Yeast

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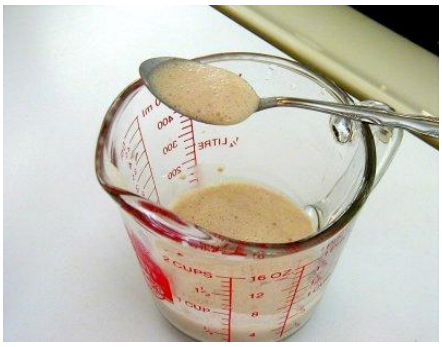

Man first noticed yeast when it bubbled, foamed and caused bread to rise. In different languages the terms have varied. The German hefe (rise), Greek zestos (bubbling foam), French levere (raise), Dutch gist (boiled) and English yeast. This gross appearance of 'boiling' is due to the production of carbon dioxide. Fruit juices and cereal grains are the favorite food of yeast. They produce wine and beer, and raise bread.

Bacteria (prokaryotes) have a much smaller genetic code than yeast (eukaryotes). They all have a cell wall composed of glucosamine, although some new textbooks have missed this point. Science is quick to update information but it seems medicine is very slow to change. The less accurate literature sticks to the old belief that mycoplasma are bacteria without cell walls. Now it is proven that they have a cell wall (peptidoglycan) and may even produce spores that are mistaken for a virus. The mycoplasmas are actually yeast.

There are far more yeasts that cause symptoms (disease) in humans than bacteria. There are so many of them that science has yet to categorize them all. Yeast can replicate every two hours or may grow very slowly. Conditions such as chronic-fatigue, fibro-myalgia, diabetes, and MS advance so slowly that we are not sure when they began. Some studies indicate that they start at childhood. These organisms are known to modify our DNA. Which came first, the genetic code or the organism? Mycoplasmas are often the cause of rheumatoid arthritis and there is conjecture that AIDS is a mycoplasma too.

YEAST

Yeast are a group of microscopic single-celled fungi.

- Nutritional yeasts can be used as condiments and supplements. Rich in B vitamins.
- The yellowish colour of the yeast comes from the concentration of the B vitamin riboflavin.
- Some nutritional yeast contain high-quality protein, with both essential and nonessential amino acids, as well as the vitamins niacin; thiamin, biotin, and folic acid and minerals; selenium, chromium, zinc, phosphorus, and magnesium.

One key mechanism for bacteria to live in the body is that they are small and thus hard to find. Our body uses a system of antigens to mark a bug and alert our white blood cells to aim at the marker. This is called an infection. Yeast fibres can transverse from the hip to shoulder and over to the ovary. This is the way some cancers metastasize. Our white blood cells can certainly find them except the yeast coats itself in a layer of hormones to look like part of us and the immune cells ignore them.

In some instances the white blood cells detect toxins and rush in to clean up. This is called inflammation. Many of the anti-inflammatory medicines are nothing more than immune-suppressors and allow the yeast to spread through the body uninterrupted.

These yeast like parts of the body that have lots of hormones. This makes it easier for them to coat themselves and be camouflaged from our immune system. When the yeasts suck up these hormones we feel the difference. Without the hormone serotonin we feel depressed. Without melatonin we sleep poorly. The yeasts want us to have poor circulation and this is what happens when our thyroid hormones are decreased. Progesterone makes life hard for yeasts so they like to cause incomplete ovulation (infertility). We also lose our libido when progesterone and testosterone are lowered. A high yeast load may cause diabetes, obesity, and high blood pressure.

Men develop signs of yeast overgrowth throughout their lives. Early on boys get jock itch and athlete's foot. Later on men pass yeast on to sexual partners. In middle age we develop dandruff and baldness. The sun on the scalp increases the production of hormones there. As the yeast colonizes inside the arteries they coat themselves with cholesterol, the raw material for hormones, and we are diagnosed with high cholesterol. Later the prostate and testis are overloaded and we develop a mid-life crisis. This usually comes from loss of sexual function and depression. As the sinus overloads, the yeast move into the inner ear and we need hearing aids.

Women have a much more sophisticated hormonal system. Estrogen is used to grow the breast and grow the uterine lining in preparation for pregnancy or menstruation. The side effect is that estrogen will also stimulate yeast to grow, whereas, testosterone keeps yeast quiet. When a woman becomes sexually active and gets a yeast infection, the yeast actually came from the sperm. All the woman's body did was provide a good environment to 'bloom' the plants (yeast).

Women are more important for the survival of humans. They can only reproduce once per year (365 days). A man can reproduce continuously every 3 days. So we only need one male for every one hundred females to survive. In men the testicle (gonad) is attached to the outside and bacteria can travel the route. The ovary (gonad) is not attached to the outside as a mechanism of advanced immune function because the bacteria have a harder time finding their way to the ovaries. Another advanced immune function is for a female to shed her uteri lining every month and clean house. Progesterone is the hormonal part of the enhanced immune function. After the ovary has been stimulated by estrogen to swell and release an egg it then produces progesterone, which kills yeast. A visual sign of this is that when a female dog is high in progesterone and urinates on the grass. The grass dies and we see a dead patch on the lawn (yeast is a plant).

Yeast influences another hormone called insulin. When this is out of order we have diabetes. **When a woman is pregnant for nine months she stops ovulating and thus has no spike of progesterone. If the yeast load gets very high she will develop gestational diabetes.** When yeast die they release many of the collected hormones and we may experience tears and mood swings. Once the baby is born the menstrual cycle returns and yeast are killed with progesterone the woman cries. This is called post-partum depression.

In manic-depressive states the mania may be like the drunkenness of yeast fermenting. I have heard a sixteen-year-old girl state that she feels drunk but doesn't drink. A fellow told me that he hasn't drunk alcohol in several years but blows over the legal limit at every check stop. The depressive part is the hang over and dying yeast.

Many people ask me where we catch these yeasts. Often we pick them up during birth and they may show up as diaper rash. The rash may later become jock itch or psoriasis. Leukemia is known to be yeast in the blood. How to get rid of them? Plants grow slowly and die slowly. Many pharmaceutical drugs can take a year to kill them, as is seen with tuberculosis. Most drugs target the hormones and are very toxic to the liver and kidney (adrenals). These tissues do much of the hormonal processing in the body. I think that the anti-yeast cleanses push the yeast from the intestines deeper into the body. The douches push yeast into the ovaries. The anti-thrush gargles push yeast into the thyroid.

Notice that pregnant women often crave pickles. It is not the pickle that she craves but **the vinegar to kill yeast.** The active ingredient in vinegar is dilute acetic acid. Yeast can't live in acids and particularly acetic acid which is also known to be a grass killer. Just like the progesterone which kills grass, so does the vinegar. This is double trouble for yeast and no trouble for us. I am thinking that red wine vinegar may be better than apple cider vinegar. Time and testing may confirm this suspicion. The apple cider vinegar is easier to find so go for it.

There is one thing to keep in mind. A molecule is only effective if it can reach the target. Having cold hands or feet indicates poor circulation. This reduced circulation may also be a problem in and around swollen cystic ovaries or swollen prostate or swollen thyroid. Improving circulation is essential, as well as enhancing immune function to process toxins and repair the damaged tissues. Having low energy also means that we have low immune energy and low repair ability.

Being healthy is best when a complete strategy is employed.