

MANAGING YEAST OVERGROWTH

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Many patients with weakened defenses, such as from chronic illnesses, including Lyme Disease, develop an overgrowth of yeast. This begins in the mouth and then spreads to the intestinal tract. Therefore the primary line of defense is careful oral hygiene, replenishing the beneficial bacteria by daily intake of yogurt, Kefir, and/or acidophilus, and by following a strict low carbohydrate diet.

ORAL HYGEINE:

CLEANSING

Brush the teeth, tongue, gums, inner cheeks and palate first with toothpaste, then again for 30 seconds while holding an antiseptic mouthwash in the mouth. Then, rinse by scrubbing while holding plain water in the mouth.

TOOTHPASTE

Use "AP-24" toothpaste, sold by NuSkin Enterprises. Unlike conventional toothpastes that may contain alcohols, formaldehydes and abrasives, this product cleans in a unique way. It contains two "surfactants" (detergent-like cleansers) that are very effective without being harsh. This product is available in two forms- regular and whitening (both contain fluoride). Choose either one.

In addition, get from them their patented toothbrush that is designed to work with this toothpaste. It cleans better and is far gentler than regular or electric toothbrushes.

Order AP-24 products by calling 1-800-487-1000. The U.S. reference # is 9256681-R

MOUTHWASHES

Use an antiseptic mouthwash (Scope, Listerine, etc.), and brush the teeth, tongue, gums, cheeks and the roof of the mouth while holding the mouthwash in the mouth. Do this for 30 seconds, then rinse repeatedly with water.

For especially thick or resistant thrush, the most effective (and drastic) treatment, employed as a last resort, consists of using "Dakin's Solution" as a mouth rinse. Make this by mixing one teaspoon of household liquid bleach (Clorox) in four ounces of water. A small amount is held in the mouth while brushing, then spit out, and repeated until the thrush has cleared. This is usually a one-time treatment, but may have to be repeated every few weeks.

After using an antiseptic, it is necessary to immediately eat yogurt or chew an acidophilus capsule to replenish the beneficial flora in the mouth. Because the germ count, both harmful and beneficial, will be artificially reduced after such a cleaning, and because yeasts are opportunists, the yeast infection can come back. By having the yogurt or acidophilus then, the yeast will be crowded out and a more normal oral flora will result.

INTESTINAL TRACT: An overgrowth of yeast here will ferment dietary sugars and starches, forming acids, gas, alcohols and a variety of organic chemicals. Symptoms include gas, bloat, heartburn and/or pain in the stomach area, and because of the organic chemicals, there can be headaches, dizziness, lightheadedness, wooziness and post-meal fatigue. To clear intestinal yeast, first the tongue and mouth must be cleansed so yeast does not reenter the system with every swallow. Next, since yeast germs feed on sugars and starches, follow the low carbohydrate diet outlined below. Finally, to replenish the normal, beneficial microbes, eat PLAIN yogurt daily, drink Kefir, 4 ounces daily, and/or take acidophilus, 2 capsules three times daily after meals.

YEAST CONTROL DIET- (restricted carbohydrate regimen)

UNRESTRICTED FOODS

All protein foods, such as meat, fish, fowl, cheese, eggs, dairy, tofu

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RESTRICTED FOODS

FRUITS

Fruits may be a problem because they contain a large amount of sugars. However, if the fruit contains a lot of fiber, this may make up for the sugars to some degree. Thus:

- Fruits are only allowed at the end of a meal, and never on an empty stomach
- Only high fiber fruits are allowed
- Only very small amounts!

EXAMPLES:

ALLOWED IN GENEROUS AMOUNTS

Grapefruit, lemons, limes, tomatoes, avocado

ALLOWED IN SMALL AMOUNTS ONLY! (The high fiber content in these hard, crunchy fruits partially

makes up for the carbohydrates)

Pears, apples, strawberries, cantaloupe, etc.

NOT ALLOWED (These soft fruits do not have enough fiber)

Oranges, watermelons, bananas, grapes, etc.

No fruit juices either!

VEGETABLES

Green vegetables and salads are O.K. Avoid or limit starchy vegetables (potato, rice, beans, etc.) and avoid pasta.

STARCHES

None!! If it is made from flour- any kind of flour- it is not allowed. (No breads, cereals, cake, pasta, etc.)

SWEETENERS

NOT ALLOWED

No sugars at all, and no fructose or corn syrup

ALLOWED (if tolerated)

Stevia (safest), honey, and Splenda (if tolerated),

Aspartame (NutraSweet, Equal) may not be tolerated by some patients

Saccharin products are not recommended

DRINKS

ALLOWED

Water, seltzer, caffeine-free diet sodas, coffee and tea without sugar or caffeine, vegetable juices

NOT ALLOWED

Fruit juices, regular sodas, and any drinks sweetened with sugars or syrups

No Alcohol at all

OTHERS

Do not skip any meals. At least three regular meals daily are needed; a better option is to eat very small portions but have between meal snacks to maintain blood sugar and insulin levels. Bedtime snacks, if taken, must be totally carbohydrate free!