

Post Halloween Sugar Blues

So you took your little ones out for a night of door-to-door begging and came home with a load of candy. Once your little darlings were tucked into bed you sorted through the hoard, convincing yourself that your only goal was to toss out the worst of it, the crap candy no one should ever feed a child. But let's face it, you were also picking out the miniature candy bars and eating them yourself, knowing you only have a year or two at the most before the jig is up and your kids will know exactly how many pieces of candy they scored.

Now that Halloween is over, how do you feel? Are your sinuses aching? How about your gums? Any old injuries reminding you that you are getting on in the years? Any joint pain? Any signs of a viral, bacterial, or fungal infection anywhere in your body?

When we deal with aches and pains or a sudden illness after a holiday, we are quick to blame either stress or the weather. The truth is, it's probably the sugar.

Sugar does two things: it devastates the immune system for 2-3 days and it feeds Candida (and other fungi), bad bacteria, and viruses. If you've been eating well and correcting the balance of good bacteria to bad bacteria and yeast in your gut, you just undid a lot of hard work because your bad bacteria and yeast were just given a feast. All through your body where you have scar tissue or a tendency for chronic infection, you have a little more yeast than you want to have. These guys just enjoyed a feast and exploded exponentially. That's why your old sports injury hurts or your sinuses have flared up again.

So what do you do now? Eat right!

Time for Salads

If you think a salad means lettuce, tomatoes and cucumbers, think again. A real salad, a healthy salad, an amazing salad, is a feast of raw, fresh, organic veggies. This salad filled with 10-12 veggies (or more) will not only be the most nutrient rich meal you can eat, it is also exactly what your gut needs to regain balance.

Raw vegetables are prebiotic. They (and their roughage) feed and house healthy bacteria in your gut and help them to multiply. This healthy bacteria keeps bad bacteria and fungi in check.

See the first link below for suggested ingredients for the perfect salad.

Supplements

If you've sent Candida into mass production through your sugar consumption diet is key but supplements can help. A good probiotic and a great supplement to kill Candida will hurry up the process.

Another Consideration

Now that you are understanding how much havoc sugar wreaks on your system, why are you feeding it to your children? Eliminate processed sugar and high fructose corn syrup from their diet. Both were already horrible for everyone's health, but now they are worse – both are usually genetically modified. (GM sugar beets and corn). It's time we step up and make new traditions for our families that do not include unhealthy food. Check out *Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases* for more information on gut health and disease.

Recommended Supplements:

- FloraMend – Thorne Research
- SF722 – Thorne Research

Further Reading:

- *How To Kill Candida, Fungi, Yeast in the Body*
- *80% Raw Food Diet*
- *How To Kill Candida And Balance Your Inner Ecosystem*