

Crave Sweets? On the Weight Mood Roller Coaster? Perhaps It's More Than You Think!

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By Christina Winsey-Rudd

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The sugar industry and the food manufacturers are capitalizing BIG TIME on the addictive nature of carbohydrates (sweets, breads, deserts) in the human body. Blood sugar-handling problems promote arteriosclerosis (plaque in the arteries), adult-onset diabetes, mood swings, weight problems, chronic fatigue, PMS and much more. Additionally, there is evidence that sugar addiction has a component of alcoholism!

Consider that there actually is speculation about a Syndrome called "Gut Fermentation" or "Auto-Brewery Syndrome." There is a great deal of evidence that due to a combination of 1. An overgrown yeast population in the GI tract (gastrointestinal system), 2. Compromised stomach acid levels (hypochlorhydria), and consumption of refined carbohydrates, detectable amounts of alcohol are produced. In fact, it is estimated that this syndrome plagues 61% of chronically unwell patients.

Microscopic Yeast, "Candida Albicans" Controls Your Cravings. Just what is candida albicans? Neither a vegetable nor an animal, yeasts live in our intestines, on our skin, as well as on the surfaces of all living creatures (and foods). However, yeasts usually live in small enough numbers that the existence of large populations of "good flora" (the kind of bacteria that actually assist human health) keeps it under control.

Candida yeast is in the fungal family, and loves warm, moist places on, or inside living things. People plagued with candida crave sweets - carbohydrates - and milk products (cheese, milk, ice cream, etc.) because candida "loves" these foods too. Americans consider them daily fare.

How Can I Diagnose Myself? Though there are tests that can be many practitioners diagnose from the symptoms and health history alone. Ask yourself these questions and then take the symptom survey in #6 below: Taken many antibiotic drugs from childhood through the present? Are you now, or have you had periods of high to extreme stress in your life? Taken birth control pills for any period of time? Heavily consume white breads, pastas, cookies, cakes, ice cream, cheeses, etc? Have a child who

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has been labeled ADD/ADHD, "slow learner" or "underachiever"? Our children are huge victims of the yeast syndrome! Circle your symptoms: Headaches, Depression, Fatigue, Mood swings,

Muscle/joint pains (unexplained), Loss of strong libido/sexual function, Chemical sensitivities,

Asthma & respiratory problems, Food sensitivities, Memory loss, Constant colds, Sleep Problems, Volvodynia, endometriosis, infertility, Attention Deficits, Ear problems, Skin rashes, Hyperactivity, Poor School Performance, Recurrent vaginal yeast infections, Pain on intercourse, Interstitial cystitis

How Does This Yeast Syndrome Occur? In a person with a strong immune system, yeasts co-exist with the millions of other microbes ("micro flora") in the body. The imbalance begins with the use of broad-spectrum antibiotics. These drugs not only kill infectious microbes, but also kill the "good flora" that normally live in our bodies; thus decreasing the body's built-in yeast population control. The opportunistic yeast then have a chance to multiply.

Worse yet, yeasts excrete toxins into their environment (the host body) that weaken the immune system further. This increases susceptibility to re-infection and the need for more antibiotics; leading to more killing of the "good flora" and hence the continued overgrowth of yeasts - a vicious cycle!

Yeasts can and do spread to be a system-wide problem. The result is myriad symptoms that can arise from its pervasiveness.

What YOU Can Do NOW: Unfortunately, simply eating yogurt to ingest the "good flora" (acidophilus and bifidus) when you take antibiotics isn't enough. Dietary changes, along with herbs and supplements are vital. In severe cases, anti-fungal prescriptions are recommended. There are several must-read books on the subject: *The Yeast Connection* by Dr. Crock, M.D., *The Body Knows*, by Caroline Sutherland, and regarding the negatives of sugar, *Sugar Blues*, by William Dufty.

Candida Yeast infections are no joke, and progressively make the sufferer's life more and more difficult. If you ignore it, it will NOT go away. Many people have been so debilitated by candida problems that they almost felt they needed to go live in a plastic bubble to stay healthy. If you do have it, getting free of systemic yeast infection can revolutionize your health, and give you the youthful vitality and wellness you never thought you'd see again.

Dr. Christina Winsey-Rudd is a coach, speaker and writer. She developed her unique, new coaching technique: Neuro-Integrative Action & Energy Technique, through years of working with patients and clients as a holistic chiropractor, and medical massage therapist. Her passion is to help others to live joy, fulfillment and prosperity in all areas of their lives!

Dr. Chris is accepting only select clients who are serious about living their dreams!

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Internet Marketing Is Like A Roller Coaster Ride

By Jo McNamara

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Personally I don't like roller coasters. I'm afraid while riding on one, I'll discover I have an undiagnosed heart condition. I was brought up Southern and nice Southern ladies DO NOT have heart attacks in public. The only exception might be if you're wearing nice underwear ("Don't forget to put on nice underwear in case you're in an accident").

Yet here I am on the roller coaster ride of my life. It's called Internet Marketing.

At the beginning of a roller coaster ride you always have that steep climb to the top. It's the same when you are just getting started in online marketing. The initial learning curve is your steep climb. It's l-o-n-g; it's slow. Some people would like to skip that first part. They just want to get to the top as quickly as they can. They squirm in their seats, eyes fixed at the peak; completely ignoring the breathless scenery all around them. Too few savor the slow ascent; drinking in everything around them.

Then the ride reaches the pinnacle. Wow! You look down and you can't even see the tracks. Just a sheer drop. With sweaty hands, you grab on to the side rails, anticipating the ride down. Your heart feels bigger; it starts beating faster.

The top of the ride is like your very first sale. You did it! The slow climb was worth it. It took a while...now you're at the top. It's exhilarating!

Then the roller coaster makes its rapid descent. You feel pressure against your chest.

The descent in Net marketing is when you go days, even months, without another sale. What am I doing wrong? How come I'm not making any sales? You are depressed and feel let down.

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Again the l-o-n-g, slow climb up another hill. You

study more; you learn more. You apply what you have absorbed. And once again you reach the top. Only this time the ride down is not so steep and it doesn't last as long.

At some point, the roller coaster ride is over. As nervous and scared as you were when you initially got in your seat, you can't wait to get back on and ride it again.

That's what Internet marketing is. A series of slow climbs to reach the top; exhilarating moments; depressing descents. Peaks and valleys. Successes and failures. Times when sales are flowing and times when you are dumbfounded because there are no sales.

The people who don't make it on the Net are the ones who don't rush to get back on the roller coaster when the ride is over. They rush off looking for another short-lived thrill. The winners are the ones who enjoy the peaks and valleys and can't wait to get back on again...and again...and again. For them, the ride is never over.

"Hold on; hold fast; hold out. Patience is genius."
George de Buffon

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