

The Yeast Beast

WEBINAR

By Holly Bortfeld



*Families with autism
helping families with autism.*

Webinar Disclaimer

The information contained in this presentation applies to the USA only and is current as of the date of this live webinar, March 17, 2013.

Other countries have different laws, services and resources. To find information and help outside the USA, please go to <http://www.tacanow.org/family-resources/international-resources/>

Who is TACA?

A United States 501(c)(3) non profit organization

- TACA is Real Help Now for children with autism and their families.
 - Education
 - Empowerment
 - Support
- TACA started in 2000 with 10 families.
- We're now providing services to more than 31,000 families across the country.

TACA Programs

- TACA provides support and education for families affected by autism through the following efforts:
- Outreach & Support: Chapters in 19 states via meetings & Coffee Talks
- Social family events
- Autism Youth Ambassadors in high school and college campuses
- Support via Chapters, Parent Mentor Program, LiveChat, email and phone.
- Keep informed with our enews and social media
- Our extensive website, available free 24/7
- Conferences
- Journey Guides
- Scholarship Programs
- Spanish Outreach and more!

About the presenter

Holly Bortfeld is a single mother of 2 teenagers with ASD. A long time homeschooler living in PA, Holly has been doing biomedical treatments since 1998. Holly is the National Parent Support Manager and lead author for TACA.



Agenda

- What is Yeast?
- What Does Yeast Overgrowth Look Like?
- How Do You Test For Yeast?
- How Do You Treat Yeast?
- What Should I Expect To See When Treating Yeast?
- Does Yeast Ever Stop Being a Problem?
- How to get off the Yeast Merry-Go-Round
- Suggested Additional Reading on Yeast Overgrowth

What is Yeast?

- The healthy gut contains both yeast and good bacteria, in balance with each other. In many Autism Spectrum Disorder (ASD) kids, however, one or the other can be out of balance. Bacteria can overgrow, or there can be a complete lack of bacteria. Also, bad bacteria can develop and take over, rather than good bacteria, causing major problems for our children.
- There are many strains of yeast that live in the digestive tract including candida, which appears to be the most common. There are also several different types of “bad” bacteria, including clostridia and Citrabacter F.
- Both good and bad bacteria exist in the gut. Common “good” bacteria, also called beneficial bacteria, are lactobacillus acidophilus and bifidobacterium, And don’t panic if you see it on your test but bacteria like e-coli exist in the normal gut.

What causes overload?

- Overgrowth is made possible by a **dysfunctional immune system or gastrointestinal distress**. A healthy immune system and regular, healthy bowel movements should keep the Candida in check. Occasionally, these complex systems “get out of check” and overgrowth of bad bugs becomes an issue.
- Bacteria live in the intestinal tract, sharing space with the yeast. **Antibiotic** use makes yeast worse, or can start off an unhealthy reaction causing yeast overgrowth. Antibiotics kill bacteria, both good and bad, but not yeast. When using antibiotics, the bad bacteria can take over the system and yeast can grow to fill in the space left by the removal of the bacteria.
- Yeast live and feed on **sugar**. Limiting high sugar (or foods that turn into sugar in the gut) is the first and most important step. A **diet high in carbs** causes and feeds yeast.

What Does Yeast Overgrowth Look Like?

Behavioral Symptoms include:

Headaches

Inappropriate laughter

Sleep disturbances

Unexplained intermittent crying episodes

Belly aches

Constipation

Bed wetting

Gas pains

Fatigue

Depression

“Foggyness”

Inattention

Hyperactivity

Anger, aggression

Increased self-stimulatory behavior

High-pitched squealing

Increased sensory defensiveness

Climbing/jumping off things

Sugar cravings

Confusion

Lethargy

Inability to Potty Train

Self-limiting Foods

Plateauing in skills

What Does Yeast Overgrowth Look Like?

Physical Symptoms include:

- in the mouth, in the form of thrush
- on the skin such as diaper rash or eczema
- red ring around the anus
- rash or cracking between the toes or joints



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What Does Yeast Overgrowth Look Like?



How Do You Test For Yeast?

