

How to Cure Candida



The Full Guide to Completely Regaining Your Health

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A CANDIDA FREE FUTURE

This Book Is Dedicated To You



This book is dedicated to those of you who feel that your current state of health is not what it should be. This book is dedicated to those of you who have sought assistance with no real improvements. This book is dedicated to those of you who have spent endless amounts of time, effort and money into finding a real solution with no avail.

It is our intention that this book will bring you clarity to all your health problems.

Take the information from this book and apply it as you see fit and reclaim your life. Some ideas and concepts may seem overwhelming at first or appear unnecessary. This is fine as it not our intention to manipulate you into changing your lifestyle. Our goal rather is to *empower* you to make the necessary changes in your life to control it.

Our team feels blessed that we have gone through all the horrors of Candida. Why? As a result of our health challenges we have been able to share all our trials and tribulations and come up with solutions for an unlimited number of people worldwide. The saying every cloud has a silver lining has never rang more true!

It's time to rejoice and embrace the fact that there is a permanent natural cure for Candida! You can feel energized and healthy again. You now have the solution at your fingertips.



HowToCureCandida.com

The information contained in this publication has not been evaluated by the Food and Drug Administration nor is it intended to replace the services and recommendations of a physician or qualified health practitioner. All statements are for informational purposes only. Individuals with health problems or those who are pregnant are specifically advised that they should consult their physician before taking any natural remedies, over the counter treatments, dietary supplements, or instituting any diet changes.

AN INTRODUCTION TO CANDIDA

What is Candida?

You're a walking, breathing host for more invisible, single-celled creatures than you can imagine. Your skin is constantly covered with streptococcal and staphylococcal bacteria. Your intestines are filled with *Escherichia coli* and roughly 500 other types of bacteria as well as fungi and protozoas. Mites that are invisible to the naked eye live in your hair follicles. Viruses find you equally appealing as a host. They've all moved in, and they're here to stay.

Candida (pronounced *kandiduh*), a yeast-like fungus, is often passed from mother to newborn during birth. By the time you are two years old, your microbiological species are well established. Under typical conditions, Candida is just one part of the vast microscopic zoo that is you. It shouldn't come as a surprise that Candida lives quite happily on the human skin, in the mouth, in the intestinal track and, for women, in the vagina.



Candida is actually the name for a whole group of incredibly tiny organisms. They're measured in a unit called *microns*. A human hair is 100 microns in diameter. In comparison, a single yeast cell is just 4 to 6 microns long—a little sphere of fungus. There are actually more than 150 species of Candida yeasts and of these ten cause trouble for humans. And of these ten species that can make humans ill, the strain responsible for a vast majority of problems in people is *Candida Albicans* (pronounced *kandiduh al/behkens*).

The vast majority of the time these microorganisms cause you no trouble at all and you're not even aware of their existence on and inside of you. Your many microscopic species live in harmony, each population keeping the others in check, aided by a healthy immune system. However, under certain circumstances, the balance between species of microorganisms is compromised. One species may multiply explosively and cause an infection. This can be a bacterium, a fungus, or a virus.

In the case of *Candida Albicans* (which we will refer to as Candida from now on), the balance between the yeast cells and the bacteria that kept their numbers in check is upset. The yeast cells multiply quickly and aggressively, especially if the immune system is unable to step in and help.

A Candida infection or **Candidiasis** can occur on a variety of locations throughout the body. Remembering that Candida already lives on the skin and in the mouth, intestinal tract, and vagina, it will come as no surprise to you that these sites are the most common areas for localized (contained to one part of the body) Candida infections.

What Are Common Causes Of Candida?

The following can all result in Candidiasis.

Medications and Drugs	Antibiotics Steroids Prescription drugs Birth control pills
Genital Irritation	Douching Sprays, soaps and other hygiene products (especially the anti-bacterial kind) Direct contact with an infected area (sexual intercourse)
Immune Dysfunction	A compromised immune system Allergies Fatigue (adrenal burnout) Stress Repeated bacterial infections
Internal and External Environment	Environmental toxicities Diet Hormone changes (PMS, menopause, pregnancy) Diabetes Exposure

Antibiotics



Antibiotics are a primary cause of a Candida overgrowth. Antibiotics can be important in the treatment of bacterial infections. However, they change the balance between populations of microorganisms, which can lead to Candida overgrowth. This is just one reason why antibiotics should be used with caution, only on the advice of a doctor and never for viral illnesses, like colds or flu.

To further simplify, when you take antibiotics they wipe out both the bad and the good bacteria together. Since the North American diet is very high in sugar and carbohydrates, the exact foods that bad bacteria feeds on, the bad bacteria is able to reproduce at a much faster rate than the beneficial bacteria can.

An imbalance is then created that is virtually impossible to correct without the proper diet and anti-fungal therapy to eliminate the bad bacteria. In addition, when the body constantly produces insulin spikes due to excessive sugar intake, Candida is actually used by the body to eat away at the excess sugar in the bloodstream. Oddly enough this is a defensive tactic of the body in response to elevated glucose levels in the blood. This is also the reason why insulin sensitive individuals such as diabetics are highly prone to Candida. This leads into our next common cause, diabetes.

Diabetes

This increasingly common condition impairs the ability of the immune system to respond to microbiological threats. Diabetes increases the likelihood of developing a Candida infection particularly in men.

Repeated Bacterial Infections

Even without the balance-disrupting effect of antibiotics, repeated overgrowth of bacteria change the balance between species of microorganisms, creating a window where Candida can grow explosively.

Douching

Vaginal douching literally washes away the good bacteria in the vagina that helps keep Candida under control. Douching also alters the acid-alkaline balance of the vaginal tissue making it less habitable for healthy bacteria and more favorable for Candida overgrowth. Strictly from a physiological standpoint douching is unnecessary as the vagina is designed to cleanse itself.

Perfumed Feminine Hygiene Sprays and Soaps

Besides containing a lot of chemicals and unnecessary additives these irritate the skin of the vagina, making it more susceptible to Candidiasis. Anything that irritates tender genital skin increases the likelihood of a yeast infection.

A Compromised Immune System

Illnesses and treatments that weaken the immune system make it easier for Candida to gain a foothold. These include an HIV infection and chemotherapy for cancer in more severe examples.

Allergies

People who have food, environmental and chemical allergies are much more prone to developing a Candida infection. Proper steps must be taken to reduce allergen exposure as much as possible. This can include eating an allergen free diet, removing carpeting from the bedrooms and using air purifiers. Most people with chronic Candida also have allergies prior to developing Candida. Symptoms in allergy sufferers are intensified by Candida.

Environmental Toxicities

Environmental factors that weaken the immune system makes it easier for Candida thrive.

These factors include:

- secondhand smoke from cigars, cigarettes, and pipes
- disinfectants
- hair sprays
- paint
- solvents
- bedding
- animal hair
- household cleaning products
- dust
- mold

Some products release volatile components into the air like styrene from plastics, benzene from solvents and formaldehyde from manufactured wood products (pressed wood furniture and kitchen cabinets). Permanent press clothes, dry cleaned clothes, carpeting, and plastics all emit traces of toxic vapors.

Fatigue

Candida infections are more likely to occur if you're experiencing unusual tiredness. At the same time long-term suffering from chronic illness will induce adrenal fatigue over time. If you have been suffering from adrenal fatigue you'll notice breathing problems that you've never had in the past, panic attacks, hair loss, needing sleep longer than usual and not feeling rejuvenated from sleep. In our 5 Step Protocol, adrenal fatigue is looked at in depth. Specific adrenal supplements and cleansing that targets the causes of adrenal fatigue will be addressed.

Stress

Stress weakens the immune system and impairs your body's ability to respond to natural anti-inflammatory compounds. This makes it easier for Candida to grow.

Diet

Poor nutrition is associated with illness for many reasons. One of the best-known impacts of diet on your health is the weakening effect of sugar on your immune system. An unchecked diet can also feed Candida. If you refer to the Anti-Candida diet below you can learn more about what proper foods you should be having in your diet.

