

## DIE OFF SYMPTOMS

We find that nearly everyone we test is low in beneficial intestinal microbes. These good bacteria, fungi, and yeasts make up about 85% of our immune system. They are necessary for digestion of fats, carbohydrates, and proteins, and they help our bodies make B vitamins and absorb minerals. Beneficial bacteria fight skin infections, and help with detoxification. If we are low in these, the result is malabsorption, nutrient deficiencies, and toxicity. Some doctors are finding a correlation between certain bad bacteria and specific illnesses.

Antibiotics kill our good bacteria so avoid them as much as possible. Especially be very careful to only eat meats from animals that are not fed antibiotics. Today antibiotics are given to animals in their food to help them gain weight faster. They are sprayed on vegetables and are found in our water.

To replenish your good bacteria and ensure a steady supply be sure to eat cultured foods, such as sauerkraut, like our ancestors did. You will find many recipes in *Nourishing Traditions Cookbook* by Sally Fallon. You may want to take a probiotic capsule for a short time. We find adults often need acidophilis and children need bifidus.

It takes a few weeks for these good bacteria to get established in the gut. For a while you may have a little war going on as they kill the bad bacteria, fungi, candida and yeast. You will probably have mild symptoms of die-off and detox. You may want to stop probiotics for a few days to allow the body to detoxify if you are feeling uncomfortable.

Die—off Symptoms:	Fatigue	Sugar cravings		
Itching	a cold	runny nose	bowel changes, gas	
depression or out of sorts, anger, sadness		children—bad behavior		
aches, pains, stiff muscles, joints, due to bacteria in joints		hair loss		
ears popping, blocking, if fungus in ears		odor	canker sores	
headache	just about anything	fever	flu	rash

Evidence indicates that, when fungi experience extreme stress, such as that caused by sugar deprivation, they spit out even more mycotoxins. They may make you feel under the weather. In addition, as the fungi actually die, they release endotoxin-like substances which may add to your discomfort. Ironically, this feeling terrible is a sign that you are on the right track toward healing yourself.