

## Step 48

### CANDIDA AND AUTOIMMUNE DISEASES

#### Candida prepares the ground for allergies and autoimmune diseases

Lack of energy, digestive disturbances, arthritic joint pains, skin disease, menstrual problems, emotional instability, and depression are all symptoms of what I call the antibiotic syndrome. The incidence of this condition has greatly increased in recent years. Most of the gastrointestinal tract is tender when pressed on the skin, especially over the small intestine, liver, and gallbladder. There may have been a gallbladder operation that failed to improve the condition. There could be a history of thrush or oral, anal, or vaginal itching. When these are present, the diagnosis of Candida overgrowth is obvious, but it may also be present in the absence of these manifestations, and that can be confusing.

The fungus *Candida albicans* thrives during antibiotic treatment and I regard it as reckless negligence to prescribe antibiotics without simultaneous fungicides and replacement therapy with lactobacilli afterwards. However, the antibiotic syndrome is not just due to Candida. It is more generally a dysbiosis in which the wrong kind of microbes inhabit the intestinal tract.

If the problem has existed for years, there is usually a lack of gastric acid, which then allows the stomach to be colonized by microbes, causing inflammation with pain and, later, ulcers. The toxins released by the microbial overpopulation cause chronic inflammation of the liver, gallbladder, pancreas, and intestines. This can have other health repercussions, including insulin-dependent diabetes.

Furthermore, The tentacles of Candida penetrate the intestinal wall, causing not only inflammations but also 'leaky gut syndrome' in which only partly digested proteins enter the bloodstream and cause multiple allergies and susceptibility to asthma. This then greatly weakens the immune system and we get frequent colds as well as chronic infections and influenza. Finally, in association with toxins and metabolic waste materials stored in the cells of susceptible organs and glands. we may develop autoimmune diseases.

**Bacterial Attack:** Specific types of pathogenic bacteria appear to cause or contribute to specific autoimmune diseases. One variety of coliform bacteria, for instance, produces a molecule very similar to insulin. When the immune system becomes activated against this molecule, it may then also attack related features at the beta cells of the pancreas. Another type of bacteria, *Yersinia enterocolitica*, induces an immune response that attacks the thyroid gland and leads to Grave's disease with a serious overproduction of thyroid hormones.

Ulcerative colitis is linked to overgrowth of pathogenic microbes, as are Crohn's disease and ankylosing spondylitis. In ankylosing spondylitis, the vertebrae of the spine fuse together, causing stiffness and pain. Other joints may in time become affected. *Klebsiella*, another type of pathogenic bacteria, produces a molecule that is similar to a tissue type found in people with this disease. When *Klebsiella* numbers in the gut decrease, related antibodies in the blood decrease and the condition improves.

Rheumatoid arthritis is linked to bacteria called Proteus which are also a common cause of urinary tract infections. Women suffer urinary tract infections and rheumatoid arthritis twice as often as men, while men have three times more Klebsiella and ankylosing spondylitis than women. Other autoimmune diseases that have been directly linked to intestinal dysbiosis are psoriasis, lupus erythematosus, and pancreatitis. When remedies are given that bind bacterial endotoxins (e.g. psyllium and bentonite), these conditions usually improve. A further consequence of dysbiosis is susceptibility to food poisoning, as with Salmonella bacteria.

Staphylococcus aureus causes serious infections in hospital patients. It has been found that not only S. aureus but other infections are greatly potentized when they occur together with Candida overgrowth. As Candida overgrowth is a natural outcome of the standard hospital treatment, it is easy to see why staph is so deadly in hospitals. A similar picture emerges with AIDS. People do not die directly from the AIDS virus, but rather from bacterial infections potentized by Candida and related mycoplasmas.

I regard the antibiotic-induced dysbiosis in babies and infants as a main cause of their frequent ear infections, glue ear, and crib or cot death. While it used to be uncommon for children to have more than one or two infections a year, now more than six is the norm. Other factors that can cause dysbiosis are the contraceptive pill, steroids and other drugs, radiation treatment, and chemotherapy.

