

Note the periods are not the same length\*

Characterization of Things On/In the Stool during Candizyme Treatment for Gut Candida						
Period: Yr/Mo/Days*	Days Odd Odor <sub>1</sub>	Days Flake count	Days "Biofilm"	Days Mucous	Days Sludge	Comment
2010 Nov 17-30 2	8	0	0	0	0	Not "anti-candida" diet
2010 Dec 1-31 3	5	-	1	-	1	Not "anti-candida" diet
2011 Jan 1-Feb 28* 3	-	-	-	-	0	Feb 23 anti-candida diet
2011 Mar 1-31 4	7	11	1	1	0	Mar 6 biotin 4-5mg/day
2011 Apr 1-30 5	12	27	6	3	0	6 days stools=mush
2011 May 1-31	2	30	0	0	0	
2011 June 1-30	4	30	7	3	2	
2011 July 1-31	2	21	8	6	6	
2011 Aug 1-31	3	15	13	9	3	
2011 Sep 1-30 6	2	8	16	4	7	Sep 22 MetaMetrix stool sample. 8 yellow pellets
2011 Oct 1-31 7	0	15	24	0	3	Oct 25 Dr review MetaMetrix results. 4 yellow pellets
2011 Nov 1-30 8	1	3	18	7	5	4 yellow pellets
2011 Dec 1-20	1	5	10	0	9	

1) "Odd Odor" means sharp "unrecognizable chemical" odor—not typical of stool.

**Detection of characteristic metabolites of *Aspergillus fumigatus* and *Candida* species using ion mobility spectrometry - metabolic profiling by volatile organic compounds.**

"assess volatile organic compounds (VOCs) [...] *Candida albicans*, *Candida parapsilosis*, *Candida glabrata* and *Candida tropicalis* in an innovative approach validated for *A. fumigatus* and *C. albicans* by GC/MS analyses. Isoamyl alcohol, cyclohexanone, 3-octanone and phenethylalcohol can be described as discriminating substances by means of GC/MS."

2) November – stopped injectable antigens for allergies.

November 17 Start Candidase for about 9 days. Switch to Renew Life CandiZyme. Also tried YST Management because it was cheaper (NOT)—needed more capsules, so discontinued quickly, returned to CandiZyme

3) Feb 23, 2011 Start strict "anti-candida" diet, "Aitkins" for 3 weeks, then added in low glycemic index (Glycemic Index 30% or lower) carbohydrates (vegetables excluding the red, orange, and yellow vegetables) which have higher amounts of sugar.

4) March 6, 2011 Started Biotin 4-5 mg per day to prevent *C. albicans* from switching to hyphae form.

Biotin deficiency causes *Candida Albicans* to shift to the fungal form.

**Mycelial Development and Chemical Alteration of *Candida albicans* from Biotin Insufficiency**

<http://informahealthcare.com/doi/abs/10.1080/00362177485380461?journalCode=mmym>

"cell morphology as well as the chemical composition [...] restored by the supplementation of glyceryl mono-oleate [in fatty foods]

supplementation of aspartic acid, accentuated both morphological and biochemical properties [foods: oat flake, avocado, asparagus, NutraSweet...]"

March 10, 2011 Started glutamine (3 grams/day) for gut healing.

5) April 27 Start Bifidyn 1 capsule per day—felt Osumex LB17 didn't have enough bifidabacteria for me as 2005 Genova results for bifidabacteria were low (1+).

6) September 22 – put stool samples into 3 vials for MetaMetrix GI Effects (2100 Complete Profile)  
<http://curezone.com/forums/fm.asp?i=1889957#i>

I did a Google search for “yellow pellets” and concluded they were cholesterol gallstones. The pellets were about the size of an azuki bean and hard. When I crushed them, they were like yellow dry powder. I don't really know what they were, but I have stopped seeing them.

7) October 15, 2011 Started 1 serving of rice about twice per week; that one serving is portioned across 4 meals during the day to restrict to  $\leq 20\%$  of the carbohydrate calories per meal. Using this same strategy, added in potato and winter squash. No relapsing notice to present date.

