

weight-loss discovery

Break the yeast



At least 15 million American women have *candidiasis*, a yeast overgrowth that triggers fatigue and weight gain. The good news: UCLA researchers report that it takes only 10 days to get on the fast track to trim and healthy!

You're all too familiar with the people in your life who hamper your weight-loss efforts: the husband who serves up huge portions, the 10-year-old who always orders fries (you can't resist stealing a few!), the best friend who coaxes you out to Baskin-Robbins, the coworker who refills her candy dish religiously... All these well-meaning people can lead you off the dietary straight and narrow. But there's one creature—probably not even on your radar—that can derail your efforts more than all the rest combined: yeast.

"The type of fungus we call yeast is always present in small amounts in the gut," says Fred Pescatore, M.D., director of the Centers for Integrative and Complementary Medicine in New York City and coauthor of *Boost Your Health With Bacteria* (AIM, 2009). "Normally, yeast is kept in check by probiotics, good bacteria that compete with yeast for food and space, hindering the production and spread of the fungus." But factors that are widely beyond our control (like increased exposure to environmental toxins, pesticides and hidden sugars in foods) combine with lifestyle factors (such as chronic stress and overuse of antibiotics) to kill probiotics. Dr. Pescatore adds, "Even a single bout of food poisoning, flu or any other illness can disrupt the delicate microbial balance in the intestines for years."

How yeast packs on 30+ extra pounds

In studies at the Fibromyalgia & Fatigue Centers in Dallas, yeast overgrowth has been linked to an

health

-belly fat cycle

average weight gain of 32.5 pounds, reports center medical director Jacob Teitelbaum, M.D., author of *Beat Sugar Addiction Now!* (Fair Winds Press, 2010). Here's why:

Yeast triggers intense cravings. "Yeast cells can colonize the digestive tract by the millions," says Dr. Teitelbaum. "Once they do, they demand to be fed with carbs—which leads to carb cravings that are nearly impossible to resist. And when carbs are consumed, yeast has the fuel it needs to multiply even further."

Yeast hinders the thyroid. The immune system does attempt (often unsuccessfully) to destroy yeast. "Unfortunately, the result of this battle is the production of inflammatory compounds that suppress thyroid function," says Dr. Teitelbaum. "In turn, this reduces the body's ability to convert food—and fat—into energy."

Yeast causes belly bloat. When yeast ferments carbs, it produces toxic waste products. To minimize the damage this waste can cause, the body retains water to dilute it, says Dr. Teitelbaum. "The resulting bloat can add five to seven inches to your waistline."

The yeast detox that melts major inches

The good news: Yeast can be eradicated with a 10-day detox, say UCLA researchers. The result: Fat burn is revved, trapped fluids are flushed and cravings fade. So slimming is automatic, even long after the detox is complete. ▶

Is yeast overgrowth making you fat and tired?

If you struggle with three or more of the following, you might be suffering from yeast overgrowth.

- Chronic fatigue
- Difficulty concentrating
- Irritability and/or mood swings
- Digestive woes (heartburn, bloat, diarrhea, constipation)
- Frequent yeast infections
- Acne and/or dry, itchy skin
- Intense carb cravings
- A white coating on the tongue
- Chronic congestion or sinusitis
- Athlete's foot or yellowing nails
- Regular headaches or migraines

3 foods that kill yeast

The fastest way to optimal health is a 10-day yeast flush, as outlined on the following pages. But if you're short on time, just adding these three foods to your diet will lower yeast levels.

▶ **COCONUT OIL:** According to scientists at Nigeria's University College Hospital, coconut oil destroys up to 100 percent of yeast cells (even drug-resistant candida species) on contact. Credit goes to its lauric, caprylic and capric acids—fatty acids that work synergistically to split open the protective outer wall of yeast cells. The proven dose: 3 Tbs. daily. To maximize weight loss, use coconut oil as a replacement for other dietary fats like butter and hydrogenated oil when cooking.



▶ **RAW GARLIC:** Researchers at Putra University in Malaysia have pinpointed two unique antifungal actions of raw garlic. The herb shuts down the formation of *hyphae*, the long branching strands created by yeast to help it grow and spread. Also, garlic forces yeast cells to age and die prematurely by reducing the activity of their antiaging gene by 50 percent. The proven dose: one raw clove daily.



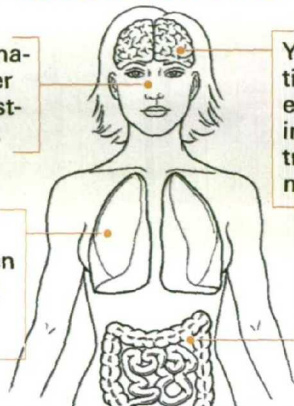
▶ **SPICES:** Studies show that the aromatic oils in spices contain dozens of biologically active ingredients that can stall yeast growth by turning off the genetic master switch needed to initiate reproduction. The most powerful include thyme, cloves, rosemary, coriander, sage, turmeric, oregano, ginger and curry blends. The proven dose: 1½ Tbs. of fresh or 2 tsp. of dried herbs daily.



THE BODY-WIDE IMPACT OF YEAST

Yeast produces inflammatory proteins that trigger chronic congestion, post-nasal drip and sinusitis.

Yeast produces toxic by-products that weaken immune cells, resulting in frequent colds and other infections.



Yeast inhibits the absorption of brain-nourishing essential fatty acids, leading to difficulty concentrating, irritability and/or mood swings.

Yeast crowds out digestion-enhancing probiotics, triggering heartburn, bloat, diarrhea and/or constipation.