Hormone Changes

Pregnancy, birth control pills, oral steroid medications like prednisone, and normal changes in the menstrual cycle can all cause hormone levels changes in the vaginal tissue and make it more susceptible to Candida infection.

Inadequate Lubrication during Intercourse

Vaginal irritation arising from too little lubrication or prolonged intercourse increases the likelihood of Candidiasis. This is a common inducer of vaginal yeast infections.



Increased Warmth and Moisture in the Vaginal Area

In addition to factors that reduce the number of good bacteria or compromise the immune system, some conditions create the perfect incubator for Candida infections, particularly in the vagina. Poor personal hygiene can introduce yeast spores from the intestines into the vaginal area. Yeast cells love warm, moist areas. So not drying thoroughly after bathing, wearing tight-fitting clothing or pantyhose, and wearing a damp bathing suit for prolonged periods all create perfect environments for yeast cells to flourish.

Use of Condoms Containing Spermicide

In men, the use of condoms containing the common spermicide known as nonoxynol-9 leads to more frequent Candida infections. While nonoxynol-9 kills sperm, it also increases the ability of yeast cells to adhere to skin cells.

Direct Contact with an Infected Area

Candidiasis can be passed back and forth between partners through direct sexual contact. It can be transferred from between mouth and the genitals through oral-genital contact and can infect the anus through anal intercourse.

Exposure

Candidiasis may also be transmitted by nonsexual means, such as between women or men who share a towel.

To summarize Candidiasis can be caused by any one of these factors. However, it is usually a combination effect of factors that results in immune suppression and an environment that caters to fungal overgrowths.

What Are Signs, Symptoms and Types Of Candida?

Common Symptoms of Candida

In adults, the most common indicators or symptoms of Candida are:

1. A Childhood History of

- ADD
- ADHD
- Hyperactivity
- Skin problems
- Respiratory problems
- Intestinal problems

2. Poor Overall Health

- Poor endurance and weakness
- Asthma
- Bronchitis
- A habitual cough that doesn't produce phlegm
- Postnasal drip
- Hay fever
- Headaches, including migraines
- Fatigue to an incapacitating degree (especially after eating)

3. Recurring Infections

- Recurring throat and/or ear infections
- Recurring vaginal, oral, or skin (yeast) infections
- Urinary tract infections
- Athlete's foot
- Jock itch
- Skin rash
- Dry, brownish patches on the skin
- Ringworm
- Psoriasis
- Low grade fever
- Chronic sinus problems

- Blisters on the tongue, in the mouth, or in the throat

4. Digestive System Problems

- Poor digestion
- Loose or constipated stools
- Irritable bowel
- Painful gas
- Bloating
- Nausea and vomiting

5. Sexual / Genital Problems

- Menstrual difficulties
- Male impotence
- Male and female infertility

6. Mental & Emotional Problems

- Anxiety
- Panic attacks
- Depression
- Irritability
- Paranoia
- Poor concentration, or feeling in a persistent mental 'fog'
- Unexplained feelings of being 'hung over,' as if after an alcoholic binge
- Feeling not in total control of one's actions, often expressed as "I know the right thing to do, but I can't do it."

Schizophrenia and mental instability

7. Other

- Arthritis-like symptoms
- Joint pain, similar to that of having the flu
- Cravings for carbohydrates
- Chronic dental problems
- White coating on the tongue

With such a wide variety of signs and symptoms it is common to misdiagnose a chronic Candida infection. In many cases, a chronic Candida sufferer try to treat a symptom with no avail only to have it reoccur later on. Treating a symptom of Candida without addressing the deeper rooted problem will not work.

At times a patient may hesitate to tell their physician that they are still not feeling better with the fear of uprising costs or being mislabeled as a hypochondriac. Many traditional medical practitioners, frustrated by continuing complaints may suggest antidepressant medications, ultimately mistreating this infectious disease as a psychological disorder.

Common Symptoms of Candidiasis Localized

Since Candida infections can occur at many different sites, the signs and symptoms of infection vary. Here are descriptions of symptoms in specific localized areas.

In the **skin folds and groin** a Candida infection results in an itching, burning, bright red rash.

In the **vagina** a Candida infection results in intense itching. The skin of the vulva may become irritated, and you may experience pain while urinating. In addition, increased vaginal discharge is also common. This can be watery or thick, almost like cottage cheese, and may be white or whitish-gray in color.

In the **mouth** a Candida infection, or thrush, results in a ‘dry mouth’ feeling or the sensation of something at the back of the mouth or top of the throat. Your sensation of taste may be decreased and you may even have pain on swallowing. When you look in your mouth, you’ll see creamy, white patches coating your tongue, cheeks, tonsils, and/or throat.

In the **esophagus** a Candida infection can cause difficulty swallowing. You may feel as though there’s something blocking your esophagus or have pain behind your breastbone. Nausea and vomiting can also occur with esophageal Candidiasis. While this condition can be quite uncomfortable, it is far rarer than skin, oral and vaginal yeast infections.

Other Localized Candida Infections

Candida infections that are localized to other parts of the body can cause serious medical problems. As mentioned, infection of the esophagus can cause pain and difficulty swallowing.

Infection of the heart valves can cause fever, a heart murmur, and enlargement of the spleen. Candida infection in the inner part of the eye and the retina can cause blindness.

Acute systemic Candidiasis is a serious and potentially fatal condition, usually causing fever and often progressing rapidly to shock, kidney failure, and bleeding disorders. ‘Acute’ refers to any condition that develops rapidly and progresses quickly. Acute systemic Candida infections are extremely rare in people whose immune systems aren’t severely compromised as a result of HIV infection, cancer chemotherapy, or other conditions that virtually eliminate the ability of the immune system to respond to infections.

Generalized chronic Candida infections have a wide variety of symptoms. Most are also typical of other conditions, so diagnosing a generalized chronic Candida infection can be challenging. ‘Chronic’ refers to any condition that develops slowly, is resistant to treatment and tends to persist. Chronic Candida infections are synonymous with Dysbiosis or Candida of the intestinal tract. When an overgrowth occurs here, as it does in many people with Candida, the possible symptoms are almost endless as numerous functions take place in this part of the body.

Systemic Candidiasis develops slowly when, deep in the intestines, the yeast cells transform into a more invasive fungal form. They penetrate the bowel wall, causing what’s known as ‘Leaky Gut Syndrome’, and spread throughout the body. Although not well recognized by traditional medicine, alternative medicine focuses heavily on this type of condition.

This is the form of Candida overgrowth that is believed to cause the majority of symptoms from chronic fatigue to allergies to asthma. This is the most complex of all the forms of Candida and is the most difficult to treat and recover from. It is also the most prevalent fungus and goes undiagnosed for many. This book focuses on the cure for this form of Candida and utilizes it as a backbone for all other forms of Candidiasis.

How Is Candida Different In Men And Women?



Men and women experience chronic systemic Candida in very much the same way. Treatments for each follow the same general guidelines. The primary difference between men and women when it comes to chronic systemic Candida is that men with diabetes are more likely to get it.

Candida infections if localized to the genital area appear differently in men and women. Women experience symptoms such as:

- vaginal burning, irritation, itching
- burning or pain when urinating
- discomfort during or after sexual intercourse
- odor (not unpleasant)
- genital itching, burning, redness, and/or swelling

Men however can have a Candida infection in the genital area and have no symptoms at all. If symptoms do appear they may arise as an itching and burning sensation during urination. Burning may also arise during intercourse or after intercourse if a condom isn't used. A reddening, burning sensation of the penis or a rash that appears and then goes away may also appear.

Chronic groin infections in men appear as flat, brown or red-brown patches. When the skin becomes moist or warm, the patches may get redder and itch.

Treatments of localized Candida infections follow the same guidelines for men and women, whether they choose an antifungal medication or a natural treatment.

How Does Candida Develop Into A Health Threat?

To understand why the list of signs and symptoms of Candida infection is so extensive, you must understand that the tiny yeast cells cause a cascading series of invisible effects deep within your body. You can't feel these changes as they're occurring. Effects are only felt and made aware after the damage has been done and your overall health has been seriously impacted.

Let's begin by looking at what yeast organisms do when they're used for a good purpose.

