

Week 48 (2016)

Feeding the Gremlins?

Many years ago there was a Christmas film called Gremlins. The story goes...a father purchased a few little furry creatures from a shop as a present for his children. He was warned that they must never be given water as it would be very dangerous. His children loved them and played with them every day until one day they got water by mistake and they turned into man-eating monsters. Which brings me to real life Gremlins.

Don't Feed Your Gremlins

In our body we have millions of little creatures called bacteria and yeasts. These yeasts are all essential to our proper functioning body. Without them we could never maintain good health.

When we consume a high sugar diet (breads, potatoes, high sugar foods, fruits and drinks) we also feed these yeasts the same sugar. Like the Gremlins these healthy yeasts turn into harmful creatures such as candida and fungus. These would normally be kept in check by other bacteria called probiotics but the high sugar foods inhibit the friendly bacteria and the lack of probiotics in our diet makes matters much worse.



Candida is our Gremlins

If you follow the research on candida and fungus you will know there is a ton of evidence to show that these are the precursors to most of the diseases afflicting humans and animals.

This week's main article covers the causes and effects and I strongly recommend you read it in full and then my book, which can be found in the link

So what exactly is Candida? Some say it is a deadly epidemic. If it is, why has it become such a hidden and deadly epidemic?

Candida albicans

'Candida albicans' is actually a naturally occurring fungal yeast that is always in your body. It is present naturally in the human gut with hundreds of other essential yeast, bacteria, even e-coli, and everyone has these living within them to some extent.

Yes, that means it is inside of you and me right now. Normally our gut is also full of natural bacteria that feed on the yeast and keep levels in a healthy balance, stopping it from becoming a problem.



So What is the Problem with Candida?

The Candida yeast also becomes problematic when our digestive system becomes unhealthy and we pour sugar down onto this friendly yeast. This then grows beyond healthy levels and eventually breaks out of the gastrointestinal tract and into the bloodstream. Once it's loose in your bloodstream, the yeast then evolves into fungus that spreads throughout the body.

Now It's a Gremlin!

Once the Candida yeast evolves into a Candida fungus it really is no longer Candida, it's a true 'Gremlin' that is loose in your body.

Whether it is cancer, Alzheimer's, heart disease, lung disease, autoimmune disease or simply a toenail infection, all have toxic yeast/fungus as a primary factor.

This Candida fungus now quickly spreads throughout your body and settles itself into any weak tissue that's lacking minerals, oxygen and is high in glucose. In fact, any full-blown candida/fungal infection could be slowly robbing you of your energy, brain function and even your life.

Why Does This Fungus Cause So Many Problems?

All fungus slowly destroys all living things (even trees) as it invades and excretes hundreds of poisonous mycotoxins into your bloodstream as part of its own digestive processes.

Now it has left your gut it becomes very difficult to get it back in balance. In a healthy body with a healthy (low GI) diet, before this gets out of balance, your system would identify and eradicate it using sodium bicarbonate, friendly bacteria and your immune system. Without your natural resources to keep it in check the fungus can now grow and spread at will. This is becoming an epidemic as more and more people suffer from imbalanced systems as a result of stress, lack of minerals, lack of probiotics, bad diet, or a bout of ill health.

This means the immune system is never as strong as it needs to be to clear the Candida fungus and keep it in check. However, there are symptoms you can look for with Candida.

Early symptoms of Candida fungus include:

- Sore throat
- Diarrhoea
- Gas
- Bloating
- Fatigue
- IBS

As the infection spreads the symptoms become more varied and include:

- Migraines
- Anxiety
- Depression

- Extreme Fatigue
- Vaginitis
- Foggy thinking

And can include cancer, heart disease and many more...

There are no Magic Bullets!

I have seen every magic bullet under the sun including ingesting turpentine (Pine Oil) on a sugar cube and while they all have some benefit especially with a seven day fast, it will keep coming back until you deal with the prime causes.

There is good news!

If you have read the above then it is pretty clear that a Candida fungal infection is something that you must take seriously to clear your immediate infection and improve your long-term health. In my book I detail everything you need to do, especially the diet and sodium bicarbonate intake to clear Candida fungus and keep Candida in a healthy balance.

You can download my FREE eBook [here](#)

You can get the PRINT version [here](#)

Below is the quick view of the supplements in my book:

Yeast & Fungal Recovery Support Packs



But for those with skin or toe fungal problems it is important to use Ancient Minerals Magnesium OIL ULTRA as the fastest way to get this in check.

Don't wait.

The sooner you can clear Candida fungus

The sooner you can rid your body of disease.

A 'LIFE CHANGING' GOOD HEALTH PLAN

Like Hippocrates, my books help you to practice health care and follow his famous teaching, "Let Food be the Medicine, and Medicine be the Food".

Even if you follow drug taking from the medical system the plan in my eBooks follow, “First Do No Harm” so the plan is 100% safe and can help you to change your life.

GOOD HEALTH COACHING

I would never say it is easy to stick to a plan (ask anyone going on a weight loss or exercise plan) so we have a team of Good Health Coaches all qualified to give you massive support to enable you to stay on the plan.

Two Steps to Good Health:

- Go to my free eBooks and get the books that you need for your plan and thousands of my articles to read and educate yourself.
- Good Health Naturally has put all of my various recovery plans into 3 Packs Offers, to suit all budgets with discounts up to 30% to make it easy to purchase as little or as much as you can afford. [Click here](#)