

COMPLETE HEALTH E-NEWSLETTER

The Mystery Behind Multiple Health Concerns Solved

Over the years, in clinical practice I have encountered thousands of patients who feel poorly, are fatigued and are suffering from a multiple symptoms. For example, a patient may be suffering from one or more of the following: chronic diarrhea, constipation, bloating and flatulence, lethargy and fatigue, reduced or hyperactive immune function, skin eruptions, rectal itching, vaginal yeast infections, fungal infections (including nail fungus), urinary or bacterial infections, or oral thrush. When these are the symptoms manifested, along with performing basic testing for food allergies, I often consider that a patient may be suffering from candidiasis, a condition caused by candida albicans or a number of other candida species.

Candida infections can be insidious and the above multiple symptoms seem unrelated to one another or mimic another disease causing the patient's health to spiral downward. Once candida is detected, eliminating this infection can result in improved overall health and increased energy and elimination of symptoms.

In this article, I will discuss a new test that is particularly helpful in identifying the presence of candida along with natural strategies to combat this fungal infection.

First, however, I will review what candida is and why it can be a problem. The genus candida comprises about 154 species. Six of

these species most commonly inhabit the skin and mucous membranes as normal flora. Candida albicans represents the most abundant opportunistic strain while candida tropicalis, candida glabrata, candida krusei, candida parapsilosis and candida lusitanae may also mount infection under opportunistic conditions.

Candida albicans is often considered a harmless yeast when present in very small quantities in the gastrointestinal tract and vagina of warm-blooded animals. A healthy immune system and beneficial bacteria keep candida under control, but disruption to this internal balance can lead to yeast overgrowth. Hormonal imbalances, diabetes, metabolic syndrome, antibiotics and oral contraceptives, excessive consumption of sugar and simple carbohydrates, food allergies and sensitivities, stress, or exposure to environmental toxins can all lower immune defenses and contribute to candida's transformation from a benign, round yeast into a filament shaped fungus with long hyphae or "roots" that penetrate intestinal cells in search of food. Candida albicans also can be spread by direct contact during intercourse, other intimate contact and through intravenous feedings, dialysis, surgery, underlying disease, diabetes mellitus, Addison's disease, immunodeficiency, pregnancy, age (elderly, infancy), and malnutrition.



Dr. Teresa Rispoli, PhD.

Finally Relief From:

• **Chronic debilitating fatigue**

Irritable Bowel, Gas and bloating

Food Sensitivities

Multiple aches & pains through out the body

Genitourinary Problems

Dermatological Problems

Head, Eye, Ear, Nose and Throat Problems

Multiple Symptoms Caused By Fibromyalgia

Fibromyalgia is now recognized by the AMA as a cyclic and progressive disease which affects millions of patients, primarily women, regardless of race. Manifested by multiple symptoms that may initially last only a few days, it eventually progresses to affect multiple areas and bodily systems until patients simply cycle from bad to worse. At present, there are no diagnostic laboratory

tests for fibromyalgia, thus, this syndrome is often misdiagnosed or overlooked. Patients are often referred from one doctor to another, and told that they have chronic fatigue, systemic candidiasis, myofascial pain, irritable bowel or vulvar pain syndrome. Too often, physician and patient focus on symptoms and fail to perceive the much larger problem. These dead-end diagnoses result in

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Multiple Hidden Health Concerns

In addition, parasitic infections can in and of themselves weaken the gastrointestinal tract enough to tip the balance in favor of candida turning into the more harmful fungal form of the organism.

In an advanced stage, candida expels waste products into the circulatory system, depressing immunity and leading to numerous ailments that may fall within the syndrome called the Candida Related Complex or candidiasis. This results in the symptoms I mentioned above.

The First Step: Diagnosing Candidiasis

When a candida imbalance is suspected, one of the most useful tools for confirming the diagnosis is to utilize a new test for detecting candida. This new comprehensive ELISA Candida Antibodies and Antigen Panel can detect immediate, past and localized infections by testing for serum candida antigen, in addition to IgM, IgG, and IgA antibodies specific for *Candida* spp. An antigen is a protein marker on the surface of cells that identifies the cell as self or non-self. Antigens stimulate the production of antibodies by immune cells that will neutralize or destroy the cell if necessary.