October 25, Reviewed the MetaMetrix Results with the doctor (MD).

Stop Osumex LB17 because Lactobacillus (LB) on MetaMetrix test was in the middle of the 5<sup>th</sup> quintile, borderline too high. I had stopped taking Bifidyn for 6 days before the taking the stool sample and Osumex LB17 probiotic for 9 days before collecting the stool. Stopping for 14 days ensures that all transient LB are gone and the slough off is only from the colonies on the gut wall.

<http://www.yeastinfectionadvisor.com/probioticsforyeast.html>

After reviewing MetaMetrix results, shifted focus more onto gut healing and probiotic repopulation.

8) November 29 – stopped Candizyme. Really focus on healing and repopulating.

Start Source Natural Bifidyn 30 Billion per day, tried 45 Billion per day but that was too much.

November 7 – December 7, 2011: Used Artemesia products for MetaMetrix PPTU-Parasite Protozoa, Taxonomy Unavailable (in retrospect, this was a big mistake).

NOTE: I have digital photos of my stools starting from November 6, 2011, but have not posted any yet. The “biofilm” pieces were medium brown for most of the treatment period and some shifted in color to white when viewed attached to the stool and appeared tan when laying on the white toilet bowl.

The links below are photos of stools on the web that show some of what I saw in my stools.

Biofilm in poop from a child with autism (this one is becoming famous!)

[http://www.cpnhelp.org/biofilm\\_gi\\_infectionfugal](http://www.cpnhelp.org/biofilm_gi_infectionfugal)

Yeast clumps in poop, mucous in poop (first photo) !Caution-others are really gross!

Some in the commode, some in diapers!

<http://gfcfpoop.blogspot.com/>

IMO the protocol being used by some Defeat Autism Now (DAN) doctors has great merit.

<http://www.scribd.com/doc/15287056/Bacteria-Biofilm-and-Biopesticide-BT-Bacillus-Thuringiensis-a-new-hypothesis-relevant-to-autism> includes DAN Protocol & stool photo.

IMO the steps are not sequential—they need to overlap. I think it is critical to support detoxing and gut healing throughout the entire protocol. And I also think there is value in supplementing prebiotics and probiotics during the biofilm fight. They may not attach, but in the normal bowel transit time (8-16 hours) they can grow and produce beneficial substances for the human host.

Below has been my strategy for treating Candida yeast/fungi overgrowth

**1) Damage/Detach Biofilm with Enzymes**

and Evict the Whole Pack in their Biofilm—No need to kill (?)

Biotin to Keep Planktonic Cells from forming new biofilm.

Unfortunately, there was die-off symptoms for me,

although the Renew Life CandiZyme product information claims there won't be.

**2) Support Liver and Gut Detox**

Enema after morning stool – washes out biofilm that escaped from stool sides

Home dry sauna 1-3 times per day

Country Life R-alpha Lipoic Acid 100 mg/day

Yerba Prima Psyllium seed husk powder-

2 doses of 1 tsp/day shaken with 8 oz water

Bentonite Sonne #7 use per label

**3) Heal the gut**

NOW Glutamine powder – 3 grams per day

Slippery Elm powder 1-2 tsp per day shaken with 8 oz water

Flora Garden ½ tsp, 3x per day as labeled

**4) Repopulate the gut flora**

(I am still experimenting in this phase. Hope to get some direction when I retest my stool with MetaMetrix—hope to do the full panel (2100) again in February 2012.)

**Prebiotics**

NOW Inulin dose varies

Food Science Arabinogalactan dose varies

Flora Garden (Mountain Mist Botanicals)

**Probiotics**

Osumex LB17 discontinued Oct 25, 2011

Source Natural Bifidyn dose varies

Jarrow Bifidus Plus dose varies

As far as my symptoms

Sugar cravings are gone

Fat cravings are gone

Overall feel better (still have GI pain, but pain has changed)

Sleep has improved (but still problematic)

Energy has improved (but still can be improved)

Chemical sensitivity has not improved

...to be continued