**Debilitations Caused by Candida:** In an Alabama hospital in 1953, Orian Truss, M.D., discovered the devastating effects of antibiotics. During a hospital round, Dr. Truss was intrigued by a gaunt, old-looking man who was obviously dying. However, he was only in his 40's and though he had been in the hospital for four months no specialist had been able to make a diagnosis. Out of curiosity, Truss asked the patient when he was last completely well.

The man answered that he had been well until six months ago when he had cut his finger. He had received antibiotics for that. Shortly afterwards, he developed diarrhea and his health deteriorated. Dr. Truss had seen before how antibiotics cause diarrhea. It was known that Candida was opportunistic and thrived in debilitated patients, but now Dr. Truss wondered if it might not be the other way around, that Candida actually caused the debilitated condition. He had read that potassium iodide solution could be used to treat Candida infestation of the blood so he put the patient on six to eight drops of Lugol's solution four times a day and soon the patient was again completely well.

Not long afterwards, Dr. Truss had a female patient with a stuffy nose, a throbbing headache, vaginitis, and severe depression. To his amazement, all her problems immediately cleared with Candida treatment. Sometime later he saw a female patient who had been schizophrenic for six years with hundreds of electroshock treatments and massive drug dosages. He started treating the woman for sinus allergies with a Candida vaccine. Soon she had recovered mentally and physically and remained well.

From then on, Dr. Truss treated his patients against Candida at the slightest indication of its presence. Many of his patients made remarkable recoveries from most unusual conditions, including menstrual problems, hyperactivity, learning disabilities, autism, multiple sclerosis, and autoimmune diseases such as Crohn's disease and lupus erythematosus.

## **Overcoming Candida and the Antibiotic Syndrome**

The main treatment is sanitation of the gastrointestinal tract combined with a low-allergy diet and followed by systemic antimicrobial therapy as shown in Step 3. In this way, most acute problems can be overcome within weeks or months, while degenerated joints or organs can start a slower road to recovery.

One unpleasant side effect of most methods used to reduce the pathogenic microbial overgrowth of the intestines is the Herxheimer effect, a sudden but transient worsening of symptoms due to toxins released by the dead or dying microbes. This is sometimes used as a diagnostic tool, especially for Candida: If you get the reaction, it means you had the infestation.

**The Spit Test** shows the presence of fungi in the mouth. If positive it also indicates the likelihood of a systemic fungus problem. Immediately after rising and before you eat or drink anything fill a clear glass with water at room temperature. Spit some saliva into the water. Then check for up to an hour what happens. If Candida is present, you will see one of three things, or a combination of these:

1. Strings may extend from the floating saliva down into the water
2. Cloudy saliva may accumulate at the bottom of the glass
3. Cloudy bits may remain suspended in the water.

The quicker and stronger the strings grow and the sooner the saliva sinks, the more Candida is in the sample. If there are no strings and the saliva is still floating after one hour, you probably do not have systemic Candida but may still have dysbiosis and localised fungus problems. Also try eliminating fungus growth in the mouth and head spaces by repeatedly swishing MMS for several minutes around.

**Controlling Candia:** Some Candida is naturally present in the intestines, while it may remain as spores in previously infected tissues. Therefore it cannot be completely eliminated, instead after initially getting it under control with Intestinal Sanitation and Antimicrobial Therapy as explained in Step 3, you need to keep it under control by maintaining a healthy intestinal flora, and a strong immune system while avoiding high blood sugar levels.

In future if using antibiotics or other drugs as you may need with any kind of surgery, make sure to take a fungicide as well. This may be the drug Nystatin, or just high doses of garlic, Lugol's solution or any of the other broadband antimicrobials mentioned in Step 3.

The methods explained in Step 3 should eliminate systemic and control intestinal Candida, but there may still be localized infestations as on the skin, under toenails or between toes, in the vagina, in the sinuses or on the lungs in the case of asthma. Elimination of these may require individualised local treatment, and you may need to experiment to find the most effective remedy. In addition to remedies mentioned in Step 3 you may soak skin or toenail infestations in diluted copper sulphate (a pinch in a glass of water), or try eucalyptus oil, also for sniffing into the sinuses or lungs, even soaking in urine has cleared nail infections.