IgM is the first antibody formed after primary exposure to an antigen, and reflects a present infection. IgM readily activates a group of proteins in the blood that play a vital role in the body's immune defenses. IgM also assists the phagocytic system to eliminate foreign pathogens from the intravascular space.

IgG is the predominant antibody formed from secondary exposure to an antigen, and reflects a past or ongoing infection. It is produced as IgM antibody levels decrease after primary exposure. IgG also assists the phagocytic system to eliminate foreign pathogens from the extra vascular space.

IgA is found in mucous secretions and is important in local (mucosal) immunity. Elevated IgA antibodies may reflect a more superficial candida infection.

The Second Step: Lifestyle Alterations

Once a diagnosis of candidiasis is confirmed, the first step is for affected individuals to eliminate from their diets any of the foods that feed candida. Consequently, all foods containing sugar and yeast should be eliminated from the diet in order to starve the candida organism.

Baked goods, pastas, breads, cereals, rice, most grains, fruit, honey, and any sweetened foods should not be consumed. Many practitioners also recommend avoiding dairy products due to the fact they contain lactose, which is a sugar, and cheese because it contains mold. Fermented beverages such as alcohol should also be avoided. Diet should consist of meat protein such as chicken (preferable free range or organic) or wild fish and vegetables, with the exception of potatoes, sweet potatoes, and carrots, which may also feed the candida organism. It is also important for those with elevated blood sugars, such as in the case of diabetes mellitus and metabolic syndrome, to actively work to maintain healthy blood sugar levels, so as to not inadvertently fuel the growth of candida. Additionally, avoiding foods to which you are sensitive (as measured by a Food Allergy Test) can be especially helpful. It is important to read labels carefully on any packaged foods. Please note: it does not good to go on an anti-candida diet without also killing the candida overgrowth!

The Third Step: Killing Candida

A number of natural substances (all found in the formula **Candidid Forte™**) have been found to be very effective in killing candida, especially when they are combined with an anti-candida diet.

Undecylenic acid, commonly used in the form of calcium undecylenate, is an extremely effective, well tolerated, broad spectrum antifungal. It works, in part, by inhibiting the ability of candida to convert to its virulent mycelial phase. Several studies have demonstrated that undecylenic acid is 10 times as powerful an antifungal



*"Candida causes **Leaky Gut**, which allows undigested food to pass through the gut lumen into the blood causing an immune reaction and multiple food sensitivities along with multiple symptoms." says Dr. Rispoli*

The Candida Antibodies and Antigen Panel is now being offered here.

You can now perform a simple fingerstick at home, send the results to the lab and receive your results within a couple weeks. Once the results are received you will be put on a comprehensive candida program and diet.

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agent such as caprylic acid in the same dosage. Undecylenic acid has been found to inhibit the switch from the harmless yeast form of candida to the invasive fungal form. Another anti-candida substance is Pau d'Arco (Tabebuia heptaphylla) The inner bark of the South American tree Pau d'Arco, also known as lapacho or taheebo, has long been used as a folk remedy in numerous afflictions. Pau d' Arco contains phytochemical compounds with antibacterial and antifungal activity. Among these compounds are lapachol and a series of naphthoquinones, natural fungicides effective against candida albicans. Lapachol is also antiviral and anti-parasitic. Pau d'Arco selectively inhibits unfriendly bacteria such as the anaerobic Clostridium difficile and E. coli without affecting beneficial probiotic bacteria. Enzalase™ is another important part of an anti-candida program. It is a blend of powerful all-vegetarian enzymes designed to help prevent overgrowth of candida. Enzalase® stimulates probiotic bacteria in two ways: 1) Its high strength lipase, protease, and carbohydrase enzymes work on food to produce probiotics (fatty acids, amino acids, and simple sugars) that feed Lactobacillus probiotics in the small intestine and 2) Its high strength fiber digesting cellulase, hemicellulase and pectinase enzymes work to separate soluble fiber prebiotics from insoluble fiber (both types are found in fruits, grains and vegetables) so these important prebiotics can more effectively feed Bifidobacterium probiotics in the large intestine. Enzalase® boosts the effectiveness of probiotics and it can make the difference between probiotics working versus not working for many people

