

Healthy Hints



Suze
Joyce,
Nutritionist

Getting Candida under control

Want a practical holistic approach to your health issues? E-mail Suze at healing-force17@netscape.net.

Suze Joyce is a Registered Nutritional Consulting Practitioner who will give you a natural way to deal with your issue.

After years of suffering with arthritis and IBS, Suze found alternative ways to help herself and will share these and many more.

Suze: What exactly is Candida and how does one get it?

Candida or Candidiasis is a yeast that grows out of control. Everyone has candida in the body but it becomes a problem when the yeast or bad bacteria outweighs the good bacteria or flora. Everyone should have about seven pounds of good bacteria in the body.

The best ratio is one Candida bacteria to one million good bacteria. Candida is a digestive mold or yeast, a parasite, that feeds off us and eliminates toxic waste. In fact, digestive yeast has been known to also produce over 70 different toxins.

There are many factors involved in disrupting the balance of good and bad bacteria in the body, and when the Candida wins out doctors call it systemic candidiasis. It can develop due to a change of Intestinal PH - the ratio of good and bad flora is upset - or if an immune dysfunction or disease is present.

These changes in the body may be caused by birth control, anti-inflammatory drugs, antibiotics, or cortisone. Toxic metals such as mercury (metal fillings), lead, cadmium, nickel and

aluminum make it almost impossible to get rid of Candida (a heavy metal cleanse is required to get rid of these toxins).

Stress and over-consumption of processed foods such as white sugar and flour put your body over the top. All of these disturb the balance of the flora or bacteria in the body and create dysbiosis which results in decreased immunity.

Dysbiosis occurs when the gut lining is disturbed due to an imbalance in the PH level of the body and the mucosal lining of the intestine becomes damaged leading to "Leaky Gut". The lining actually has holes in it allowing Candida to pass through it into the bloodstream.

Symptoms of Candida are persistent bloating and gas, joint and muscle pain, recurring yeast infections, food sensitivities, fatigue, sugar cravings, brain fog, bad breath, blurred vision, depression, sinus issues, insomnia, and recurring bladder infections. Other signs which can be created by Candida are autoimmune issues such as arthritis, Crohn's and Colitis, diabetes, lupus, MS, Fibromyalgia and skin disorders.

A healthy diet plays a huge role in getting Candida under control as well as a good Candida Cleanse. The emotional connection to Candida is a feeling of being overwhelmed. To assist you with controlling Candida, see a qualified health practitioner and simplify your life.

Call Healing Force to RSVP for an upcoming seminar on Candida given by Louise Andrews.

LETTERS

Dear Editor,

It strikes me as most unfortunate that in recent years, successive councils by their action (or inaction, depending on your interpretation of said conduct) seem to be hell-bent on doing everything they could to effectively kill the old retailing component of downtown Stouffville. By approving all those developments on the periphery of town, and otherwise standing by whilst such people-friendly services like the Town Hall, grocery stores and other necessary retail establishments, and even the Post Office, vacated the downtown. Okay, maybe that last one is not really a "people-friendly" place, but you get my drift. Pretty soon if you want to shop in Stouffville, you won't ever have to go more than a stone's throw from Hwy 48, and there will soon be no need to come into the town proper.

The result, of course, is that even our citizens won't have a reason to go downtown anymore, never mind trying to attract tourists who are hopefully bearing wads of cash to dole out to local merchants. With what few attractions we have left, the sales barn closing, and waiting for Council to finally make up their collective minds as to what to do with the old town hall, things don't look so good. Even the normally stalwart pubs are in trouble. Some have had to import underage drinkers and other ne'er-do-wells in an attempt to improve the bottom line.

Now don't get the idea that we are alone in this dilemma. Lots of small towns in the country are feeling that particular pinch, and as such are investigating novel ways to a make themselves more attractive to the transient tourist dollar.

For instance, Leamington wants to be known for more than just tomatoes, and will consider adopting the mythical monster of Lake Erie, Mishepesu, as its official town mascot. Officials say that selling souvenirs, promoting a festival and sponsoring contests involving the phantom aqueous beast would certainly draw tourists.

I think this is a great idea, and one that Stouffville could also use. If we could dream up our own "Loch Ness Monster" for the reservoir, it could possibly entice tourists from far and wide to perchance catch a glimpse of our own elusive mythical creature.

To be honest, I'm not so sure that there isn't already some big and ugly mutant living in the town pond, owing to the fact all the leachate from the old Ballantrae dump ends up in there. The water is so dark and murky at the best of times, it would be quite possible to convince gullible tourists that some sort of gigantic freakish beast makes its residence below the seemingly placid surface. And if we tell the visitors that it's likely to crawl up on shore and wreak homicidal havoc amongst the hapless townsfolk every now and then, all the better.

Now that's sure to be a winner. Folks these days go nuts for that kind of nonsense. The scarier the better. The populace is certainly fixated with the implausibly supernatural, unimaginable monsters, impossibly fantastic science fiction, and other sorts of ridiculous bunkum. From Mulder and Scully to Harry Potter to Spock and his "mind melding", the more absurd and preposterous the better. People these days seem more than willing to suspend reason to believe the most incredible fabrications and fantasies rather than accept the truth.

If you don't believe me, just ask those people whose entire careers hinge on the propensity of the citizenry to abandon even the most tenuous connection with truth and reality.

Just ask your average politician.

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About our Kitchen and Bakery:

We are located in the west end of Stouffville and prepare quality soups, entrees, bread, pies and other baking for your everyday meals and entertaining.

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