

News tips  
to enjoy a  
healthier winter

1<sup>st</sup> quarter  
Newsletter

January 2007

# Healthy Facts

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## What is Candida Albicans?

Feeling sick and tired of feeling sick and tired?

- Are you bothered by memory and concentration problems, brain fog, or just feeling spaced out?
- Is your system worse on damp and muggy days?
- Do you have nasal congestion or postnasal drip?
- Do you have cough or recent bronchitis?
- Do you have pain or muscle weakness?
- Do you feel fatigue or lethargy?
- Do you experience headaches?
- Do you have insomnia?
- Do you crave sugar or carbohydrates (the starches: bread, pastas, potatoes)?
- Are you irritable?

If you answered "yes" to some of these questions, you may have an intestinal overgrowth or "yeast" infection from Candida Albican overgrowth ...Candidiasis.

## How did I get it?

Yeast is everywhere, and everyone has some in their system all the time and given the chance, it will grow like crazy....like weeds in your garden!

## What are the most common enablers?

- Taking antibiotics
- High sugar and carbohydrate diet
- PH changes

## Is it hard to rid the body of Candida Albican overgrowth?

Candida Albicans (yeast-like bacteria) is extremely hard to get under control because it doesn't just live in the intestines, but travels to all parts of the body. Plain and simple, Candida yeast loves a sugar and carbohydrate diet. So, eliminate the foods from your diet that feed Candida Albicans in the first place, get plenty of rest, and use Healthy Systems "Life Changing Products" to help build your immune system.

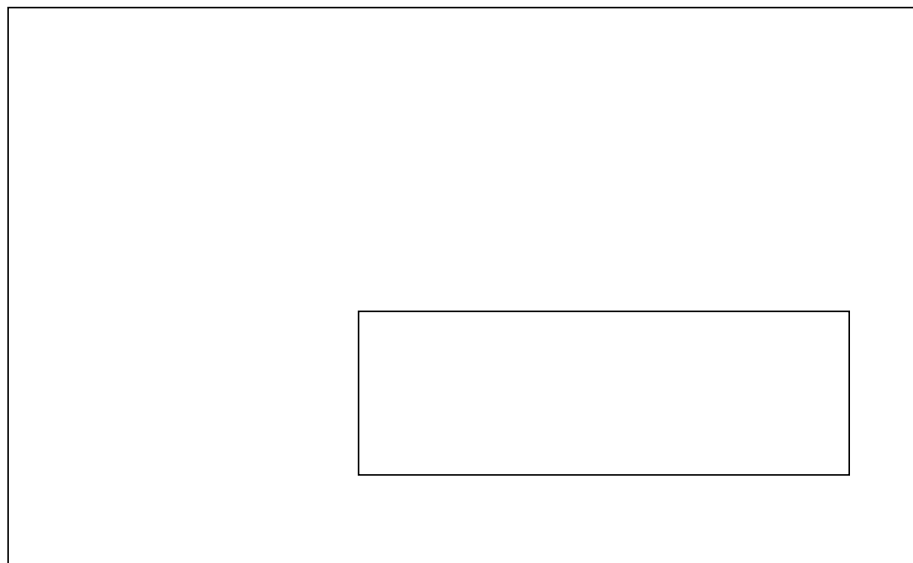
**Aloe Pure™ ProEnzyme™ ComPlex 50 Plus™**

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"Because we care"



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## More on Candida Albicans

### Types of yeast infections

Candida Albican may cause jock itch, athletes' foot, constipation, diarrhea, bloating, poor digestion, burping, flatulence, fingernail and toenail fungus infections, diaper rash, and thrush in infants. Candida Albicans also causes vaginitis.

In some of these conditions, the infection and its causes are obvious. One of the best examples of these diseases is termed thrush ...a white, crusty speckling of the tongue and back of the throat caused by rapid and uncontrolled growth of Candida Albicans ...common in newborn babies, perhaps resulting from passage through the infected birth canal from the mother with vaginitis.

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### Did you know?

There is nothing very mysterious about losing weight. There are 3500 calories in one pound. If you take in 3500 calories more than you burn off, you gain one pound.

One the other hand, if you take in 3500 calories less than you burn, you lose one pound. It's elementary ....if you want to lose weight; you just have to control the amount of calories that you take into your body.

Offer expires: March 30, 2007