Fermentation 101



Yeast promotes the process of fermentation whether it is used for bread, wine, or beer. The purpose of yeast is to break down sugar into water, alcohol, carbon dioxide gas, and acid. The types of yeast however used to make bread, beer, and wine are commercially produced. They're not the strain that causes misery for many people. But yeast is yeast and the chemical process that Candida promotes in your body is fermentation.

This is the critical difference between yeast used for cooking and yeast in you. In cooking, the amount of available sugar is finite. When the yeast consumes the sugar, the process stops. In the human body however, the amount of sugar available to yeast is virtually endless. If you have Candida yeast in your intestines, fermentation goes on and on and on, producing water, carbon dioxide, and alcohol.

You probably won't notice the water produced but the carbon dioxide released by the fermentation process causes discomfort in the form of painful bloating, flatulence, belching, and an upset stomach.

The real problem with yeast however, is when the sugar is broken down into alcohol. Alcohol in the human body metabolizes into a chemical byproduct of fermentation called **acetaldehyde**. It is what's responsible for the unpleasant feelings that accompany a hangover. Acetaldehyde is about 30 times as toxic as alcohol, and if you suffer from Candida your body is producing this everyday!

Acetaldehyde also disrupts the ability of the red blood cells to properly hold onto and transfer oxygen to the bloodstream. It actively combines with proteins that make up the cell membranes of red blood cells, and cause a stiffening effect of the red blood cells which inhibits their ability to enter into the capillaries. This prevents oxygen from being supplied throughout the body which is why so many Candida sufferers routinely have cold hands and feet. Acetaldehyde also depletes energy producing nutrients such as NADH and B3 and damages the liver and brain.



To top it all off, it also boosts the production of free radicals in the body, the #1 cause of degenerative disease. Virtually all symptoms, especially the mental and emotional symptoms of Candida are directly caused by acetaldehyde.

Imagine all of this going on in your intestines. You can now understand why chronic Candida infections cause people to feel hung over, as if they're "in a fog", and leave them unable to make clear decisions.

Yeast Changes Form

When yeast is in your intestine, it actually changes shape. In your warm, moist interior, which happens to be the perfect temperature for this transformation to take place, the tiny spheres of yeast sprout filament-like branches called hyphae (pronounced *hifuh*), also known as rhizoids. Where the yeast cell was once an inconsequential sphere, it has now become a rapidly growing, branching organism, extending filaments everywhere.

These hyphae burrow deep into the intestinal wall, extending a mass of tiny branches forward. The hyphae of many yeast cells intertwine and create a single living organism that permeates the intestinal wall. At this point the yeast becomes inseparable from the human tissue. In fact even if you could get directly with the burrowed and woven yeast in your intestine, you still wouldn't be able to separate the yeast filaments from the underlying tissue.

The yeast cells now permeate the intestinal tissue and, continuing their march forward, penetrate it. The intestinal wall becomes more permeable, which allows more liquids to pass through it. The liquids that do pass through the intestinal wall contain yeast cells and spread the infection beyond the intestines into the abdominal cavity and the bloodstream. This is known as Leaky Gut Syndrome.

Leaky Gut Syndrome

Candida isn't the only cause of Leaky Gut Syndrome. Other conditions such as celiac disease, parasites, drugs, poor diet and alcohol abuse can cause large spaces to develop between the cells of the intestinal wall. This allows bacteria, toxins, and food to leak into the bloodstream.

Regardless of the cause, Leaky Gut Syndrome is responsible for some of the symptoms of chronic Candida infection as mentioned earlier. These include symptoms directly related to the intestinal tract such as bloating, pain, gas, heartburn, constant hunger, hemorrhoids, constipation, diarrhea, and liver dysfunction.

Symptoms related to the nervous system also included are insomnia, anxiety, depression, poor memory, sluggishness, brain fatigue, mood swings. Systems that are related to the nervous system are also affected including the respiratory, endocrine, and musculoskeletal system. When these are affected it can lead to shortness of breath, swollen lymph glands and muscle pain and cramping retrospectively. As your overall health continues to deteriorate, your nails may become brittle and you may begin to lose hair. Your energy seems to grind to a halt, and you may develop fevers for no apparent reason.

How is possible it that one tiny yeast organism can create so many diverse problems? Toxins play a large role as Candida can produce 79 different toxins, including acetaldehyde, with each

one them exerting a poisonous effect on the organs throughout the body. In addition, *Candida albicans* is deviously equipped to resist the human immune system.

Candida Can Outwit the Human Immune System

To start, Candida cells are enclosed in a capsule that prevents white blood cells from engulfing and destroying them. They can also change how they appear to the immune system. In addition, Candida cells can create chemical factors that suppress the immune system's ability to fight them.

The human immune system fights foreign cells internally in one of two ways. It can send out cells to look for foreign cells with those external receptors and destroy them or create a general inflammation response. Candida cells can change the receptors they display and effectively disguise themselves from attack when the immune system sends out cells to destroy them. For example, Candida cells may display the receptors of the connective tissue. Then the compromised immune system may begin a search and destroy mission to eradicate all cells displaying these receptors. The joints of the human body, rich in connective tissue, may then be attacked by the immune system mistakenly interpreting them as foreign invaders. The Candida cells can also display receptors of the human brain. This leads to root causes of brain disorders such as multiple sclerosis.

Through the inflammation method, inflammation will persist in the body until the cells that provoked the immune response are eliminated. However, in the case of Candida, these cells cannot be eliminated. This means that painful inflammation will persist within the human body until a cure is found.

Autoimmune Diseases

Not only does Candida protect itself from the immune system with devastating effectiveness, but it can also stimulate the immune system to attack healthy human tissue. The result can be one or more of a group of conditions called autoimmune diseases.

Autoimmune diseases are those in which the immune system attacks itself or another healthy part of the body. There are more than 80 types of autoimmune diseases, but they include conditions like rheumatoid arthritis, lupus, multiple sclerosis, Crohn's disease, and colitis. There is still much debate on whether Chronic Fatigue Syndrome and fibromyalgia are, in fact, autoimmune diseases, although they seem to share some characteristics with the 'true' autoimmune disorders. Regardless Candida has a direct relationship to both diseases.

From Leaky Gut Syndrome to painful inflammation to autoimmune diseases, the ability of Candida to wreak havoc on the human body seems to have no bounds. People who suffer from chronic Candida infections can attest to this.

How Do I Determine If I Have Candida?



Diagnosing Candida can be challenging. The symptoms of localized and non-localized infections are similar to those of many other conditions.

In a vaginal yeast infection, symptoms include intense itching, burning of the skin, painful urination, and discharge. These common symptoms are shared with other infections such as Chlamydia, gonorrhea, bacterial vaginosis and trichomoniasis. Urinary tract or bladder infections can also have signs and symptoms similar to vaginal yeast infections such as pain and burning during urination.

Chronic systemic Candida infection also shares this problem. Fatigue, one of the most common symptoms, occurs with many other diseases ranging from the common cold to cancer. The non-specific nature of Candida symptoms is why traditional medical practitioners often have trouble diagnosing it. This is why you need to rely on a professional diagnosis of a yeast infection. Even if you've had a yeast infection before, don't rely on self-diagnosis.

The other reason why diagnosing Candida is challenging is because it's a "diagnosis of exclusion". This means that Candida becomes the most likely reason behind a patient's symptoms only after all other potential diagnoses have been eliminated. And it can take a long time to rule out the long list of potential causes for the non-specific symptoms of chronic Candida infection. This is why chronic Candida sufferers have often received treatments for variety of conditions without feeling any better. They start each new treatment with a sense of hope that *this* one will work, only to find that their symptoms don't improve.

Unfortunately, there is no commonly available test for diagnosing Candida in the traditional medical setting.

At Home Saliva Test

Remembering that your intestinal tract provides the perfect warm and moist environment for Candida, you'll want to look there for evidence of overgrowth.

Before you go to bed at night put a clear glass of water beside your bed. In the morning, right after you wake up *before* you drink anything or brush your teeth, work up some saliva and spit into the glass. You'll probably have to spit a few times—make sure to cover the surface of the water with saliva.

