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Kathleen Kalaf's Atlantic Journey to Wellness Raises Awareness of Systemic Candida and Gains Sponsorship of Renowned Photographer Peter Simon

SEA BRIGHT, N.J., Aug 11, 2009 — An insidious illness is stealing the vitality of millions of men, women and children. Its varied symptoms so closely mirror those of other conditions, it is frequently misdiagnosed, causing further complications. To make matters worse, most doctors don't know they could prevent the condition, known as systemic Candida, with just two words: Take probiotics.

Now Kathleen Kalaf, founder and president of the non-profit organization Atlantic Journey to Wellness (<http://www.atlanticjourneytowellness.org>), is determined to raise awareness of the devastating effects of and treatment for systemic Candida. And renowned photographer, author and music historian Peter Simon, whose sister happens to be Carly Simon, has pledged his support to help spread the word. Peter has been a systemic Candida sufferer for over two decades.

Systemic Candida, or chronic Candidiasis, is an overgrowth of the yeast Candida, which is normally present in healthy bodies. Most commonly, Candida grows out of control, taking on the properties of a fungus, and invades a person's mucous, blood and nervous systems following prolonged antibiotic use. Other common causes include nutritional deficiencies and the use of birth control pills or steroids.

In Simon's case, repeated courses of antibiotics caused his 20-year bout with systemic Candida. After living with memory problems, depleted energy, depression and indigestion for a few years, Simon diagnosed himself with systemic Candida. Simon now strictly avoids the foods that exacerbate the condition, though he still has good days and bad days. It is because of his own struggle that Simon agreed to sponsor Atlantic Journey to Wellness.

"Living with this illness is particularly galling because Western medicine doesn't recognize it, it is totally preventable in the first place and it is almost impossible to cure," Simon explained. "Despite my constant battle with it, I have managed to live as productive a life as possible. I have learned to live with chronic Candidiasis, but it's no walk in the park."

Kalaf has a similar story. She spent eight years enduring crippling fatigue, depression, panic attacks, digestive problems and even dental problems. She was misdiagnosed with bipolar disorder. Finally, Kalaf found a team of holistic doctors in integrative/functional medicine that correctly identified the systemic Candida wreaking havoc on her body, mind and spirit.

Kalaf was determined to keep others from going through the same ordeal, and [Atlantic Journey to Wellness](#) was born. The organization's Board of Directors includes Josee Audet, a scientist

who spent 15 years with a large pharmaceutical company and who has been researching the biochemical aspect of Candida; Glenn Halvorsen, a union iron worker, fitness trainer and massage therapist who was treated with excessive rounds of antibiotics for Lyme disease, compromising his immune system and making him susceptible to Candida; and Dorothy Sikora, a professional musician and student of Berklee College of Music in Boston who has been battling systemic Candida, followed by cervical cancer and now breast cancer, since her early 20s and is currently using both traditional and alternative health treatments in combating breast cancer.

A recent addition to the Atlantic Journey to Wellness Board of Directors is Anthony McMurray, a 40-year-old father, husband and small business owner whose use of steroid-based medications and antibiotics early in life led to his Candida diagnosis. Anthony joined as Internet Marketing Advisor after coming across the Atlantic Journey to Wellness website and recognizing the symptoms of craving for sugar and alcohol. Dawne Vrabel has also joined as the Atlantic Journey to Wellness Nutritional Advisor. Dawne is an Integrative Nutrition practitioner, Certified Herbologist and Molecular Biologist who healed herself from Candida by researching and experimenting with foods and herbs, and now passionately guides and empowers others through their own healing journeys. She will be producing a nutritional newsletter for the [Atlantic Journey to Wellness website](http://www.atlanticjourneytowellness.org), to be published in late autumn.

“It happened to me, and it is happening to others,” Kalaf stated. “Up to 30% of the world population is suffering from Candida overgrowth. And it could all be prevented through awareness and the use of probiotics. That’s the message Atlantic Journey to Wellness is dedicated to spreading.”

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