

# Common and Unexpected Causes of Candida Overgrowth

There are more microbial cells than human cells in our bodies. Collectively the microbes are called the microbiome. Many different kinds of bacterial and non-bacterial organisms make up this microbiome. We breathe in and swallow some of them, but most are produced in our gut based on the foods we eat. Most of these microbes are in our gut, but they also reside almost everywhere else in the body. Our gut supplies our body with these microbes. In other words, even a healthy gut leaks. Beneficial microbes crowd out pathogens and help keep infections from setting in all over the body. A gut teeming with pathogenic activity supplies the body with pathogens. It's imperative that the gut houses a diverse, healthy microbiome for the body's immune system to function properly.

Candida resides in a healthy human gut, in the yeast form. A healthy gut colony will keep this yeast in check. In an unhealthy gut, yeast is allowed to flourish. It converts into its fungal form, grows filamentous, burrows into the gut lining, and then deposits yeast spores into the bloodstream. This also causes the gut to become "leaky", which is to say it's much more porous than it is supposed to be, and consequently, undigested proteins and pathogens leak into the bloodstream. This causes an immune response. If we didn't live in such an antibacterial world with such an incredible abundance of sugars, candida would not thrive like this, but it is a tremendously versatile and opportunistic pathogen when left unchecked.

If candida is allowed to take over the gut and form its own biofilm, it becomes incredibly difficult to kill. The spores produced are nearly impossible to kill. For more on this, check [Why is Candida So Hard To Kill](#). It's freaky what these

microbes can do!

## Inflammation

An abundance of candida in the body is known to cause chronic inflammation, but what's less common knowledge is the feedback loop this creates.

Pathogens feed off of sugars, starches, and fats (lipids). Our cells are made up of sugars, starches, and fats. Some pathogens prefer one over the other. For instance, Lyme bacteria want starches, and candida loves sugars.

Pathogens flourish in a damaged body and the presence of these pathogens causes more inflammation. When cells die, they also trigger an inflammatory response. Chronic inflammation also causes more cellular damage, leading to more cellular die-off. A chronically inflamed body is a damaged body with a lot of damaged and decaying cells that are feeding pathogens creating a positive feedback loop.

**Related:** [\*Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections\*](#)

## Alcohol

Alcohol kills beneficial bacteria in the gut. It can kill fungi too, but candida spores are virtually indestructible and its biofilm can protect the microbe from alcohol as well. In other words, you're disrupting your beneficial bacteria which allows candida to flourish. Alcohol can also raise your blood sugar which can feed candida and other pathogens through the body.

Alcohol also damages cells.

## **Antibiotics**

Antibiotics kill bacteria, leaving fungal infections to flourish. Some antibiotics also kill fungi including candida, but nothing adequately kills fungal spores. And even if something did, they'll be back faster than a healthy bacterial ecosystem could develop to curtail the candida and other pathogens.

## **Vaccines**

Research has shown us that some vaccines will disrupt the gut's microbiota. In addition to that, one's gut microbiota affects how the host interacts with vaccines. A less healthy bacterial colony in the gut is more likely to lead to an immune response with inflammation throughout the body, which in turn can also, eventually disrupt the gut microbiota. Intestinal injuries caused by the rotavirus vaccine have been added to the government compensation program for adverse events. With the recent findings of how vaccines are more likely to cause damage with an undeveloped gut microbiome, scientists are very interested in how gut bacteria and vaccinations interact. We should see a lot more scientific discoveries about this issue in the near future.

## **Amalgam Fillings**

When dental amalgam fillings are in the mouth, tiny particles break free and mercury vapor is released, inhaled, and swallowed. Incidentally, the mercury release is 50 times higher for those who have mercury fillings capped with gold. For a multitude of reasons, the body can't get rid of mercury easily.

Mercury suppresses the immune system and creates an environment that is not friendly for beneficial bacteria, but candida doesn't mind it. In fact, candida and many other fungi

love toxic heavy metals and actually thrive with mercury present.

*“Mercury fed Candida become more and more virulent and eventually penetrates the intestinal walls and invades the cells. These fungal microorganisms become quite at home in the cell, and can easily be considered a principle characteristic of cancer.” – [Dr. Mark Sircus](#)*

## Antiacids

Many people are under the mistaken impression that all disease needs acidity to thrive. This is not true. It depends on the disease. Candida likes alkalinity. The presence of candida can help to make the body very acidic, but the areas where fungal candida thrives will be less acidic. Antacids raise the PH (less acidic) of the entire digestive tract. This can cause candida to infect the stomach, which is normally far too acidic for it.

## All Pharmaceuticals

Virtually all pharmaceuticals, from vaccines to Aspirin, have toxic properties which cause cellular damage that pathogens including candida will feed off of.

## Smoking

Sugar is added to tobacco products. We're not sure if inhaling the smoke from burning sugar can feed Candida or other pathogens, but it wouldn't be surprising if it does. Regardless, the toxicity of tobacco products causes other problems that promote Candida overgrowth (and other pathogenic activity).

Smoking adds a plethora of toxic heavy metals into the body,

and yeast, as mentioned above, likes toxic heavy metals. Smoking and the use of other tobacco products also affect liver function.

*Every time you light a cigarette, nicotine triggers the liver to dump a large amount of glycogen into the blood stream. The blood sugar level is brought up too high, so the body calls on the pancreas to bring it back down.” – [Cynthia Perkins, Holstic Help](#)*

Smoking affects the entire body, not just the liver and lungs. Smoking damages cells and causes inflammation and constriction everywhere. It also inflames and constricts the intestinal tract (if you smoke, you may notice the need to have a bowel movement after smoking). Some confuse this with “relaxing the bowels” but the truth is there is less room for digestion and so the stool is evacuated before digestion is complete. Smoking also causes rectal discharge. And smoking constricts and inflames the kidneys as well, which has the opposite effect compared to the intestinal tract. Kidneys process fluid at a slower rate and fluids can become rancid and infectious.

## **Juicing**

Juicing has lots of benefits, but that carrot, beet, apple juice can do more harm than good for some people with an abundance of Candida in their gut. Juicing removes the fiber and other nutrients from the fruits and vegetables, and these nutrients are needed to feed a healthy gut microbiome. What’s left are sugars. If you’re just juicing kale, turmeric, lemons, collards, and garlic, or something like that, feel free to keep on juicing. But if you’re sweetening your juices with sweet fruits or carrots or beets, it doesn’t take much to make candida happy.

## **Fruit**

We're not saying that fruit is bad, but anyone who is suffering from an over-abundance of candida needs to lay off the fruit (not including lemons, limes, cranberries, granny smith apples, and other non-sweet fruits). Fruit is much sweeter than it used to be. Even on an all-natural, unrefined, raw food diet, we have way more access to sugar than our paleolithic ancestors did. Google wild bananas and check out what watermelon used to look like. Not only was fruit seasonal and harder to come by, but it was also much more fibrous and mealy, and much less "fruity."

## **Condiments**

Many condiments including salad dressings, mustards, ketchup, and hot sauces have sweeteners in them. Even without sweeteners, they are typically refined and processed with the addition of too many unnecessary ingredients. Read the ingredient labels. Better yet, make your own condiments, and use more herbs and better cooking methods to add flavor to your meals.

