

# BrainChild Nutritionals

## About our Natural Candida Program

### Executive Summary

Many people eating the conventional western diet, taking antibiotics, or those with high levels of heavy metals and other toxins find that their health is not optimum because their bodies become imbalanced and harbor excessive amounts of candida ("yeast"). Most of our children on the Spectrum are also extremely vulnerable to chronic candida, parasites and bad bacteria. This program is designed to help the body with all of these issues, with particular attention to Candida. Candida and other intestinal organisms are highly adaptable, and develop a resistance to most things used to fight them. This program centers around a rotation of several natural anti-fungals, to keep "shifting gears", so candida doesn't have time to develop a defense against them. The program also features the use of enzymes to weaken yeast cell walls, support for oxygenation, body pH and the liver, use of probiotics throughout, and avoidance of dietary sugars, which feed candida.

This program may be helpful to people of any age fighting candida or other gut infections. If the problem is not chronic, the program may work relatively fast, within a month or two. People with normally functioning digestive systems may not need to keep on it for the long term to obtain results. For those with chronic digestive issues, and most children on the Spectrum, the program may take considerably longer, and require occasional repetition, to keep yeast at bay. The program includes dosage suggestions for both adults and children, and suggestions for those who are sensitive to phenols.

### Discussion

People who eat a diet high in carbohydrates and sugar, as well as most kids on the Spectrum, are susceptible to an overgrowth of candida. Heavy metal toxicity and the excretion of heavy metals aggravate gut problems further. The prescription antifungals used conventionally for this purpose can be hard on the liver and other organs. Just two months of prescription antifungals left my own son pale, weak and with a very unprotected gastrointestinal tract, that was vulnerable to... more gut problems! I believe this was because the antifungals killed quite a lot of beneficial bacteria along with the bad stuff, so the good bacteria couldn't protect his gut after the prescription antifungals were discontinued. My experience with rotating natural antifungals is that this approach leaves much more of the good flora.

Based on our experience and research, we have developed a natural approach for managing candida, bad gut bacteria and parasites in adults or children. The type of strategy outlined here has been successful in keeping gut bugs under control in my own son — originally a real "gut kid" -- for over five years now, including times when we were clearing heavy metals. I have shared this approach many times over the years, and others have also had good success with it.

Candida is difficult to fight because it is extremely adaptable. This means that it develops a resistance to almost any potential poison it comes into contact with, by means of a mutation process called pleomorphism. The basic approach of this program is to use a single natural antifungal formula at a time, for just four days, then switch to another one, for the next four days, and so on, for a period of six weeks to six months, or longer if needed. The rotation of different natural antifungals is designed to keep the candida "off balance" and not give it time to build up a resistance to any of the things we're using to fight it. During the program, you will also use probiotics every day to help build good flora,

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enzymes to weaken the candida cell walls, and Cell Food to oxygenate the gut cells and support pH levels.

For each individual, some natural antifungals will be more effective than others, depending on the particular strains of candida and other pathogens, and on that child's individual body chemistry. Because we are rotating several different natural antifungal agents, we increase the odds of hitting on one or more that are particularly effective for the individual. It is more important to find several natural antifungals that are tolerated well at moderate doses, and then be consistent in their use, than to focus on finding the "right" one to use.

How long it will take to get candida under control will vary from person to person. With my own son, it was three months from the first test showing lots of candida to the second one, showing none. We would guess that this might be about average, with some taking as little as six weeks, and others as long as 4-8 months or even longer. Those with truly chronic problems may need to stay on a reduced frequency form of this program for the long term. Some ideas for this are given in the program details.

If you see no improvement in three months, we would suggest considering increasing the number of natural antifungals used, so that you would be rotating two of them at a time, instead of just one. You can also run a CDSA stool test (see Resource List) to see which specific bugs you are fighting, to more effectively target them. Please feel free to give us a call and let us support you if you are in this situation.

After a clean gut test, you will not necessarily stop the antifungal rotation right away. You can slowly start to take a few days' break between cycles, say giving nothing for four days before starting the rotation again, and gradually increase the length of these "breaks", watching carefully to make sure yeast is not recurring. This is what I did with my own son. Nowadays, after a few years yeast-free, I'll still do a few days or weeks on natural antifungals if he seems yeasty to me, or if a test comes back with signs of yeast, but otherwise we do none. The great thing about it is that you can always go right back on the rotation if you see dysbiosis coming back. This program is designed to guide you in gradually pulling back the rotation, and slowly working toward a healthier gut that can function with minimal extra antifungal support.

