

ON THE BALANCING OF CANDIDA ALBICANS AND PROGENITOR CRYPTOCIDES:
A TRIUMPH OF THE SCIENCE OF APPLIED KINESIOLOGY

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Abstract

The role played by Candida and Cryptocides in chronic degenerative and immunological illness is detailed. Muscle testing for imbalances due to the presence of these organisms is described. The author's discovery of, and complete procedures for, the now-celebrated Candida Balance (and for the Cryptocides Balance) are reported. Since Nov. 1983, it has been possible to rapidly balance the body (electromagnetically or meridian-wise) for imbalance due to these organisms. The body can then heal itself. After the Candida Balance, it is found in many cases that a "balancee" has lost nearly all chemical and pollen sensitivities and about half of the food sensitivities. Positive case studies and explanations for possible failures are cited. A tie-in with anti-oxidant and ageing theory and a new test to determine if amalgam (mercury) removal is a priority are reported. A more extensive text, written by the author, will be published later this year.

CAUTION: We in TFH, unless licensed physicians, only test for meridian balance or imbalance and not for disease. Similarly, any Balance described herein is not a treatment of a disease; rather, it is a meridian balance only. When the body's meridians and energies are properly balanced, the body can better heal itself. This is understood to occur in all case studies or recommendations to follow. Only physicians can diagnose, prescribe, or treat disease. Consult your physician for this work. We in TFH only test for and correct (balance) meridian imbalance. The present author has performed all this work under the aegis of licensed physicians.

It has previously been reported in this Journal¹ that allergy is often at the root of chronic, degenerative, physical and "mental" illness. C. Orian Truss, M.D. in 1977, demonstrated that the yeast or fungus, Candida Albicans, was often the etiological agent that caused or mimicked the allergic reactions.² At present, most clinical ecologists recognize that Candida, or the toxins it secretes in the body, weaken the host's immune system. They believe this can result in multiple, systemic allergies or ecological illness (and its manifestation -- chronic, degenerative illness). In addition, autoimmune disease; e.g., lupus, and even cancer, are being attributed, at least in part, to Candida by these physicians.

William Crook, M.D. notes³ that Candida can cause or aggravate gastrointestinal dysfunction (from bloating to colitis), skin disorders (including psoriasis), PMS, headache (including migraine), neurological disorders (including M.S.), arthritis, bladder frequency and pain, vaginitis, "emotional" disorders (including schizophrenia), fatigue, overweight, sinusitis, ear infections, poor memory or learning disorders. Complex endocrine disorders can also result.

Clinical ecologists usually prescribe the antifungal drug, Nystatin; failing this, Ketocanazole and then Amphotericin B. Some also recommend tabeebo tea (a.k.a pau d'arco/ipe roxo) or garlic. Special diets are often utilized. No yeast or mold containing foods are allowed, and no simple carbohydrates (sugars) are permitted. Nutritional supplementation and allergy avoidance/rotation diets are usually employed. A potentially serious side effect in killing off Candida is the Herxheimer or die-off effect -- as the Candida dies, excess toxins are temporarily secreted -- the host may be sicker for a short time. Beware! We must remember that Candida is in all of us, all the time; only unchecked overgrowths cause illness.

The large percentage of the population with some manifestation of Candidiasis is attributed to the following: antibiotics (which kill the Acidophilus bacteria which control Candida in the intestines), birth control pills, cortisone drugs, excess sugar intake, mercury from amalgam dental fillings.⁴ Bacteria in the mouth convert mercury into methyl mercury which is neurotoxic, immunotoxic and antibiotic. Nutritional deficiencies, environmental molds and emotional stress can also be causative in Candidiasis.

Another potentially devastating, albeit less notorious microorganism, is Progenitor Cryptocides. Since the 1940's Virginia Livingston-Wheeler, M.D. has isolated and worked with this organism and has concluded it is the cancer causing microbe!⁵ Most of the time it acts like a bacterium. However, it can change size and shape and maybe even function. It can shrink down to viral size and shoot through cell membranes. It can also exist in a fungal spore-like state. Dr. Livingston reports using an attenuated Cryptocides vaccine for 15 years with 80% effectiveness on cancer patients! Cryptocides is found in its virulent form in all the tissues of inorganic chicken. In 1970, Dr. Livingston made the astounding discovery that Cryptocides is carried by human sperm! It secretes choriogonadotropin (CG) hormone -- a growth hormone necessary to life and fetal growth and survival! So like Candida, we all have Cryptocides within us and it is only unchecked overgrowths that can cause problems.

