

# Case Histories

## Case History – Chronic Candida & Fatigue Improves Fast

<b>Gender, Age, Occupation, Nationality, height and weight.</b>	<p>Mr. R.G. is a 39 yr old man who is not working due to ill health.</p> <p>He is 5 ft 10 in tall and weighs 11 stone 2 (180 cm, 72 kg).</p>
<b>Presenting complaint – list and duration</b>	<p>R.G. had been off work due to ill health for 6 weeks. He had struggled through the previous year and finally could not go on.</p> <p>R.G. presented with bone-wearisome fatigue, poor sleep patterns and “incredibly useless concentration and brain function”. It was the latter that put paid to his holding down his job, which he loved despite it being very hard work and stressful. These symptoms had been present in one form or other for the past decade, but had worsened 4 years ago, when he started this job.</p> <p>For the past 10 years had been suffering from bloating &amp; gas, and for 30 years described suffering from frequent colds and flus.</p>
<b>Any Investigations</b>	<p>R.G. has visited his doctor about 10 times in the past 10 years but was told that there was nothing wrong with him, according to his blood tests on 5 separate occasions.</p> <p>He had visited many complementary medicine practitioners and, amongst other forms of assessment, was told that he had a weakened immune system and food intolerances and this was the cause of his symptoms. So, a few years ago, he avoided wheat and dairy products and experienced a marked improvement in his energy and gut function. However, this only lasted a few months and then the bloating and wind returned as bad as ever. He still avoids wheat &amp; dairy.</p> <p>Since R.G. had started a new, much cherished job 4 years ago, he had gone downhill. His sleep pattern became poor, and he became progressively tired, so much so that he used to hide away from his colleagues to cat-nap every afternoon.</p> <p>A year ago, he sought nutritional advice and had an adrenal stress test which revealed a low level of cortisol – 14.8 total (8.4, 3.3, 2.5, 0.6), &amp; borderline DHEA. He found the diagnosis of ‘Adrenal Fatigue’ reassuring and he read Dr James Wilson’s book and identified with many of the signs and symptoms. However, his brain function and concentration was so compromised and did not match the pattern of adrenal fatigue. Nor did it explain the embarrassing gas and bloating he had daily, worsening</p>

## Strategy

as the day went on. However, he felt that he was 'on to something' with the adrenal fatigue and when we met was taking supplements to support his adrenals, and eating the diet in the book.

However, 6 weeks ago, his doctor had signed him off work quoting a 'virus', for the record, as the cause of R.G.'s poor health.

Taking a detailed case history, I considered the 30 year history of weakened immunity. He had suffered from viruses as well as potential bacterial infections and had been prescribed a few courses of antibiotics, over a decade ago.

Although there were no overt candida or other yeast signs and symptoms such as penile or oral thrush or athlete's foot, I recommended that R.G. undertake a candida antibody test. His gas and bloating certainly reflected a fermentation process, which must be either yeast or bacteria. His diet was already sound and required virtually no change. I considered it could also have been low HCl acid and enzymes too.

The results revealed a Candida IgA level of 63, which is very elevated (normal range up to 10). This helped to confirm to R.G. that there was an additional immune imbalance with which he was struggling that may explain his brain incompetence and digestive issues.

As this case bears out, and as with most patients I meet with chronic yeast conditions, I have learned an important lesson – "do not attack the yeast in the first instance". I was not forgetting that it is the immune system that ultimately resolves a yeast issue, and it is often a mistake to commence a supplement programme with 'anti-fungals' in chronic sufferers. The die-off, or sheer inability to handle the increased burden of toxins produced by the yeast eradication is simply too great for the body to handle in these cases. It is often important to also address a existing bacterial or virus condition by supporting the immune system before tackling the chronic yeast head on.

This is, however, sometimes less relevant with acute yeast infection.

R.G's GP suggested he may have an on-going viral infection, due to compromised immunity.

I therefore addressed the candida only on a dietary front and provided him with supplements that focused on his innate immune system and provided broad-spectrum anti-viral support.

**Diet & Supplements: name and dose**

We reviewed R.G.'s existing very sound diet and made minor changes to it such as the exclusion of fruit, an increase in his water intake and variety in his sources of non-wheat, yeast-free carbohydrates.