Check the appearance of the water every few minutes for the next half hour. If your saliva doesn't contain excess Candida, your saliva will eventually dissipate and the water will stay clear.

If, however, your saliva contains a significant amount of Candida yeast cells, one or more of several things will happen:

- The water will become cloudy
- Your saliva will sink to the bottom of the glass
- Your saliva will form ‘strings’ or ‘legs’ extending toward the bottom of the glass.
- Cloudy specks will seem to be suspended in the water

This is a quick and inexpensive way to determine if your intestinal tract contains excess Candida. If your test is negative and you believe that your symptoms are in fact caused by chronic yeast in your system, pursue other tests as well.

Questionnaires

There are numerous questionnaires that can be found on the Internet will help you determine if Candida is responsible for the root of your health problems.

The oldest and best-known questionnaire is written by Dr. William Crook, author of *The Yeast Connection* and several other best-selling books on the subject of chronic Candida infection. His survey totals 70 questions to assess the probability of whether or not you have Candida.

Each health history item and major and minor symptom is assigned a number of points reflecting its importance as a diagnostic criterion for chronic systemic Candidiasis. You add up the points for each item to calculate your total score.

A total score of 180 or more for women and 140 or more for men indicates that symptoms are almost certainly yeast-related. A score of less than 60 for women and less than 40 for men indicates that they’re probably *not* yeast-related. Intermediate scores indicate the probability or possibility of a Candida-related health issue.

You can take a short form of this questionnaire or download a PDF of the original 71-item survey from The Yeast Connection® website [here](#). With Dr. Crook’s permission, an online interactive form of the longer survey can be taken [here](#). On top of all this there is our Questionnaire as well at <http://www.howtocurecandida.com/survey> it is quite in-depth as well.

We have listed a majority of the questions below.

Survey Questions

Diagnostic factors in your health history include:

- Antibiotic use
- Memory or concentration problems
- Feeling “sick all over” from an unknown cause, despite many visits to physicians
- Pregnancy and contraception history
- Steroid use

- Environmental sensitivities
- Chronic fungal infections of the skin or nails
- Sugar cravings

Major symptoms include:

- Fatigue or “feeling drained”
- Poor memory; feeling spacey or “unreal”
- Depression
- Numbness, burning or tingling
- Pain and/or swelling joints
- Muscle aches, weakness or paralysis
- Abdominal pain
- Bloating, constipation or diarrhea
- Persistent vaginal burning/itching
- Troublesome vaginal discharge
- Prostatitis (inflammation of the prostate gland)
- Impotence or loss of sexual desire
- Endometriosis, PMS, menstrual irregularities, or other reproductive organ concerns
- Spots in front of the eyes; erratic vision

Minor symptoms include:

- Frequent:
- drowsiness

- irritability and/or jitteriness
- lack of coordination
- inability to concentrate
- mood swings (ups & downs)
- headaches
- dizziness/loss of balance
- itching anywhere on body
- persistent rashes
- heartburn and/or indigestion
- dry mouth
- sore or dry throat
- unexplained cough
- Feeling of head swelling & tingling
- Belching, burping & intestinal gas
- Mucus in stools
- Hemorrhoids
- Rash or blisters in/around mouth
- Bad breath
- Joint swelling or arthritis
- Nasal congestion, itching or discharge
- Postnasal drip
- Pain or tightness in chest
- Wheezing or shortness of breath
- Urinary urgency or frequency
- Burning on urination
- Noticeably failing vision
- Recurrent infections or fluid in ears
- Ear pain or deafness

PH Testing

PH is a measure of how acid or alkaline your body system is. The possible range of pH values range from 1 (very acidic) to 14 (very alkaline). Pure water, with a pH of 7.0, is considered neutral.

The normal pH of human blood is 7.4. The normal vaginal pH is 3.8 to 4.5. The normal pH of the human intestine is 4.7 to 7.3 (the pH becomes less acid further away from the stomach). The normal pH of saliva is between 6.0 and 7.4.



While pH alone doesn't indicate the presence or absence of Candida in your system, people with Candidiasis often have very acidic body fluids. To test your salivary pH, use litmus paper

(available at lab supply stores). We have provided a link [here](#) as well if you wish to order some online.

Test your saliva first thing in the morning, before you brush your teeth or eat anything. Spit a small amount of saliva into a dry cup or glass and moisten the litmus paper with it. This test can also be performed with urine, although expect a much more acidic result; this is the reason saliva is the preferred method.

Immune Assays

Some doctors test for the level of Candida immune complexes in the blood. A Candida immune complex consists of yeast cells, the antigen, bound to immunoglobulin (Ig) antibodies. There are different types of immunoglobulins in the body, and Candida immune assays may test for IgG, IgA, and/or IgM.

While all these tests are reliable individually, their combined use will give you a much more accurate result.

Candida immune complexes are present in the blood in direct proportion to the amount of Candida in the body. The higher the value of Candida immune complexes, the more the antigen is present in the blood. Immune complexes disappear rapidly once Candida is removed, so they only identify active disease.

Immune assays are an objective and very specific marker for the presence of Candida. In contrast, symptoms and questionnaires are subjective, reported by the patient, and less specific.

You can check with your doctor to see if he or she offers immune testing for the presence of Candida. You may also find labs offering Candida immune assays over the Internet. If you pursue immune assay testing, try to find a lab that test for all three immune complexes: IgG, IgA, and IgM.

TREATMENTS

How Is Candidiasis Treated?



The goal of treating Candida infections with medications is to eliminate the yeast cells. The treatment of Candida depends on the location and severity of the infection and the goal of treatment.

Many drugs are used to treat Candida infections are used either topically (at the site of infection) or systemically (throughout the entire body). Most oral, skin, and genital yeast infections are treated with topical medications, which work well for mild to moderate infections.

Systemic treatment is used to treat acute Candidiasis in the esophagus or other internal organs, as well as in the blood. Candida in these locations is almost always a result of severe immune system compromise from HIV infection or cancer chemotherapy.

A NOTE ON DRUG NAMES: All medications, including those discussed below, have both a generic and a proprietary name. The generic name identifies the medication itself and is the same across manufacturers.

The proprietary or brand name is given to the generic drug by an individual manufacturer. The same medication can have many proprietary names if it's produced by several different manufacturers. The generic names of medications used to treat Candida listed first and followed by proprietary names follow inside parentheses.

Drugs Used In the Topical Treatment of Candida

Topical treatments include mouth rinses and lozenges for oral Candida or thrush; creams, ointments, lotions, and solutions for vaginal, nail, and skin infections; and vaginal suppositories and tablets.

Oral Rinses

Oral rinses are the least effective treatment for thrush because they're only in contact with the yeast cells for a limited period of time. A mouth rinse should be held in the mouth for as long as possible, using the cheek muscles to swish the rinse around to maximize contact with all the tissues inside the mouth. The rinse is then swallowed or spit out, depending on your doctor's instructions.

Oral rinses should be used at least four times a day until several days after the symptoms, such as creamy white patches on the tongue, cheeks, and tonsils, disappear. If treatment is stopped too early, infection may recur with yeast that has become resistant to the antifungal agent in the rinse used.

Nystatin (Nilstat, Mycostatin, Bio-Statin, Nystex) is the most widely used medication in mouth rinses for oral Candidiasis. Its yeast-killing action only occurs on direct contact with the cells. Nystatin isn't absorbed through the stomach or intestines, so it won't kill yeast anywhere but in the mouth.

Lozenges

Also called pastilles or troches, oral lozenges are used instead of mouth rinses for oral yeast infections. Usually, one or two lozenges are allowed to dissolve in the mouth three to five times a day. They must be sucked slowly, not chewed or swallowed.

Lozenges should also be used several days after symptoms disappear to avoid reoccurrence and the development of drug-resistant strains of Candida.

Nystatin (Nilstat, Mycostatin, Bio-Statin, Nystex) and clotrimazole (Mycelex) are the most widely used medications in lozenges for Candidiasis of the mouth and throat. Their antifungal action occurs only on direct contact with the yeast cells, so infections and overgrowth elsewhere in the body aren't affected by oral nystatin or clotrimazole.

