



Who is the Great Equalizer?

July 2011 Newsletter

Who is the Great Equalizer? The answer to that question is a discovery process. Equalization is about balance, offsetting, compensation, stabilization, etc. When do we need the Great Equalizer? In the presence of dis-ease of course! Dis-ease simply means a lack of ease in the body. Our bodies work hard to maintain what is called homeostasis or internal balance. If we want to be free from dis-ease then we need to call on the Great Equalizer. For this issue, I'd like to cover a particularly troubling, uncomfortable, downright persistently stubborn dis-ease.

Do you know which dis-ease triggers this wide array of seemingly unrelated symptoms?

Gas	Bloating	Indigestion	Heartburn	Intestinal pain	Bowel irregularities	Constipation	Overeating
Diarrhea	Hemorrhoids	Food cravings (carbs/sweets)	Mood swings	Depression	Suicidal tendencies	Headaches	Weight imbalances
Migraines	Poor memory	Menstrual problems	Hives	Dry itchy skin	Nail fungus	Acne	Chronic fatigue
Vertigo	Allergies, cough, sore throat	Bad breath (even w/good hygiene)	Joint/muscle pain	Blurred vision	Tearing, burning eyes	Impotence	Insomnia
Frigidity	Vaginal yeast infections	Jock itch	Itching, redness in body creases	Dry mouth	Rashes	Loss of appetite	Premature aging

If you are thinking candidiasis or yeast overgrowth, you are thinking correctly. Once yeast begins to multiply it can emit over 70 toxins in the body. The food you eat will either become nutrition or waste. Yeast feeds on the waste. Yes it is the persistent fungus among us and once it sets up shop in our bodies, it really doesn't like to leave. Have you ever had mold in your house? It's pretty stubborn and sneaky isn't it? If you take too long to discover it, mold can cause anywhere from hundreds to thousands of dollars in damage! Candidiasis in our bodies functions in a similar way because it too is a type of fungus and it too can cause mega bodily damage.

However yeast isn't really the bad guy. Did you know that yeast lives in harmony with good bacteria in our bodies? Only the overgrowth of yeast is what leads to dis-ease. **Enter the Great Equalizer.** You don't want to kill off all the yeast, you just want to balance it. Here are some of the most common triggers of yeast overgrowth because they weaken the body and kill off yeast's natural competitors for resources:

- Antibiotics such as **Amoxicillin**
- Cortisone/steroid type drugs such as **Prednisone**
- Oral contraceptives such as **Yaz**
- Chemotherapeutic drugs such as **Cyclophosphamide**



There are many other triggers that can cause an overgrowth of yeast in your system such as stress and poor nutrition. A string of many seemingly unrelated health issues can often be traced back to too much yeast. Why suffer? [Schedule an appointment](#) or [set up a mini email consult](#) with me. I'll put together an easy menu for you to follow and help you get back on track.

Your body is the Great Equalizer!

If you give your body what it needs, your amazing, intelligent body will heal itself. Are you helping your body or stressing it out? Here are some nutrients your body must have in order to balance yeast in your system:



- Yeast only eats undigested food; eat smaller more frequent portions, chew thoroughly and have dinner/snacks by 7pm to ensure proper digestion.
- Enzymes
 - Probiotics and digestive enzymes (containing cellulase) are essential. Be sure to take them at least 2 hours AFTER any of the drugs mentioned above.
 - Eat raw dark greens and low sugar white veggies (such as celery, radishes, turnips).
 - Essential Fatty Acids (EFAs) such as flax, hemp or chia oil have the highest Omega 3 content.
- Low starch, nill on the sugar and ferments
 - Limit healthy grains such as brown rice or quinoa to no more than a small serving per day.
 - Fruits such as grapefruit, lemons and limes will balance out the yeast. Blueberries and green apples are acceptable after the second week or so, but must be limited to one serving per day until at least a few weeks after your symptoms have disappeared.
 - Temporarily give up condiments and ferments containing vinegar (mustard, BBQ sauce, etc.)
- Herbal Fungus Equalizers
 - GARLIC! Eat as much as you can stand and preferably a little raw garlic every day
 - Oregano, turmeric, cloves, cinnamon, ginger, parsley, thyme, onions
 - Unrefined Coconut oil is an antifungal agent, it tastes great and can also be used externally as a body oil (mix in essential oil of lavender, tea tree or sandalwood to balance yeast)