## **Organic Junk Food**

Refined and processed foods feed pathogens including candida. Let's take chips for instance. Chips often have sugar in them, including the organic varieties, but even those sugar-free brown rice and bean chips can still feed candida. Brown rice is ok for most people who aren't very ill. When digesting brown rice, provided the gut has enough bacterial activity to do the job properly, fiber-loving gut microbes get to eat and proliferate first, before the sugar and starch molecules are exposed. But if you grind brown rice into a flour to make chips or pasta with it, you're exposing the sugars and starches. The digestive process is altered. This is why it's

better to eat, cook with, and chew your own whole foods. Looking at those same chips as an example, the bean flour used is laden with enzyme inhibitors (unless the corporation making the food soaked and sprouted those beans properly, which is doubtful!) Enzyme inhibitors disrupt healthy gut microbiome, inhibit nutrient assimilation, and damage the digestive system. Similar examples exist for almost every single pre-packaged, processed food item in your organic health-food store.

## Conclusion

When you're chronically ill, forget the store-bought cereal, boxed nut milk, nut butters, chips, "healthy" chocolates, and food bars. To build up healthy bacterial colonies in the gut, you need a variety of whole foods. Nothing helps to grow a healthy microbiome like huge, diverse salads. Check out this article, [Detox Cheap and Easy Without Fasting](#) for a recipe for gut-healing salads and be sure to read [How To Heal Your Gut](#).

## Fungal Supplement Stack – Knock Out Yeast, Candida, Mold, Fungus

The first three should be plenty for most people, but for really prominent fungal issues or for impatient people with a bigger budget I'd recommend all of these:

- [Formula SF722 – Thorne Research](#)
- [Abzorb Vitamin & Nutrient Optimizer \(500mg\) HCP Formulas](#)
- [Syntol AMD – Arthur Andrew Medical](#)
- [Berberine 500mg – Thorne Research](#)
- [MycoCeutics MycoPhyto Complex – EcoNugenics](#)
- [MicroDefense – Pure Encapsulations](#)

### Sources:

- [The inflammatory response to cell death – NCBI](#)
- [Does alcohol affect blood sugar levels in diabetes? –](#)

[Medical news Daily](#)

- [Influence of the microbiome on response to vaccination – NCBI](#)
  - [Your Gut Microbiome Could Affect Vaccines' Effectiveness – Discover](#)
  - [What do the bacteria living in your gut have to do with your immune system? – The Conversation](#)
  - [Seven-Valent Pneumococcal Conjugate Vaccine and Nasopharyngeal Microbiota in Healthy Children – CDC](#)
  - [More Evidence Links Gut Microbiome to Autism – NEJM](#)
  - [The Candida Mercury Link – Lotus Dental](#)
  - [How Nicotine Affects Candida Overgrowth – Holistic Health](#)
- 

## Chemotherapy Detox

Chemotherapy drugs kill pathogens and beneficial bacteria, and they add a heavy toxic burden to the body. The circulatory system, endocrine system, lymphatic system, and every other system will be overwhelmed with toxins after using chemotherapy drugs, and soon the body will be inundated with pathogenic fungi. While chemotherapy will likely kill fungus, the fungal spores survive. And when there is nothing left to keep them in check, the spores will turn fungal and flourish. We recommend healing the gut and detoxifying the liver to recover from chemotherapy. Diet is crucial to this program, and we recommend continuing on with this diet to avoid another cancer diagnosis.

## Gut Health 102

Gut bacteria defines your health. Science is in the process of figuring this out. One big reason gut bacteria is paramount to

good health is that your gut bacteria do not stay in your gut. Our microbes that proliferate in our gut reside throughout our whole body. A healthy gut pushes healthy microbes into the bloodstream. It follows that an unhealthy gut ecosystem will leak unhealthy (pathogenic) microbes into the body.

They say that your gut comprises 80% of your immune system. That's sort of true. A healthy gut has thousands of different bacteria that live in harmony. A less healthy gut has fewer kinds of bacteria inside. Fungi and other pathogens will easily flourish in such a gut. When there is an injury in the body pathogens and beneficial bacteria do the same thing; they feed off of the sugars and starches of the dead and decaying cells. Pathogens cause more damage to the area, beneficial bacteria do not. Because of how beneficial bacteria works, they make it difficult for pathogens to flourish. A healthy gut feeds the body a colony of beneficial microbes that help keep pathogenic activity from proliferating.

## **Diet**

Beneficial bacteria like healthy food. Pathogens like unhealthy food. Your diet should primarily consist of the healthiest foods, lots of raw vegetables and herbs. We recommend 80% raw vegetables and 20% cooked vegetables and healthy whole grains like quinoa, brown rice, amaranth, and millet. Raw produce is high in fiber, which is essential for gut health. Fiber not only moves toxins through the bowels, but it also provides the perfect environment for healthy bacteria to thrive. Buy organic whenever possible, but small farms at your local farmer's market may have organic food that they don't certify (certification can be expensive).

Choose a wide variety of nutrient-dense foods. Eat huge salads every day with at least 12 different vegetables and a few fresh herbs. Pack your gut with raw vegetables and herbs every day and your gut will produce a variety of beneficial

bacteria. There is no shortcut to this!

If you eat meat, make sure you choose organic meat. You do not want to eat meat from diseased animals fed hormones and antibiotics. Avoid processed foods, and do not eat any foods with artificial flavorings, colorings, preservatives, MSG, or trans fats. Avoid all GMOs. And do not let anyone cook your food for you. No rice cakes, no organic chips, no restaurant food, get completely well before you splurge. We also recommend cranberry lemonade made with stevia to help detoxify the kidneys and the liver. Check out [Detox Cheap and Easy Without Fasting – Recipes Included](#) and [Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet](#) for more on diet.

## **Supplements To Kill and Prevent Yeast, Candida, Mold, Fungus**

Chemotherapy will leave a body ripe for fungal infections, but a body with cancer was a body that was probably already dealing with fungal issues. The supplements below will help properly balance the gut's ecosystem. SF722 kills all fungi, and it works amazingly well. Berberine is a potent antimicrobial. The Candida Complex and the Microdefense are two good supplement complexes that eliminate pathogens as well. Syntol and Abzorb are probiotics. In the past doctors have warned against using probiotics during chemo treatments but now well-informed doctors are recommending that [probiotics should be taken](#) a few hours after chemotherapy drug administrations for better treatment outcomes. Abzorb also has a systemic enzyme that will help break down Candida along with many other benefits.

- [Formula SF722](#)
- [Syntol AMD Probiotic](#)
- [Berberine 500mg](#)
- [Candida Complex](#)

- [MycoCeutics MycoPhyto Complex](#)
- [MicroDefense](#)
- [Abzorb](#)

Related: [How To Heal Your Gut](#)

## Liver Cleanse

The cranberry lemonade recipe mentioned in [Detox Cheap and Easy Without Fasting](#) is very beneficial for the liver and kidneys. If money is tight, put the money towards food first, and just get the SF722 and the Abzorb, above. But if it's affordable, we also recommend a liver detox with [Shillington's Blood Detox Tea](#), (and/or formula) [Shillington's Liver & Gallbladder Tea](#) (and/or formula), and [Mother Earth Organic Root Cider – Barrier Island Organics](#).

