

# The Holistic Truth

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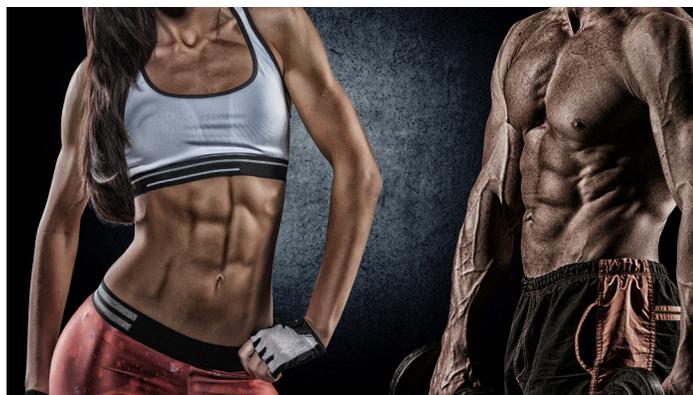
## Summer Shape-Up Cleanse

Heading into summer is a great time to tone up, give the body and digestive system a break, clean up and get into your best shape with a cleanse. Many healthcare practitioners believe that overall health begins in the digestive tract. Poor digestion compromises all parts of the body because the digestion of food provides fuel for all body processes, organs, and systems. Many people are overweight due to an excessive amount of undigested food and matter throughout their digestive system and colon. A solution to this internal pollution is a very safe and effective cleanse such as the Summer Shape Up Cleanse. Many people use this program to help decongest, cleanse and lose some unwanted weight.

The GI tract also plays a prominent role in immune health. 70% of your immune lives in and around the digestive system. Our digestive tract is the body's first line of defense against ingested microorganisms. The stomach's acidity protects against bacterial colonization; IgA antibodies in the mucus lining of the gut provide immune surveillance; beneficial bacteria reside in the intestines providing competition for invading microorganisms.

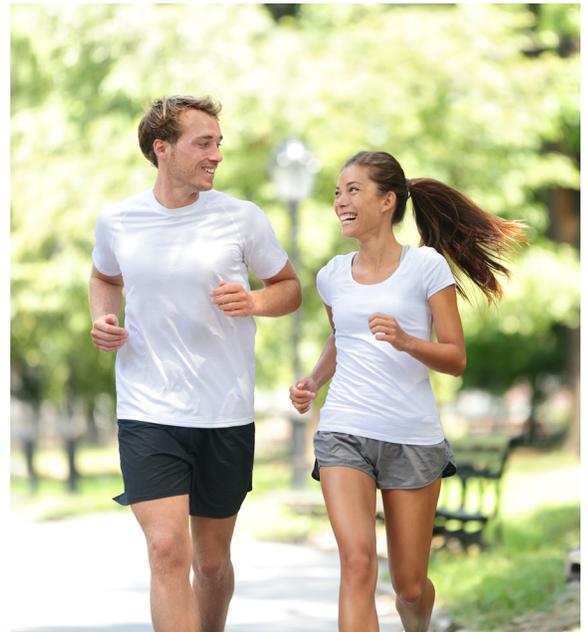
Many different microbes, parasites, and fungi can invade the human gastrointestinal tract and cause symptoms. *Candida albicans* is a yeast (a single-celled fungus) that under normal circumstances exists in a safe balance within the human body. In certain situations, yeast can grow out of control and invade the human host creating many health problems. Causes of candidiasis include excessive antibiotic use, parasitic infection, HIV, uncontrolled diabetes, long term use of hormonal birth control, repeated or prolonged steroid use (such as prednisone), ulcer medications, smoking, and more. Symptoms of candida overgrowth are many: excessive weight, chronic digestive problems, bloating, diarrhea, rectal itching & burning, heartburn, brain fog, sugar cravings, allergic rhinitis symptoms, chemical sensitivity, fungal skin & nail infections, and vaginal yeast infections.

