

Bernard Jensen International Newsletter

May, 2014



Hello Everyone,

Happy Spring! Lots of people coming to my office right now would like to shed those pounds they put on during the winter months. Thousands of well-meaning men and women resolve every year to lose weight and then feel like failures because they just can't seem to stay away from sugars, refined carbohydrates and/or alcohol.

If you are one of these people, please read this newsletter carefully. There is an important reason why people crave sugars and it's not just a lack of will power!

An overgrowth of Candida Albicans in the body will definitely cause sweet cravings. Candida, are yeast forms living in the body looking for sugar to survive on. Candida love all types of sugar whether it be in candy, pastry, fruit juice, or alcohol. Even refined carbohydrates such as breads and pasta turn to sugar in the body. So yeast in the body will cause you to crave various forms of sugar.

Symptoms of Candida

You may ask, "How do I know if I have an overgrowth of Candida (Yeast) in the Body?" There are various symptoms that people with Candida will have. These symptoms include craving pastries, candies, cookies, fruit juice, lots of fruit, alcohol, bread, and pasta. Other symptoms of Candida are vaginal yeast infections, a white coating on the tongue, burning in the throat, tongue, or gums, bloating after eating a meal, aching in the joints or muscles, headaches, "brain fog," problems with memory, stomach aches or cramping, constipation, diarrhea, acne, itching skin, flaking scalp, fungus on the toes, fingers, or any other areas, rashes on the skin, allergies, sneezing, sinus congestion, ear infections, sore throats, and trouble sleeping.

Sample Home Candida Test

Try this simple test to see if you have Candida. First thing in the morning, before you put ANYTHING in your mouth, get a clear glass. Fill the glass with water and work up a bit of saliva. Then spit it into the glass of water. Check the water every 15 minutes or so for up to one hour. If you have a Candida yeast infection, you will see strings (like legs) traveling down into the water from the saliva floating to the top, or “cloudy” saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water. If there are no strings and the saliva is still floating after at least one hour, you are probably Candida free. We are always exposed to Candida and it is always living in our guts in the yeast form. We just don’t want it to overgrow, or to morph into the fungal form.

Take the saliva test for six days and record your results below:

Date and Results:

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What Causes An Overgrowth of Candida in the Body?

Candida Albicans live in the intestinal tracts of everyone. They are there for the purpose of gobbling up all the things that aren’t good for us such as pesticides, preservatives, chemicals, chlorine in tap water, sugars, alcohol, drugs, and antibiotics. However, when the yeast forms become over fed, they begin to grow rapidly and get way out of hand. They begin to bore holes through the intestinal tract and move into other parts of the body. They can reside in damp areas such as the vaginal tract, sinuses, throat, mouth, ear, and joints. Nasal itching and rectal itching can be a result of Candida. Yeast in the mouth can be the start of gum disease. Yeast in the sinuses can cause people to have a constant nasal drip or react violently to strong chemical smells such as gasoline, cigarette smoke, perfumes, and household cleaning fluids. These smells are actually chemicals being consumed by the Candida. When Candida eat, they also defecate creating toxins in the body. These toxins can cause migraines, aching, dull thinking, and a general blah feeling.

How to Get Rid of Candida Overgrowth

Stop eating and drinking the foods and beverages that Candida need in order to survive: sugar, corn syrup, honey, molasses, maple syrup, artificial sweeteners, dried fruits, fruit juices, chlorinated water, alcohol, and refined carbohydrates such as white rice, potatoes, and foods with gluten.

Limit fruit intake to no fruit, or only one or two whole fruits per day. Fruits should be the less sweet fruits such as berries or Granny Smith apples. Avoid all foods with gluten including white and wheat flour breads, barley, and rye. Avoid pastas, and pastries made with wheat or gluten. Avoid preservatives in foods. Do not eat food that has been left over more than two to three days because mold may have started to grow. Mold on food or in the home will definitely make Candida worse. Avoid cheese. Use antibiotics only if absolutely necessary. Switch to all natural cleaning fluids. Stay away from perfumes & chemicals smell.

Battle Plans

Eat foods that do not feed Candida such as salads with olive oil and lemon juice as a dressing. You may use raw apple cider vinegar but no other types of vinegar. Cooked vinegar can cause Candida to grow. Include plenty of raw garlic and ginger on your salads. These are great for killing Candida. You may also eat steamed vegetables, baked vegetables (only small amounts of potatoes and yams for now), small beans that have been soaked, wild rice, brown rice, quinoa, millet, buckwheat, organic fertile eggs, baked or broiled fish, chicken, turkey (if you are not vegetarian). You may sweeten with stevia. I believe the dark stevia is best.

Supplements to Take

[Preolac](#) is one of the finest probiotics on the planet. It is crucial for replacing the friendly bacteria in the gut that have been killed off by antibiotics, drugs, and chemicals. With a strong case of Candida or with constipation or diarrhea, I suggest taking two Preolac, three times per day. **Para Ex** contains powerful herbs that have proven over time to be very effective in killing yeast and also parasites. I recommend 1, 3x per day. [Omega Oils](#), 1. 3x per day. The Omega Oils and Preolac help the body to mend and repair the holes that have been created in the gut by the Candida overgrowth causing a "leaky gut syndrome." With holes in the gut all kinds of toxins spill out into the body causing a person to feel terrible. Digestion is crucial so I would suggest 2 [Di-Gest It](#) just before meals to help stop the bloating and gas. I also recommend our Candida Program. Follow directions exactly. If you have any problems with constipation it is most important to get the bowel working so the body can cleanse itself of toxins. [Natural Release](#) is a very gentle way of supporting bowel flow, 2-3 at night before bed.

As you begin this plan, you may feel a little tired at first, or your symptoms may be enhanced a bit. But soon, within the first couple of weeks you will notice major

improvements. After each month on the program, take the Candida Test again and record your results. Follow this plan for three to six months and you will feel like a new person! You will stop craving sweets and symptoms will go away. Those unwanted pounds will begin to melt from the body. You will feel calmer and more peaceful. You will sleep better and be kinder to your friends and family.

So if you are suffering from any of these symptoms, please give this program a try. You will be amazed at how much better you will feel. Enjoying life is certainly worth it!

Yours in great Health!

Ellen Tart-Jensen Ph.D., D.Sc., CCII

<http://www.bernardjensen.com/>

**1255 Linda Vista Drive
San Marcos, CA. 92078**

**Phone:
(760) 471-9977**