

**Greetings Tom,**

Welcome to the first issue of the Alternatives newsletter, a monthly publication designed to empower readers with knowledge and resources to achieve physical, emotional, mental and spiritual healing.

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**Yeast: The deceptive invader**

Say the word "yeast" and the first thing that may come to mind is the fermenting agent used in making bread, beer, wine, and other goodies. But no good can come from yeast when it takes over the intestinal tract and disrupts fragile internal balances.

Yeast and its symptoms often masquerade as illnesses like irritable bowel syndrome, migraine headaches, diarrhea, constipation, menstrual cramps, depression, lethargy and skin eruptions. Other common localized problems are vaginal yeast infections, oral thrush and diaper rash. "When I first saw the list of problems that yeast can cause, I thought, 'How can this be?'" said Dr. Patricia Ryan. "But I've learned from working with patients that yeast is truly a deceptive invader."

The medical term for yeast is *Candida albicans*, a fungus that may affect as many as 80 million people, 70 percent of whom are women, according to Dr. Ryan. Typically yeast is an organism that is present in the blood, gastrointestinal tract and vaginas of warm-blooded animals.

A healthy immune system and "good" bacteria typically keep yeast in check. However, when balances are disrupted through illness, poor diet, overuse of antibiotics or hormone fluctuations, *Candida albicans* cells are transformed from benign yeast into a troublesome fungus. When this occurs, long, root-like filaments extend and penetrate cells lining the intestinal mucosa in their search of food, Dr. Ryan said.

Fighting yeast can be a full-time job that includes lifestyle and diet changes, and supplements that help build good bacteria back into a system. For more information, contact Alternatives, A Center for Conscious Health.

**A frustrated mom discovers the yeast connection**

When Harrison was 10 days old his parents, Amy and Jim, rushed him to the hospital. "He was burning up and moaning, and we discovered he had a urinary tract infection," Amy said. "He spent 10 days in the hospital and the tests were inconclusive. He screamed non-stop after that."



Three weeks later, another urinary tract infection landed Harrison back in the hospital, this time for 15 days. Other symptoms included fever and rash over his entire body, and a diagnosis of acid reflux disease was made. A visit to a chiropractor brought some relief and helped Harrison sleep. "But then he started slipping again," Amy said, "and the chiropractor said he couldn't help anymore. He suggested Dr. Ryan."

Her diagnosis was yeast infection. "It made perfect sense, because I've had yeast problems for much of my life," said Amy, who is being treated by Dr. Ryan as well. "While Harrison continues on antibiotics for his urinary tract problems, Dr. Ryan is treating his yeast with medication and supplements, so he is more comfortable." He's improving more every day as his grateful family's routine gradually returns to normal.

**Meet Dr. Patricia Ryan**

Dr. Patricia Ryan, an Omaha native, is a former family practice doctor who founded Alternatives, a Center for Conscious Health, in the fall of 2004. Her desire to treat the whole person prompted her to leave the more traditional role of conventional medicine. "Healthcare from my point of view is about addressing the underlying dysfunction of the body to restore vitality and joy," Dr. Ryan says.

She and her staff accomplish that through dietary counseling, lifestyle intervention and use of supplements.

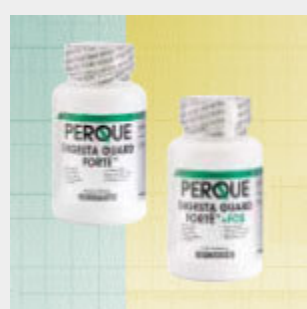
She offers complete programs that support and help the body recover from illnesses such as irritable bowel syndrome, PMS, migraine headaches, fibromyalgia, chronic fatigue syndrome, peri-menopause, menopause, hypothyroidism, fatigue and many more.

Dr. Ryan also is one of the area's leading physicians in the science of bio-identical hormone replacement therapy, and she attends regular conferences on this cutting-edge way to treat menopause.

She is board certified in Family Practice, a Touch for Health instructor, and holds a Certified Clinical Nutrition Degree. She earned a B.S. Degree from the University of Nebraska-Lincoln, an M.D. Degree from the University of Nebraska Medical Center (UNMC) and completed a three-year family practice residency program at UNMC. She was in family practice medicine for 13 years before founding Alternatives.

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**Featured Product**

PERQUE Digesta Guard Forté effectively rehabilitates the digestive system by restoring the body's healthy digestive organisms and clearing out toxins in the intestines. It's one effective way to help fight yeast infections, according to Dr. Patricia Ryan.

The product is a probiotic supplement that actually replaces "bad" bugs with nine beneficial bacteria. It thereby improves digestion and helps ward off dietary toxins such as pesticide residues, hormones in foods, and toxic metals like lead or mercury.\*

During the month of March, this product is on sale at Alternatives for a 20% discount, \$16.68 including tax. Regular price \$20.84

PERQUE Digesta Guard Forté is unique for the following reasons:

- Only biocultured strains are used to ensure maximum implantation and function.\*
- Nine strains of probiotics are harvested at their most dynamic, active growth stage and then rapidly freeze dried, which puts the bacteria into suspended animation. This makes PERQUE probiotics viable for long periods of time. In contrast, many other probiotic supplements wait for the highest density of bacteria, even though many starve to death in the production vat. PERQUE's complex process delivers a more potent product.\*
- Inhibits the growth of pathogens such as H. Pylori, E. Coli OH157 (hemolytic E. Coli), *Candida albicans*, *kreusii*, *tropicalis*, *Clostridium difficile*, *Yersinia enterocolitica* and *Staphylococcus aureus*.\*
- Promotes healthy balance and growth of aerobic and anaerobic probiotic organisms.\*
- Promotes better digestion and reduction in maldigestive, irritating, immunoreactive products.\*
- Better digestion means better stomach, intestinal, liver, circulatory and wound repair functions.\*
- Produces butyrate fuel for intestinal energy and mucosal repair. Butyrate is an important short chain fatty acid that provides fuel for colon cells and may help protect against colon cancer.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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