One important part of rebalancing gut flora and eliminating candida and other GI infections is through diet. An anti-candida diet is strictly limited for the 1st month, moderate the second month, and more lenient after that- depending on symptoms. Generally, the anti-candida diet is a low carb, low yeast diet: Eliminate sugars and dairy. Eat veggies, lean protein (wild fish, organic chicken and organic eggs) beans, nuts, nut butters, yams, sweet potatoes, olive oil, coconut oil, flax seed, see list attached.



No junk, fast food, dairy, bread, starches, fruit, sugars, barley malt, honey, syrup, alcohol, pickled foods, yeast, fermented foods (at least at first), mushrooms, cheese, vinegar, soy sauce, Brewer's yeast, or smoked foods. Don't eat cooked food more than 2 days old.

Nutritional Frontiers offers several avenues for addressing intestinal flora imbalances, yeast overgrowth in the gut, and general intestinal health. Diet, lifestyle, and supplements are all part of a balanced approach. The supplements to focus on this month are CandiKill, SBC II, and Frontier Cleanse.





## CandiKill (Take 3 caps in the morning)

was formulated to target *Candida albicans* and other fungal infections with its ingredients that include berberine, caprylic acid, olive leaf, grapefruit seed extract, garlic, tea tree, thyme, and oregano.\* This product is designed for 1 to 4 months of use.

Various studies have demonstrated that berberine exhibits broad spectrum anti-fungal and anti-bacterial activity. Berberine has also been shown to be useful in the case of anti-fungal resistance. In other words, in the same way that overuse of antibiotics has resulted in antibiotic-resistant strains of bacteria, so there are antifungal-resistant cases of *Candida* infection. Combining berberine with pharmaceutical antifungals like fluconazole can improve the patient's response to antifungal treatment. Caprylic acid is a medium-chain fatty acid commonly included in natural antifungal supplements. Some studies have shown that caprylic acid inhibits *Candida* growth. Caprylic acid may have some antibacterial properties as well. Olive leaf extract has been a part of herbal medicine tradition to treat a variety of conditions. Olive leaf extract shows antifungal and antibacterial potential according to several studies. Olive leaves not only possess antimicrobial characteristics, but also demonstrate antioxidant activity. Grapefruit seed extract was discovered by an American immunologist in 1980. It has been used to combat *Candida* and other infections. Garlic has been revered for thousands of years as a culinary and medicinal plant. It is often included in anti-microbial formulas. Modern research confirms its traditional use in fighting infections. Thyme has many traditional medicinal uses. Various studies have examined and verified the antimicrobial effects of thyme extract and thyme essential oil. Oregano oil extracted from the leaf of oregano has been shown to have antifungal action, according to in vitro studies. In particular, one study showed benefits of oregano oil specifically against *Candida albicans*.

## SBC II (Take 3 caps in the evening)

S.B.C. II contains *Saccharomyces boulardii*, a beneficial gut microorganism to promote good bacterial re-colonization in the intestines. It has been used to prevent & counter antibiotic-associated diarrhea, like *Clostridium difficile*. And *Bifidobacterium* (BI-04) the number one probiotic to be used to help support repopulation of healthy bacteria after anti-biotic use.



## Frontier Cleanse

is a comprehensive formula designed to soothe and replenish the gastrointestinal tract.\*

It contains 4 different blends all combined into 4 capsules a day dosing, to target and support various aspects of intestinal health. The Balance and Capture Blend contains fibers to maintain bowel regularity and ensure optimal excretion, important when toxins are being mobilized in the body during a cleanse. The Soothe and Replenish Blend contains nutrients like glutamine and N-acetyl D-glucosamine, along with soothing herbs like chamomile, peppermint, aloe, equisetum, rosemary, and ginger, all with the aim of nourishing the cells that line the digestive tract and reducing spasms or cramps.\* The Reds and Greens Blend provides a variety of powdered fruits and vegetables which are chock full of antioxidants and energy-providing nutrients. The Remove and Detox Blend directly supports the immune system and the detoxification abilities of the liver and digestive tract with its inclusion of bentonite clay, arabinogalactans, olive leaf, black walnut hull, kelp, artichoke, burdock root, dandelion root, and garlic.\*

\*These statements have not been evaluated by the FDA. The products referred to are not intended to treat, cure, or prevent any disease.

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