## Enhanced Golden Milk Tea Recipe

This is a new twist on an ancient way of experiencing the benefits of turmeric. Ideally, use all fresh, unadulterated herbs whenever available. This will help detoxify the body, and it feels really good.

- 1 cup of warm Coconut Milk
- 1 ounce of turmeric juice, or 1 tablespoon of freshly grated turmeric (both should be with skin)
- 1 teaspoon ground Cinnamon
- 1 ounce of ginger juice or 1 tablespoon of freshly grated ginger (both should be with skin)
- 1 pinch of black pepper
- Pinch of cayenne pepper

Mix it all up and drink. For the drink to be warm, warm up the coconut milk only, but be careful not to cook the other ingredients. Add them in when the coconut milk is not too hot to drink so as to preserve enzymes and other fragile

micronutrients.

**Related:** [\*Holistic Guide to Healing the Endocrine System and Balancing Our Hormones\*](#)

## Conclusion

It all comes down to gut health. We can't harp on this enough. For healing from chemotherapy to preventing cancer, gut health is paramount. Don't skip and don't skimp on the salads. If you do nothing else from this article, we hope you'll start eating large, diverse salads as often as possible. Salads change the gut ecology for the better. Nothing else makes as big of a difference.

[Click here for image credit](#)

---

## How To Eliminate Morgellons

When Morgellons disease was first recognized most doctors believed it to be a delusional disorder, that it didn't exist, that is was most likely a combination of delusional parasitosis and obsessive picking of the skin. Doctors told their patients that Morgellons was all in their head, except for the skin lesions caused by self-abuse. Fortunately, scientists did some research. Recent studies have shown that the filaments accompanying Morgellons are composed of keratin and collagen and that is caused by the proliferation of keratinocytes and fibroblasts in epithelial tissue. Some researchers believe that the cause of this disease is an infection from a tick bite.

The study proved that filaments are not cellulose as found in cotton, linen, or other plant-based textile fibers, or chitin

which would indicate fungal cells or insect exoskeletons.

*They are biofilaments of human cellular origin produced by epithelial cells and stem from deeper layers of the epidermis, the upper layers of the dermis, and the root sheath of hair follicles.” – [NCBI](#)*

Though studies are showing that the disease is real, conventional medicine is, of course, slow to acknowledge the disease. Googling “what causes Morgellons disease” gets you this non-answer:

*Morgellons disease is a delusional disorder that leads to the belief that one has parasites or foreign material moving in, or coming out of, the skin. Morgellons disease is a little-known disorder that is often associated with nonspecific skin, nerve, and psychiatric symptoms. Some refer to it as a fiber disease.” – [MedicineNet.com](#)*

But, the next article is titled, [Studies show that infections—not delusion—cause Morgellons disease.](#)

Morgellons involves many symptoms common to auto-immune sufferers including:

- chronic, severe fatigue
- joint pain
- neurological problems
- memory and cognitive disruptions (including brain fog)
- mood changes
- crawling sensations on and under the skin
- the sensation of itching or biting
- skin eruptions or lesions with little black specks on or under the skin
- filaments or threads under the skin and erupting from the skin

Morgellons and Lyme disease have a lot in common. Both were

thought to be mostly psychosomatic. Both are thought to be transmitted from a tick bite. Both are autoimmune diseases that cause the first four symptoms listed above. Both may be caused by *Borrelia spirochetes* (corkscrew-shaped bacteria associated with tick-borne diseases). And both can be healed through the same means.

Like many of our readers, I first heard about Morgellons Disease back in 2015 when singer/songwriter Joni Mitchell was hospitalized for the disease. In 2010, she told the Los Angeles Times, "Fibers in a variety of colors protrude out of my skin like mushrooms after a rainstorm: they cannot be forensically identified as animal, vegetable or mineral."

We published an article about the disease in 2015 and then I received more than a dozen calls and emails asking for help within a couple of months. Within the last few years, I've helped teach more than twenty people how to regain their health and rid their body of all Morgellons symptoms. The good news is that every single person was able to eliminate the disease.

I suspected a Morgellons was a fungus. It looks like I was wrong about that. But, whether it's Lyme, Morgellons, diabetes, cancer, or depression, the only treatment that works is holistic with primary emphasis on gut health. The reason for this is that an unhealthy gut overwhelms the immune system, whereas a healthy immune system (one that is not overwhelmed) can rid the body of almost any disease.

Below is a list of recommended supplements, but the right diet is absolutely imperative. Don't skimp on the diet!

## **Morgellons Diet and Supplement Protocol**

Here are three articles I put together on diet. This is

indicative of how my family eats every single day.

- [Detox Cheap and Easy Without Fasting – Recipes Included](#)
- [Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet](#)
- [How to Make the Healthiest Smoothies – 4 Recipes](#)

We start off with cranberry lemonade and a huge salad every morning. For lunch, we sometimes do a smoothie or we snack on some nuts and/or fruit or we just finish our massive 11-cup salads. For dinner, we always cook from scratch, which takes preparation and time, but it gets easier. Rice and beans, quinoa, lentils, millet, oatmeal, and amaranth are common staples for our cooked meals. We add lots of raw vegetables and herbs to our dinners as well, for instance, the rice and beans go great with chopped tomatoes and avocado, diced onions and garlic, and shredded turmeric and ginger. Eat raw herbs and cooked herbs together for maximum health benefits.

This is truly a lifestyle, not a diet, and it's one we live every day. You may not need to go to this extreme to rid your body of disease, but I find that most who are dealing with chronic illness need to take it this far, at least for a few months.

The salads are the most important part of this protocol! In fact, they are the most important part of all of my protocols. More than supplements, more than anything save getting enough water, the right kind of salads are imperative. Eat lots of salads with tons of different vegetables and herbs. Make sure they have at least 15 different vegetables and herbs. If you could see what packing your gut with salad does to your ecosystem under a microscope, you'd understand why I'm so passionate about salads. There is nothing more beneficially life-changing than developing a salad habit when the salads are big and diverse and homemade. They do more than any supplement or any other food to clean the intestinal walls of filth and develop a beneficial gut ecosystem. And that is the

key to good health. A beneficial gut microbiome is a fortress against undigested proteins and unwanted pathogens. When the gut is not well these intestinal walls allow undigested proteins and pathogens to seep into the bloodstream wrecking havoc on the immune system. Salads feed the right gut microbes and the right microbes build a healthy microbiome.

The cranberry lemonade helps keep the kidneys and liver working optimally. These organs typically get sluggish quickly when lots of pathogens are killed. If salads are #1, this cranberry lemonade is #2, and supplements are a distant #3.

For those with very serious gut issues, legumes and grains will be a no-no for the first few weeks, but when enough salad has been consumed, the gut should be able to reap many benefits from cooked foods like the dinner meals aforementioned.

Sweet fruit should be severely limited, and for the very ill, avoided until the gut is working better. Grapefruit, cranberry, avocado, lime, and lemon do not fall under this category.

