

FREEDOM FROM IBS · IBD · PSORIASIS & GUT INFLAMMATION

The End of the Search
Understanding the Missing Dimensions
Beyond Pills and False Promises



Mathieu Sun

(also known as Sky Element)

PART 1 & 2

Disclaimer & Responsibility

This book is shared for educational and experiential purposes only. It reflects the personal journey, observations, and perspectives of the author. It is not intended to diagnose, treat, cure, or prevent any disease or medical condition.

Nothing in this book should be considered medical advice. The author is not acting as a physician. Readers should always consult qualified healthcare professionals regarding their own health situations.

All examples, reflections, and interpretations are offered as personal experience and insight. Each individual is unique, and experiences may vary.

By reading this book, you acknowledge that you are fully responsible for your own well-being, decisions, and interpretations.

Table of Contents

Part I: My Story — Beyond Candida

Chapter 1: Why I Am Writing This Book

Chapter 2: My Six Years with Candida

Chapter 3: What I Tried — and Why It Didn't Work

The Turning Point

Chapter 4: Candida Basics (Quick Orientation)

Chapter 5: Candida as a Messenger — Not an Enemy

Chapter 6: The Four Layers — Physical, Emotional, Mental, Energetic

Physical Shifts — What Changed in My Body

Chapter 7: Which Layer Was Out of Balance — and How I Discovered It

What Actually Changed — Awareness

Chapter 8: How I Stopped Leaking Energy

Energy Work and JNANA KANDA

Chapter 9: What Actually Supported the Process — and What Didn't

Relearning the Body

Chapter 10: Putting It All Together — How Balance Returns Naturally

Beyond Symptoms — A Different Direction

About the Author

Part I

My Story — Beyond Candida

A journey of 35 years — from childhood to freedom

My Story — Beyond Candida

In my previous book, *Freedom from Candida*, I shared a focused part of my journey — roughly six years of my life dedicated to understanding and overcoming Candida, which I have been free from since 2021. But for the rest... name the issue and I probably had it... I speak from experience, not from book knowledge.

But the reality is, this story goes much further back.

Since childhood, I had a weak digestive system. Constant bloating, discomfort, and a general sense that something was not functioning properly. It was not temporary — it was my baseline.

I was not alone in trying to fix it.

My grandmother was an energy healer.

My mother was a nurse.

I was surrounded by people who genuinely wanted to help.

And yet, nothing truly worked.

So I searched.

I read extensively — books, articles, research papers — always trying to understand. Everything made sense in theory: protocols, diets, supplements, treatments.

But in practice, the results were always partial.

Relief, but not resolution.

Some years were better, some worse. There was no clear pattern, no real understanding of what was actually driving the condition.

I explored multiple systems:

- Conventional medicine
- Chinese medicine
- Ayurveda
- Nutritional approaches

Each brought something. But none brought completion.

At some point, a deeper question emerged:

If the knowledge exists... why does it not work?

That question changed everything.

Chapter 1 — Why I Am Writing This Book

I am writing this book more than four years after Candida stopped being a central part of my life.

Not because I found a miracle pill. Not because I discovered a secret protocol. Not because I finally outsmarted biology with discipline.

I am writing it because this is the book I would have needed when I was inside the cycle — when I was searching, restricting, calculating, and still not understanding why it kept returning.

At the time, I treated Candida like an opponent. I read everything. I bought the long books, the technical books, the chemical explanations. I listened to podcasts. I watched lectures. I tried to build a complete mental model. It became an intellectual battle: if I knew enough, then surely I could win.

But knowledge alone did not resolve it.

If you are reading this, you may already recognize that exhaustion: the sense that you have tried a lot, learned a lot, and still feel stuck. You may be tired of promises. You may be tired of being told that one more product, one more restriction, one more "perfect plan" will finally end it.

This book does not offer that.

What it offers is perspective — a way to see the situation that includes the physical layer, but also what is often missing: the emotional, the mental, and the energetic layers of life.

I am not writing as a doctor. I am not offering treatment. I am sharing experience — how the entire picture became clear only when I stopped looking at Candida as the main problem and started seeing it as a signal of imbalance.

If something in these pages resonates with you, use it. If it does not, leave it. Your path must remain your own.

Chapter 2 — My Six Years with Candida

It did not begin for me with a dramatic event. It began with subtle signs.

A gut that felt weak. Bloating that appeared without a clear cause. Energy that slowly declined. A quiet sense — deep down — that something was not fully balanced.