Creams, Ointments, Lotions, and Solutions

These are used for skin and nail infections and are available in both over-the-counter and prescription strengths. Over-the-counter preparations are usually labeled as treatments for athlete's foot or jock itch.

They're applied one to four times a day for an extended period of time for as long as four weeks. One of the chief difficulties in eradicating skin and nail yeast infections is the length of treatment. Many people have difficulty consistently applying medication. The danger in stopping treatment early is that the yeast cells may simply develop resistance to the antifungal agent without being eradicated.

Antifungal medications used to fight Candida infections on the skin often contain steroids as well to reduce inflammation. A wide variety of agents are used in creams, ointments, lotions, and solutions. They include clotrimazole (Lotrimin, Mycelex), clotrimazole with a steroid (Lotrisone), nystatin (Mycostatin), nystatin with a steroid (Mycolog-II), miconazole (Monistat-Derm), ketoconazole (Nizoral), amphotericin B (Fungizone), and econazole (Spectazole).

Vaginal Suppositories and Tablets

Women can buy creams, suppositories, and tablets to fight vaginal yeast infections over the counter. However, because Candidiasis can mimic infections with other microorganisms, diagnosis by a physician is advised before starting treatment.

Some solutions include both suppositories and creams (with applicators for insertion into the vagina) for nightly use, and wipes or lotions to relieve burning and itching of the skin. Even if the lotions or creams relieve itching and burning, the Candida deep within the vagina is still active, so it's important to complete the recommended or prescribed treatment regimen.

The duration of treatment depends on the particular antifungal agent and the strength of the preparation, so follow package directions or prescription instructions carefully. If you buy a seven-day treatment and feel better after three days, you must still complete the whole seven days to effectively kill yeast cells. As with other forms of Candida infection, a risk of incomplete treatment is the recurrence of the condition and the development of strains of yeast cells that can't be destroyed by antifungal agents.

Several antifungal medications are used against vaginal yeast infections. They include clotrimazole (GyneLotrimin and Mycelex-G), miconazole (Monistat, butoconazole (Femstat, Femstat 3, Gynazole 1, Mycelex-3), tioconazole (Vagistat-1), terconazole (Terazol). In addition, a single oral dose of fluconazole (Diflucan) is effective against vaginal yeast infections.

Drugs Used In the Treatment of Systemic Candida

Acute systemic Candida infections and infections in internal structures and organs like the esophagus can be treated with oral or intravenous medications.

Ketoconazole (Nizoral) is an oral medication taken in a single dose daily. Ketoconazole requires acid in the stomach for absorption, so it should be taken with acid-containing foods or liquids. It may not be a good choice for people who are unable to eat very much or have intestinal problems.

Fluconazole (Diflucan) is also taken as a single dose daily. The first dose may be higher than subsequent ones. This is called "loading" and it quickly brings the concentration of antifungal medication in the system up to effective levels. Treatment with fluconazole may last two weeks for oral or skin Candidiasis and three weeks for an esophageal infection. Treatment must continue for two weeks after symptoms clear up.

Fluconazole is a very effective antifungal agent. However, resistance to fluconazole is well documented in the medical literature and once it develops, medication choices for treating acute systemic Candidiasis are very limited. For this reason, some doctors prefer to use other medications such as ketoconazole first and use fluconazole only when necessary.

Itraconazole (Sporanox) also needs stomach acid to be absorbed and should be taken with food. Blood levels of the drug may be checked to make sure that absorption is enough. Itraconazole comes in both oral solution and capsule forms. The oral solution delivers a higher level of medication to the blood.

Amphotericin B (Fungizone) is used to treat very aggressive systemic Candida infections and is used when other treatments fail. It's administered intravenously and has a large number of side effects including chills, abdominal pain, nausea, vomiting, and diarrhea. As a result, people with severe Candida infections receive amphotericin B intravenously until they start to improve. Treatment is then normally changed to fluconazole.

The Problem with Treating Candida through Drugs

Medications are important as potentially lifesaving treatments that quickly reduce the number of yeast cells present and reduce symptoms. Undoubtedly, severe systemic infections require medication as do acute infections in the eye, esophagus, and other organs. However, a medication based approach to Candida focuses only on eliminating yeast cells. This can actually cause the body to develop a resistance to yeast cells making it harder to treat in future outbreaks.

In a nutshell, a medication based approach that focuses on the treatment of recurring local Candida infections overlooks the importance of addressing root causes and will not cure your Candidiasis.

Periodic Candida infections, especially vaginal ones, are looked at as much like the common cold, a normal occurrence that women have to occasionally suffer through. The importance of having a healthy immune function to keep Candida under control is overlooked. While it is well known that people with compromised immune systems are far more likely to develop Candida infections, a medication-based approach ignores the role of the immune system altogether.

A medication-based approach also overlooks the critical role of balance among populations of microorganisms. The problem is not that yeast cells are within you it's that those yeast cells are running rampant.

How Is Candida Treated Naturally?



The alternative to using medications is to take a larger view of Candidiasis. Even if you are using medications to treat localized yeast infections, taking this broader view will help you from experiencing recurring infections.

If you recall, the factors that cause Candida to multiply explosively are predominantly a disruption in the balance of microorganisms in the body, a weakened immune system, amongst other causes.

It makes perfect sense then that the three goals behind treating Candida naturally are:

1. To restore a healthy balance of microorganisms within your body
2. To restore and maintain the health of your immune system.
3. To eliminate behaviors that increase your risk of developing an infection

To summarize all three, the goal of treating Candida naturally is to restore your body to a state of naturally balanced, optimum health.

Restoring a Healthy Balance of Microorganisms

To properly restore the balance of microorganisms in your body two actions must be undertaken. Firstly you must reduce the yeast cells in the body, then decrease the activity of yeast cells in the body and finally increase good bacteria.

Reducing Yeast Cells

Reducing the number of yeast cells within your body is what medication aims to achieve. Using medication for the first step in this process is fine. Be sure to use it as directed and complete the entire course of treatment even if symptoms are entirely gone. This reduces the risks of your infection recurring and of developing a medication-resistant strain of Candida.

If you are looking to reduce yeast cells naturally there are natural anti-fungals that we have listed below. Make sure you take Probiotics and beneficial bacteria foods such as Kefir, Sauerkraut and unsweetened yogurt while taking anti-fungals. This is in an effort to ensure that good bacteria thrives and is not lowered as well due to the anti-fungals which can sometimes kill off both good and bad bacteria.

Anti-Fungals

Garlic: is very effective against bacteria, viruses, parasites, and fungi, but harmless to the good bacteria that help keep the populations of these other microorganisms in check. It is effective when ingested in any form. Whether it is raw, cooked, in liquid or dried extracts, or as aged extracts. A typical recommended dose of garlic for an adult is three large cloves per day. It should be noted that Garlic allergy is not uncommon and for sensitive individuals it can irritate the tissues. Be cautious when using it initially to determine how you react to it.

Caprylic Acid: is a fatty acid derived from coconut oil. It has substantial antifungal properties. Caprylic acid works to eliminate intestinal Candida overgrowth along the length of the intestinal tract if it's absorbed slowly. In order to promote slow absorption, caprylic acid is best taken as a sustained-release capsule. An alternative form that also promotes slow absorption is caprylic acid oil mixed with psyllium seed powder. Since caprylic acid is in direct contact with the yeast cells inside the intestines, so several doses over the course of a day provide constant antifungal activity.



Instructions on how to make a Psyllium and Bentonite (P&B) Shake containing caprylic acid is explained under the Alternative Therapies section.

Grapefruit Seed Extract (GSE): is effective against bacteria, parasites, and fungi. It's available in liquid and capsule forms. Liquid extract is used, must be diluted well and used carefully because of its potential to cause gastrointestinal upset. Capsules may be better tolerated. Grapefruit seed extract also reduces the populations of good bacteria, so the timing of doses should take probiotics into account. It has been shown to be more effective in destroying yeast than colloidal silver, iodine, tea tree oil and even bleach! You can use the a few drops in a mouthwash every night before you go to sleep. Start slow with one drop per 8oz glass.



