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DYSBIOSIS (*Intestinal Biochemistry Imbalance*)

Due to our 20th Century Lifestyle such as:

- * **Stress**
- * *Taking Antibiotics*
- * *Polluted environment*
- * *Too much sugar in our Diet*
- * *Women taking the pill*

Our intestinal biochemistry is **disturbed**, thus causing:

- * *The mucous membrane to become sensitive to various foods.*
- * *An overgrowth of yeast in this area called Candida Albicans.*
- * *A die off of the friendly bacteria, which helps us digest our complex carbohydrates.*

Yeasts are single cell fungi which belong to the vegetable kingdom. Like moulds, they live all around you. One type of yeast, **CANDIDA ALBICANS** is normally found in your body, mainly in your digestive tract. When the digestive tract is in a state of balance, there are only limited numbers of yeast cells along with billions of 'friendly' bacteria, called Lactobacillus Acidophilus which live on the mucous membrane that lines the tract.

However, if you have been under stress or used to a diet which is high in sugar, breads or alcoholic drinks, this will change the biochemistry in the digestive tract which aggravates the intestinal mucous membrane and facilitates the replication of yeasts. Additionally, use of the contraceptive pill, or the repeated prescription of broad spectrum antibiotics, or cortico steroids, also have this effect. As yeasts are not affected by antibiotics, the friendly bacteria are killed off, leaving candida free to colonise. Then there are the chemicals and toxins that we are increasingly exposed to in the modern world (insecticides, herbicides, preservatives, solvents, heavy metals, dyes) together with environmental moulds and inhalants, nutritional deficiencies and emotional stress can change our intestinal biochemistry.

The symptoms can be many and varied, but include fatigue, depression, 'spaced out' feelings, poor memory, joint pain or swelling, headache, muscle aches, muscle weakness, burning or tingling, abdominal pain, constipation, diarrhoea, bloating, belching or intestinal gas, sensitivity to chemical odours, perfumes or tobacco smoke, allergies, eczema, acne, menstrual problems including PMT cramps and menstrual irregularities.

How to beat Dysbiosis

1. *Eliminate sugar and refined carbohydrates, which yeasts thrive on.*
2. *Reduce yeast from your diet*
3. *Improve the Intestinal Biochemistry and reduce the yeast by taking a Dysbiosis Remedy thus restoring the 'friendly' bacteria to your intestines.*

The Nutritional Program

To beat this problem you must stop eating sugar, refined carbohydrates and yeast.

If you have been VEGA TESTED for food sensitivity, you should also avoid all the foods indicated by the FOOD SENSITIVE PROFILE.

You should continue on this regime for at least **2 months**. Be aware that you may have to continue for much longer than this, maybe 4, 6 or 12 month.

After the first 8 weeks, you may experiment a little with eating one of the foods you have eliminated. If there is any reaction or appearance of one of the symptoms that have been eliminated then you will need to continue on this diet for another 8 weeks.

Keep repeating this process until you are symptom free or consult your Naturopath.

Foods that ARE allowed

Vegetables & Salads are all acceptable

Meat, Fish, Eggs are allowed but pickled and smoked meats and fish including sausages, corned beef and pickled tongue are definitely out. Cold roast meats can be substituted in sandwiches and salads in place of these foods.

Nuts and Seeds are allowed.

Oils are OK, but be sure that it contains no additives and has not been heated during processing.

Beverages: Water, Soda Water and Mineral Water are all acceptable as long as they are not flavoured, Herb Teas whether fresh or dried are allowed.

Legumes: i.e. beans and peas are allowed.

Bread because of its yeast content, you should avoid breads made with bakers yeast. Sourdough or soda bread can be used, which you can bake yourself or you will find some sourdough breads in your local health food store or supermarket. New Norcia Sourdough, Boddis Sourdough or Wupper bread is recommended. Baking Powder or Soda used in Soda Bread or Scones is allowed.

Fruit: You are allowed two pieces of fresh fruit/day if you require them. This is restricted because of the sugar content in fruit, so it is not necessary to have this each day if you do not want it. Lemons, limes and juice are not restricted and can be used in making your own salad dressings instead of vinegar.

Spices: Fresh, powdered and dried herbs are allowed.

Foods that ARE NOT allowed

Sugar and Sugary Foods: These feed the yeast that bothers you. So avoid sucrose, fructose, maltose, lactose, glucose, *mannitol, *sorbitol, *galactose, *mono and polysaccharides. Also avoid jam, honey, molasses, maple syrup and dates sugar. *These are artificial sugars.

Fruit Juices: Canned, bottled or frozen fruit juice, should all be avoided. They are loaded with fructose and so encourage the growth of Candida. Fresh juice is only allowed if it is made up from the quota of fruit you are allowed per day.

Fruit: Grapes are out and fruit is to be kept to a maximum of 2 pieces/day.

Alcohol: Wine, beer, whisky, brandy, gin, rum, vodka and liqueurs are OUT. Do not forget to continue to drink, but make it water, mineral water or soda water.

Coffee and Tea: Should be kept to a minimum.

Condiments, Sauces and Vinegar Containing Foods: This includes mustard, ketchup, Worcestershire Sauce and other barbecue sauces. No pickles, relishes, mince meat, mayonnaise or salad dressing.

Smoked or Processed Meats: NOT ALLOWED.

Edible Fungi: Mushrooms and truffles.

Cheese: Cow, goat, sheep or soy cheeses are all to be avoided especially mouldy cheeses like Roquefort.

Malt Products: Malted milk drinks, cereals and candy are not allowed. Malt is a sprouted grain that is kiln-dried and used in the preparation of many processed foods and beverages.

Dried Fruit: is a concentrated form of sugar. Raisins, apricots, dates, prunes and figs all harbour moulds and are very sugary.