

INSTRUCTIONS FOR USING NZYMES® PRODUCTS TO COMBAT SYSTEMIC YEAST INFECTIONS (SYI) OR CANDIDA ALBICANS

Symptoms Checklist - Prepared for Biopet by Dr. Neal Weiner - DVM - Shasta, Ca.

BEFORE YOU BEGIN!

PLEASE READ ALL THE INFORMATION.

WHAT IS A YEAST INFECTION (SYI)?

Before plunging into our nutritional program for yeast problems, you should have a basic understanding of the subject. Simply put, there are about 500 different known microorganisms residing in the digestive tract. Some are good, some are bad. These bacteria are necessary to maintain proper digestion and to build immunities for good health.

Normally, the large intestine hosts a balance of beneficial bacteria (Lactobacillus acidophilus and Lactobacillus bifidus) along with the harmful Candida. Candida is usually kept in check by the Lactobacillus bacteria, partially by the production of lactic acid. Candida actually provides growth factors for Lactobacillus. They exist in a natural balance, until something happens to upset that balance.

WHEN THE BALANCE IS UPSET

Although there is no "single factor" responsible for turning this naturally occurring organism into an agent of disease, the candida species is notorious for being an "opportunistic" pathogen: "They incite disease in hosts whose local or systemic immune attributes have been impaired, damaged, or innately dysfunctional". Candida has a tenacious ability to adhere to mucosal surfaces. This is a necessary step for the initiation of candidiasis, and adherence depends on the immune status of the host. Candida secretes enzymes which destroy membrane integrity, leading to dysfunction. Candida also secretes toxins which activate the immune system, overload the liver, and then deposit in body tissues.

There are 3 types of YEAST infections:

Superficial (most common) - characterized by inflammation of tissue linings, i.e. skin, GI tract, pharynx, upper and lower respiratory tract etc.

Locally invasive - i.e. pneumonia, cystitis, esophagitis, the most common being ulcerations of the intestinal, respiratory or genito-urinary tract.

Systemic - an invasive infection, characterized by lesions of the heart, kidneys, liver, spleen, lung, brain and other organs.

There are several things to consider with candidiasis:

1. The inflammatory response must be treated;
2. Lactobacillus count needs to be increased in order to keep Candida in check;
3. The immune system needs strengthening, which decreases adherence ability;
4. Antibiotics, steroids, and other immune-suppressing drugs, along with simple carbohydrate foods, should be avoided;
5. Digestive secretions should be increased;
6. Nutrient deficiencies should be reversed and liver function should be optimized to increase ability to filter toxins.

The good bacteria that are attached to the inner intestinal walls are benign and do not harm us. They don't make harmful chemicals or provoke immune responses and inflammation. These microorganisms protect us from the adherence of disease causing bacteria, like Salmonella and Shigella, which cause diarrhea.

HOW DO ANTIBIOTICS AFFECT CANDIDA

When antibiotics are given for an infection, the antibiotics not only kill the bad bacteria contributing to the infection but also can kill and clear out the more beneficial benign

YEAST SYMPTOMS CHECKLIST

Check each of the symptoms that the pet is experiencing. Then calculate your score.

GENERAL HEALTH

- Fatigue
- Poor Appetite
- Over-weight
- Nervousness
- Anxiety
- Allergies
- Environmental Sensitivities to pollens, weeds and grass
- Frequent Infections
- Dull rough hair coat

SKIN

- Rashes and Itching
- Hives
- Draining Sores
- Body Odor
- Face Rubbing
- Acne
- Eczema
- Oily, Greasy Skin
- Dry, Flaky Skin
- Excessive Shedding
- Discolored Skin (blackened skin)
- Thickened Rough Skin

RESPIRATORY SYSTEM

- Wheezing
- Coughing
- Asthma
- Nasal Discharge
- Reverse Sneezing
- Itching Nose

DIGESTIVE SYSTEM

- Bad Breath
- Smelly Bowel Movements
- Indigestion
- Frequent Episodes of Vomiting/Diarrhea

bacteria in your gut. **Candida is unaffected by the antibiotics** and readily moves-in and takes over as the good guys die off. As the yeast invades new territory, it entrenches itself, and will continue its relentless advance as long as it remains unopposed.