Even after you believe candida may be under control, you are probably not done fighting yeast, particularly with kids on the Spectrum. When the body is clearing heavy metals, yeast tends to flare up again, so please stay vigilant, and keep a small supply of natural antifungals on hand, in case of a flare up. I have found over time that since I know my son's signs of a yeast flare, I am able to fight them pretty easily, because I can start treatment quickly, and I know from past experience what usually helps him most.

With Great Hope,

Terri Mykland  
BrainChild Nutritionals

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## Natural Candida Program

Name of Supplement	When to Give	Frequency	Description
Candex	Every day	Once a day, on an empty stomach	Cellulase enzyme to eat away at the candida cell walls.
Cell Food	Every day	3 times a day, with meals	Help oxygenate the intestines and support body pH
Oregon Grape Extract	4 days at a time	3 times a day, with meals	Antifungals, use one at a time in rotation
Biocidin	4 days at a time	3 times a day, with meals	Antifungal, one at a time in rotation
Kyolic Garlic liquid	4 days at a time,	3 times a day, with meals	Antifungal, one at a time in rotation

*We are developing additional natural antifungal products to provide additional choices and better suit the individual needs of those using the program. Stay tuned for more!*

### **Candex**

This is an enzyme product that eats the cellulose that makes up the cell walls of the yeast. Since yeast will not develop a resistance to it, you can use it every day. We recommend daily usage of Candex while on our Candida program.

**Dosing:** Candex works best by far when given on an empty stomach, or with a tiny amount of juice or a small spoonful of food. Adults take 2 capsules once a day, children take 1 capsule once a day.

### **Cell Food**

Cell Food helps to raise the pH of the colon, oxygenate the cells, and make the whole gut environment less hospitable to yeast. Cell Food can be taken every day, as yeast will not build up a resistance to it. Cell Food was shown to inhibit *Aspergillus Nigar*, *Candida Albicans*, *Escherichia coli*, *Pseudomonas aeruginosa*, and *Staphylococcus aureus* in tests done by BioScreen Testing Laboratory.

**Dosing:** Adults take 8 drops in water, three times a day. Child's dose is one half of the adult dosage. Sensitive children can start at one drop, three times a day and work up gradually. Cell Food may be taken at any time of day, with or without food.

### **Natural Antifungals for Rotation**

On this program, we use three different natural antifungals, one at a time, 4 days each. For example:

- Four days of **Oregon Grape**, then
  - Four days of **Kyolic Garlic**, then
  - Four days of **Biocidin**
  - Now repeat the cycle, starting with Oregon Grape at the same dosage you left off at the first time, then Kyolic Garlic and Biocidin, also with the same dosages you stopped at before and increasing.
- Continue this rotating process for at least 6 weeks, and possibly 6 months or longer, until desired results are obtained. After yeast is under control, you may start up the rotation again any time that you think

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yeast may be flaring up, or once in awhile, for example, one round a month, for preventative purposes. These natural antifungals can all be purchased at BrainChild, without a prescription.

## **Natural Antifungal Dosages**

Start low, and work up to a moderate dose. We are trying to be gentle on the body, and also trying to avoid causing a large die off (Herxheimer) reaction. For a small child around 50 lbs, work up to half the adult dosage. For an adult or an adult-size child of 90 lbs or more, work up to the low-end adult dose. Natural antifungals can be easily given mixed with BrainChild vitamins and minerals, at meal times. Candex must be given on an empty stomach to be effective.

On the second round, you can start each antifungal again at the dose you stopped at the last time. For example, if you were giving 9 drops a day of Oregon Grape when you finished the first four days, you can start it up at 9 drops again the next round, and increase from there.

We have several excellent natural antifungals, and we are presently developing more, so you will have more good choices. If you need alternatives to the ones we have so far, please give us a call and we will be happy to help.