Drinking fruit juice, even fresh homemade fruit juice, is not much better for you than refined sugar, so don't make the common mistake of thinking a fresh-juice fast is going to get you well. It has its benefits, but it doesn't usually rid the body of chronic disease.

Now that diet is covered, here's the supplement part:

## **Supplement Stack #1 – On an empty stomach, twice a day, early morning and late night**

- 2 [Abzorb](#) (this is a probiotic and a systemic enzyme)
- 2 cups of cranberry lemonade
- Optional: Add a serving of the [MycoPhyto Complex](#)

- Optional: Additional [systemic enzymes](#) (systemic enzymes break down proteins that should not be in the body)

## **Supplement Stack #2 – With meals, three times a day:**

- 5 of the [SF722](#)
- [Shillington's Blood Detox Tea](#)
- [Shillington's Blood Detox Formula](#)
- [Oil of Oregano](#)
- [Coptis Chinensis / Chinese Goldthread](#)
- [Shillington's Echinacea+](#)
- [MycoPhyto Complex](#)
- Optional: one serving of MycoPhyto Complex
- Optional [Intestinal Cleanse](#) (if bowel movements are slow)

Also, take absorb with any food that is difficult to digest.

If you can't afford many supplements, or are overwhelmed by this information and don't know where to begin, contact me. I don't ever charge to talk to people.

## **Protocol**

### **6am – Supplement Stack #1**

Take two [Abzorb](#) with a big glass of cranberry lemonade. This is the right time to take systemic enzymes if you chose to take them.

### **9am – Supplement Stack #2**

Salad time! The MycoPhyto Complex company recommends to take on an empty stomach, but I like to take it with salads and smoothies too.

## **12pm – Supplement Stack #2**

Homemade Smoothie Time! If you're extremely ill you may need to wait on the smoothies and just double up on the salads for the first week, but I've found that many people who were suffering from a plethora of ailments and having trouble recovering responded very well to pineapple smoothies. Pineapple smoothies (made with fresh pineapple), like the ones I have recipes for in the above link, pack a massive amount of enzymes and can help break down a lot of junk in the gut, while delivering large amounts of nutrition. But, fruit smoothies have plenty of sugar, so it's a good time to repeat the supplements from 9am.

Use pineapple, coconut water, water, cranberry juice, or if you can withstand some sugar try granny smith apple juice, but don't use sweet fruit juices for smoothies. Always use fresh pineapple when using pineapple. Always add as many vegetables and herbs as you can. I also suggest adding [Total Nutrition Formula](#) or something similar ([here's a recipe](#)). If you want to make a smoothie without pineapple, I recommend coconut water as the liquid. Check out our [smoothie article](#) for more ideas.

## **3pm – Week 1 – Supplement Stack #2**

## **3pm – Week 2 – Supplement Stack #1**

## **6pm – Supplement Stack #2**

Dinner time! Everything from scratch, nothing pre-made in any way, all whole food ingredients. See [this article](#) for more info and don't hesitate to contact me.

## **9pm – Supplement Stack #1**

Finish off the night with probiotic support and leave them alone for the night to do their thing.

## **Three More Supplements to Consider – Die-Off, Heavy Metal Detox, & Bowel Movements**

If a Herxheimer reaction is a concern (die-off) be sure to drink plenty of cranberry lemonade and I also recommend adding [Total Nutrition Formula](#) and the [Intestinal Detox](#). Here's a recipe to [make your own Total Nutrition](#). This way you'll get bentonite clay, charcoal, chlorella, spirulina, and more, which are all great for mitigating the die-off effects of a Candida detox, and they also chelate heavy metals.

You can take the Total Nutrition Formula with the smoothie or sprinkle it on the salad (or choke it down with water), and take the Intestinal Detox anytime throughout the day as directed.

If you're not defecating easily and at least twice daily, I also highly recommend the [Intestinal Cleanse](#). It kills parasites and moves the bowels better than anything else on the market that I know of, by far. I recommend taking it with the antimicrobials.

## **Conclusion**

Morgellons is scary. It often causes otherwise social people to become unemployed shut-ins. Unless the doctor is abreast of the latest science, they will likely treat someone with Morgellons as if they're mad. It's a really hard thing to live with. Medical science does not yet really understand it, but understanding a disease doesn't typically help big pharma to cure a disease. The good news is that every single person that I've worked with was able to completely eliminate all of the symptoms. It takes a few months, and a lot of discipline, but it's very doable. The first step is to heal the gut.

---

# Five Ways to Cure Athlete's Foot

Athlete's foot thrives in damp, warm areas and can spread from person to person. Athlete's foot fungus is often contracted from pool areas, public bathrooms, and locker rooms, hence the name, "Athlete's Foot." Ringworm and Candida are two types of fungus that most commonly cause athlete's foot. There are many types of Candida and many types of ringworm and many other fungi that can infect us in many different ways. Fungi like feet because feet are generally within socks and shoes, which make for the kind of warm, moist environment preferable to fungi.

## Prevention

The prevailing opinion is that anyone can catch athlete's foot, but this is not true. Susceptibility to outer fungal infections like athlete's foot indicate a weak immune system which indicates an unbalanced gut – a gut full of Candida, which leads to an abundance of Candida in the body. The best way to prevent athlete's foot is to keep a healthy and balanced gut. We have more on [gut health](#) near the end of the article, and here are some other preventive measures that will also help accelerate healing as well:

- Keep toenails short
- Change socks regularly
- Rotate shoes
- Don't go barefoot in a gym locker room or pool area, wear flip-flops
- Dry feet thoroughly after bathing; especially between your toes

- Give feet time to breathe
- Put a few drops of essential oils in each shoe every day into the toe area
- Open a probiotic capsule and put contents into each shoe at the toe area

Socks and shoes cause feet to stay moist and dark with little to no airflow. Fungi love these conditions. If you're dealing with athlete's foot, give your feet some time to breathe outside of shoes and socks. For instance, wear sandals in the house, relax with bare feet on the autumn, keep your floors, feet, and sandals clean and dry, and go to bed without socks. If feet sweat regularly, even outside of socks and shoes, this is a sign the endocrine system needs repair.

**Must Read: [Holistic Guide to Healing the Endocrine System and Balancing Our Hormones](#)**

Topical treatments don't get to the root of the problem but combine three or more of the following topical solutions with an efficient gut protocol like the one listed below and you should be able to get rid of athlete's foot fast. Keep the gut healthy and be rid of it for good. We don't recommend baking soda or cornstarch. These two ingredients can in some cases make the fungus infection worse.

## **Essential Oils**

Essential oils are often applied undiluted, directly to the skin, which is effective, but this can also cause pretty serious pain to broken skin. Other options include making a foot bath and making a topical solution with essential oils with a carrier like aloe vera, or [coconut oil](#) (or both). You can also use avocado oil, olive oil, or any other healthy oil as well, but I like the antifungal properties and the thickness of coconut oil and I also like the soothing aspects of aloe.

Add 5-10 drops of your preferred essential oil to a one to two

tablespoons of coconut oil or aloe vera (gel or juice). The gel is easier to use, obviously, but it's best if you've got the whole plant, fresh and unprocessed. An easy way to use this solution is to apply the carrier on the foot near the infection but about a half an inch away from any broken or irritated skin, and then add a few drops of the essential oil, mix, and repeat until the desired amount of essential oil has been applied. Then, spread throughout the infected area.