At first, it is easy to rationalize. Maybe it is stress. Maybe it is food. Maybe it is temporary. So you adjust. You clean up. You try to be "healthier." You wait.

Then patterns emerge.

I noticed that sugar made things worse. Alcohol too. Sometimes even small amounts.

Sometimes I would be fine for a few weeks, even a few months, and then it would return. That return had a specific feeling: not only physical discomfort, but a mental weight, like being reminded that something in my system was still unresolved.

This is what makes the experience so tiring: the cycle. It comes and goes, and the uncertainty becomes part of the strain. Even when symptoms are not present, a background fear remains. You start scanning yourself. You start monitoring every choice. You start negotiating with life.

Over time, I began reading about Candida. The name gave me a target. A label. An explanation.

And that explanation became a trap.

Because once I had the name, I did what many people do: I tried to eliminate it. I tried to "beat" it. I tried to do everything perfectly. The more I tried, the more the situation became my primary focus.

Candida became the central storyline of my life.

In hindsight, that focus was not neutral. It had a cost. It shaped my attention, my choices, my relationships, and my emotional state. The more I centered the fight, the more energy I spent on the fight.

And still — it returned.

Chapter 3 — What I Tried — and Why It Didn't Work

I tried what most people try, and I tried it seriously.

I tried strict diets. At one point, the no-sugar approach felt logical. Sugar seemed to trigger the symptoms, so removing sugar completely felt like the smart move. And for a time, it looked like it worked.

Then something strange happened: the more I restricted, the more reactive my system became. I could go a long time with extreme restriction and feel stable — but the moment a small amount of sugar returned, the reaction could be amplified.

I trained harder. I exercised intensely. Movement always helped in some way — it lifted mood, sharpened mind, improved energy — but it did not resolve the deeper pattern. In my case, the intensity also hid something: anger, pressure, and a constant need to control.

I tried supplements and pills. Many of them were well-intentioned and, in short windows, seemed to help. But my lived experience was that those tools were not the root solution. They were relief.

I tried cleanses, detoxes, fasting, retreats — everything people describe as "resetting" the body. These experiences can be powerful. But for me, none of them produced durable stability by themselves.

At some point I realized a difficult truth: if Candida was able to adapt to everything I did, then the fight itself was the wrong approach.

Knowledge was not enough. Discipline was not enough. Effort was not enough.

That realization is not discouraging. It is liberating. It means the missing piece is not "more force." It is a deeper understanding of what the system is actually communicating.

The Turning Point

The real shift did not come from a new method.

It came through experience.

At 40 years old, after what I can only describe as a shift in consciousness, I made a clear decision: to finally take real time for myself.

Not surface-level time, but true time — to observe, to feel, and to understand who I was. Not through what others had told me, not through books, but through direct experience.

This is where everything changed.

What I discovered cannot truly be learned intellectually. It has to be lived.

As I began spending time with myself, I started to see how everything was unfolding internally. At the same time, I reconnected with something I had never clearly perceived before — a level of energy within the body.

We hear about concepts like chi or prana, but until they are felt, they remain abstract.

Once felt, they become obvious.

The clearer I became internally, the more I could feel this life moving through me.

Chapter 4 — Candida Basics (Quick Orientation)

Candida is a yeast that is commonly present in the human body. In balanced conditions, it coexists with other microorganisms as part of a broader ecosystem. Problems arise when balance is disrupted and the yeast can overgrow.

Candida can be associated with digestive discomfort, skin issues, fatigue, brain fog, and other systemic symptoms. People often describe cycles that fluctuate with food choices, stress, sleep, and environmental factors.

Many people also describe "die-off" phases when they change diet or use certain approaches. These phases can feel unpleasant and confusing, especially when you cannot clearly tell what is helping, what is harming, and what is simply the body adapting.

If you are new to the subject, this overview may provide a basic orientation. If you have been dealing with this for a while, you likely know these descriptions already — and you may be here because the usual explanations still do not fully answer the deeper question:

Why does it keep returning?

This book is not here to argue biology. It is here to widen the frame: to include what often gets left out when the conversation becomes only chemical and only physical.

Chapter 5 — Candida as a Messenger — Not an Enemy

Years later, I can only say this clearly: Candida was a messenger, not an enemy — but only years later.

At the time, I could not see it that way. I wanted to outsmart it. I wanted to dominate it. I wanted to remove it. That mindset did not bring out the best of me. It brought pressure, obsession, fear, and constant mental effort.