Oregano Oil: has demonstrated its antifungal and antibacterial effects. Its impact on beneficial bacteria is unclear. Use 1-2ml per day in separate doses.

Pau D'Arco: trees are found in Central and South America. The bark contains two compounds known as naphthaquinones which have antifungal activities. Pau D'Arco is best taken in capsule form and should not be used alone for serious fungal infections. It can also be consumed as a tea. It is known amongst the locals as an excellent cancer preventative when drank daily.

Goldenseal Root: is sometimes recommended as an herbal antifungal agent, but it should be used with caution and never by pregnant women. Goldenseal root is usually used for antibacterial and anti-amoebic effects with other herbs for long-term yeast treatment. Goldenseal should be used in consultation



with an experienced herbalist. Its impact on beneficial bacteria within the body is unclear.

Tea Tree Oil: is a topical antifungal and antibacterial agent. Make sure you choose tea tree oil with a greater concentration of Terpenine-4-oil (the beneficial element) and less Cineole (the caustic component). Tea Tree Oil should only be used externally, although some anti-yeast formulations contain very small amounts of pure Tea Tree Oil usually 1% or less.

Calendula: has historically been used as an antibacterial, antifungal, and antiviral agent. Its effectiveness is unclear.

To simplify the process of taking anti-fungals you can take a cleanse supplement. They tend to have a combination of anti-fungals including some of the ones mentioned above. We recommend Fungal Defense by Garden of Life™. We find this to be a superior anti-fungal amongst competitors.

Reducing the Activity of Yeast Cells



The metabolic activity of yeast cells actually depends on a single nutrient, sugar. If you recall, yeast combined with sugar results in fermentation. Fermentation in your body takes place in your intestines. By eliminating sugar from your diet you begin to deprive Candida cells of the nutrient they require for activity and growth.

This is a step you can take right now. Simply stop eating sugar if you don't want to feed your yeast. This includes honey, maple syrup, molasses, brown sugar, corn syrup, fructose, and simple carbohydrates such as white flour bread that breaks down into glucose.

Increasing Good Bacteria

With the number and activity of yeast cells in your system reducing, you now want to increase the good bacteria in your body. There are two main species of beneficial bacteria that work to keep Candida in check:

- Lactobacillus
- Bifidobacterium

These bacteria are called **probiotics** and are available in some foods as well. Yogurt is a good source, but only if the label specifies indicates that it is live culture. Kefir is another great source of beneficial bacteria. Probiotic supplements are also available for people who are lactose intolerant or have difficulty digesting dairy products.

For Candida, probiotics are the single best supplement you can take to maintain a balance of good and bad bacteria. Most people should have a balance of 85% good bacteria and 15% bad

bacteria at any given time to maintain optimal health. The reality is that the majority of the population in North America has the numbers reversed, with 75%+ bad bacteria and less than 25% good in their bodies. It's not hard to understand why Candida is such a wide spread problem in North America.

Probiotics can also:

- improve bacterial and yeast vaginal infections and bacterial bladder and urinary tract infections
- improve inflammatory bowel disease
- improve food allergies and inflammatory allergic conditions like eczema and asthma
- reduce some risk factors for cardiovascular disease
- reduce some risk factors for intestinal cancers
- shorten the duration of gastroenteritis (stomach flu) and rotavirus-related diarrhea in infants
- reduce the rate of childhood respiratory infections
- improve travelers' diarrhea, which is sometimes known as Montezuma's Revenge
- help prevent tooth decay
- Allow some people to better digest foods with lactose due to their production of lactase in the body.

Not only do probiotics compete with Candida cells for nutrients and survival, they also help to accomplish the second goal of treating Candida naturally.

Restoring and Maintaining the Health of Your Immune System

Research shows that probiotics help immune responses return back to normal levels, inhibit chronic low-level inflammation, and help improve some inflammatory conditions that have an autoimmune component like allergies and Crohn's disease.

If you want to restore and maintain your immune system health you must limit your overall exposure to environmental toxins such as secondhand smoke, paint, solvents, disinfectants and other household cleaning products.

Getting adequate rest also enhances immune function, as does reducing stressors in your life. If you want to combat Candida more effectively look at what's causing you stress and deal with it accordingly.



Eliminating Behaviors That Increase Your Risk of Developing an Infection

You can reduce the likelihood of developing another infection by making your body an inhabitable place for Candida.

Dry all skin folds thoroughly especially between the legs and under the breasts. Avoid cornstarch-containing body powders, because cornstarch is a carbohydrate that can be broken down into sugar. Use good personal hygiene habits, wiping from front to back after urinating, but avoid the use of perfumed soaps. If you're a woman avoid feminine hygiene sprays and douching as well.



As a Candida infection can be transferred through nonsexual means never share hygiene products such as a washcloth, bathrobe, towel or toothbrush with someone else. A person may have Candidiasis and not even be aware.

Choose underwear that is 100% cotton. Cotton allows air to reach the genitals unlike other synthetic fibers which trap warmth and moisture.

Avoid tight-fitting pantyhose and if you go swimming, change out of your damp bathing suit as soon as possible.

If one partner is suspected of having a yeast infection, both partners should be evaluated simultaneously to prevent the infection from being passed back and forth.

Do not purchase or use condoms that contain the spermicide nonoxynol-9 as it increases the ability of yeast cells to adhere to skin cell.

What Can I Do To Feel Better Now?



If you suspect you have a chronic Candida infection, it may take weeks before your fatigue, fever, or other symptoms begin to resolve. You may even feel significantly worse ranging from a few hours to a few days while undergoing treatments. This is referred to as the **Herxheimer reaction** which occurs when large quantities of toxins are released into the body as Candida cells die. This is a necessary step to go through in order to fully recover from Candida. The following are treatments that will help you alleviate symptoms instantly in the mean time.

Treating Your Yeast Infection Symptoms Instantly

If you haven't already, **stop eating sugar!** Gastrointestinal discomfort may be alleviated immediately by eliminating sugars and glucose producing simple carbohydrates from your diet. As mentioned before sugar is the single nutrient that feeds the Candida fungus and encourages it to grow and multiply faster.

Douches and Other Remedies

Yogurt and Probiotics

This is an effective treatment for both males and females. If your groin region is burning and/or itching, apply yogurt directly on the inflamed area. Use unsweetened live culture yogurt only. Kefir or Bio-K brand yogurts are two brands we suggest using for this purpose. Both contain very large quantities of probiotics. You can also add acidophilus powder to yogurt to increase its effectiveness.



Acidophilus, if you are unfamiliar, is a good bacterium that directly combats bad bacteria growth. We highly recommend acidophilus powder as your #1 supplement against Candida and yeast infections. It is particularly effective in controlling Candida overgrowth. It is also one of the main bacteria cultures used in yogurt which is why eating yogurt and applying it directly when dealing with a yeast infection is so effective.

For women you can smear a tampon with yogurt and insert it in the vagina. You can also freeze the tampon and create what's known as a "yogurt Popsicle". This can be soothing for some women although the unfrozen version may be easier for sensitive women.

If you do not have a tampon, you can use a spoon, a spatula, a needleless syringe or a vaginal cream applicator to insert yogurt into the vagina. Your fingers can also be used, just make sure you are reaching as high as you can into your vagina.

Applying yogurt is best done when you can lie down for at least an hour immediately afterwards. If you have to stay on your feet, wear a panty liner to catch any drips. Sitting down on a towel allows for both neatness and a little more air circulation.

Cranberries



Eating cranberries or drinking pure 100% not from concentrate cranberry juice can help initially when you are experiencing initial yeast infection symptoms.

Cranberries lower your PH and create a more acidic environment in your body. The environment in your vagina as a result also becomes more acidic and will kill off the yeast in the area.

Cranberry extract capsules can also be inserted into the vagina directly. Make sure they are capsules, not tablets or caplets. Insert 1-3 daily this way if desired.

Apple Cider Vinegar Bath

Due to its highly acidic nature, apple cider vinegar is highly effective against topical and vaginal yeast infections.