This blend improves the intestinal environment by hydrolyzing putrefying food trapped in between the intestinal villi and digesting non-starch polysaccharides that are known to create gas and bloating. Hemicellulases in Enzalase™ help remove the biofilm layer, which surrounds candida albicans. Removal of the yeast's protective biofilm facilitates the penetration of the antifungal ingredients sodium caprylate berberine sulfate and Pau d Arco directly to the yeast cell. Berberine is an antifungal agent found in goldenseal, barberry and Oregon grape. Extracellular enzymes secreted by candida albicans are claimed to be virulent factors responsible for penetration of the yeast into host cells. Berberine was able to suppress candida's enzyme activity and prevented its adherence to epithelial cells. Berberine also interrupts the process of chitin synthesis by which candida constructs its cell walls. Berberine also has been shown to work synergistically with other antifungal agents. Biotin is a powerful addition to an anti-candida regimen and demonstrates potent antifungal activity and acts to disrupt the formation of the hyphae, or mycelia, which are required for candida to penetrate the epithelial cells lining the gastrointestinal tract and prevents the budding

yeast form of candida albicans from "morphing" into its invasive mycelial form which both cause "Leaky Gut".

The Fourth Step: Counteracting the Die-Off Reaction

When yeast cells are rapidly killed by the immune system, drug treatment a die-off or Herxheimer reaction occurs. This reaction is caused by the massive release of toxins from dying candida cells. Toxic proteins from the dead yeasts cross cell membranes, enter the bloodstream, and trigger an intense immune reaction. Other chemicals released during candida die off cause direct cellular toxicity throughout the body. Immune/yeast complexes trigger the release of histamine, an irritating tissue hormone that initiates tissue inflammation and causes discomfort. Severe allergic and toxic reactions exacerbate the symptoms of candida. Die-off reactions may last from a few days to a few weeks but usually clear up in less than a week. Even though a strong die-off reaction causes a significant amount of discomfort, it is a sign of a successful treatment. Perhaps one of the most unfortunate aspects of a severe Herxheimer reaction is that it may cause individuals to abandon a successful treatment prematurely. The Herxheimer reaction keeps many individuals indulging in their pro-yeast lifestyle like the withdrawal reaction keeps drug abusers addicted. In order to ease the discomfort associated with the die-off reaction, I recommend that my patients consume **Enzalase™** and a good fiber supplement such as **Tru-Fiber™**. The fiber will help escort the toxic debris out of the body. A good probiotic such as **Tru-Flora™** also can help support the health of the GI tract.

The Final Step: Healing the Gut Wall

Intestinal Permeability is now recognized as a link to clinical infections, food allergy, Crohn's disease, dermatological conditions, colitis and auto-immune disease such as rheumatoid arthritis, and other "allergic" disorders. Causes can be linked to poor digestion over use of NSAIDS, or Candida overgrowth which cause tiny holes (permeability of the mucosal barrier). To heal the gut wall I recommend two products: **LGS Zyme** provides key nutrients, compounds and enzymes to repair the intestinal mucosa.

Permeability factors also Provides key nutrients and botanical synergists for nutritional support of the intestinal mucosa. The healthy intestinal mucosa acts as a selective barrier that permits absorption of nutrients, but prevents passage of toxins. Amino acids, phospholipids and essential fatty acids are included for their role in nutritional support of the gastrointestinal system and normal barrier function of the intestinal mucosa.

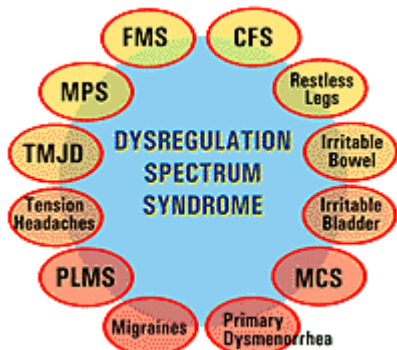
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Fibromyalgia Continued...

the treatment of symptoms which is only partially effective and at the same time ignores the underlying cause and the disease that continues to worsen over time.