We all know the importance of antibiotics for a serious infection. The unfortunate side-effect of antibiotics is that they destroy the 'good guy' bacteria, at the same time causing GI imbalance. Sadly, antibiotics are often part of many of the popular pet foods being sold today.

The disruption if the intestinal balance is where the troubles begin. The Candida yeast goes through cycles of overgrowth, where toxins are released throughout the system causing numerous or various symptoms (see symptoms list). Candida makes a variety of toxic chemicals, which kill the good bacteria. The making of these chemicals prevents bacteria from coming back and enables the yeast to stay after antibiotics are given. These chemicals include toxic alcohol, acetone and the nerve poison hydrogen sulfide. These chemicals are very sedating, slow down the brain and may cause chronic fatigue.

WHAT ARE THE SYMPTOMS?

Candida symptoms are often diagnosed as "ALLERGIES" and commonly seen as rashes and skin outbreaks in the

- Constipation
- Malformed Stools
- Anal Gland Irritation

EARS

- Increased Discharge
- Ear Infections
- Ear Itching

EYES

- Itching Eyes
- Red, Irritated Eyes
- Cloudy Eyes
- Excessive Tearing
- Dull Appearance to Eyes

MUSCULOSKELETAL SYSTEM

- Joint Pain
- Arthritis
- Backaches
- Stiff Neck

UROGENITAL SYSTEM

- Bladder Infections
- Bladder / Kidney Stones
- Increased Urination
- Irregular Heat Cycles
- Vaginal Discharge / Infections

SCORE RESULTS

0 = excellent health

1-2 = mild dietary change and nutraceutical/herbal support needed.

2-5 = moderate dietary change and nutraceutical/ herbal support needed.

5+ = marked dietary change, nutraceutical and herbal support and time needed for your dog or cat to cleanse, detoxify rebuild his or her immune system and replenish missing food nutrients not available from previous diet.

The time needed to do this averages out to be 1 month for every year of life!!

paws, face/muzzle, ears, under arms, underbelly or genital areas. Other symptoms include recurring ear infections, eye infections, and bladder or urinary tract infections.

In yet other ways, the yeast toxins can cause fatigue, lethargy, immobility, joint pain and discomfort. The animals start experience severe itching, which leads to endless biting, chewing and hair loss. Symptoms may include skin problems like; blackening of the skin, dry flaky skin or greasy type grit on the skin. As the condition worsens over time a bad yeasty smell or odor may accompany this.

Yeast is very evasive and resistant of the body's immune system. So the immune system generates inflammation, which provides a defensive wall against the yeast. Normally this painful inflammation resolves with healing, but in the case of Candida, it resists the immune system. As these immune cells circulate and find yeast in other places, such as the skin, they start additional inflammation. Again however the immune system cannot clear the Candida. Then the inflammation persists, leading to chronic inflammation on the skin. There are many names for such skin inflammation, on both humans and dogs, ranging from eczema to psoriasis. In the intestinal tract, such persistent inflammation can develop into Crohn's disease and ulcerative colitis.

USING THE NZYMES® YEAST KIT

Each **NZYMES®** product works in specific areas to help accomplish the goals below, while working in harmony to bring the system back into balance.

OUR 4-PART APPROACH THIS PROBLEM

1. Combat the candida yeast.
2. Cleanse toxins from of the body.
3. Re-establish good bacteria & crowd-out yeast.
4. Feed the correct type of foods

PART 1. USE NZYMES® TREATS OR GRANULES DAILY

Each day your pet will need to take our **Treats or Granules**. They provide vital 'live food' dietary enzymes, which are completely absent from all cooked and processed pet foods. These key enzymes provide the mechanisms to help the body produce powerful antioxidant enzymes. In combating SYI's, they play a vital role by helping to flush out the dying candida yeast toxins from the body and free radicals at a cellular level. Typically, it helps to boost the immune system, reduce inflammation, speed the healing process, enhance the coat and skin.

NOTE: We recommend to double the normal daily usage of the Treats or Granules for the first 2 weeks.

