

Yeast Die-Off

Yeast die-off (detoxification), or the Herxheimer reaction, occurs when you start an anti-yeast or anti-candidiasis program. When you treat yeast overgrowth, large numbers of yeast cells die off quickly, releasing their toxins into the body. These toxins are quickly absorbed into the colon membrane and circulate throughout the entire body causing adverse symptoms. These toxins affect the mucous membranes in the mouth, esophagus, stomach, small and large intestines, sexual and urinary organs, sinuses, Eustachian tubes in the ears, bronchi, lymphatics, and even the joints. This explains why the entire body reacts to die-off; the body must eliminate these toxins.

Each person's die-off reaction is different. Your body will react in a unique and individual way. Often your symptoms may be an exacerbation of symptoms already present or a representation of new symptoms never before experienced. Some sort of "die-off" reaction, be it *subtle* or *severe*, tells you that the treatment for yeast is working. However, the severity of your die-off reaction is **NOT** directly related to the amount of yeast in your system.

Some of the symptoms may include:

- Fatigue
- Headaches
- Flu-like Symptoms
- Aching Joints
- Irritability
- Dizziness/Lightheadedness
- Nausea/Cramping
- Dry Mouth
- Eczema
- Bowel/Stool Changes
- Bloating/Gas
- Yeast Infections (Vaginal, Jock Itch)
- Bladder Infection
- Sinus Infection
- Generalized Itching/Rash
- Food Cravings
- Decreased Appetite

These symptoms **do not** mean that you are having a drug reaction or that you are allergic to Nystatin. It only means the medication is doing its job by going into the large intestine and killing the yeast in the spore form there. Symptoms can last anywhere from several days to two weeks. It is different for each individual. Staying strictly on your yeast-free eating program will help tremendously. Occasionally reducing (not stopping) the dosage of Nystatin if needed will slow down the die-off process, making symptoms more tolerable.

We recommend that you obtain a supplement called **Neutra-Tabs** from Physician's Preference to take along with the anti-yeast medications for the duration of the die-off symptoms. Neutra-Tabs (sodium bicarbonate and potassium bicarbonate) devour the toxins dumped by the dying yeast cells. An over-the-counter medication called Alka-Seltzer Gold is similar to Neutra-Tabs, but Neutra-Tabs are more pure and, therefore, very effective. You may take one or two Neutra-Tabs with each dose of Nystatin. When you begin taking Fluconazole (which kills a more mature form of the yeast that has migrated to other parts of the body and the bloodstream) after two weeks on the eating program, die-off symptoms may again occur. If you are a current guest, whenever symptoms do occur, contact the Nursing Department if you are unsure of the origin of your complaints. **Remember, die-off is a temporary condition.** To ease your die-off symptoms, try a massage, exercise, or soak in an Epsom salt bath. Detoxing the body is important for the absorption of your hormones, nutrients, and supplements.