Returning to Candida, many have benefited from Nystatin and then there are many of us that received no permanent significant improvement. By Nov. 1983, I had been a "hopeless" ecologically-ill individual for seven years -- actually my entire life as I look back (to 1951). Joan Hulse had "switched me on" and she recommended I take the advanced EK workshop. Unconvinced that I needed a workshop on learning disorders, I called Paul Dennison, Ph.D. He said he had a technique that could balance me for an allergy -- one at a time. I went to Pennsylvania. During the seminar I was reacting to perfume, nail polish remover, and even the chemicals emitted from the wonderful, but new, automated cross-crawl machine.

When Paul asked for a volunteer to demonstrate the allergy work, I did not hesitate. But immediately, out of desperation and from my knowledge, I asked myself the very daring question: if the body could tell you what it needs to be balanced for an allergy, why couldn't we go way beyond that and ask what it needed to be balanced for the organism causing allergies -- Candida? And, might this not then rid the body of most allergies at once? I was extremely anxious and "overenergized." If it worked, I would be well and I would have discovered how to balance Candida with many ecologically and immunologically ill people waiting! I did not tell Paul what I was doing.

In lieu of a Candida extract, brewer's yeast was used. It has similar antigenic properties, I reasoned. I also imagined that I was getting a Candida Balance. I later realized that either method worked, but an actual extract is always preferable. My body said it needed some TFH meridian work and then ESR. During that one minute of ESR from Paul, my face turned red and I felt as if I was burning up (a possible Herxheimer effect).

I got off the table and passed by the fellow who added fresh cologne to his person several times a day, always making me sick. IT DID NOT AFFECT ME! I drove home to New York and for the first time in my life, petrochemical fumes did not bother me! I went to stores and opened up every bottle of perfume, ink, or petrochemical around -- no reaction. I ate alfalfa sprouts without a reaction! Alfalfa had made me very sick -- it is a grass like the pollens in the air that made me very ill systemically every summer of my life. I reasoned that this meant I had lost my spring and summer pollen allergies. This later proved to be the case!

I set out to make sure I was no fluke, that I could safely offer this work to the world. I had my first client within a week. Ellen was a desperate ecologically-ill person who originally came to see me with severe, documented hypoglycemia. Her knees would buckle (adrenal exhaustion) if she didn't have beef every 45 minutes. She was a

universal reactor with fatigue, depression, skin and sinus conditions. I performed the world's first deliberate Candida Balance. She informed me that later that day she was able to eat all foods and that chemicals and molds didn't bother her. Soon, all her symptoms cleared up and haven't returned at this writing. She has unbounded energy and well-being, going from 12 to 5 hours of sleep, and from rotating organic food to eating anything she wants. Thus was born in Nov. 1983 the Rochlitz Candida Balance.

After several more exciting cases, I informed Paul of my work and the Candida Balance became one of the mainstays in the EK arsenal. Paul estimates 4000 people around the world have received it. Several things were immediately obvious to me: 1. Instead of balancing the results of infectious microorganisms with TFH/AK, we can ask the body what it needs to be balanced for the organism itself. 2. Only specific asking will work. I had received ESR many times before, but only as part of a Candida Balance did it alleviate Candidiasis in me. 3. The manner of asking may not be crucial. I did Ellen "all wrong". As I had been the one worked on in Pennsylvania, I did not recall Paul's checking for chakra imbalance and corresponding alarm pt. corrections. I simply asked her body what work was needed for the Candida Balance. At the seminar, I first learned of the now 10 year old method of asking the body questions via muscle testing. Although at first mind-boggling, it is on a par with biofeedback techniques. Skin response testing (GSR)⁶ reveals the body knows all the things we ask via muscle testing. In general, we should follow the procedure as taught by Paul for optimum balancing.