- According to best practices, yeast levels are best measured via a stool (poop) test.
- Genova Diagnostics offers a stool test called the CDSA (Comprehensive Digestive Stool Analysis) <http://www.gdx.net>
- A test such as the CDSA tells you how much yeast, what types and amounts of yeast and (both good and bad) bacteria your child has and offers you information about which pharmaceutical and homeopathic treatments might be the most effective to treat your child's issues.
- Other labs that offer a stool analysis include Doctor's Data and Metametrix.
- Urinary Organic Acid Tests (OAT) may measure levels of "fungal metabolites" (yeast waste products) in the urine. Several labs offer this test including:
 - Great Plains Laboratory - <http://www.greatplainslaboratory.com>
 - Doctor's Data - <http://www.doctorsdata.com>
 - Metametrix - <http://www.metametrix.com/>

Non-Specialty Lab OAT Testing

If you only have Medicaid or prefer to use the standard lab testing:

- **OAT Test** With the exception of gut pathogen metabolites, a regular quantitative organic acid test will tell about most of the other markers on the OAT.
- For the gut pathogen metabolites, a stool culture, O&P x3, giardia, cryptosporidium will give the bacteria and parasite parts.
- The only bad part is that no commercial test measures beneficial flora levels. One could just use a broad spectrum probiotic, though it is better to focus more on which type of probiotic is low if there is an imbalance. The CDSA from Genova Diagnostics does all this and some insurance companies will cover it. Call your insurance company to see if they will cover the test. The Genova site offers CPT codes to use when calling about coverage.
- The equivalent of the specialty lab testing can be achieved with 2 pieces – a standard-lab OAT and stool testing.

How do you treat Yeast?

- There are three main ways to treat yeast overgrowth – medications, homeopathic treatments and dietary changes.
- Medications are only a stop-gap measure, to be used in acute cases.
- **DIETARY CHANGES, i.e. REMOVING CARBOHYDRATES is the true treatment.**
- As long as you feed your child too many carbs, the yeast will keep coming back. Over and over and over. You must cut off it's food supply, boost the immune system and heal the gut to stop it.

Medications and Homeopathics

- **Medications (prescribed) include:**

- Nystatin
- Ketoconazole
- Sporonox
- Amphotericin B
- Flagyl (Metronidazole)
- Nystatin
- Diflucan (fluconazole)
- Bactrim
- Vancomycin
- Neomycin
- Lamisil
- Nizoral
- Vermox (kills what feeds on sugar)

- **Homeopathic treatments include:**

- Probiotics
- HBOT (anecdotally)
- Colostrum
- ThreeLac
- Grapefruit Seed Extract (GSE)
- Olive leaf extract
- Oil of oregano
- Garlic extract
- Pau d'Arco
- Uva ursi
- Biotin
- Sugar-eating enzymes like CarbDigest or No-Fenol
- Caprylic acid
- Berberine
- MCT (Medium Chain Triglycerides) oil

Before you ask...

Dosing and frequency are recommended based on the individual's age and weight. Your doctor will prescribe the treatment according to your child's unique needs. Yeast treatments can require several treatments or reoccurring treatments to remedy the imbalance. Rarely is one yeast treatment the only requirement for keeping bacteria in balance. **Dietary intervention controlling sugar & carbs intake is also a crucial step in this process.**

Dietary Changes

- Gluten-, Casein- and Soy-free diet
- Low- to no-sugar diet
- Low- to no-carbohydrate diet
- SCD-CF (Specific Carbohydrate Diet, minus casein)
- Regular use of carbohydrate-targeting enzymes

What Is a No/Low Yeast Diet?

- Yeast lives and feeds on sugar so a low/no-yeast diet would be one that limited or removed sugars, and foods that break down into simple sugars such as corn, rice, fruit. Removing juices (which are high in sugars), removing candy and all sugars is the first step.
- Read here for a list of sugar and carbohydrate foods that feed yeast:
<http://www.tacanow.org/family-resources/what-are-carbohydrates/>

What Are Carbs?