Now I can see why: Candida was not the problem. Something came before it.

Candida pointed to imbalance, but not only imbalance of the physical body. It pointed to imbalance in life as a whole. I had reduced health to something physical: food, exercise, habits. That is part of health, but it is not the full picture.

Health is harmony. It is balance.

Candida was showing me that something in my system — and in my life — was out of balance. The irony is that I was spending all my energy trying to destroy the signal instead of listening to what it was signaling.

In other words, I was shooting the messenger.

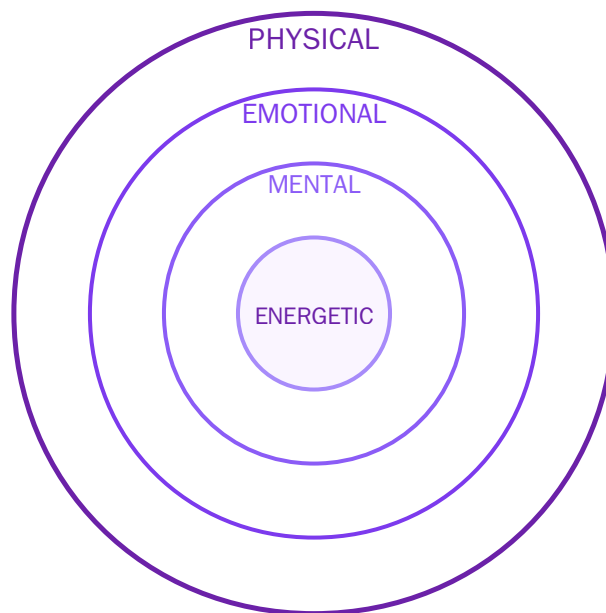
Chapter 6 — The Four Layers — Physical, Emotional, Mental, Energetic

At this point, everything becomes simpler. Not easier — but clearer.

For most of my life, health meant something concrete. It was physical. It was the body. Food, exercise, discipline. These were things I could understand, measure, and control.

When nothing worked anymore, I decided to look somewhere else. Not because Western approaches were "wrong," but because they were incomplete.

What changed everything for me was understanding that health exists on multiple layers, all connected:



The Four Layers of Health — all interconnected

The physical layer is the body: digestion, movement, rest, nutrition. It matters deeply. But it is only one part of the system.

The emotional layer is lived experience. Stress, fear, frustration, sadness, joy — these are not abstract. They have consequences in the body.

The mental layer is thought, belief, inner dialogue. What we repeat internally shapes our nervous system, our choices, and our state.

And then there is the energetic layer. Different cultures use different words (chi, prana, life force), but the experience itself is universal. You already know energy even if you do not label it.

One of the most consistent experiences during Candida was energy loss. Not only tiredness, but a deeper depletion.

When I began working at this layer — not replacing the physical work, but adding this dimension — something shifted. The cycle that had seemed permanent began to soften.

Physical Shifts — What Changed in My Body

For over 20 years, I had been gluten intolerant. Extremely strict. Fully aware of the consequences.

And yet, within a short period — weeks — it was gone.

Not improved. Gone.

I tested it carefully. Then more directly.

At some point, I was eating more bread than I had in decades. And I am French, so this matters.

No reaction.

The same happened with lactose intolerance.

For years, I relied on pills. As a chef working on yachts, I always had them with me.

Then one day in 2025, I forgot them.

Nothing happened.

So I tested again. And again.

I pushed the limits intentionally — even with foods like milk powder.

Still nothing.

That was a moment of clarity.

Chapter 7 — Which Layer Was Out of Balance for Me

Balance for Me

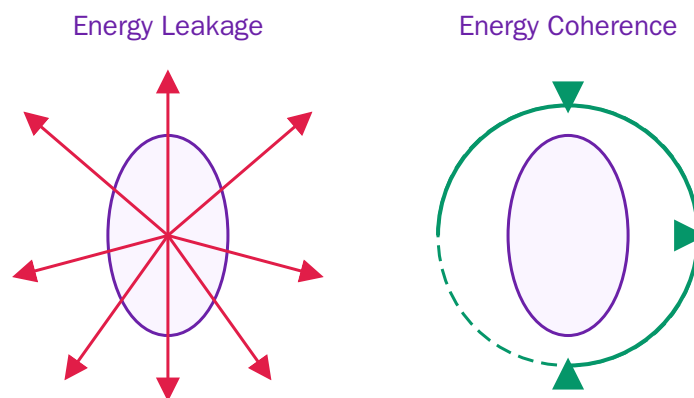
I want to be honest here: I cannot tell you which layer is out of balance for you. That is something only you can discover, with honesty and patience.