Drink only distilled water and aloe vera juice. Anything else will be too sweet. Yeast LOVES sugars and starches. OK so this is a short list of triggers and you are probably thinking WHAT CAN I EAT WITH CANDIDIASIS? Here are some basic rules:

- Eat very little fruits (limited to the list above) but if you are at a restaurant and are eating foods high in starch, put garlic, cilantro and lots of lemon or lime juice on it
- Eat plenty of veggies (raw or lightly cooked), but stick to the dark green ones like collards, kales, chards and dark lettuces. Radishes, celery and turnips are great. Take a break from the sweeter ones like carrots, beets and potatoes.
- Eat 4-6 ounces of protein a day. Free range eggs are great. If you eat meat, your meat must be free range, grass fed and free of hormones, antibiotics and drugs. Antibiotics cause an INCREASE in yeast. The market or restaurant must specify free range/grass fed/antibiotic/drug free meat to be safe to eat.
- Unrefined coconut oil as well as the EFAs listed above can be added to salads and veggies.

As your symptoms improve you can ease more fruits, whole grains and veggies into your life, but go slow and stick to the plan for at least several weeks (six months is best) after all symptoms are gone. Once you are balanced, survey yourself occasionally. If you notice that you are eating more sugars and starches, go back to this plan for a while to clean yourself out BEFORE symptoms show. Remember, yeast grows silently behind the scenes like mold.

The Radiant Health Strategies Great Equalizer Salad Dressing

1 bunch of cilantro
4-5 cloves of raw garlic
2-3 inch strip of fresh ginger (adjust to your tolerance level)
½ tsp of Himalayan Crystal Salt or Celtic Salt
The juice of 5-6 lemons or limes (or grapefruit)
1/2 cup of olive oil (or enough to blend-adjust to your preference)

Place all ingredients in a blender or food processor and blend until smooth. Pour into your favorite glass salad dressing container. I generally use about 4 lemons and 2 limes for this recipe. Invest in yourself! Get a copy of my [Radiant Dis-ease Reversal Quick Start Guide](#) for a shopping guide and more strategies on dis-ease reversal.

Are You Ready to Get Radiant?

THE BODY HEALS ITSELF. Through the implementation of this philosophy, I've helped my clients recover from a wide variety of ailments including:

- **Chronic digestive disorders**
- **Chronic pain, mobility restrictions and soft tissue injuries**
- **Weight loss, chronic and adrenal fatigue**
- **Infertility, menstrual disorders and hormonal imbalances**
- **Cancer and autoimmune diseases**
- **Emotional distress (including depression, bulimia and more)**

Most of my clients are surprised to learn that their current dining and lifestyle habits actually fueled their "dis-ease." No worries and no judgement! Life is a learning process and Radiant Health Strategies are about moving positively forward. The first steps on the path to Radiant Health involve the reeducation necessary to facilitate the inspired action and positive change which helps the body heal itself. These steps are covered in great detail during our initial consultation, and once implemented, will push you out of your conventional box and on to a new way of thinking and being. So, with an open mind and a willingness to investigate new strategies, I invite you to embark upon the journey of a lifetime ... YOUR path to Radiant Health. [Contact me](#) for an appointment today.

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THANK YOU for joining me on this journey. Stay tuned as we continue to delve deeper and travel further down the path to Radiant Health.



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LOVE THYSELF

The best give you can give anyone is a healthy you!