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SNACK SECRETS OF CHRISTINA AGUILERA



Is Oregano an anti-candida fighter?



Yes,

according to a new study led by Georgetown University's Harry G. Preuss, M.D., in the journal, *Molecular and Cellular Biochemistry*. The study looked at a specific oregano oil (P73), oregano compounds such as carvacrol and synthetic antibiotics such as amphotericin B and nystatin versus *Candida albicans* in test-tube cultures (in vitro) and in mice infected with candida. In the test-tube part of the study, the oregano oil completely stopped or prevented the growth of candida—by up to 75 percent. In the animal part of the study, mice infected with candida were given oregano oil for eight days and followed for one month. The mice that received oregano oil all survived; the mice which only received the placebo olive oil all died within 10 days. The oregano oil was as effective as amphotericin B in protecting the mice from systemic candidiasis. Interestingly enough, giving whole oregano oil was more effective than only giving one of its isolated components, carvacrol, which supports the view that a synergy of naturally occurring compounds (including thymol, terpenes and flavonoids) is more effective than isolating a specific ingredient. The study's authors concluded that daily consumption of "oregano oil may be highly effective in the prevention and treatment of candidiasis." The power of the findings led the researchers to suggest that future studies should look at oregano oil against other systemic and skin fungal infections, pathogens and even cancer.

Therapeutic Enzymes

in-flam-ma-tion (infla-mayshin) *n.* A localized protective reaction of tissue to irritation, injury, or infection, characterized by pain, redness, swelling, and sometimes loss of function. *See repair.*

re-pair (ree-pâr) *v.* 1) To restore to sound condition after damage or injury; fix, remedy, renew or revitalize. 2) A new "Therapeutic Enzyme" product by **Enzymedica** formulated to aid the body in reducing inflammation.*



* 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.

Repair is specifically formulated to aid the body in overcoming inflammatory issues, repair tissue, and speed recovery. It contains therapeutic amounts of systemic enzymes in a vegetarian enteric-coated capsule.*

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Serving size 2 capsules - Servings per container: 30	
Protease	130,000 HUT
Pepsin	3,000 PU
Bromelain	1200 GDU
Amylase	8,000 DU
Lipase	600 FCCLU*
Catalase	100 Baker
*600 FCCLU = 5,040 LU (2) • Absolutely no fillers added! Other ingredients: 100% Vegetarian Capsule (cellulose, water).	

ENZYMEDICA
Therapeutic Enzymes



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