

## Healing - Candida

Paul Solomon Reading 9055. New Market, VA, 11/22/83

Q-1. As I attempt to build a meaningful life purpose, I feel overwhelmed at times at not being able to figure out daily challenges. Please help me to discover the proper approach to overcoming these challenges and developing the ability to discover the experience of joy instead of stress, and help me to see my long-range purpose in life. In consideration of my life purpose, please give particular attention to these areas:

a. How to harmonize my own talents and life path with (husband), born ...(Name)..in ...(Name)...

A-1. Now yes, yes, we have this body, mind, Records. We have here an attempt, as is questioned, to overcome stress, to experience joy, happiness. We have an over-riding concern in the body. Have here one who was born to an imbalance in the body as a result of treatment of the mother resulting in suppression of the normal, natural bacterial flora of the body, and through that suppression, the allowance and even support of an opportunistic growth, yeast growth, sometimes known as Candidiasis.

The concern here is that the condition has been further aggravated in this body producing upsets that are extremely difficult to detect by current medical approaches, and is at the moment doing some rather serious harm to the body and even to the emotions, the ability to manage stress in this consciousness, you see.

The situation might be described in this manner, that the particular family of yeasts concerned here are natural to be found within the human body. The body maintains a protective balance about itself, must be protected, you see, in the one direction from organisms of the nature of yeasts, molds, fungus and such, and the body has so developed its defense systems as to use the one of these to control the other so that the bacterial balance in the human body is maintained by the natural presence of yeast and molds and fungi which all are found in limited numbers and amounts in the normal healthy body. These yeasts and such on the other hand are kept in check by normal bacterial growth in the body.

Now just a generation past, a particular mold growing on bread, it is said, was discovered to be particularly potent in destroying bacteria, thus was used as an antibiotic. In so using, potent forms of yeasts and molds were introduced into the body for the purpose of producing a more powerful instrument or weapon for destroying bacteria, and in doing so, developed in bodies what might in a "pop manner" be refer to as "super yeast and molds," you see. So it was, then, that women giving birth after having been treated with such antibiotics have given birth to youngsters having overly strong yeast and suppressed bacteria growth in the system.

So in this particular body we find the eruptions on the skin, the deterioration within the vaginal walls of the cervix, painful menses and extreme difficulties managing emotions and stress. All these, all these symptoms are a result of the rampant growth of the yeast *Candida Albicans*, and must be reversed here as quickly as possible lest there be psychotic episodes from the presence of yeast growth in the blood and in the brain.

The yeast feeds particularly upon sugars and upon milk lactose in particular, and milk products of all kinds. Grow well on grains and any foods that are stored dried, you see.

Then, we would eliminate from the diet for this one all forms of yeast and yeast cultures including all those products containing vinegar or active yeast reactions. All bread, save perhaps corn bread in which there is not other grain added. Avoid such grains as wheat, rye, buckwheat, millet, all those which have gluten upon which such would feed. Sugar of all kinds, including fruit sugars. Cheese and cheese products, though clarified butter may be used. No other milk products.

Use, then, as much as possible, fresh vegetables, just steamed. And some meats, as long as these are fresh, not those that are pickled or preserved, or dried, cured in any way, you see.

Now, then, we would further treat with Nystatin, one eighth teaspoon twice daily for the first two to three weeks, then double this one eighth teaspoon, four times daily.

Use a number two gelatin capsule filled with Nystatin with a vaginal tampon applicator to insert this as high as possible in the vagina at least once daily. Twice will not be too much, and continue this treatment for at least six month until all these symptoms have vanished.

Would do well that you drink nothing during this period of time other than distilled water. And do use nutritional supplement that ascertain these to be yeast free in every day.

Now begin with these, and you will see first, you will begin to build a sense of strength and confidence with the self, particularly confidence in ability to be rational in the relationship between thought and emotion, for there is now an emotional activity with the mind, as it were, watching and wondering, "Why am I so out of control when it does not make sense, when the emotion, the feeling does not agree with my thought, my intent?"

A sense of strength will begin to develop in this manner, will begin to decrease the sense of pain, cramping and such during the times of the menstrual periods. The endometriosis will begin to decrease, the effect, the symptoms. And we will have opportunity to restore hormone balance in this body.

Just as well that you avoid any other attempts toward hormonal balance during this time. Certainly avoid the use of antibiotics and corticosteroids of any type, even in this body. Even after this healing avoid the application of these. Or if in emergency such were applied, begin immediately the yeast treatment and yeast diet again for the body is highly susceptible.

Let us begin using large amounts of beta-carotene and notice that as the beta-carotene is being used, there will be some tendency toward a yellowishness, a yellow coloration in the skin. Be not concerned with this for the time. Decrease dosage when such is noticed, but understand that this particular form of Vitamin A is particularly effective in assisting the natural bacteria of the body to destroy yeasts, molds, fungus and such within the system.

There is no reason for continued pain and imbalance in this body or mind or emotions. Many have not understood. The doctors, the healers have not understood the pain obviously seen in the physical body. We have here an opportunistic growth in the body that has an unusual ability to display a myriad of symptoms that do not add up to a syndrome easily recognized in today's medicine.

Might then be interested in informing the self further in the work of Doctor Truss and such pioneers who are discovering, has written, concerning the missing diagnosis as it is called. Will assist in your management of such to understand it better.

Now that is sufficient to this moment, though there will be further questions as we set these things in motion and begin to experience these changes. That is sufficient to this moment and we are through.

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