

Technical Bulletin

To Yeast or Not to Yeast

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Candidiasis, the condition caused by a yeast-like fungi called *Candida*, derives its name from the Latin, *candidus*, which literally means, "glowing white." *Candida Alvicans* is a small oval-shaped species that is the most common cause of candidiasis.¹

With this diagnosis, the patient is often warned that they must not have any yeast or products containing yeast. The original source of this misinformation is unknown. If you study microbiology – you'll find that under NO circumstances does yeast feed on yeast. Any microbiology book will support this.

There are over 200,000 species of fungi all around us and over 50,000 types of unicellular fungi called yeast. Whatever the case, one type or species of yeast DOES NOT feed upon another type of yeast. To avoid all yeast supplements because one may have *candida* is WITHOUT scientific support – and to do so makes about as much sense as restricting ALL potassium from the diet since potassium cyanide is a poison.^{2,3}

Brewer's yeast, being the most comprehensive, and Rice Polish are the leading natural food sources of the B complex factors, including the important B1.

Synthetic B1 is made from coal tar, and coal tar comes from coal. Coal is good to burn and generate energy, but it is not a good food. Synthetic B1 is seen on labels as Thiamine Hydrochloride (HCL) and Thiamine Mononitrate.⁴

A report from the Korean War is enlightening: A medical columnist writing in a Pennsylvania newspaper following the above said conflict, told of this experience as the medical officer in a North Korean prisoner-of-war camp. He said his fellow prisoners were becoming totally debilitated with the classical B1 deficiency disease, beriberi.

From the International Red Cross, he obtained synthetic B1, in the form of Thiamine Hydrochloride. He administered the Thiamine HCL to most ill prisoners, but no change was seen and they continued to worsen.

Finally, he procured some Rice Polish, which is a natural food source of the vitamin B complex. Rationing the Rice Polish out to the very ill POWs did the trick, and their beriberi symptoms abated. Obviously, the body does know the difference.⁵

In the synthetic fractional form, as little as 2 mgs. per day can mess up body function and therefore be poisonous. Ten mgs. per day have been reported as capable of causing meningeal irritation- irritating the coverings of the brain.

In laboratory animals, just twice the minimum daily requirement of synthetic B1 causes infertility in the offspring. Synthetic vitamins given to laboratory animals reduces their lifespan about 10 percent. Natural complex vitamins support life; they do not reduce lifespan.⁶

From this information, you can quickly realize the importance of intelligent selection when choosing nutritional supplements.⁷ Brewer's yeast provides natural B complex factors and for some persons represents the only good source of vitamin B in their diet.

The *Candida* organism most likely to produce candidiasis is influenced by antibiotic therapy, diet, pregnancy, endocrine disorders, defective immunity and pH.⁸

One final consideration, the primary food source of *Candida* is sugars, not yeast, per se.

**What does a higher gut pH do to candida yeast?
What happens when you drink half your weight (pounds) in ounces of water per day, or more?**

References

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4. Ibid.
5. Natural vs. Synthetic, Richard P. Murray, D.C., 1987, Biomedical Health Foundation.
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