Apply this treatment at least three times a day (five or more for best results) until the infection is gone.

## Top antifungal [essential oils](#)

- Lemongrass
- Satureja Montana
- Tea tree oil
- Oil of oregano
- Thyme
- Rosemary
- Peppermint
- Lemon
- Clove
- Garlic
- Lavender
- Geranium
- Cinnamon
- Citronella
- Eucalyptus

Lemongrass and Satureja Montana have come out on top for antifungal properties in multiple studies comparing the antimicrobial effectiveness of essential oils, but fungi are very adaptive, so mix it up. Try one or two on the first few rounds and then try one or two others on the next application.

# Foot Baths

Another option is to soak your feet in an antifungal bath. Forty drops of essential oils mixed with water can make for a potent antifungal footbath, and you can also add these essential oils to any of the following footbath solutions. Don't forget to dry your feet thoroughly after soaking. Ideally, these soaks are done two times a day at least, preferably three to five, until all signs of the infection are gone.

## Epsom Salt

1. Add a half a cup of Epsom salt to a small, suitable container for your feet
2. Soak the infected foot or feet for 15 minutes, three times a day

Or, better yet, do an Epsom salt bath; soak your whole body in a tub. And of course, add your favorite essential oils.

## Vinegar

Vinegar is acidic. Fungi that commonly infects us (including Candida) don't like acidity. But vinegar can cause pain to broken and otherwise damaged skin, so beware. But it usually is very effective.

1. Mix one part apple cider vinegar with 3 parts warm water in a small, suitable container for your feet
2. Soak the infected foot or feet for 15 minutes, three times a day
3. Once finished, dry feet completely

Feel free to combine essential oils with vinegar and epsom salt. Do not mix hydrogen peroxide with vinegar

## Hydrogen peroxide with iodine

This is our least favorite solution. It's messy, it stains, and it can be very painful with damaged skin. But a [recent study](#) did find that the combination kills fungi effectively, and using these two ingredients together are much more effective than using them separately.

- Pour hydrogen peroxide into a suitable container for the feet
- Pour enough to cover infected areas of the foot when submerged
- Add a tablespoon of Iodine or about a quarter cup of an iodine solution, available at most drugstores

The foot bath solutions can also be applied topically. So can the following herbs and other supplements.

## [Garlic](#)

Garlic is going to hurt damaged skin but it also accelerates healing.

1. Crush a clove of garlic and mix it with an oil to apply topically
2. Apply the paste to the infected area and leave it alone for 30 minutes.
3. Wash off the area and dry completely

## Supplements For Topical Use

### [SF722](#)

This is the best fungal killer on the market. It will burn for a little bit, and it's intense, but the pain goes away pretty quickly, and I know of nothing that works faster or better to kill the fungus. The other benefit of SF722 is that fungi cannot build up a resistance to it like it can with other

treatments. Try taking five capsules of SF722 three times a day (fifteen total) and break open a gel tab to apply topically three or more times a day as well.

## [Probiotic](#)

A probiotic capsule can be opened and used topically. This provides some immediate relief and it's not painful at all. I recommend rotating this with SF722 throughout the day. I like [Abzorb](#), which is a probiotic and an enzyme – both kill fungi.

## [Colloidal Silver](#), [Oil of Oregano](#), [Pau D'Arco](#), [Coptis Chinensis](#)

Much less painful than the other treatments but I don't think it's as effective either. The other herbs listed here are very effective against fungal infections but can cause some pain when applied to broken skin.

## **Heal the Gut**

If you have athlete's foot you've got a body with an abundance of Candida. This is also true if you have recently had a vaginal yeast infection, a white tongue, allergies, or pretty much any chronic inflammatory illness. If you suffer from athlete's foot, Lyme disease, AIDS, or diabetes, the first step is to heal the gut. Here is a supplements stack for fungal elimination, and articles below that I recommend to help balance the gut. Supplements can help a lot, and SF722 is the best one to get if you can only afford one, but a healthy diet is crucial. If you think your diet is healthy, but you deal with chronic illness, I contend you need an even better diet. See the article links below for more on that.

## **Fungal Supplement Stack – Knock Out**

# Yeast, Candida, Mold, Fungus

The first three should be plenty for most people, but for really prominent fungal issues or for impatient people with a bigger budget I'd recommend all of these:

- [Formula SF722 – Thorne Research](#)
- [Syntol AMD – Arthur Andrew Medical](#)
- [Berberine 500mg – Thorne Research](#)
- [MycoCeutics MycoPhyto Complex – EcoNugenics](#)
- [MicroDefense – Pure Encapsulations](#)
- [Abzorb Vitamin & Nutrient Optimizer \(500mg\) HCP Formulas](#)

## Gut Health Articles

- [\*Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections\*](#)
  - [\*Detox Cheap and Easy Without Fasting – Recipes Included\*](#)
  - [\*Stop Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet\*](#)
  - [\*How to Make the Healthiest Smoothies – 4 Recipes\*](#)
  - [\*How to Avoid GMOs in 2018 – And Everything Else You Should Know About Genetic Engineering\*](#)
  - [\*How to Heal Your Gut\*](#)
- 

## How To Heal Your Gut

The gastrointestinal (GI) tract of a healthy mammal is home to a complex community of bacteria. This microbial community is often called “microbiota,” “gut flora,” or “beneficial bacteria.” These microbes have evolved with us to coexist in a mutually beneficial relationship.

# An Introduction to Gut Microbes

We need beneficial gut microbes for proper B vitamin production, digestion, and assimilation. Some bacteria also synthesize vitamin K. In fact, we need bacteria for synthesization, digestion, and assimilation of many vitamins, minerals, proteins, fats, and many other nutrients. Healthy bacteria also keep the population of other microbes (like candida) down to healthy levels. Healthy bacteria colonies form a biofilm that keeps the intestinal wall healthy and acts as a barrier against pathogens. Healthy bacteria move slowly and crowd out unwanted pathogens. A healthy gut biofilm is a home to thousands of different beneficial bacteria, the more the better. And they don't just reside on our gut. Some of them can and do pass through the gut wall and they live all over our body. It's often said that bacteria in our body outnumber our own cells by about ten to one. That's incorrect, but there are more bacteria cells than human cells in the human body. The ratio is about 39 bacterial cells to every 30 human cells.

If you have ever been to a bio-dentist, they may have shown you what your mouth bacteria looks like under a microscope. Generally, the fast-moving bacteria are up to no good. You can see these guys frantically swimming around looking for trouble, banging against the teeth and gums, maybe looking for a good spot to burrow in and make a home, feed, and reproduce. If you have teeth and gum issues try this: take the capsule of a probiotic, break it open, and empty the contents into your mouth. Leave it in there. Move it around. Swish it around when you've built up some saliva. You should notice that some of the pain subsides. Now picture how this works in your gut. Incidentally, oral health is a very good indicator of gut health.

Without enough healthy bacteria, the whole body suffers. Gut microbes can change brain chemistry and alter endocrine

functionality. Depression is tied to irritable bowel syndrome. Autism is believed to be caused by or at least exacerbated by an unbalanced gut. In my experience, every single autoimmune disease resides in the body of someone with an unhealthy gut.