Additional case studies. Barbara came to me with various metabolic disorders. A 24-hour urine assay for amino acids had 17 of 30 out of the normal range. We did the Candida Balance. Another assay had only 7 out of 30 abnormal! Even "asymptomatic" people usually have about 8 of 30 abnormal. I didn't know what had happened. Some time later, an article by Dr. Truss appeared.⁷ He reported that after lengthy Nystatin therapy, amino acid metabolism began to normalize as judged by the same assays I did. (Pollen allergies were also eliminated, at least in part.) I was working on the frontier of knowledge and didn't quite know what had occurred.

Bill, age 55, had severe hives and potentially life-threatening throat swelling after eating. Several allergists were unsuccessful, via RAST and skin testing, to find the culprits. After avoiding food sensitivities based on my scheme of testing, he had no more reactions. After the Candida Balance, nearly all pollen and chemical sensitivities no longer showed up. Two-thirds of the food allergies met with the same fate. He was balanced for the remaining ones. He has been able to eat all foods without reaction and feels "like an eighteen year old".

A Candida Balance has helped one person to overcome Herpes cold sores. This agrees with the view of clinical ecologists that Candida weakens the immune system and then other stressors wreak their havoc. Elaine, 14 years old, had psoriasis for two years. Several dermatologists and my diet and supplements were of no benefit. After the Candida Balance, she was worse for five days, but in a month her skin was virtually normal. The validity of the Candida Balance is being authenticated by several practitioners via cultures, blood tests, or Voll measurements.

Several people I've seen with thyroid disorders test as having a Cryptocides imbalance. This would be a new finding if verified by pathologists. Two people who had had cancer years ago, reported feeling much better after the Cryptocides Balance. In one case, it was the only thing that improved cerebral functioning. Usually though, a Candida Balance clears both Candida and Cryptocides imbalances. This indicates that the Candida imbalance appears first! Many physicians have noted that cancer patients have a history of either oral thrush or fungal nails. The Candida and Cryptocides "camps" can thus be united!

If verified, I may have discovered that Candida imbalance ties in with the ageing process via anti-oxidant theory. In the body, highly reactive substances called free

radicals attach themselves to anything. In the long run, this is believed to accelerate ageing. In the short run, it is part of the internal disorders of the ecologically ill, according to new research. Anti-oxidants; e.g., some nutrients, are the body's natural defense against free radicals. The body says that imbalances due to Candida overgrowth are simultaneous with loss of anti-oxidant capacity! We can check with more than just asking the body. Peroxide, held on the thymus is the test for loss of anti-oxidant capacity, if weak on testing.⁸ But, 100% of the time I have found this correlates with weak response(s) on Candida imbalance testing with a Seroyal dilution on the organs or meridians. Thus, the peroxide-thymus test has become my quick test for Candida imbalance. This would imply that even if one is not ecologically or immunologically ill, the Candida Balance may be an anti-ageing modality. I intend to have biochemists follow up this new lead. (As there are many strains of Candida, physicians can test and balance with a mucosal culture from the patient.)

In testing for Cryptocides imbalance, I was using inorganic chicken tissue in lieu of an actual dilution. In light of Dr. Livingston's discovery of Cryptocides in sperm, I began testing with a semen sample! It has given 100% correlation with the chicken testing, so I use both.

If these Balances do not hold, it may be due to the following reasons: #1. A.K. problems, inaccuracies, improper testor-testee pairing, not a priority, etc. #2. Nutritional depletion. The Candida Balance is only a meridian balance, but it will then allow the body to fight Candida in a more harmonized way. However, anti-oxidants are needed by the immune system for this task. It has been found that phagocytes (white blood cells) can surround Candida cells, but they cannot kill the fungus with their enzymes if they are low on selenium.⁹ I always attempt to balance the body chemistry before the Candida Balance.

I usually perform complete AK sensitivity testing (foods, chemicals, and pollens) before doing the Candida Balance. Just as Candida can lead to multiple allergies, I believe autotoxins secreted during an allergic reaction can weaken the immune system to the advantage of Candida again. After the Balance, most pollen and chemical sensitivities, and about half or more of the food sensitivities, no longer test as being present. However, based on studying immunology, I ask the body, "due to the half-life of white blood cells or antibodies, what period of avoidance must be followed regarding the foods that now test strong?" It is usually 4 - 8 days. You see, even though a substance tests strong, there are still antibodies in the body to that substance. They do not vanish! This must mean what we are testing via AK is the generation of present electromagnetic fields pertaining to some abnormal type of antibody. This is also the case in Candida imbalance testing. Apparently, a balance halts this generation, but we must still wait for the degradation of the "improper" antibodies of "former" sensitivities. Therefore, #3. Insufficient period of avoidance of "former" sensitivities.