The following supplements were recommended:

**Supplement Programme designed to counter viruses, inflammation, support cortisol & gently inhibit yeast**

<b>Product</b>	<b>Dosage</b>
<i>Resilience builder, adrenal support</i>	
<b>Stabilium</b> (AR)	4 at breakfast
<i>Probiotic (fridge)</i>	
<b>Lactobacillus GG</b> (AR)	1 at breakfast
<i>Colostrum, GI &amp; Systemic Immune support (fridge)</i>	
<b>Immuno-gG</b> (BR)	1 with lunch, 2 at bedtime
<i>Natural anti-viral, immune support</i>	
<b>ProLive</b> (AR)	1 with each meal

- **Stabilium** – ancient European fish remedy for resilience and adrenal support.
- **Lactobacillus GG** – the world’s most-researched probiotic with proven benefits for a host of conditions, not just within the gut.
- **Immuno-gG** – colostrum which has already proven its worth in countless patients. Helps to reduce intestinal inflammation, heal the gut lining and promote a stronger immune system.
- **ProLive** – olive leaf extract combined with antioxidants - what is probably one of the finest anti-viral supplements I use in clinical practice. Oleuropein the active ingredient also has shown benefits in blood brain barrier function and cardiovascular health.

**Duration**

R.G. followed the programme for one month, when we met again for a review.

He then continued to follow a similar programme and after two months we had another follow up appointment. He has reported further significant improvement, which he can hardly believe has happened,

given the length of time he has been struggling with his health issues, in particular the reduced cognitive function.

The probiotic Lactobacillus GG was rotated with Lactobacillus Plantarum, Rhamnosus, Salivarius (AR) – 1 with each meal. The Stabilium is now at a dose of 2 first thing. The Immuno-gG is being taken every day as before, and the ProLive has been increased to 5 per day.

## Outcome

R.G. told me that he had started to feel better after 4 days on the supplements, and it seemed quite immediate. He noticed that he was not so tired during the day in situations when he would usually yawn and have to close his eyes.

After a week, he stopped needing to sleep during the day. However, he exerted himself too much by walking to the shops and back and did need to lie down afterwards.

He felt his digestive system had also improved but there was still a lot of gas.

His sleep had improved a lot within the first 10 days.

Dermatitis flared up on his hands but disappeared after two weeks.

At the second follow up appointment, R.G. had made a steady consolidation of improvements with more energy, better sleep, less bloating and less wind but with intermittent “rather explosive” moments, he said. The single most impressive change was what happened to his brain function. He could concentrate, he could think clearly, he could plan what to do for the day – and we had not yet specifically targeted the yeast. He was now planning on returning to work, but realised that he needed not to overdo things too soon.

R.G. was still in a relative ‘state of shock’, 8 weeks on, given that such a simple approach could be so effective in helping to resolve his long term health issues, but he could not help but show his optimism and joy. He had stopped all other supplements that he had been taking, on my recommendation, so that he was now taking fewer than before.

I was wary of commencing anti-fungals even after 8 weeks, and he continues to follow a very similar programme of immune support with the ProLive (AR).

This product containing olive leaf extract has proven itself to be a key in restoring health to a number of patients with chronic, low-grade viral infections.

## Comments

I did not directly address the yeast issue within R.G. and he made significant and surprising progress (surprising to both of us).

Whilst the Immuno-gG (BR) colostrum product is one of the most effective immune supports at an NT's disposal, I cannot say with confidence that his immunity improved to successfully deal with the yeast in such a short time; R.G. felt improvements pretty much right away.

The ProLive (AR) undoubtedly played a role in helping to transform R.G.'s health by inhibiting viruses and possibly bacteria, and still does, and continues to support his immune system. This product alone may well be mostly responsible for the improvements in R.G.'s cognitive function.

I do not know whether R.G. will soon or ever be able to tolerate specific anti-fungals, and the intention is to repeat the salivary candida antibody test in another month, in order to determine progress with regard to the yeast. However, the current approach which is relatively minimal – he is taking only 4 supplements and has made very small changes to his existing diet - continues to produce very solid results and has changed this man's life and outlook, with ongoing improvement.

## Practitioner

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