Hopefully, you're getting an idea of how important healthy bacteria are to our health. We need them for good health for many reasons, and likely most of which we aren't even yet aware of yet.

It should be noted that the phrases "good bacteria" and "bad bacteria" are pretty inaccurate. Bacteria are only responding to their environment. "Good" bacteria, under bad circumstances, will become "bad" bacteria very quickly.

## **Candida**

We all have candida spores in our gut even if we're healthy. They're practically indestructible. Anything we could do to kill them would probably kill us. They can reside in the body dormant without causing problems for an estimated six months.

Antibiotics kill bacteria and sometimes antibiotics can also kill some other pathogens including some fungi. But spores are left to rule. When there is an opportunity to flourish candida turns fungal, becoming pathogenic.

## **Common Causes of Candida Overgrowth**

- Alcohol
- Antibiotics
- Vaccines
- Amalgam Fillings
- Refined foods
- Smoking

An often overlooked way that candida gets fed is damage to the body. Cells are mostly made up of glycogen and starch.

Damaged, dying cells feed yeast and other pathogens.

## Leaky Gut

The gut is permeable, so to some extent, it's always leaky. A health gut biofilm doesn't let unwanted things pass into the bloodstream. Some of the "good" bacteria will get through, but that's ok. Remember, there are bacteria all over our body. We want the good guys, not the bad guys. If candida takes over, an abundance of candida increases zonulin levels, the substance that controls the tight junctions between enterocytes in the gut, which leads to weaker junctions and the development of leaky gut. And here's a scary fact for you: candida filaments also penetrate directly through the wall of the gut lining and contribute to leaky gut in this manner as well. In other words, picture centipede looking things with very long legs that kind of drill into the gut lining. The intestinal wall will also get dry and cracked. All of this makes for a gut that is much more permeable than it should be. At this stage pathogens and undigested proteins make it into our bloodstream, overwhelming the body's immune system. Proteins have to be broken down completely or else the body sees them as foreign proteins and reacts accordingly. This is how most allergies happen.

And that gut drilling thing candida does – it does it all over the body as well, opening up pathways for infection throughout the body. It's easy to see how candida wrecks havoc on the liver. Consider the gut-liver axis. 70% of the blood flow to the liver is flowing from the gut. The liver quickly becomes overwhelmed with the toxins produced by candida.

I could go on and on about candida, but I'm attempting to write my shortest gut-health article to date, so I'll stop here. But if you want to know more, read [\*Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections\*](#). I'll bet it'll blow your mind. Candida is a

fascinating creature.

## Supplements

If you want to see a list of the top 25+ supplements for killing fungi, this is your list. Below is a list I put together a supplement stack with just a few that work very well to put the gut back into homeostasis.

- **[Activated Charcoal](#)**: Binds with positively charged things in the gut, like candida in its pathogenic form, and many of the toxins it produces, which then gets defecated out of the body. ([more on activated charcoal](#))
- **[Astragalus](#)**: A potent antimicrobial that also is anti-inflammatory, boosts the immune system, slows tumor growth, helps prevent and reverse diabetes, and more.
- **[Berberine](#)**: This plant-root alkaloid extract has confirmed and potent antiviral, antibacterial, and anti-fungal properties.
- **[Biotin](#)**: With the presence of the B vitamin, biotin, it is said that yeast is unable to change into its mycelium form. On the other hand, there are some studies that suggest candida can feed off of biotin.
- **[Black Walnut](#)**: Studies have shown that black walnut can effectively kill canker sores, herpes, and syphilis sores. The husks of black walnuts have potent anti-fungal powers; more powerful than many prescription drugs. Fungi and parasites thrive in an acidic environment.
- **[Caprylic acid](#)**: A the fatty acid in coconut which contains antibacterial, antiviral and antifungal properties. Coconut or coconut oil by itself does not have very strong antimicrobial properties.
- **[Chlorella](#)**: It's not an anti-fungal, but chlorella is negatively charged like charcoal and has a host of other benefits that counter candida symptoms. Chlorella also helps remove heavy metals and limited amounts of

positively charged candida from the blood.

- **Cinnamon**: A potent natural antifungal with tons of other health benefits. [Read more on cinnamon](#).
- **Clays**: Like activated charcoal, bentonite clay can bind with candida and heavy metals and other positively charged items to pull them out of the body through defecation.
- **Cloves**: This strong smelling spice contains some of the same compounds as oregano oil. Studies have shown that cloves contain powerful antimicrobial and anti-fungal compounds.
- **Cranberry**: There is nothing better for a urinary tract infection than unsweetened, unadulterated cranberry juice. [Click for Recipe](#).
- **Diatomaceous Earth**: Often called DE for short, this supplement is another negatively charged chelator (like charcoal and bentonite clay, but not as effective in that way), that also kills pathogens, but candida biofilm protects itself well from DE. [More on DE](#).
- **Enzymes**: Hemicellulase, protease, and Cellulase have been shown to break down the cells walls and the biofilm of candida. These must be taken within a protective capsule that will break apart in the gut and not the stomach acid. [More on enzymes](#).
- **Garlic**: Allicin, a compound in garlic, has antifungal, antibacterial and antiviral properties, and garlic helps strengthen the immune system. [Read more about garlic](#).
- **Goldenseal**: A popular herb that has been used by Native Americans for hundreds of years, with potent antimicrobial activity, including some pretty decent antifungal properties.
- **Goldenrod**: Goldenrod is antifungal, diuretic, diaphoretic, anti-inflammatory, expectorant, astringent, antiseptic, and carminative.<sup>10</sup>
- **Magnesium**: Breaks down the toxic metabolites (byproducts) of candida albicans. Read about [homemade](#)

[calcium and magnesium here.](#)

- **[Molybdenum](#)**: Also breaks down the toxic metabolites (byproducts) of candida albicans.
- **[Mushrooms](#)**: Fight fire with fire, and fungi with fungi! Many mushrooms produce natural anti-yeast factors to prevent other fungi from taking over their turf. The reishi mushroom is well known throughout the world for its plethora of health benefits, including powerful antifungal properties, but there are many other mushrooms that help clean the gut as well.
- **[Lemongrass](#)**: Lemongrass oil is the most powerful antibacterial and antifungal essential oil.
- **[Neem](#)**: This plant's properties include immunomodulatory, anti-inflammatory, antihyperglycaemic, antiulcer, antimalarial, antifungal, antibacterial, antioxidant, antimutagenic, and anticarcinogenic.
- **[Oil of Oregano](#)**: This extract is very well known for its ability to kill off pathogenic activity, and there are plenty of studies that demonstrate its efficacy.
- **[Olive Leaf Extract](#)**: This extract is known for killing fungal and pathogenic bacterial infections without harming healthy bacteria. I suspect this is because it's weak and doesn't penetrate biofilm.
- **[Pau D'Arco](#)**: Also known as Lapacho, this supplement has received worldwide attention in recent years due to the numerous studies proving its amazing health benefits including the ability to kill antibiotic-resistant bacteria and difficult fungal infections like candida.
- **[Probiotics](#)**: Most everyone knows to take probiotics to fight yeast infections, but make sure the probiotic is of quality. Lots of cheap probiotics break down in stomach acid and the ingredients end up actually feeding yeast. Also, they need to be able to pass through stomach acid and into the gut to do its job. Taking probiotics with antimicrobial supplements will reduce the effects of both.