## **Probiotics**

Probiotics are beneficial bacteria, intended to help the gut colonize good flora and make it less friendly to yeast and other infections. One way to understand this is that it's like planting good seeds in the garden to help crowd out the weeds. We believe that anyone fighting a candida problem should be taking probiotics. If you do not already have a probiotic that is working well for you, we suggest the D-Lactate Free formulation (for children on the spectrum) or the CP-1 formula (for adults) from Custom Probiotics ([www.customprobiotics.com](http://www.customprobiotics.com)). There are many other good ones on the market as well. BrainChild doesn't carry any probiotics quite yet, but we do believe that anyone who is on the Spectrum or has chronic candida or other gut problems should be taking them daily, probably for life.

## **Diet**

Sugar feeds candida. The less sugar of any kind a person eats, the better chance that candida will weaken and die. We suggest that anyone fighting candida eat a diet as free of processed sugar and simple carbohydrates as possible. Remember that bread, starches and alcohol also convert to sugar. If the individual is able to eat a healthy range of vegetables, fruits may be limited as well, as the fructose in fruit can feed candida. This is optional, as for some children, fruits may make up a significant portion of the diet. We believe that in most cases, it is possible to get candida under control without eliminating fruit from the diet.

Candida elimination, like any kind of detoxification of the body, requires that the bowels and kidneys keep moving easily, so that the dead yeast may be eliminated and does not accumulate in the body. Do not let yourself get constipated. Drink half your body weight in ounces of purified water every day.

## **PLEASE NOTE:**

This program is not designed for women who are pregnant or breastfeeding. Consult your practitioner for guidance.

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## About The Natural Antifungals

All of our natural antifungals are in liquid form, hide pretty well in Spectrum Support Vitamins and Minerals, and may be given with a meal. Some of them are naturally somewhat bitter, although we've done our best to make them palatable. The bitterness and astringency are part of their ability to kill off gut bugs. We presently have three excellent natural antifungals available, and we're still researching, so you'll have additional ones to choose from in the future.

### *Oregon Grape*

Oregon Grape is not a grape at all, but is of the berberine family. Berberines have been shown to kill a wide range of microbes and have been effective in human studies for speeding recovery from candida, giardia, viral diarrhea, and cholera. Oregon Grape can also be helpful during cold season. Oregon Grape is low in phenols, and is very safe for use in young children for periods of less than ten days at a time. We feel that Oregon Grape is a great choice for just about anyone.

**Dosing:** Full adult dose is 30 drops in a glass of water or other drink, 3 times a day. Start at half dose and work up to full dose over first few days, to avoid herxheimer reaction (die off). Children's dose is half the adult dose. Sensitive children should start at 1 drop 3 times a day and increase slowly to 15 drops, 3 times a day with meals.

### *Kyolic Garlic Liquid*

Garlic is excellent at killing bad bacteria and fungal growth like candida, without killing all that good flora you're trying to help grow with probiotics. Garlic has a rich history as a healing herb, and a growing long list of contemporary medical uses. This kyolic garlic liquid has a mild garlic essence to it, but not an extreme one and the dosage is pretty small. We were able to give a small dose mixed with our children's Spectrum Support Vitamins and they did not notice the addition. Garlic is fine for use in very young children, and for those sensitive to phenols. People who are allergic or sensitive to garlic should choose other natural antifungals instead.

**Dosing:** Full adult dose is 20 drops in a glass of water or other drink, 3 times a day. Start at half dose and work up to full dose over first few days, to avoid herxheimer reaction (die off). Children's dose is half the adult dose. Sensitive children should start at 1 drop 3 times a day and increase slowly to 10 drops, 3 times a day with meals.

### *Advanced Formula Biocidin*

Advanced Formula Biocidin is a tincture of many helpful herbs, made by Biobotanical research. It's a smooth liquid that comes in a tiny bottle of drops, and the dosage is very small, 5 drops a day for a 50 lb child. It helps with a broad range of candida, parasites and bad bacteria all at the same time, and doesn't even taste too bad, which is amazing. Biocidin is expensive, but the doses are just a few drops, so it does last awhile. Biocidin is safe for very young children, although it is a little bit higher in phenols than most of our supplements. If you know that your child does not tolerate phenols, a different antifungal may be a better choice for you.

**Dosing:** Full adult dose is 5 drops in a glass of water or other drink, 3 times a day. Start at half dose and work up to full dose over first few days, to avoid herxheimer reaction (die off). Children's dose is half the adult dose. Sensitive children should start at 1 drop a day and increase slowly to a total of 1 drop per 10 lbs body weight per day, divided into 3 doses.