Photo: Alex Blixa. Hair: Andrea Martin for Agency Gerard. Makeup: Robert Huitron. Stylist: Frank Polanco. Bordeaux tank top. American Eagle Outfitters capris. Stills, from top: Volff/Fotolia; Marc Dietrich/Fotolia; iStockphoto. Illustration: Karen Kuchar. Text: Jennifer Joseph.

Flip for your 10-day cleanse

weight-loss discovery



NOW:
206 lbs

Carol Allen, 58, Spokane
Height: 5'8"

Carol lost 141 lbs!



THEN: 347 lbs

It worked for me

"I didn't just get thin—I got healthy!"

Carol Allen had just settled into a lawn chair at a relative's house when she felt it collapse under her weight. Embarrassed, she thought, *I can't believe I've broken someone's chair...again!*

Carol often felt the sting of shame at her heaviest. "To me, freedom would be if I could say no to a muffin," she says. But one failed diet after another reinforced the fact that food had all the power in this relationship.

Still, Carol kept praying for strength. She started losing on a low-glycemic diet. Then she got an advance copy of Cherie Calbom's latest book, *The Juice Lady's Turbo Diet*. Carol felt confident she'd reach optimal health by detoxing the candida from her system. She lost 7 pounds in the first three days, enjoying juice blends of parsley, celery, cucumbers, arugula and lemon. She says, "I felt full, not deprived."

After losing 141 pounds, Carol finally has freedom. She says, "When I asked my daughter-in-law if her chair would hold me, she replied, 'Carol, every chair will hold you—you're thin now!'"

Drop 5 inches of belly fat in 10 days

"A juice cleanse provides hundreds of rapidly absorbed micronutrients, yet none of the poor-quality carbs that yeast depends upon to survive," says Cherie Calbom, author of *The Juice Lady's Turbo Diet* (Siloam Press, 2010). "This causes candida counts—along with cravings—to plummet, often in as little as three days."

Thousands of women have already successfully shed up to 10 pounds, and 5 inches off their tummies, in just 10 days using Calbom's targeted juice cleanses. Other perks: a 100 percent improvement in energy and digestive function, 30 percent fewer headaches and joint pain, clearer skin and fewer menopausal symptoms.

Your formula for slim and energized

On this plan, you'll sip unlimited vegetable and low-sugar fruit juices, plus enjoy unlimited raw or lightly steamed veggies and some lean protein. But for optimal results, avoid sugar and other simple carbs, dairy and all mold- and yeast-containing foods (including alcohol, bread and dried fruit). Important: Since this cleanse can result in rapid weight loss and detoxification, get your doctor's approval before you begin. To further eradicate yeast, take a probiotic supplement for at least three months.

A SAMPLE DAY TO JUMP-START YOUR SLIMDOWN



Breakfast

Juice 3 to 4 trimmed carrots; 1 cucumber; 1 small beet; 1 lemon, peeled; 1" chunk gingerroot and 1/2 green apple



Morning snack

Fresh vegetable crudités with hummus



Lunch

Juice 2 medium tomatoes; 2 dark green lettuce leaves; 2 radishes; a small handful of parsley; 1 lime, peeled, and a dash of hot sauce

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One to try: Enzymatic Therapy Pearls IC Intensive Care Probiotics (\$13 for a one-month supply, at drugstore.com).

Day 10 and beyond

After 10 days of cleansing, the body's yeast population and probiotic counts will return to optimal levels. Maintaining this healthy balance will help keep your metabolism revved and your appetite in check. The key is to reintroduce sugars, yeasted foods and grains slowly, adding one new food every four days, says Fred Pescatore, M.D. "And during this phase, watch for bloat," he cautions. "That's a tip-off that yeast may once again be getting a toehold." 🍄

If you're new to juicing...

"A quality juicer is key to making juicing quick, easy and mess-free," says Calbom. Her advice: Choose a machine with a 3"-long feed tube (so you don't have to cut up produce); an easy-to-empty pulp-catcher basket that you can line with a plastic bag; dishwasher-safe parts, and a 1/2 horsepower motor.

FIRST's pick: Hamilton Beach 67650 Big Mouth Pro Juice Extractor (\$75, at amazon.com). Reviewers love this model's large feed chute, its powerful motor and easy cleanup. And its affordable price tag and superior performance earned this model the coveted "best buy" recommendation in *Consumer Reports*.

It worked for me

"I dropped 11 pant sizes!"

"How far along are you? Eight months?" Gabriela Rosenthal was too tired to explain her terrible belly bloat to the stranger, so she answered with a lie, "Yep."

In truth, this mother of four had been wearing maternity clothes for 12 years. Gabriela knew her habit of starting each day with 10 mini powdered donuts didn't help, but her cravings seemed merciless.

As Gabriela's belly grew, so did her list of complaints: yeast and urinary tract infections, joint pain, migraines, dry skin, lack of energy... "I finally got to the point where I couldn't stand how I looked or felt," she says. "I didn't want to live the rest of my life sick."

Armed with research, Gabriela cut back on simple carbs and consumed juices made with celery, spinach and berries. The diet change worked: "I haven't been sick in three years!" Gabriela cheers. Plus, her size 24 waist shrank to a 2.

Now Gabriela is always on her toes, ready to field questions from strangers. Smiling, she recalls, "One woman came up to me in a parking lot and said, 'Miss, I have to tell you, you look amazing. How do you do it?'"

Gabriela Rosenthal, 43, Pembroke Pines, FL
Height: 5'4"

NOW:
130 lbs



THEN: 260 lbs

Gabriela lost 130 lbs!



Afternoon snack

Juice 2 stalks fennel with leaves, 1 cucumber, 1 green apple, 1 handful of mint and 1" chunk gingerroot



Dinner

Grilled salmon with roasted asparagus, and a side of millet or quinoa



Dessert

1 cup fresh berries with 1 cup plain Greek yogurt