- **[Spirulina](#)**: For purposes of candida killing, it works just like the other aforementioned algae, Chlorella. Check out [How to Grow Spirulina at Home](#)
- **[Turmeric](#)**: Turmeric is a potent antimicrobial herb with proven antifungal properties and a host of other amazing health benefits. Check out [How to Optimize Curcumin](#).
- **[Undecylenic acid](#)**: This fatty acid is six times more effective than caprylic acid. It's been shown in studies that candida cannot build a tolerance for undecylenic acid, which probably makes it the most potent candida killer on this list.
- **[Wormwood](#)**: This is a potent antimicrobial's active ingredient is Artemisia, and it is better known the world over for its ability to kill parasites.
- **[Zinc](#)**: helps with protein digestion, enzymatic reactions, energy production, antioxidant functions, and it is imperative for proper mineral balance. It's common to see a zinc deficiency in a candida-laden body.

## **Fungal Supplement Stack – Knock Out Yeast, Candida, Mold, Fungus**

The first three should be plenty for most people, but for really prominent fungal issues or for impatient people with a bigger budget I'd recommend all of these:

- **[Formula SF722 – Thorne Research](#)**
- **[Syntol AMD – Arthur Andrew Medical](#)**
- **[Berberine 500mg – Thorne Research](#)**
- **[MycoCeutics MycoPhyto Complex – EcoNugenics](#)**
- **[MicroDefense – Pure Encapsulations](#)**
- **[Abzorb Vitamin & Nutrient Optimizer \(500mg\) HCP Formulas](#)**

I recommend taking the SF722, Berberine, MycoCeutics, and Microdefense with meals, and the Abzorb and Syntol separately, on an empty stomach (like in the morning and before bed). The Abzorb and the Syntol are a bit redundant, but I find good

results using both if the budget can afford it. If money is really tight, just get the SF722 and put your money into your diet.

## Diet

You could probably take lots of SF722 every day and eat like the average health-conscious person does and be fine. If you don't want to take supplements forever, you'll need to adopt a much healthier diet.

Here are three articles I put together on diet. This is indicative of how my family eats every single day. The first article has recipes for cranberry lemonade and salads.

- [\*Detox Cheap and Easy Without Fasting – Recipes Included\*](#)
- [\*Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet\*](#)
- [\*How to Make the Healthiest Smoothies – 4 Recipes\*](#)

Make cranberry lemonade every day. The cranberry lemonade helps keep the kidneys and liver working optimally. These organs typically get sluggish quickly when lots of candida are killed. If salads are #1, this cranberry lemonade is #2, and supplements are a distant #3.

Eat a very large salad (7-9 cups) for breakfast. The salad has at least 10 different vegetables and a few different herbs.

Don't let anyone cook or prepare your food for you. This means no boxes or cartons or almond milk. Make it yourself. No restaurants, not premade dinners, no prepackaged meals, your foods you buy should have only one ingredient.

Start off with cranberry lemonade and a huge salad every morning. For lunch, for those that aren't very sick, do a smoothie or snack on some nuts and/or fruit, or we finish that massive breakfast salad.

For dinner, cook from scratch, which will take preparation and time, but it gets easier. Try rice and beans, quinoa, lentils, millet, and amaranth. Some of these foods are not recommended on candida-cleanse diets, but I feel they are beneficial when one is eating the aforementioned salads. Also, we add lots of raw vegetables and herbs to our dinners as well. For instance, the rice and beans go great with raw chopped tomatoes and avocado, diced onions and garlic, and shredded turmeric and ginger. Eat raw herbs and cooked herbs together for maximum health benefits.

The salads are the most important part of this protocol. More than supplements, more than anything save getting enough water, the salads are imperative. Eat lots of raw vegetables. Eat a variety of them. Your fridge should be full of produce! There is nothing more beneficially life-changing than developing a salad habit when the salads are big and diverse and homemade. They do more than any supplement or any other food to clean the intestinal walls of filth and develop a beneficial gut ecosystem.

For those with very serious gut issues, legumes and grains may be a no-no for the first few weeks at least, but when enough salad has been consumed, the gut should be able to reap many benefits from cooked foods like the dinner meals aforementioned. I recommend, for those who are very sick and who have a hard time digesting foods, to slowly add in the aforementioned dinner foods into salads first.

Sweet fruit should be severely limited, and for those who are chronically ill, avoided until the gut is working well. Grapefruit, cranberry, avocado, lime, and lemon do not fall under this category.

Juicing with fruits is not much better than refined sugar, so don't make the common mistake of thinking a fresh-juice fast is going to get you well.

Modern fruit has too much sugar in it; I don't recommend being a fruitarian, especially with an abundance of candida. The key to fixing the gut is a very wide variety of fresh raw vegetables and herbs. Some fruit is great, but too much fruit can send even a healthy gut into fungal overload.

Wheat and oats should be avoided until gut health is restored. Wheat and oats tend to be drenched in glyphosate before they are harvested, and wheat has a host of other issues regarding health. If you want to eat bread, make your own using heirloom seeds and old-school practices. Check out [\*Gluten Intolerance, Wheat Allergies, and Celiac Disease – It's More Complicated Than You Think\*](#) for more information.

## Variety

You need a lot of different kinds of bacteria to make a healthy gut colony. Different bacteria like different foods, and the most beneficial bacteria like the healthiest foods. Raw vegetables and herbs feed the gut the best, producing the healthiest bacteria. If you think about it, nature really wouldn't work any other way. A lot of health practitioners want to limit the diet when someone is sick. They also often say to avoid raw produce. These two ideas are wrong! I work the other way. Limit sweets, including fruits, and eliminate refined and processed foods, but expand your healthy whole foods that don't feed pathogens, and fresh raw produce is best.

## Six Months

It takes around six months for spores to die off. It takes about as long for the gut lining to heal. Fortunately, you can build a healthy biofilm full of beneficial microbes much faster than that. Unfortunately, spores are ready to come to life as soon as they're feed. For anyone with systemic fungal related health issues, it takes six months of being very

Careful and strict on the diet – six months from the day, after all, symptoms are gone – to really get rid of candida, other fungi, and chronic illness.

### Sources:

- [Scientists bust myth that our bodies have more bacteria than human cells – Nature](#)
  - [Why gut bacteria are essential for a healthy immune system – Medical Express](#)
  - [The role of gut microbiota in immune homeostasis and autoimmunity – NCBI](#)
- 

# Having a Medical Marijuana Card Disqualifies You From Gun Ownership, Says Federal Appeals Court

The 9th Circuit Court of Appeals ruled last Wednesday that a ban prohibiting individuals with medical marijuana cards from purchasing firearms does not infringe on their second amendment rights. The ruling is a response to a lawsuit filed by a Nevada resident S. Rowan Wilson in 2011 after she was unable to purchase a weapon for self-defense due to a federal ban on the sale of firearms to illegal drug users. Wilson claims she obtained the card as a gesture of support for marijuana legalization. Chaz Rainey her attorney and plans to appeal the decision.