The best way to utilize apple cider vinegar is to fill up a bath enough to reach the affected area and add 1-2 cups of apple cider vinegar. Sit in this bath for at least 20 minutes and be sure to dry off fully when done.



Hydrogen Peroxide Douche

An alternative douche is hydrogen peroxide. The reason why Acidophilus and other beneficial bacteria help eliminate fungus is because hydrogen peroxide is produced as a byproduct.

While it's stable in a bottle, hydrogen peroxide breaks down into oxygen and water on contact with almost any other substance. The beneficial bacteria in the vagina thrive on oxygen, and the particular form of oxygen released by hydrogen peroxide (a free radical) destroys bacteria, viruses and fungi.

To douche with hydrogen peroxide, mix 1/2 teaspoon of 35% hydrogen peroxide in 500ml of distilled water. Gently douche with minimal pressure and avoid forcing the liquid into the uterus.

We suggest douching in a reclining position while lying in the bathtub for instance. The hydrogen peroxide will stay in contact with the infected tissue much longer. This should be done daily until symptoms disappear and then continue for another day.

Garlic

Garlic has well-documented antifungal properties and can be used within the vagina even while you sleep.

Peel a garlic clove, being careful not to nick the surface of the clove. Garlic juice can burn and sting the walls of the vagina. Wrap the peeled clove in a small piece of cheesecloth or muslin, and tie the package with unwaxed dental floss, leaving a long tail to make removal easy.

You can leave the garlic in the vagina for up to 12 hours. Be prepared you will smell strongly of garlic during this treatment! If you are sensitive to garlic, avoid this treatment. Always use fresh garlic.



Oregano Oil



Oregano is VERY effective in alleviating a topical yeast infection, however it also burns easily! So exert some caution when using it. Make sure to dilute it with olive oil. Add one drop per tablespoon. You can use more at your own risk. Feel how sensitive you are to it and slowly increase the amount of oil to your maximum tolerable limit. Douche twice a day.

You should also be taking a few drops internally as well. This won't have the same impact as the topical use will but it will help to address the underlying cause of your yeast infection. Again, make sure you dilute the oil with water or juice. If you are taking it orally from the dropper have something ready to chase it down with. No matter what you do you'll still feel a bit of the burn in your mouth and throat. The benefits of using it though are well worth it!

Tea Tree Oil

You can also douche with a very dilute solution of tea tree oil. Like oregano oil, tea tree oil also burns if not properly diluted. Add one tablespoon of tea tree oil to a half gallon of water. Make sure you choose tea tree oil with a greater concentration of Terpenine-4-oil (the beneficial element) and less Cineole (the component that can burn). Douche twice daily.



If you know you have a Candida skin infection in the groin area or in skin folds, you can also use tea tree oil to help with itching and burning. Again, you must use a diluted solution. To apply tea tree oil for relief of skin infections, add 5 or 6 drops to a large bowl of tepid water. Apply to the affected area and allow it to air dry.

Boric Acid

Chronic yeast infections can be treated very effectively with Boric Acid. It is a pharmaceutical compound that has strong anti-fungal and anti-viral abilities.

Generally boric acid capsules are very difficult to find. Unless you are able to find premade boric acid capsules you will have to make them yourself. You will need 00 size gelatin capsules and boric acid powder.

WARNING: Boric Acid is poisonous if ingested! Do not swallow, place on open wounds or consume. Since this is **not** a natural method of relieving a yeast infection, we recommend this as a last resort once all other options have been exhausted.

Insert 1 capsule into the vagina daily for 2 weeks. If it is a persistent or aggressive yeast infection you may increase the treatment to 2 capsules inserted vaginally daily. You may also continue for an additional 2 weeks if needed. Discontinue use if irritation occurs.

Supplements to treat Yeast Infections Quickly

Additional supplements maybe found in the Supplements and Therapies section below.

Cranberry Extract: 500 mg 3-4 times daily.

Garlic: 500-1000mg 2-3 times daily. Adjust dosage based on your tolerance. Too much can induce diarrhea in some individuals.

Probiotics: Acidophilus strain probiotic with at least 12 billion live bacteria per serving. Consuming at least 50 billion worth of bacteria per day.

Oregano Oil: Use up to 5 drops 3 times per day. Increase your tolerance slowly.

B-Complex: 50-100mg x 3 times per day. This helps to boost the immune systems response to accelerate the elimination of infections.

Vitamin C: 1000mg x 3 times per day. This helps to boost the immune systems response to remove the infection quicker.

Niacinamide B3: B3 supplemented in 300mg/day has been shown in some cases to reduce yeast infection symptoms by 50% after just one dose. Maintain this dose for the first 7 days, then slowly reduce dose down to 100mg over the next 7 days. Raise dose back up if infection appears to redevelop or slows in reduction.

Homeopathics

The following is a list of homeopathic remedies that can help with your yeast infection. Each is unique to a specific set of symptoms. See which one matches up best with you and dose as follows.

200ch - recent and rapid development, quick onset of symptoms.

30ch – developed over the course of a few days gradually. (If in doubt use this one)

6ch – chronic, infection has existed for at least 2 weeks or came on very slowly.

CH represents the diluted homeopathic potency level.

Borax: Vaginal discharge is egg white and feels like warm flowing water. Infection appears midway between menstruations. Personality is often nervous and highly sensitive to noise.

Calcarea carbonica (Calc Carb): Discharge is milky and has a strong odor or thick and yellow. Burning and itching occur before and after the menstrual period. Person is often chilly and stout. Craving sweets and is easily fatigued from exertion.

Kali bichromicum (Kali Bich): Discharge is yellow, sticks together and is persistent. The vulva itches and burns as a result. Symptoms are worst in the morning. Person feels better from rest and keeping warm.

Kreosotum: Discharge is watery, thin, foul odor and irritating causing swelling and itching. Symptoms are worse in the morning and also when standing up. This is typically indicated in women who are pregnant or before the menstrual period.

Natrum Muriaticum (Nat Mur): Discharge is egg-white, causes itching and leaves a dry and irritated feeling in the vagina. The personality is reserved, yet very emotional within. You crave salt and salty foods, and feel worse when in the sun.

Pulsatilla: Discharge can be creamy white or yellowish, this can be bland or irritating. The vagina may feel sore and the labia can itch or burn. A woman requiring pulsatilla will be moody, tearful, wanting much attention and affection. Often has Vaginitis during pregnancy. The key to this remedy is the changeable nature of the symptoms.

Sepia: Discharge is yellow and itchy, or white and curd like. The Discharge may be worse in the morning and increased from walking. The woman feels worn down and irritable with cold hands and feet. A weak or sagging feeling in the pelvic region may also be felt.

Sulphur: Discharge is yellowish and foul-smelling. It causes painful burning and itching. Symptoms are made worse by warmth and bathing.

Additional Tips

No matter what treatment you choose, forego underwear as much as possible when you have an active yeast infection. At night allow as much air circulation to your genitals as possible. Often air alone will provide relief from itching and burning. If you need to wear underwear make sure it is 100% cotton as other materials can promote infection.

To prevent further transfer of bacteria wash any underwear or undergarments in boiling water for at least 5 minutes and add 10-20 drops of grapefruit seed extract.

For temporary relief from itching mix aloe vera with slippery elm powder and apply directly to the area. This can be helpful in alleviating the itch but will NOT destroy the fungus.

Avoid sexual intercourse while dealing with a yeast infection to prevent transferring it to a partner. If this is not possible, use a condom, avoid oral sex and touching the area.

Avoid scratching or rubbing yourself. Scratching will risk injuring your inflamed skin and may create an opportunity for an even worse infection.

Don't confuse an irritation with an infection. If you find you are itchy and inflamed it is possible that you are having an allergic reaction to something you rubbed recently in the area rather than a yeast infection. If you do not have an infection, some of the recommended therapies can further irritate the area.

Increasing the inflammatory response creates more warmth in the area. Warmth helps Candida thrive and encourages it to multiply explosively. Even worse moist warmth will encourage Candida re-growth undoing any good that your treatment has done. So between treatments, make sure the area stays clean and dry.



