatigue patients he and his research team tested in two separate small studies had abnormal electrocardiograms indicative of heart damage. He added that he suspects the heart damage is caused by Epstein-Barr virus and Cytomegalovirus, both long implicated in the condition. And to top it off, all of us have an 80% chance of also having the Herpes virus. Epstein-barr is a herpe virus

Other Unwanted Guests

Ever wonder why some get pneumonia once a year? Others get staff infections every so often? Or why some get Strep once or twice a year? Some get frequent colds and flu? It may be that many of these these infections never leave the body at all. People just have an episode and the microbe then hides in the presence of the fungus and its mycotoxins.

Adrenal Gland

The end result now is an overworked, depleted and exhausted adrenal gland as it tries to maintain enough energy for the person to live another day. When all the other energy systems are failing especially the sugar/insulin system it puts stress on the adrenal. Here's how: Not enough sugar in the cells and the body's engines would shut off during the night but the brain signals for

the adrenal to send out adrenal hormones to keep all the cells working even without sugar (its normal fuel). Adrenal hormones generate heat as they are usually used in 'flight' or 'fight' mode of the body. This logically may cause night sweats depending on the lack of sugar in the cells on any given night.

Cancer

Fungus is always seeking sugar since it is a parasite that cannot produce sugar. It is also very ready to donate half of its DNA to any life-form so it can make a hybrid that can produce sugar. In nature Fungus overpowers Algae and makes such a hybrid and we call it Lichen, which is found growing on rocks. Fungus is not an air breather & neither is cancer

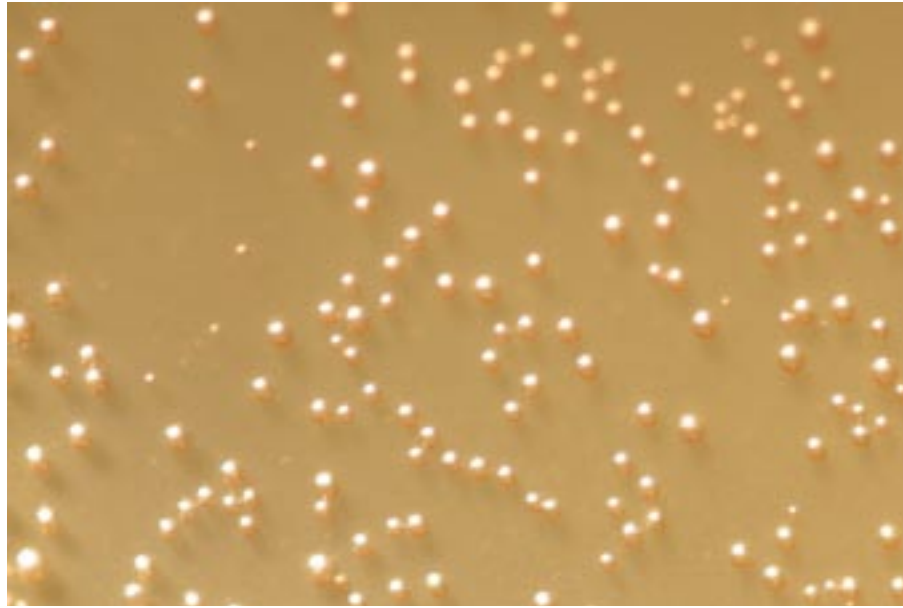
Leprosy & Tuberculosis

Both of these diseases are listed as a "mycobacterium". Myco means fungal and bacterium is a bacteria. As we already know hybrid mycobacterium's can be very deadly. Leprosy is called 'mycobacterium leprae'.

It doesn't take a genius to realize that the Hypoglycemic, the Diabetic and the Cancer patient all crave and depend on SUGAR!

Heart Disease

Once the sugar/Insulin system is severely disrupted anyone with autism, ADD, hypoglycemia and especially diabetes will begin to lay down plaque in the arteries 10 to 100 times faster than normal. This explains why virtually all diabetics after suffering a life of pain and troubles die from a plaque induced heart attack!



Some symptoms of Candida overgrowth are:

Short term memory loss, persistent drowsiness, fatigue, brain fog, headaches, mood swings, dizziness, loss of balance, lack of coordination, ear sensitivity/ringing/itching or fluid in the ears, blurred vision, rashes, mucous in stools, diarrhea/constipation or both, postnasal drip, frequent colds, (recurring strep throat, sinusitis or bronchitis), heartburn, nasal itch and or congestion, nervous irritability, tightness of the chest, dry mouth or throat.

Because of belching, bloating, flatulence or indigestion, we develop bad breath, cold hands or feet, thyroid problems, depression, anemia & sugar disorders. Some of the above are usually worse on damp days.

Some disorders that usually are accompanied by Candida Overgrowth

Irritable bowel Syndrome, Fibromyalgia, Cancer, Diabetes, Hypoglycemia, Chronic fatigue, Epstein-barr virus, Pneumonia, Lupus, most Acid Reflux & Hiatal hernia.

Lack of progesterone in women is often the result of Candida overgrowth converting their progesterone into prednisone.

You may have Fungus/Yeast Overgrowth if you:

- Bloat when you eat?
- Form gas when you eat?
- Have cold hands or feet?

- Have acid reflux?
- Have brain fog?
- Have an itchy nose?
- Ear sensitivity/ringing/itching or fluid in the ears?
- Suffer from fatigue for no reason?
- Have a dry mouth?
- Have vision that gets blurry then clear then blurry?

Are you....

- Hypoglycemic? (shaky if meal is missed, sleepy after a meal, sweat during sleep)
- Prone to constipation or diarrhea or both?
- Hypothyroid? (cold hands or feet)



- Borderline anemic?
- As a female, headaches, migraines, depression or painful periods.

A yes to at least 3 of these main questions indicates fungus overgrowth and you should daily:

- Take SBO's
- Minimize fungal feeding foods
- Take a destroyer of fungus

Remember that yeast will always make a comeback because it is in the air we breathe.

Foods that feed Candida

All Sweets, candies, chocolate, etc; Also, all high glycemic foods like alcoholic beverages, white rice, bread, white potatoes, pasta, corn (including popcorn) carrot juice, apples, bananas, grapes, vinegar. Also, most dairy especially cheese, including Whey protein, then

peanuts & cashews because they are fungal themselves. Remember that all grains and beans feed fungus.

Do you crave any of these foods? Remember to follow the clues. What is the main food of fungus? Sugar! What is the craving of a person who suffers from hypoglycemia? Sugar! What is diabetes linked to? Sugar! What is the primary food of cancer? Sugar!

A final note about these abundant toxins that get embedded into the colon wall; they are not water soluble, somewhat heat stable and are resistant to UV light. Far infrared heat therapy, though, has shown to be the most useful treatment in releasing and removing these toxins from your body.

There is no perfect or easy way to repopulate the colon and reestablish the daily, natural, friendly, bacterial protection from fungus overgrowth but The Wolfe Clinic does have effective

and proven programs to turn this fungal condition around. We can show you how to protect and restore your vital health. You need to go on an established protocol that addresses all the problems by eliminating the fungus and normalizing your pH and providing proper hydration and nutrition. Far Infrared Heat Therapy is also helpful for detoxification. In some cases, though, because of the extreme damage done to your system you may have to continue the protocol indefinitely.

It is advisable to call for a consultation so that we may design a protocol to fit your specific situation and needs.

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