

# **Candex:**

## **Enzymes to Digest Overgrown Yeast**

### **–With No Healing Crisis!**

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#### **What Is Candida?**

Candida albicans is a single celled yeast that is impossible to keep out of the body. Normally, it does no harm, because it is kept in check by beneficial bacteria (probiotics) like acidophilus. These bacteria, however, can be destroyed by birth control pills, antibiotics, steroids, cortisone drugs, chlorinated water, poor diet and extreme stress. When this occurs, candida can grow out of control. Candida causes problems by releasing toxins into the bloodstream. These toxins trigger many discomforts, including localized (primarily vaginal or rectal) itching, depression, irritability, dizziness, unclear thinking, difficulty focusing, extreme fatigue, loss of memory, gas, bloating, diarrhea, constipation, extreme weight gain or loss, etc. More than 100 million Americans are thought to suffer from candida overgrowth.

#### **Can I Control It?**

For many years, the mainstays in candida management have been anti-fungal drugs and herbs. But, these agents have limitations. First, anti-fungal drugs may cause liver damage. Second, anti-fungal drugs and herbs cause yeasts to release even more toxins, which cause “die off reactions” (intensifications of symptoms) that many people cannot tolerate. Third, yeasts can become resistant to them, so that they lose their effect.

#### **Cellulase Enzymes to the Rescue**

Since candida’s cell wall is made mostly of fiber, fiber digesting enzymes can break it down. When this occurs, the yeast dies. The enzymes that best digest the cell wall of candida are cellulase and hemicellulase. While digestive aids may contain these enzymes, they do not provide enough of them to combat candida. For this, a specialty formulation is needed. Such formulations must be taken on an empty stomach.

Because candida cannot change the structure of its cell wall, it cannot become resistant to these enzymes. And, because the enzymes do not stimulate the yeast to release toxins, they do not trigger a die-off reaction. In short, you won’t have to feel worse before you feel better. Best of all, fiber digesting enzymes are completely safe.

#### **How Much Enzyme Activity Do I Need?**

During the six years we have used fiber digesting enzymes against candida, we have found about 200,000 daily units of cellulase and hemicellulase to be ideal. Candex provides 208,000 total units of daily cellulase and hemicellulase activity.

#### **When Will I Start Feeling Better?**

As with all things, individual results will vary. However, nearly everyone notes substantial improvements within one to four weeks. While die-off reactions do not occur with Candex, a few people may experience nausea, a “burning sensation” in the stomach, or abdominal cramping. This is because the enzymes may aggravate pre-existing disturbances in the GI. If this occurs, we suggest using one third of a capsule, twice daily, emptied into eight ounces of warm water, and building up from there. Using a bit of non-fiber foods (meat or dairy) may also help. To minimize any sensitivity to Candex, we suggest one capsule your first day, two your second day, and so on, until you reach the full, four capsule per day regimen.

#### **Have Clinical Studies Been Done On Candex?**

Laboratory studies show that Candex inhibits the growth of candida albicans in vitro. A clinical study of **52 patients** showed that *Candex is safe, effective, well tolerated, and causes no significant side effects. The physicians that conducted this study concluded that “Candex should be the first choice for treatment of enteric candida in our patient population.” Candex is recommended by physicians, nurses, natural health practitioners, health clinics, and health food retailers throughout the country.*

While some find that Candex permits them to eat foods that are not allowed in normal candida diets, ***this is not recommended.*** You are using Candex to reduce yeast populations. Eating foods that feed yeast will lengthen the time you’ll need to use it. ***The sugar digesting enzymes in Candex are not a license to eat sugars in an indiscriminate way.***