## **Autoimmune Diseases**

The main cause of autoimmune diseases are pleomorphic microbes that originate from toxic and metabolic waste in the tissues of susceptible glands and

organs. This causes the immune system to attack affected cells in these glands and organs. Major contributing factors are Candida and intestinal dysbiosis, dead teeth as from root canal fillings, mercury and other heavy metals as well as chemical and electromagnetic pollution.

Mercury and other toxic metals cause damage in two ways: by directly interfering with metabolic processes and by forming metal-protein compounds which the immune system regards as foreign invaders and to which it reacts with a strong immune response. An organ in which these protein-metal complexes primarily accumulate will then be subjected to a so-called autoimmune attack.

During and after amalgam replacement it is recommended to take metal chelators, such as frequent large doses of vitamin C (as sodium ascorbate or neutralized ascorbic acid), zeolites, and sulphur compounds, especially N-Acetyl Cysteine and Alpha Lipoic Acid, but even garlic, onions and raw Brassica vegetables will help. Some individuals accumulate toxic chemicals because they cannot properly use sulphur compounds. This may be corrected by adding 250 – 500 mcg of molybdenum.

These factors need to be checked and where present should be systematically eliminated. The main steps are:

1. intestinal sanitation and antimicrobial therapy as in Step 3,
2. repeated raw food cleansing periods as in Step 4,
3. allergy testing as in Step 5, or alternatively a low allergy high quality diet as in Step 34,
4. alkalizing as in Step 6 to minimize inflammations, specifically test your urine and keep it over pH 7 most of the time,
5. pay attention to chemical and EMR pollution as detailed in Step 8.

A major problem arises from existing medical treatment which aims to suppress inflammations and the immune system with prednisone and other anti-inflammatory drugs. While chronic Inflammation causes much of the discomfort, the immune system works by producing a healing inflammation. Therefore these drugs prevent the immune system from healing the diseased gland or organ and keep patients permanently diseased and gradually deteriorating.

Natural therapy is designed to activate the immune system to overcome whatever attacks the body. A healing inflammation allows immune cells to easily move into the combat zone and remove the invaders so that diseased cells can now be replaced with healthy cells. With this, medical treatment works directly against the effort of natural therapy. But the price for healing the body is a temporary increase in inflammation and discomfort. However, there is a way to avoid this problem.

Commonly pain and inflammation disappear within about 3 days on a raw-food cleanse high in sprouted seeds, green leaves and their juices. Some reasons for this are the absence of pro-inflammatory cooked food, the anti-inflammatory effect of raw foods high in enzymes and chlorophyll, the removal of cellular waste and toxins that caused much of the hyperactivity of the immune system, and also that fasting quiets down all body processes.

After antimicrobial therapy and any dental sanitation you may start gradually reducing anti-inflammatory drugs until inflammation becomes again a problem, and

then you slightly increase the dose to a bearable level. When you then adopt a mostly raw food diet or start cleansing, you can reduce the amounts of drugs still further each day until after about six weeks you have completely eliminated them.

If you are not able to eliminate your drugs in this speedy way, then follow the general rule for eliminating dangerous and addictive drugs: reduce by about 10% every 2 weeks. The more you combine this drug withdrawal period with raw foods and alkalizing the less difficult it will be. As mentioned before, if during gradual withdrawal pain and inflammation increase again, then you may also temporarily increase the drug dosage again to that of the previous two weeks or whatever makes it bearable.

In addition try natural anti-inflammatory remedies, such as antioxidants, ginger and omega-3-fatty acids. It is advisable to remain on a cleansing diet or a semi-cleanse until drugs and especially steroids have been fully eliminated. Alternatively, if this is not possible, then you may use repeated shorter cleanses. In long-standing and severe cases the whole healing process, including dental sanitation, may last for several years.

Individuals with autoimmune diseases have weak digestive systems. This means food needs to be easily digestible, such as fresh fruit, fresh vegetable juices, blended raw leaf vegetables, sprouted seeds, and suitable fermented food. Keep the bowels active and clean to minimize headaches and other discomfort. It is important to have several daily bowel movements. If they do not happen with your chosen diet try one or more glassfuls of water with an added teaspoon of psyllium, or use more magnesium or other laxatives, enemas or colonics. For some further information see <http://www.health-science-spirit.com/autoimmune.htm>.

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