- Carbohydrates are found in sugar, fruits, vegetables, dairy and grains. They both exist in either a natural or refined form. Most carbohydrates break down into glucose (a specific type of sugar). There are two types of carbohydrates: simple carbohydrates and complex carbohydrates. Both of these feed yeast.
- A diet too high in carbohydrates can upset the delicate balance of your body's blood sugar level, resulting in fluctuations in energy and mood that leave you feeling irritated and tired.

Simple Carbohydrates

- Simple carbohydrates include sugar, juice or soda, candy and some fruits and have little to no nutritional value and therefore should be limited. Simple carbohydrates provide short bursts of energy and activity, followed by a crash of blood sugar and energy.
- Simple carbohydrates are also known as sugars. Simple carbohydrates are considered “empty calories” since there are not any vitamins or minerals in sugar. Simple carbohydrates are monosaccharide (one) and disaccharide (two) carbohydrates.

Complex Carbohydrates

- Complex carbohydrates include corn, rice, potato, nuts and oats. Complex carbohydrates provide a slower release of energy and don't cause the same drastic blood sugar changes. Complex carbohydrates are often referred to as starch or starchy foods.

What Carbohydrates Does the Specific Carbohydrate Diet (SCD) Allow?

- The allowed carbohydrates are monosaccharides and have a single molecule structure that allow them to be easily absorbed by the intestine wall. Complex carbohydrates are not allowed. Complex carbohydrates that are not easily digested feed harmful bacteria in our intestines causing them to overgrow producing by products and inflaming the intestine wall. The diet works by starving out these bacteria and restoring the balance of bacteria in our gut. (excerpted from *Breaking the Vicious Cycle*.)
- Monosaccharides are present in most foods in at least some amount, but are particularly high in foods such as ripe fruit, and honey. Even on a low-sugar, yeast-fighting diet, the use of monosaccharides on the SCD is accepted since they are easily absorbed and the other types of carbohydrates are not used. Disaccharides require an enzyme to break down, which some kids with ASD don't have in proper amounts.

Why SCD-CF?

- The SCD-CF diet is the single most effective, and highest-rated diet, used with ASD population, because it combats not only the issue of GFCFSF but also carbs, processed foods, preservatives, colors and other toxins.
- For info and recipes, see www.pecanbread.com
- <http://www.autism.com/pdf/providers/ParentRatings2009.pdf>

What Should I Expect To See When Treating Yeast?

- Die-off (rapid dying of gut bugs, leading to excess release of toxins) of massive quantities of yeast and bacteria can be physically hard on the body. That much dead or dying stuff flying around can wreak havoc so it's common that we see a negative reaction, before a good reaction when starting yeast treatment. This is also called a "Herkshimer" reaction, a massive die off of pathogens. There are ways to help combat this reaction and bring your child through the process with the least bad reaction.

Things that can help lessen the negative reaction

- Activated Charcoal capsules
- Alka Seltzer Gold (not regular)
- Drinking lots of water (8 oz every 2 hours minimum)
- High doses of Vitamin C or magnesium (magnesium citrate) to get them to stool the toxins out faster

Does Yeast Ever Stop Being a Problem?