PART 2. USE NZYMES® OXY-DROPS

Oxy-Drops is an anti-bacterial, anti-fungal, anti-viral agent that can be used both internally and topically to battle the CANDIDA YEAST FUNGUS.

USING OXY-DROPS INTERNALLY

The internal dose for **Oxy-Drops** is 1 drop (twice daily) for every 20 lbs. of bodyweight. The drops should be mixed with a little water with each meal. Place the drops in a teaspoon of water and add to the pet's food. In addition, a few drops can be added to the water dish to protect against other bacteria. **Oxy-Drops** are highly alkaline, so they must be diluted with water for internal and topical use.

(Keep away from children and pets).

USING OXY-DROPS TOPICALLY

Another important use for **Oxy-Drops** is topical. A 2% topical solution can be prepared by adding 1 teaspoon of **Oxy-Drops** to 8 oz. of distilled water (80 drops per 1 cup). This mixture is best applied with an 8 oz. spray bottle. Spray the affected areas 2-3 times a day or wipe with a soaked cotton ball. This works much like an anti-septic, speeding up the healing process on the surface of the skin, and helps to stop itching. **For candida yeasty ears;** saturate a cotton ball with the 2% solution and thoroughly rinse the inside of the ears 2-3 times daily; then once or twice weekly thereafter for maintenance.

PART 2a. Use NZYMES® Tincture of Black Leaf

Black-Leaf is a very potent antibacterial, anti-fungal, anti-viral and anti-parasitic HERBAL tincture of Olive Leaf and Black Walnut. **Black-Leaf** helps provides an extra boost to aid the yeast cleansing and healing process and generally shortens the time it takes to get the situation under control.

WHAT SHOULD I EXPECT?

This is a slow cleansing process! It often takes 3 to 7 months before you see the major changes with your pet. The symptoms often appear to worsen during the initial two months of the program, usually beginning at about 3-4 weeks. This **Herxheimer effect** of the body detoxifying can last for quite some period as the process of cleansing Candida often produces flu-like symptoms like nausea, loose stools, diarrhea and the pet may appear lethargic. The time for improvement averages to be 1 month for every year of life and slightly longer for those pets with a history of ongoing medication usage like antibiotics, steroids and antihistamines.

Keep an eye on your pet's general health and temperature (normally 101 to 102) and certainly DON'T AVOID TREATMENT by your Vet for more serious infections.

You may choose to incorporate **BLACK-LEAF**, along with **Oxy-Drops**, to combat the yeast for both internal and topical applications.

USING BLACK-LEAF INTERNALLY

(Follow the Directions on the bottle)

USING BLACK-LEAF TOPICALLY - Mix the Black-Leaf with distilled water (1 part Black-Leaf to 3 parts water and apply mixture to the affected area).

PART 3. USE NZYMES® BAC-PAK PLUS

This is a powerful blend of digestive enzymes and probiotics (good guy microorganisms). Under normal conditions, these are essential with the breakdown and then uptake of nutrients to the body. When combating an SYI's, **BacPak Plus** completes the 3rd crucial step in the process. While the **Oxy-Drops** and **NZYMES® Treats or Granules** are battling and flushing out Candida yeast toxins, **BacPak Plus** delivers literally billions of friendly bacteria to the system. It is critical to re-establish this good bacteria so that the body can gain back the lost territory given up to candida yeast.

PART 4. USE FOOD WITH NO YEAST ACTIVATORS

Change the food to a meat-based brand of food with human-grade ingredients and a vitamins and minerals package designed to be more thoroughly absorbed. **(See our List of Recommended foods for yeast)**

WHY DO I NEED TO CHANGE FOOD?

By far, the vast majority of pet foods are comprised of poor quality ingredients, preservatives completely devoid of 'living materials', but chock full of starches, grains and carbohydrates (which feed the yeast). Many pet foods even contain remnants of antibiotics through processing. **** Most pet foods are grain-based, not meat-based.**

The problem with grain-based foods is the starch, which candida yeast thrives on. Processed carbohydrates feed the candida yeast, which continues to choke the GI tract from building immunities by utilizing the good bacteria flora. As a result the pet's immune system gets weaker and weaker. It's a terrible cycle!