*We live in a world where having a medical marijuana card is enough to say you don't get a gun, but if you're on the no*

*fly list your constitutional right is still protected..."*

The initial lawsuit was filed in Nevada back in 2011, more than a decade after Nevada decriminalized marijuana and legalized medical marijuana.

## **The 9th Circuit Court and States Law**

This ruling calls to attention some major issues with marijuana regulation in the United States. The court that served this verdict has jurisdiction over the western half of the United States, a region that accounts for roughly 20% of the country's population. It's also which contains more than half of the states that allow recreational marijuana. In fact, the only district overseen by the 9th court without any marijuana legalization is Idaho.

**Recommended:** [\*Trump's FDA Is Bringing Back Asbestos and Making Russian Company Very Happy\*](#)

Those laws are in conflict with the federal government's stance on marijuana, though that attitude might be loosening now that it's clear marijuana is big business. After all, the FDA approved the first marijuana-based medication earlier this year. Does that mean nationwide medical marijuana is coming? Or do certain businesses get the special treatment?

## **What's The Call Here**

So what takes precedence here? Should a person using marijuana legally as a medication be prohibited from purchasing a firearm? Do we apply those laws to those on prescription medications? The recent opioid crisis suggests that marijuana may actually be the lesser of two evils. Public opinion is overwhelmingly in favor of legalized medical marijuana. What does that look like in America, and when do we get to see it?

Recommended: [\*Monsanto Lost! Ordered to Pay \\$289 million in California Roundup Cancer Trial\*](#)

Right now, that looks like a lot of confusion. The likelihood that things will work out for you seems to depend on who you ask and who you are. People of color are unfairly targeted for non-violent drug offenses. Meanwhile, GW Pharmaceuticals has received approval to sell marijuana-based medication while the U.S. Attorney General, Jeff Sessions, continues to promise nationwide crackdowns.

Can we get some consistency?

Sources:

- [\*Court Rules That Medical Marijuana Card Holders Can't Buy Firearms – Fortune\*](#)
  - [\*Legal Recreational Marijuana States and DC – ProCon\*](#)
  - [\*FDA approves first-ever marijuana-based drug in US to help treat epilepsy – The Independent\*](#)
- 

## **Tonsillectomies Linked to Increased Risks of Allergies, Respiratory Illnesses, and Infectious Diseases**

An original investigation published online by the Journal of the American Medical Association's Otolaryngology-Head & Neck division finds that children who underwent tonsil and/or adenoid (the gland on the roof of the mouth that near the connection between nose and mouth) removal contend with increased risks of allergies, respiratory illnesses, and

infectious diseases. Researchers conducted a review of nearly 1.2 million children where roughly 60,000 of them had tonsillectomies, adenoidectomies, or adenotonsillectomy. The children that underwent the procedure were 2 to 3 times more likely to experience upper respiratory diseases. In addition, adenoid removal resulted in a 17% higher risk of infectious disease.

When I was younger, I remember reading a Sweet Valley Twins book where the twins get their tonsils out. They were scared, but by the end of the book all fears had been assuaged and they accepted that getting your tonsils out was an easy operation, simply another cost of childhood. No one asked any questions. As an adult, I have many. What condition is serious to warrant removing a body part? Were there any other alternatives? Most importantly, what does the removal of your tonsils mean for your health long term?

## Why do they do a tonsillectomy?

Tonsil and adenoid removals are usually done in childhood. In fact, the adenoids typically shrink after the age of seven so later removal of them is usually not considered necessary. Both removals are performed in response to inflammation, as enlarged adenoids and tonsils can block a child's airway. Tonsils, in particular, are associated with sore throats.

**Related:** [What Causes Chronic Inflammation, and How To Stop It For Good](#)

There is a good reason that tonsils are associated with sore throats. Tonsils and adenoids are the body's first line of defense against pathogens that enter through the mouth. Doctors remove tonsils and adenoids because they're inflamed, causing sore throats...but that's what they're designed to do. The inflammation is a direct response to infection. The tonsils produce T and B cells, and the adenoids produce white blood cells to combat infection. These organs are known to

perform vitally important functions in the body, yet removing them is one of the most commonly performed surgeries in childhood.

## Alternative Treatment Options

Many doctors are beginning to steer clear of tonsillectomies and adenoidectomies, as they're finding equal or better rates of success with antibiotics. Of course, while much better than surgery, antibiotics are problematic as well. There are other ways to get in front of a sore throat, sinus infection, or cold. Time is of the essence, so the sooner you react to the little tingle at the back of your throat indicating something is wrong, the better. Implementing these steps quickly can be the difference between a day of feeling groggy and a week of downing supplements in a valiant effort to avoid bronchitis or strep. Some of them will obviously be difficult for children. Prevention, aka diet, is really the most important, especially for kids.

**Related:** [\*How to Detoxify From Antibiotics and Other Chemical Antimicrobials\*](#)

**Step One:** Lock down the diet. This is not a time to be treating yourself. Sugar, processed foods, and dairy all feed the infection and can prolong the amount of time you need to recover. Big, diverse salads loaded with lots of chopped garlic and herbs are a must.

**Step Two:** Find (or make) a fire cider. Sip on it all day. The spicier the better. If you have a small child or if you absolutely can't take the cider without something to sweeten it up, the only option is truly raw honey. Once the honey is heated in any way, the body recognizes it as simple sugars and it feeds the infection. Pro tip: try gargling the cider, especially at the back of the throat. [Here's one we like.](#)

**Step Three:** Chew on raw garlic. Garlic should be your new best

friend. For more on how great garlic is, [read this article](#). You don't have to swallow it (especially on an empty stomach, as no one wants to puke when they potentially have a sore throat), but if you feel like you can keep it down, go for it! The longer you can chew the garlic in your mouth, the better.

**Related:** [\*Make Your Immune System Bulletproof with These Natural Remedies\*](#)

If you catch the issue in time, these three steps can be lifesavers. If you need a little extra oomph, other good natural treatments include [oil of oregano](#), [berberine](#) in one of its many forms, slippery elm tea, [cayenne in your lemonade](#), and in dire straits, [herbal snuff](#) (it hurts).

## Conclusion

Tonsillectomies and adenoidectomies are responses to these organs working the way they are designed to. There's a pattern of this, the removal of necessary body parts, in modern medicine, from the tonsils to the appendix to circumcision. In our effort to figure out and control our surroundings, we frequently forget to consider the whole picture. We forget how holistic health actually is.

### Sources:

- [\*Association of Long-Term Risk of Respiratory, Allergic, and Infectious Diseases With Removal of Adenoids and Tonsils in Childhood – JAMA\*](#)
- [\*Avoid Tonsillectomies and Save Your Immune System – Organic Lifestyle Magazine\*](#)
- [\*What do tonsils do and why would we take them out? – Kevin M.D.\*](#)
- [\*What Parents Should Know About Adenoid Removal – University Of Michigan Health Blog\*](#)
- [\*Natural Cough and Sore Throat Remedies – Organic Lifestyle Magazine\*](#)