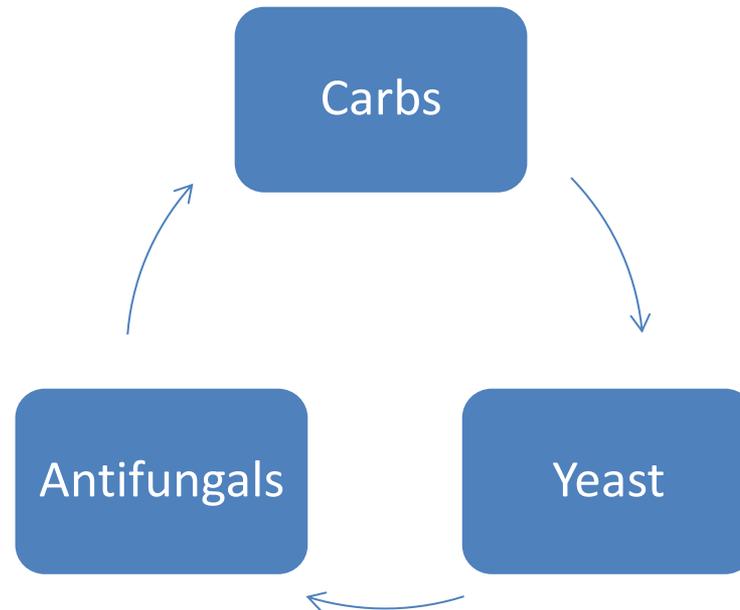
- Parents often have to fight yeast over and over. Here are some reasons that it returns in our children.
- Certain treatments that we use for other issues in autism, like chelation for removal of heavy metals, or anti-virals to reduce extremely high viral markers can also exacerbate yeast.
- A common mistake parents make when starting the GFCF diet is to substitute a lot of high-sugar, high carbohydrate foods for the gluten and casein thus causing more yeast.
- Weak immune system – since yeast overgrowth wouldn't be possible with a healthy immune system, it's very important to get the immune system stabilized. Leaving the immune system weak can bring back yeast in a hurry.
- Side effect of a prescribed supplement or a drug.
- Toxic metals, such as mercury and chemicals, such as aspartame, MSG and others can kill friendly intestinal flora, alter immune response and allow yeast to proliferate.
- Disorders like hormonal imbalance, celiac disease or hemochromatosis.
- Reports back from parents indicate that as the child's overall health improves, yeast and other bacteria imbalances become less of an issue. This process takes time and a dedicated doctor to monitor and assist in this process.

Antibiotics and Other Meds

- Antibiotics and other meds (oral chelation meds, for example) can cause yeast but may be needed to address other issues so probiotics and other gut/immune boosters must be given with them in order to stem the yeast flares.
- You must not give antibiotics and probiotics together at the same time, you want to space them out, or the anti- will kill the pro-.
- For example, if you give the antibiotic at 7am and 4pm, you want to give the probiotics at noon and bedtime (8/9 pm).
- Other immune boosters should be given with antibiotics to help the body combat whatever bacteria is invading.

Reality Check

Only you can **STOP THE MADNESS** and get off the revolving yeast merry-go-round.



- As long as you keep feeding carbs in an overloaded manner, you will have to keep treating the yeast.
- Why would you keep giving liver-damaging/expensive/unhealthy meds when you can just reduce carbs?

Tips For Keeping Yeast At Bay

- Probiotics – Rotating probiotics every 3 months to include different strains.
- Diet – makes sure your child is not getting too much sugar or too many carbs in their diet. Limit juice consumption.
- Enzymes – Use sugar-eating enzymes.
- Immune boosters – products like colostrum, zinc, Vitamin C, cranberry extract, Grapefruit seed extract, and others will boost the immune system.
- Vermox – using this starves sugar-eating organisms, the standard is one pill every 10 days.
- Gut cleanouts – To “wipe the slate clean” every 6-12 months can be a good thing. This is a standard pediatric gut clean out protocol that has worked for us for many years:
 - Bottle of magnesium citrate (any drug or grocery store for ~\$2)
 - Fleet enema
 - Lots of water
 - Dulcolax: Give first according to package directions, and start hydrating with water. The next day, do enema, then give the magnesium citrate. Keep your child hydrated with water.

Suggested Additional Reading

- www.autism.com/triggers/candida_org.htm
- www.nutritioninstitute.com/Autism.html
- www.greatplainslaboratory.com/home/eng/years_t.asp

Your Homework!

- TACA offers a lot for families. Be sure to:
 - Attend a meeting, Coffee Talk or conference
 - Come to a family event
 - Apply for a free Parent Mentor
 - There is so much we offer – be sure to plug into your community
- Don't have a chapter in your area? Learn how to develop your community to bring TACA to you. <http://www.tacanow.org/local-chapters/>
- Until then, you can access all of our programs, webinars, the immense TACA website, Live Chat and parent support via phone and email.
- Feedback: Tell us what you need if we don't already have it.

Questions?

Contact me

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- Follow me on Twitter: @TACANOW
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