

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## **Natural Protocol for Systemic Yeast Overgrowth & Leaky Gut Syndrome**

by David Christopher, M.H.  
Revised May 2011

Yeast overgrowth is generally a side effect of antibiotic therapy. All drugs have side effects and antibiotic usage is no exception. When antibiotic drugs destroy targeted microbes they also destroy the billions of friendly flora that protect the intestinal tract. There are over 200 varieties of friendly flora that are destroyed and the singular pro-biotic, acidophilus will not resolve the problem.

One hardy variety of floras that is beneficial but not affected by antibiotic drugs is Candida Albicans. This yeast grows uncontrollably when checks and balances from other flora are not present. When this yeast takes up all available space in the intestinal tract, it changes its morphology and grows appendages with which it whips against the walls of the intestines creating thousands of small lesions. These lesions provide a pathway for the Candida to enter the blood stream, causing Systemic Candidiasis, which can cause symptoms that mimic many known diseases.

This perforated bowel is referred to as Leaky Gut Syndrome. This condition also allows undigested protein to enter the bloodstream. These proteins are foreign to the immune system and are therefore attacked. The immune system remembers these protein invaders and reacts like an allergy each time you consume them. This opens up the possibility of eventually making you allergic to every food you eat.

Since yeast overgrowth can cause symptoms mimicking many diseases, misdiagnosis is common and yeast overgrowth remains undetected allowing it to further colonize, thus creating more side effects and ill health. Many people have suffered for decades going from doctor to doctor, therapy to therapy and eventually being prescribed anti-depressants from doctors who are incapable of a proper diagnosis, so they determine that it is in the head of the patients. This incompetence on the part of modern medicine hopefully leads these unfortunate patients to alternative therapy.

Most alternative therapy focuses on killing off the yeast and providing the body with the pro-biotics. These therapies fail to correct the damaged intestinal tract which allows the yeast condition to return.

The following twenty day protocol addresses all aspects of treatment and can permanently eliminate Systemic Yeast Overgrowth and Leaky Gut Syndrome.

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

**First procedure:** On the first two days consume two quarts of a decoction of Black Walnut and Pau d' arco (one quart each day). This is made by simmering the herbs in water for twenty minutes at the rate of one tablespoon of the combined herbs (equal parts) per cup of water. An easier alternative would be to take five capsules five times a day of Dr. Christopher's Intestinal Sweep Formula. This procedure will kill off the yeast, which on other programs can make you feel very nauseous. This nauseous feeling is avoided by taking plant-based digestive enzymes in large amounts (triple the stated dosages on the label) and flushing out with Dr. Christopher's Lower Bowel formula during these first two days.

NOTES: The Lower Bowel formula can be taken the whole time if needed. You should have 3 bowels movements a day and the amount of Lower Bowel taken is the amount needed to give you 3 bowel movements a day. It is most important during that first procedure so that the body is eliminating the yeast etc.

Udo's Choice has plant-based digestive enzymes, which are available at most herb shops, including Dr. Christopher's Herb Shop online.

**Second procedure:** For the next 14 days, take five capsules five times per day of Dr. Christopher's Soothing Digestion formula, or one tablespoon of slippery elm gruel five times a day. Either of these methods will coat, soothe and heal the lesions in the intestinal wall. (You can continue to take the Intestinal Sweep Formula 2 capsules 3 times a day during this time.)

**Third procedure:** For the next two days repeat the first procedure.

**Fourth procedure:** Take copious (triple the stated dosages on the label) amounts of multi-strain Pro-biotics to re-establish the flora. Further aids would be to eat raw sauerkraut, Kim Chi, raw apple cider vinegar, Rejuvelac, or miso in large amounts, which are the exact foods to stay away from if you have leaky gut syndrome, yet they rebuild the flora once the leaky gut is healed.

NOTES: Udo's Choice has Pro-biotics, which are available at most herb shops, including Dr. Christopher's Herb Shop online.

The pro-biotics need to be taken for about a week to rebuild the flora.

Note: It is absolutely essential that you do not feed the yeast during this procedure. Therefore, do not consume any sugar or alcohol in any form. This includes all dairy, grains, and fruit. So enjoy twenty days of a wonderful vegetable, nuts, seeds and sprouted legume diet; thus insuring a healthy life, free of Systemic Yeast Overgrowth.

**NOTICE:** All information in this newsletter is given out as information only and is not intended to diagnose or prescribe. For our official Disclaimer, Biological Individuality, Important Notice & Terms of Use please see:

<http://www.herballegacy.com/Disclaimer.html>

© Copyright 2011 Herbal Legacy Newsletter - All rights reserved.  
No reposting or reproduction of any kind without written consent is allowed.  
<http://www.herballegacy.com>