

# THE DOCTOR IS IN:

## *Candida – Unstuck and in Balance*

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The human body is estimated to be home to over 100 trillion microscopic residents. Many are known to play a crucial role in maintaining health, but some can compromise health if not kept in balance. One such organism is *Candida albicans* or Candida for short, a yeast normally present in the gut, mouth, throat, and vagina. Imbalances of Candida are extremely common. In fact, 75% of women will experience a Candida imbalance in their vaginal tracts at some time in their lives. Additionally, many believe that chronic low-grade Candida imbalances may be responsible for a wide variety of physical and mental health concerns including indigestion, abdominal gas, headaches, low energy, mental fog, itching, and cravings for sweets.

### Common Causes of Candida Imbalance

A healthy balance of Candida in the body is maintained by friendly or “probiotic” bacteria and the metabolites they secrete, several of which directly modulate the growth of Candida.\* Consequently, when numbers of probiotics decrease in response to stress, smoking, alcohol, and food preservatives, Candida can proliferate, often to the detriment of its human host. Candida imbalances may also be fueled by a diet high in sugar as well as imbalances in blood sugar metabolism since sugar is the preferred food source for yeast.

### The Biofilm Challenge

Restoring a healthy balance of Candida can be a challenge due to its ability to exist within a protective sticky matrix called a biofilm. The formation of a biofilm begins with a single Candida cell attaching itself to a surface such as gut or vaginal tissue using cell adhesion glycoproteins. Once attached, the cell begins to secrete biological glues which promote sticking of other Candida cells and provides protection for the group from attacks by the immune system and other competing organisms. The formation of a multi-cellular community of Candida embedded within a biofilm is a very effective survival mechanism...so effective, in fact, that resistance to antimicrobial agents may increase one thousand times according to one researcher. Biofilms can make it difficult not only for conventional Candida treatments to be effective, but for popular natural ones as well.

### Cranberry to the Rescue!

For several years now, scientists have been challenged to develop natural therapies that target Candida biofilms. While most have turned to the world of single molecules, one group of microbiologists and biochemists have turned to nature and made a surprising discovery. Cranberry, a fruit that has long been used to promote microbial balance in the urinary tract – an area where Candida imbalances can occur – contains twelve bioactive chemistries that significantly modulate Candida adhesion and growth *in vitro*.\* Seven of these chemistries are “novel” or never before described. Whether these bioactive chemistries of cranberry have the same effect in humans as they have shown in the laboratory is not known.

### The DART Breakthrough

The researchers were able to identify the Candida modulating chemistries of cranberry using DART (Direct Analysis in Real-Time), a highly sophisticated analytical tool which can generate a precise chemical fingerprint of any substance within seconds. DART allowed the researchers to literally “see” cranberry in a whole new light. They identified several bioactive chemistries that bind to the glycoproteins on the surface of Candida responsible for host recognition, adhesion, and biofilm formation and others that slow the replication of Candida. In other words, the chemistries are believed to make Candida cells less sticky and therefore less likely to become imbalanced.

### Introducing Candida Take Care®

The Candida modulating chemistries in cranberry are delivered as part of a proprietary extract of whole ripe cranberries in a product offered by **New Chapter®** (newchapter.com) called **Candida Take Care®**.\* The extract is created using a patent-pending supercritical and hydroethanolic extraction process which optimizes levels of the key bioactive chemistries so that clinically useful concentrations can be achieved in the bloodstream within 30 minutes.\* All of the chemistries are delivered as part of a broad spectrum of over 700 chemistries naturally occurring in whole cranberry. These additional chemistries provide important synergistic benefits such as promoting a healthy inflammation response and neutralizing free radicals.\* Another truly impressive feature of **Candida Take Care** is that every dose contains the exact same DART fingerprint as the last. In other words, you can rest assured that every vegetarian capsule consumed will deliver consistent amounts of the described chemistries.

**New Chapter's Candida Take Care** is a safe and effective way to slip slide away Candida biofilms and help to maintain a healthy balance of Candida in the body.\* The suggested serving size is one vegetarian capsule daily for maintenance or two daily for enhanced defense.\* Consider combining **Candida Take Care** with a live probiotic supplement such as **New Chapter's Probiotic All-Flora®** to further promote microbial balance.\*

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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