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## *Other Natural Antifungals*

There are other natural antifungals on the market, if one of the above does not work for you. Give us a call and we'll do our best to support you.

*We are continuing our research, and hope to have additional natural antifungals available as part of our program by the end of 2007.*

## Optional Additions to the Program

Here are a few additions to the program, which may be implemented if warranted by the needs of the individual. Feel free to give us a call if we can help with any of these:

### **Liver Support and pH Balancing:**

Candida metabolites need to leave the body when candida dies. This can put a strain on the detoxification organs, like the liver and kidneys. BrainChild vitamins and minerals have good levels of liver support. Anyone on this program who is not taking one of the BrainChild vitamin and mineral formulas should be doing something for extra liver support. Liver Life would be an excellent addition to this program, for anyone needing additional liver support or extra help balancing body pH.

### **Colon Cleansing:**

For anyone with signs of slow digestion, it may be extremely helpful to cleanse the digestive system, to help remove putrefied material and old yeast metabolites from the system. This can be very helpful anytime during or after using the program. Please consult your natural health practitioner, or give us a call and we would be happy to help with ideas.

### **More Extensive Dietary Changes**

There are much more sophisticated "anti-candida" diets available, in book form and on the internet. If you are an adult, easily able to modify your diet, you may benefit from looking into these. For children on the Spectrum, we know that many are already on highly restrictive diets, and that dietary restriction is not easy, and this is why the dietary suggestions for this program are relatively simple.

### **Specific Parasites or Bacteria at High Levels**

This program will probably help somewhat with low to moderate levels of most parasites or bad bacteria, with a few exceptions, such as clostridia. If you find that you have high levels of specific parasites or bad bacteria, a more focused approach will probably be necessary to fight them effectively. Give us a call if we can support you with this, or consult your naturopathic practitioner.

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## RESOURCES

### Websites

*Custom Probiotics*  
[www.customprobiotics.com](http://www.customprobiotics.com)

*Direct Labs*  
[www.directlabs.com](http://www.directlabs.com)

*The Candida Yeast-Autism Connection*  
<http://www.autism.org/candida.html>

*The Gut-Garden Analogy (a beginner's guide to the gut)*  
<http://tmykland.livejournal.com/6999.html>

*Candida Information Sheet with lots of good links*  
<http://www.parentsofallergicchildren.org/candida3.htm>

### Books

*Chronic Candidiasis: Your Natural Guide to Healing with Diet, Vitamins, Minerals, Herbs, Exercise, and Other Natural Methods (Paperback), by Michael Murray, ND*

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## Natural Candida Program Rotation Worksheet

*(Use this worksheet to record what to give on what day, and your dosages as you increase to full dose. Feel free to make more copies of this sheet, to record further rounds of rotation.)*

*Natural Antifungals We Are Using:*

#1: \_\_\_\_\_

#2: \_\_\_\_\_

#3: \_\_\_\_\_

*Plus Candex, Cell Food and Probiotics Every day*

*∞ Remember to avoid sugar and drink lots of water! ∞*

Day	Date/Day of Wk	#1:	#2:	#3:
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
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24				
36				

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## Natural Candida Program - Frequently Asked Questions

### **What if I think the Candida might be gone?**

If you get a clean test back, or you think all the symptoms have subsided, you can do a trial of pulling back the rotation a little bit, to see what you see without it. One good strategy is to start doing a “break” between rounds, four days without any antifungal in place after you finish the last one. If this goes well, you can increase the length of the break each time, and see how you do. The goal is to eventually wean off of the antifungals entirely, and keep them in reserve for any recurrences. Another possibility is to get testing done to confirm whether the yeast is really gone, and use these results to guide you.

### **What if the Candida doesn't seem to be going away?**

After three months or so, if you think candida is still present, you may want to consider further restricting the diet and increasing the strength of this program by rotating two antifungals at a time. You may wish to consider adding any of our natural antifungal formulas, or the following: Pau D'Arco, Olive Leaf Extract and Grapefruit Seed Extract. There are pro's and con's to using each of these agents, and some of them are phenolic, so be sure to do your homework on them, or give us a call and we will do our best to support you. We are hoping to have more of these available for you to choose from at BrainChild in the near future.