After 4 - 8 days, I retest all sensitivities. For most people, sugar (sucrose) and mold containing foods still test weak. Failure to comply is reason #4. (I am presently working on the solution to this.) Part of the problem may be mercury or methylmercury killing acidophilus in the intestines. Replacement of amalgam with porcelain may be a priority. If T.L. of an amalgam tests weak, it can be corrected by laser (Sheldon Deal, D.C.) or demagnetizer (Victor Frank, D.C.). It will test strong. I have demonstrated that in many people this is insufficient as follows: T.L. the acidophilus body point (4 fingers around the right rib cage). If weak, strengthen with acidophilus held on the body. Now, run saliva along an amalgam that was "corrected" and T.L. it. In some people the strong, previous response now goes weak! This indicates mercury or methylmercury would kill acidophilus as soon as it were ingested, thus leaving Candida a foothold again. This is the Rochlitz amalgam-acidophilus test. A weak response is a possible indication of amalgam replacement/sugar avoidance. Consult your holistic dentist.

Finally, reason #5. Failure to avoid caffeine and menthol or salicylate substances,

in some cases. These substances are known to interfere with a constitutional homeopathic remedy; I believe the same healing "levels" are reached in the Candida Balance. This brings us to the nature of the Candida Balance. It is, as noted above, an electromagnetic balance only. Overgrowths are not directly or immediately affected in any appreciable amount. This is fortunately the case! Otherwise, we might harm the host. We make an analogy with Vitamin C and cancer. When this was first tried, it was found that Vitamin C worked so well that tumor "toxins" accumulated in the liver in sufficient amount to kill the host.

But, after the Candida Balance, the body can then go after overgrowths perhaps assisted by Nystatin/taheebo/garlic/Caprystatin from a physician. In lieu of a culture test or skin test or, best of all, the newer antigen-antibody blood test (all these tests having their own inaccuracies), we ask the body questions. Periodically, ask, "since the Balance what percentage of actual overgrowth is no longer present?" Always take this methodology with a grain of salt. However, when 60-70% of maximum overgrowth (which was determined by a physician) no longer tests as present, this is when I find pollen and chemical sensitivities no longer affect the "balancee" as determined experientially. So, the Candida Balance appears to afford a "deep", homeopathic-like healing. But here, no foreign substance and no external "prescriber" is needed! No other person can know the body or remember its symptomatology as well as the balancee's own internal "biocomputer". Now, always make clear the distinction between what I call the electromagnetic effect and the mass effect, to the balancee. The former occurs immediately and in some people immediately affords loss of some sensitivities. This implies that the effects of Candida or its toxins were causing electromagnetic problems (like switching) in the body and this has been halted. Take as much time as needed with diet/life changes and go for 100% on the mass effect and work with the balancee's physician, especially with regard to any Herxheimer effect. And, do your TFH!

The Rochlitz Candida Balance and the less frequently needed Cryptocides Balance are great achievements for me. More importantly, they are triumphs for EK/TFH and for the very science of Applied Kinesiology. Clearly, they demonstrate that instead of correcting the myriad of imbalances due to an opportunistic organism's effect on the body, we can balance the body for the organism and its cause. With this Balance, over-energy is halted, generation of improper antibodies may cease, and what we observe is a unified, harmonized body then healing itself regarding the organism. While I still perform these Balances in my own modified EK version, any AK system of tapping into the human "biocomputer" will work. I am pleased that Richard Utt, founder of Applied Physiology, and Nancy Daugherty have included the Candida Balance in their own methodologies.

These ideas and the more recent discoveries in the subsequent paper are expounded upon in my two-day seminar: Human Ecology Balancing Sciences. These papers are excerpted from the forthcoming book, Towards A Science of Healing, copyright 1985. Nutrition, human ecology, and AK are the sciences utilized in the seminar and book. For further information contact the author at P.O. Box 1134, Setauket, New York 11733.

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