What I can tell you is how the discovery happened for me.

For years, I focused almost exclusively on the physical layer. "I changed my diet" is an easy conversation. "I realized I was suppressing grief for years" is not.

The emotional layer was where the real work was hiding.

I had been carrying a pattern for a long time: pushing forward, performing wellness, appearing functional — while underneath, something was not okay.



Energy leakage (dispersed) vs. Energy coherence (contained)

What I discovered — slowly, through honest self-observation — is that my body was holding what my mind refused to process.

The tension. The frustration I did not express. The sadness I rationalized away. The anger I converted into discipline and exercise.

That unprocessed emotional material was not neutral. It was weight. And the body was carrying it.

Candida, in my case, was pointing to that weight.

The question worth asking — without judgment — is: which layer am I least honest about?

That layer is usually where the answer lives.

What Actually Changed — Awareness

It was not the food.

It was not a new protocol.

It was awareness.

For the first time, I began to:

- Observe instead of react
- Feel instead of suppress
- Stay present instead of escaping

For most of my life, I had been suppressing emotions.

When I stopped — when I learned to stay with what was arising — something began to reorganize internally.

At the same time, I noticed a direct connection between my internal state (thoughts, emotions, clarity) and my physical condition.

This was not theoretical. It was observable.

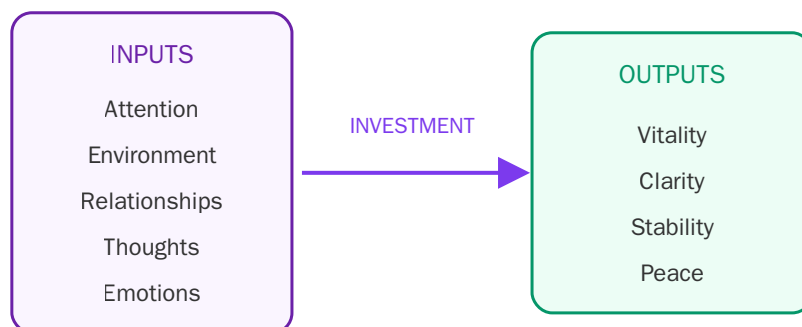
Chapter 8 — How I Stopped Leaking Energy

I am using "energetic" to describe something practical: the daily experience of depletion versus restoration.

Energy leaks when we do things that cost more than they return. That can be physical — overtraining, poor sleep. But it can also be emotional, mental, or relational.

Certain relationships drained me. Certain thoughts drained me. Certain environments drained me.

And certain things restored me: time in nature, silence, honest conversations, movement that felt like joy rather than punishment, sleep without guilt.



Good investment vs. bad investment — where does your energy flow?

The shift was a gradual reorientation — toward more of what restored, and less of what drained.

But there was one shift that was harder than the others: I had to stop performing wellness.

Performing wellness is exhausting. It is the gap between how you say you are and how you actually are. Every time I said "I'm fine" when I was not, something small was drained.

When I started being more honest — with myself first, then with others — something lightened.

I began paying attention to where my energy was going. Not just what I was doing, but what I was feeding. I became careful with my thoughts, my words, my emotions.

And yes, I made difficult choices. I let go of what drained me. That was uncomfortable, but staying in the old cycle was worse.

Candida is cyclical. Cycles only end when something fundamentally changes.

Energy Work and JNANA KANDA

At some point, I stepped away from everything and fully committed to this path.

I began working with energy more consciously.

I use the term "healer" for simplicity, but more precisely, I work as an energetician — allowing energy to flow through presence.

Over time, I explored many techniques.

Eventually, I encountered a traditional Balinese transmission known as JNANA KANDA.

This approach stood out for its clarity, purity, and depth.

It was transmitted through a master, and I remain deeply grateful for that.

This is not something that can be explained fully in words.

It must be experienced.

Through this, I now facilitate sessions and meditations where people can feel this energy directly.

* * *

The Principle

The foundation is simple:

- Calm the nervous system
- Breathe naturally
- Do not force anything

The body already has its own intelligence. The energy system already has its own pathways.

What happens is not something we create — it is something that re-aligns.

As this happens: tension reduces, the mind quiets, emotions stabilize, a sense of peace emerges.

Healing is not the objective.

It becomes a consequence.

Chapter 9 — What Actually Supported the Process

What helped me most was not one method. It was a direction.

