



HEALTH & HEALING

New help for yeast problems

by **Mike Ventresca**
Vital Choice

Do you feel tired all the time? Do you have gas and bloating? Do you suffer from recurrent cases of athlete's foot or vaginal yeast infection? These are just some of the symptoms of a frustrating and difficult to treat internal yeast overgrowth.

We all have a type of yeast called Candida in our bodies, just like we all have bacteria. In fact, in a healthy person the bacteria to Candida ratio is about 10:1. Unfortunately, under certain circumstances like antibiotic use or even simply periods of stress, this balance can be disrupted and Candida can begin to overwhelm the body.



Mike Ventresca

Here's how it works: Once the bacteria responsible for keeping Candida in check are overwhelmed, the Candida produces a biological "glue" allowing it to stick to human cell surfaces. This is where the real problem begins. This "sticking" initiates the formation of what's called a biofilm – a protected "community" for microorganisms, where they are safe from antibiotics, which in turn can create a source of persistent infection. In fact, in some cases

Candida living in a biofilm can be up to 1,000 fold more resistant than their free-floating counterparts.

This is why traditional anti-fungal medicines can be so hit-or-miss, because they don't go after the yeast where it lives. But now, research is pointing to a new product that can! Candida Take Care™, a supercritically extracted cranberry formulation, has been shown to disrupt the formulation of the biofilm by preventing the adhesion of Candida to human cells. One of the reasons I like this product so much is that unlike other yeast products, Candida Take Care™ does not try to kill the yeast. Instead, it is the only product that allows the body to restore the proper balance by weakening the protective biofilm. This produces better results without unpleasant side effects like yeast die-off.

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.

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