Fibromyalgia syndrome (FMS), chronic fatigue syndrome (CFS), multiple chemical sensitivity syndrome (MCS), myofascial pain syndrome (MPS), and other conditions form a family of overlapping syndromes. In fact, more than one syndrome. Thus, FMS and CFS as being part of a larger spectrum of conditions, which he called Dysregulation Spectrum Syndrome or DSS (see diagram below). A new term (dysregulation) means biophysiological abnormalities, possibly in the body's neurological, hormonal and chemical systems.

It is always important to keep these overlapping syndromes in mind because the presence of one or more syndromes could impact your treatment.



Most practicing physicians and researchers alike will tell you that the chronic pain diagnosis a person first receives is often colored by their chief symptom complaint. For example, widespread muscular pain is often diagnosed by rheumatologists as fibromyalgia syndrome. A person who is overcome by extreme fatigue and flu-like symptoms might consult an infectious disease expert and receive the diagnosis of chronic fatigue syndrome. A person who has severe jaw pain might see a dentist and be told that they have temporomandibular joint dysfunction (TMJD). People who appear to have allergic-type symptoms to a number of chemicals, foods, or odors may be informed by an allergist that they have MCS. Similar situations occur with the other conditions in the family of Dysregulation Spectrum Syndrome.

Criteria for Diagnosis

If you are devastated by symptoms of severe widespread pain and daytime exhaustion, yet your blood tests are normal, you may have fibromyalgia syndrome or chronic fatigue syndrome. Both are serious chronic illnesses that have specific criteria for diagnosis, but may be overlooked. Also, you should be aware that the

distinction between fibromyalgia and chronic fatigue syndrome is "very fuzzy rather than sharp," and up to 70% of fibromyalgia patients meet the diagnosis for chronic fatigue syndrome.*

Fibromyalgia Syndrome (FMS)

Routine lab tests do not detect the widespread pain of fibromyalgia. Instead, the diagnosis is made by a physical exam that takes about five minutes. When light pressure is applied to the surface of the muscles throughout the body, patients with fibromyalgia find this painful, especially at the tender points used for diagnosis.

To meet the fibromyalgia criteria for diagnosis, patients must have:

A. Widespread pain in all four quadrants of their body for a minimum of three months

B. At least 11 of the 18 specified tender points (see diagram**)

The 18 sites used for the fibromyalgia diagnosis cluster around the neck, shoulder, chest, hip, knee, and elbow regions. The finger pressure that must be applied to these areas during a "palpation" exam is roughly equivalent to the amount that causes the finger nail bed to blanch or start to become white. Over 75 other tender points have been found to exist, but are not used for diagnostic purposes.



Although the above diagnosis focuses on tender point count, a consensus of 35 fibromyalgia experts published a report in 1996 saying that a person does not need to have the required 11 tender points to be diagnosed and treated for fibromyalgia (Wolfe F, et al. J Rheumatology 23(3):534-9, 1996). This criteria was created for research purposes and many people may still have fibromyalgia with less than 11 of the required tender points as long as they have widespread pain and many of the commonly associated symptoms below:

fatigue

Fibromyalgia continued...

irritable bowel (e.g., diarrhea, constipation, etc.)
 sleep disorder (or sleep that is un-refreshing)
 chronic headaches (tension-type or migraines)
 jaw pain (including TMJ dysfunction)
 cognitive or memory impairment
 post-exertional malaise and muscle pain
 morning stiffness (waking up stiff and achy)
 menstrual cramping
 numbness and tingling sensations
 dizziness or lightheadedness
 skin and chemical sensitivities

Since pain perception varies greatly, we urge physicians to seek objective evidence instead of the purely subjective response to variably tender points. The confirmation of fibromyalgia is far more secure when using our method of palpation that we call mapping (see below).

Fibromyalgia has no set symptoms and many combinations from the following list are interwoven:

Central Nervous System: Fatigue, irritability, nervousness, depression, apathy, listlessness, impaired memory and concentration, anxieties and suicidal thoughts. Insomnia and frequent awakening due to pain result in non restorative sleep.

Musculoskeletal: Pain and generalized morning stiffness could arise from muscles, tendons, ligaments and fascia of the shoulders, neck, entire back, hips, thighs, knees, ankles, feet, inner and outer elbows, wrists, fingers, and chest. Injured or old operative sites are commonly affected. Though fibromyalgia is described as a "non-articular" disease many know better: Joint pains with or without swelling, redness and heat are frequent. The litany includes foot or calf cramps, numbness and tingling of the face or extremities.

