



Hello everyone!

I am hopeful that my spring images will conjure up warmth, light breezes, healthy rain and daffodils. Even though our winter was certainly mild compared to those of my youth, we have had some noticeable snow and some frigid days. Now with the coming of Spring we have a season with plenty of moisture which is why we always say "April showers bring May flowers". And it is in a season of moisture that we need to be talking about fungal concerns, especially with the recent news from the CDC regarding the serious and potentially fatal fungal infection *Candida Auris*. These infections have increased by 95% annually across the U.S. and cases have soared in many countries around the world.

Since this is more common in healthcare facilities and among those recently released from hospitals, it is thought that the CoVid pandemic drove this rapid increase due to high hospitalization numbers and increases in respiratory treatment. Another factor is the use of antifungals in the form of vaginal yeast infection creams, Athlete's Foot fungus treatments and prescription oral antifungals such as Diflucan.

More systemic and insidious than the common *Candida* strains such as *Albicans*, we need to be vigilant about the strength of our immune systems and resolving infections quickly when they arise. Here's what you need to know!



The Fungus Among Us

We have seen many cases of chronic systemic fungal infections in the clinic over the past year. So these warnings are important because this particular type of *Candida* can be a fatal infection that is often resistant to all three available classes of antifungal drugs that can be used in conventional medical treatment. It is also difficult to identify and there have been numerous cases of mistakes in diagnosis leading to lost appropriate treatment time.

Like many other infections, these are going to be more common in healthcare settings such as nursing homes, rehabilitation facilities and hospitals, but it is not confined to just those areas. Any person that is already experiencing chronic or unresolved infections is susceptible to more opportunistic infections such as *Candida Auris*. Here are the things that would make you more susceptible:

- C-Pap machines are becoming more and more commonplace and cleansing and sterilization of these units and the masks are often confusing and difficult. This is one of the worst situations where the fungus is being breathed in during every night's sleep directly into the sinuses and the lungs.
- Chronic antibiotic use particularly for urinary tract infections, strep infections and recurring infections of the ear, lung, sinus and vaginal tract create an internal environment that allows fungal infections to take root and thrive.
- Even though those patients currently in or recently released from a healthcare facility have a higher risk, infections have been found in patients of all ages from preterm infants to those in their 50's and the elderly. That makes it less likely to pay attention to the symptoms until the infection becomes blood-borne and systemic.
- Those with open or slow-healing wounds, bedsores, diabetes and poor circulation are all very susceptible while those with intubation such as feeding tubes, tracheal tubes, catheters and ports are high risk. Basically anyone with an open path through the skin is susceptible which is why most *Candida* issues occur within body tissues that connect to the outside.
- Individuals who are already experiencing other strains of *Candida* infections have a higher risk of the opportunistic *Candida Auris* infection. *Candida* strains are natural to the human body, but when our immune system is compromised by other infections or challenges it allows all fungal elements to expand their reach. This reduces your immune resistance.

What to Look Out For -

Since this type of *Candida* is most often contracted by contact with infected surfaces, it really is more common in healthcare settings. But if there is an ongoing unresolved fungal issue already, then the symptoms may be hard to notice. Typical *Candida* symptoms are oral thrush, vaginal infection, chronic urinary tract infections, chronic ear infections, chronic breathing disorders, Athlete's foot and fungal nail infections, digestive issues and itchy skin rashes. Skin rashes also tend to be in areas of body moisture and body folds.

The danger is when it moves into the bloodstream which is why those with lines directly into the body or open sores and wounds are more susceptible. If antibiotics do not clear up symptoms, or if symptoms transition into fevers, chills and fatigue, then it is vital to get a blood test to determine if there is a presence of *C. Auris*.

Our Top Recommendations

The key is to keep your immune system strong and not allow infections to become systemic or chronic. We can help with most fungal concerns as well as other pathogenic conditions. Check out our favorite recommendations below. But if you suspect that you have a more serious, resistant problem, then checking in with your physician and getting testing done to rule out *C. Auris* is important.



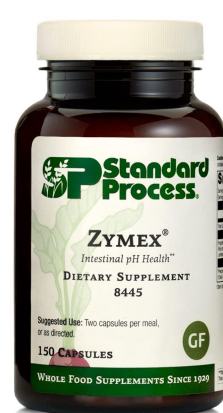
Cleanse

Sterilize, cleanse and wash hands and surfaces often. This includes C-Pap masks, bathrooms, Vape supplies, humidifiers, drinking bottles even whistles! Anywhere moisture remains over time or anything that is difficult to dry quickly.



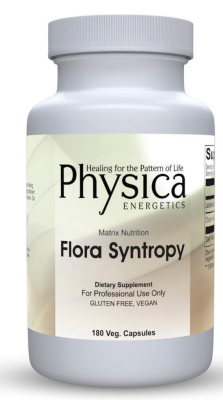
Pau D'Arco Tea

This is one of the best and oldest antifungal treatments known. You can even use the tea bags as sachets in the mouth for oral thrush.



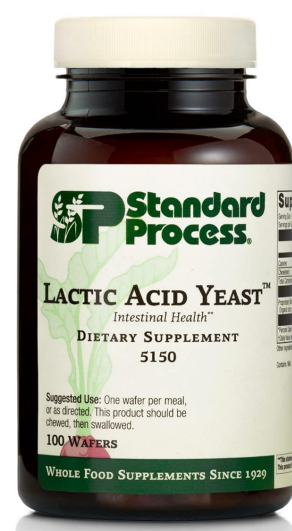
Zymex the perfect whole body antifungal

Zymex is the best comprehensive antifungal for all types of fungal infections whether topically like Athlete's Foot or internally like bladder or kidney infections. 2-9 per day depending on the symptoms.



Flora Syntropy is the key to body health

The balance of bacteria and natural fungal elements in the digestive tract, urinary tract and respiratory tract is important to immune strength and resistance to infection. The health of these areas is key to overall body health.



Lactic Acid Yeast Wafers are the friend to pH balance

What you may not realize is that to prevent and reduce *Candida* overgrowth and opportunistic pathogens you need an acidic pH in the areas that are attached to the outside. They are the best overall support for most digestive issues and can also be used as vaginal suppositories for vaginosis and yeast infections. 3-6 per day orally.



Garlic is the secret of ancient cultures

Garlic in your diet and our MediHerb Garlic Forte tablets provide not just great antifungal activity but it reduces blood pressure, cholesterol and arthritis. Swimmer's ear can be completely resolved (try garlic and mullein oil in the ear) and your food will taste amazing! Try 1-3 Garlic Forte per day.



Cat's Claw Forte tablets for a stronger remedy

Cat's Claw is anti-inflammatory, anti-oxidant, antibacterial, antifungal and antibacterial. This is the best option for people that have multiple infective issues and chronic symptoms. 2-6 per day.



Our Candida Clear Kit is the ultimate intensive therapy

We see many people with chronic unresolving fungal concerns. Often they have breathing issues, digestive issues, chronic urinary issues and skin rashes. If you have symptoms that cross systems then consider a good *Candida* antifungal cleanse. Complete 60 day kit - \$225.00

Want to read a brochure? Just ask us!



Do you have questions? We have answers!
Call us for help, to place an order or to make an appointment today

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