FOODS AND TREATS TO AVOID:

Avoid: Meat-by-products, Poultry-by-products, sausage, bacon, corn beef, lunch meats, smoked turkey, Ham, sauces or gravies.

Avoid: grain products: and prepackaged breads, cereals, cookies, crackers, pretzels, or any type of treats that are made with enriched Flour or wheat flour, wheat gluten,

Avoid: Corn meal, Corn syrup, Corn gluten, Rice flour, caramel coloring or Sugar.

Avoid: dairy products; like buttermilk, cheeses and Cottage cheese.

Avoid: Peanuts, sorbital, onions, yams, potatoes, sweet potatoes or pasta.

Avoid: Vitamin or minerals supplements made from yeast sources.

AVOID ANYTHING SWEET: sugar, honey, molasses, maple syrup, corn syrup or Dextrose.

FOODS WE RECOMMEND FOR YEAST ISSUES

Eaglepack	*Holistic Chicken, Natural or Original
800-255-5959	www.eaglepack.com
Precise	*Use Precise Plus
800-446-7148	www.precisepet.com
Blackwood Pet Food	*Use Blackwood 2000
800-226-4613	www.blackwoodpetfood.com
Back to Basics	*Use the Chicken or Pork
800-219-2558	www.backtobasicspetfood.com
Innova	*Use Healthwise brand
800-532-7261	www.naturapet.com
Wellness	*Use Super5Mix Lamb / Super5Mix Sr.
800-225-0904	www.oldmotherhubbard.com
PHD	*Canine Growth & Maintenance Formula
800-320-7062	www.phdproducts.com
Regal	* Use the Sensi-bites
800-638-7006	www.regalpetfoods.com

RAW-BASED DIETS

Steve's Real Food	
888-526-1900	www.stevesrealfood.com
Country Pet	
800-454-7387	www.countrypet.com

OTHER HELPFUL SUGGESTIONS

GIVE WEEKLY BATHS

Give weekly baths to clear the skin of dead and dying materials. Use a sulfur-based or medicated shampoo for fungus, one with Ketoconazole - KetoChlor Shampoo by VirBac or **Malaseb** Shampoo (by DVM). Ask your vet.

ALLOW THESE SHAMPOO PRODUCTS TO REMAIN ON THE PET'S BODY FOR UP TO AN HOUR AFTER BATHING BEFORE YOU RINSE. THIS HAS BEEN THE MOST EFFECTIVE WAY TO HELP SOOTHE THE ITCHING.

FOR ITCHY SKIN OR SMELL!

OPTION I: USE A RAW APPLE-CIDER VINEGAR RINSE

It is helpful to apply a FINAL rinse with a 50/50 mixture of raw apple cider vinegar and water;

WARNING!! APPLE-CIDER VINEGAR rinses should NEVER be applied to pets with any open lesions.

INTERNAL USE:

RAW APPLE CIDER VINEGAR OR LEMON JUICE: Just add daily to pet's water.

Body Weight	Amount to Give
10 lbs. or less	1/4 teaspoon per day
10 to 60 lbs.	1 teaspoon per day
60 lbs. and above	2 teaspoons per day

DON'T MIX OXYDROPS & Apple Cider Vinegar

We suggest to use the Apple Cider Vinegar in the pet's water, and the **Oxy-Drops** mixed with a little water and then added to the pet's food This way they don't cancel out the benefits of each.

OPTION II: PREPARING A BAKING SODA RINSE

Using a final rinse of **BAKING SODA AND WATER** for the pets body after shampooing can be very effective to reduce the overall itchiness and smell. Mix two (2) teaspoons of BAKING SODA per gallon of water; make sure to mix it so it completely dissolves.

PREPARING BAKING SODA SPRAY BOTTLE

Mix one (1) heaping teaspoon of **BAKING SODA** with 8 ozs. of water. Use this with a spray bottle or cotton ball for the itchy rashes areas. Reports show that it is quite helpful with the overall itchiness, skin problems and inflammation.