Irritable Bowel: (Often called leaky gut, spastic colon or mucous colitis). Symptoms include nausea (often brief, repetitive waves), indigestion, gas, bloating, pain, cramps, constipation alternating with diarrhea and sometimes mucous stools.

Genitourinary: Common are pungent urine, frequent urination, bladder spasms, burning urination (dysuria) with or without repeated bladder infections and interstitial cystitis. Vulvodynia (vulvar pain syndrome) includes vaginal spasms, irritation of the vaginal lips

(vulvitis) or opening (vestibulitis) and painful intercourse (dyspareunia). It typically mimics a yeast infection but without the cottage-cheese discharge. Intense PMS and uterine cramping are common. Symptoms of fibromyalgia are worse premenstrual.

Dermatological: Various rashes may appear with or without itching: Hives, red blotches, itchy bumps or blisters, eczema, seborrheic or neurodermatitis, and rosacea. Nails are often brittle and of poor quality and hair falls out prematurely. Strange sensations are common such as cold, heat (especially palms, soles and thighs), crawling, electric vibrations, prickling, super-sensitivity to touch, and flushing that is sometimes accompanied by sweating.

Head, Eye, Ear, Nose, and Throat: Headaches (migraines), dizziness, vertigo (spinning) or imbalance; dry eyes as well as itching and burning with or without sticky or crusty discharge upon awakening; blurred vision; nasal congestion and post-nasal drip; painful, burning tongue, mouth and abnormal tastes (scalded, bad or metallic); ringing in the ears (tinnitus) or lower-pitched sounds; ear and eyeball pain; sensitivity to light, sounds and odors.

Miscellaneous Symptoms: Weight gain; low grade fever; lowered immunity to infections; morning eyelid and hand swelling from fluid retention that gravitates to the lower extremities by evening where it stretches tissues causing the restless leg syndrome.

Hypoglycemia Syndrome: This is a separate entity. Thirty percent of female and twenty percent of male fibromyalgics suffer both conditions (fibroglycemia). Symptoms greatly overlap those of fibromyalgia, but sugar craving accompanied by tremors, sweating, anxiety, panic attacks, heart pounding, faintness, and frontal headaches, especially if hunger induced, are solid clues to the diagnosis. Hypoglycemics must follow a prescribed diet or recovery will not be complete even with the reversal of fibromyalgia.

Trauma, infection or stress can tip susceptible individuals into fibromyalgia but are not the basic causes.

We have treated family members that spanned three generations including four two-year-olds as well as patients who became symptomatic only in their seventies. This age spread strongly suggests a multi-genetic disease in various combinations. Boys and girls suffer equally before puberty but females predominate (85% to 15%) thereafter. Forty percent of our patients recall "growing pains" in childhood that disappeared during the true growth spurt of puberty.

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The Mystery Behind Multiple Health Concerns

Conclusion: Candida

A modern day lifestyle that includes stress, an excessive amount of sugary foods, oral contraceptives and antibiotics can disrupt the body's balance. When this happens, the normally harmless yeast form of candida albicans can transform into the pathogenic fungal form. A new comprehensive Candida Antibodies and Antigen Panel is now being offered here to detect this insidious but prevalent infection. Altering the diet and taking the synergistic combination of anti-candida substances found in Candidid Forte can help rid the body of this organism and create a greater degree of energy and overall health.

Now that you have answers to these mysterious symptoms what are you going to do about them?

Let a trained professional help!

Conclusion: Fibromyalgia

Generally accepted now as an inherited disease, fibromyalgia if left untreated ultimately leads to a "tartar of joints" that we recognize as osteoarthritis.

Call to set up a nutritional consultation so that tests can be performed and a comprehensive strategy of lifestyle, dietary modification and nutrient supplementation can be implemented to aid you in reversing this debilitating disorder and begin to live again.

Do you meet the diagnosis for Fibromyalgia?

For an appointment with Dr. Rispoli, contact our office at: 818 707-3126 and visit our web site www.completehealthinstitute.com go to Symptoms or Nutritional Supplements or click on Lab test for more information .