I stopped trying to "fix" Candida directly and returned to nature — not as an ideology, but as a reference for balance.

For me it began simply: long walks, more time outdoors, closer contact with the ground, time near water.

Nature holds balance effortlessly. When you place yourself in contact with it, something recalibrates without force.

I continued movement practices. Not because one is universally best, but because resonance matters more than labels.

The same applies to food. I do not believe in one universal diet. There is the diet that supports you now. Your body signals. Sometimes it whispers. Sometimes it screams. Listen earlier.

What did not help long term was the mindset of overpowering the system: "kill it," "eradicate it," "force it out."

Emotionally, I had to look honestly at my environment: relationships, work, dynamics. Every situation is an energetic investment.

When I stopped fighting and started listening, the system began to reorganize.

Relearning the Body

Breathing changed.

I relearned how to breathe naturally — without forcing — deeper into the diaphragm.

Practices like yoga, tai chi, and qigong began to make sense.

Not as solutions, but as tools.

What matters is what resonates with you.

The goal is not intensity.

It is coherence.

* * *

The Layers of Alignment

I began to understand that everything operates in layers: Physical, Emotional, Mental, Energetic.

And most importantly, these layers are interconnected.

Previously, I was trying to solve everything from one layer at a time.

What became clear is that each layer supports the others.

The energetic layer, in particular, was something I had overlooked. Not because it was absent, but because it cannot be understood conceptually.

It must be felt.

Chapter 10 — Putting It All Together

At this point, everything is on the table.

You understand the four layers and you can see how a missing layer can undermine everything else.

From here, the orientation is simple: good investment versus bad investment.



Breaking the cycle: from repetition to integration

Anything that restores you is a good investment. Anything that drains you consistently is not.

Sometimes, the hardest part is not adding supportive things — it is removing what is leaking.

Think of your life like a home. A home is not only furniture. It is plumbing, wiring, structure, airflow, light, foundations. Health is the same.

Your attention is energy. Where you place it matters. If attention constantly flows into resentment, comparison, fear, or distraction, energy drains. If it flows into presence, appreciation, honesty, and alignment, energy builds.

Forgiveness is not for others. It is the decision to stop leaking energy into the past.

You do not need to believe anything new. You do not need a new identity. You do not need to fight.

You only need to listen — earlier, more honestly, and more kindly.

Candida, in the end, was not an enemy to defeat. It was a teacher that stayed until learning happened.

We cannot outsmart nature. We cannot dominate it. Harmony is not something to conquer; it is something to return to.

This book does not offer promises. It offers remembrance.

And sometimes, remembering is enough to change everything.

Beyond Symptoms — A Different Direction

I also experienced depression for eight years.

After this shift, it ended.

Life did not become easy, but the structure of suffering changed. Sadness became something that could be felt and released — not something that defined me.

* * *

Looking back, the most surprising part is this:

I spent years searching externally — through knowledge, science, and solutions.

But the resolution came through internal awareness.

This does not invalidate science. It simply shows that something was missing in my approach.

* * *

What I Have Seen

I was extremely skeptical.

And yet, I have witnessed profound changes in people. Sometimes very rapid.

The only accurate description is this: when alignment happens, the system reorganizes itself.

But it happens when the person is ready. There is a natural timing.

* * *

Giving

My intention with this book is to share perspectives that may help you reconnect with your own experience.

If it resonates, you can explore further. If not, that is completely valid.

This path naturally led me to one thing: Giving.

At some point, sharing becomes natural.

About the Author

My name is Mathieu Sun.

This book is the result of a long journey — one I never planned, but one that reshaped my life entirely.

At a moment of deep exhaustion, something unexpected happened. In a single night, my perception of life shifted. It was not a discovery as much as a reconnection — to presence and energy as something tangible and practical.

What followed was years of learning, integration, and humility. For more than four and a half years, I dedicated myself to understanding energy, presence, and coherence — not as ideas, but as lived realities.

Today, I serve as an energy healer and Balinese priest. I offer spaces of presence that support people in reconnecting with their own coherence, in their own way and at their own pace.

This book is not here to convince you of anything. It is simply what I lived, learned, and embodied. If something resonates, trust that resonance. If it does not, leave it aside.

Your path is your own.

— Mathieu Sun (also known as Sky Element)

* * *

Visit gutzen.org for articles, resources, and the free AI chat assistant.
Download Allinya for live 1-on-1 or group sessions — no booking needed.