Treatment Plans for Specific Candida Infections

If you have a **mild vaginal or groin infection**, consider:

- Immediately eliminating refined sugars and yeast-containing products from the diet
- Applying unsweetened, live culture yogurt to the area (by douche, vaginal applicator, or manually) twice daily
- Insert a peeled garlic clove into the vagina overnight
- Use one of the suggested anti-fungal supplements or formulas mentioned in the supplements and therapies section.
- If symptoms don't improve significantly in 24 hours, seek medical attention because the cause may not be Candida

For **moderate to severe vaginal or groin Candida** infections, consider:

- Doing all of the above
- Use a dilute solution of Tea Tree Oil to relieve symptoms
- Begin taking probiotics orally, and apply topically if desired.
- Eat two or three crushed raw garlic cloves daily until three days after symptoms resolve
- Use one of the suggested anti-fungal supplements or formulas mentioned in the supplements and therapies section.
- If symptoms don't improve significantly in 24 hours, seek medical attention because the cause may not be Candida

For **mild to moderate oral Candida** infections, consider:

- Immediately eliminating refined sugars and yeast-containing products from the diet
- Rinsing with a dilute solution of hydrogen peroxide
- Eating two or three crushed raw garlic cloves daily until three days after symptoms resolve
- Use one of the suggested anti-fungal supplements or formulas mentioned in the supplements and therapies section.
- If symptoms don't improve significantly in 24 hours, seek medical attention because the cause may not be Candida

For **mild to moderate systemic Candida** infections, consider

- Immediately institute an anti-Candida diet
- Immediately begin antifungal treatment with oral medication, garlic, caprylic acid or one of the other suggested anti-fungal supplements
- Begin taking probiotics
- Increase bowel elimination with a cleansing or laxative tea
- If 'die-off' symptoms occur, add an enzyme supplement
- If you don't notice some improvement within 48 hours or experience extreme nausea and/or vomiting, high fevers, or blood in your stool, seek medical attention

Being Responsible For Your Own Health

Taking personal responsibility for your overall health is one of the most crucial decisions that you can make if you are looking to achieve abundant health in your life. When you move towards a healthy lifestyle you will begin to notice something else. Your greater sense of personal well being will begin to shift your entire life into a more positive direction. Your personal power will expand and as a result your own independence will increase as well.



Prevention and being aware of your state of health are critical to this state of mind. Your health should never be ignored until symptoms develop and manifest into serious illnesses. Your health is the most important aspect of your life. Without good health nothing else matters. Don't take it for granted. Stop relying on physicians and never depend on drugs. As aforementioned, drugs can actually strengthen the very thing it is trying to eradicate as is case with Candidiasis.

We as a society need to realize that there aren't always quick fix solutions especially when it comes to health. Abundant health is a lifelong process that you must work towards daily! When individuals look at their own personal health problems they usually look for one specific solution such as taking a drug or removing a junk food from their diet. In reality, there is no one solution to a health related problem. All unhealthy lifestyle habits need to be replaced including negative mental thoughts. Positive emotional and mental healths are also important components towards a healthy balanced life. Even when extremely ill you can choose how you are going to feel towards any physical, mental and emotional adversities. Never allow yourself to feel victimized.

You hold the key to your own health.

THE 5 STEP PROTOCOL FOR PERMANENT CANDIDA ELIMINATION FOR LIFE

An acute case of Candidiasis and chronic cases are very different. In chronic cases the following symptoms are much more prevalent. Symptoms in chronic cases include:

- Asthmatic symptoms
- Shortness of breath
- Breathing difficulty
- Allergies from food, chemicals and the environment
- Brain fog
- Chronic fatigue
- Depression
- Drastic bowel changes, chronic constipation or in some cases diarrhea
- Digestive pain, shooting pains through bowel, acid reflux
- Eczema, severe skin rashes
- Gas and bloating
- Headaches and body aches
- Joint pain and inflammation
- Mucous production and congestion
- White coated tongue



The 5 Step Protocol will help cure you forever, even if you have chronic systemic Candida. Since Candida is difficult to correctly diagnose it is quite possible that you may be suffering from another pathogen or toxic cause such as parasites or heavy metals. The 5 Step Protocol was actually made to address *all* causes of illness not just Candida to incorporate these problems as well.

Everything discussed so far was created to educate you on the causes of Candida teach you the basics of how to treat it. The 5 Step Protocol addresses the underlying cause behind Candida so you don't have to ever deal with this problem again.

Here is a summary of the 5 Step Protocol. The rest of the book will cover the 5 Step Protocol in more depth.

1. The Anti-Candida Diet and a Healthy Lifestyle

Establishing the Anti-Candida diet ensures proper flora development and creates an alkaline environment in the body. The result of this is major reduction in consumed toxins and a healthy foundation. Without incorporating the Anti-Candida diet and a healthy lifestyle Candida can thrive even when constantly bombarded with drugs and anti-fungals.

2. Supplements and Therapies

These are needed to supply the body with nutrients to keep the immune system strong. Anti-fungals and Probiotics are needed to rebalance the good and bad bacteria in your body. Alternative Therapies in this section are recommended to bring you deep rooted relief.

(Expected duration 2-24 months) Once the diet has been established the next step is the inclusion of all supplements and anti-fungals. Begin whenever you are prepared. Some individuals experience strong detoxification symptoms from the Anti-Candida diet alone. This step may take 1-4 weeks to incorporate after step 1.

3. Parasite and Kidney Cleanse

Parasite infections suppress the immune system and allow pathogens such as Candida to go unchecked in the body. Sometimes Candida and parasite symptoms can seem identical. You may in fact need a parasite cleaning more than a Candida cleaning. Cleansing the kidneys is not necessary but is beneficial in easing future cleansing.

(Expected duration 30-60 days) Parasite cleanse may be attempted 1 month following beginning of step 2. Suggested cleanse kits and herbs are listed in this section. It should be noted that the MMS, Hydrogen Peroxide and Lugols Iodine supplements will begin parasite cleansing should you choose to use them during step 2. Kidney cleansing may be followed if desired but is not necessary for success.

4. Heavy Metal Removal and Detoxification

Heavy metal toxicity is a deep rooted condition that is a major cause for most unidentifiable health problems including Candida. If you suffer from even slight heavy metal toxicity then your Candida infection will be nearly impossible to eliminate.

(Expected duration 3-24 months) This is to be done either following a chelation protocol through a certified practitioner such as a Naturopathic Doctor or following my suggested natural chelation therapy. This step will also require individuals with amalgam fillings to have them replaced or removed prior to beginning in order to totally eliminate all metals from the body. This step is mandatory for those suffering from long standing Candida infections as well as any other chronic health issue.

5. The Liver Flush

Your liver determines how healthy your body functions more so than any other organ. If your liver is completely clean and functioning at 100%, Candida development will be virtually impossible. Stones that accumulate in your liver over time make it sluggish and less able to deal with body stresses and toxicity. This creates a blockage of bile, the natural anti-septic of the body. A low bile production makes it easy for Candida to flourish.

The liver flush is the most important step to recovery from chronic Candidiasis and other chronic health issues. The amount of flushing needed to fully regain your health has less to do with time and more to do with the amount of stones that are passed. It has been suggested by the famous Dr. Hulda Clark that 2000 stones must be passed in order to eliminate health conditions such as arthritis and allergies. On a positive note many people have passed hundreds of stones per flush. As long as all the steps are followed properly, your chances of passing a large amount of stones will be great.

STEP 1 THE ANTI-CANDIDA DIET



Dietary changes are crucial to treating existing Candida infections and preventing them from recurring. However, if you have a medical condition we suggest you check with your doctor before making any drastic changes to your diet.

What Foods Should I Avoid If I Have Candida?

Sugar This includes all forms of refined sugar such as honey, maple syrup, brown sugar, corn syrup, molasses, and cane (white sugar). This means all goods containing refined sugar must be eliminated as well. You should be avoiding sugar like a diabetic. Diabetics have to avoid sugar because it can kill them. You should be actively avoiding sugar just as aggressively.



Few food labels list refined sugar as sugar. You need to recognize various terms for sugar including the more common ones:

- sucrose
- fructose
- maltose
- lactose
- glycogen
- glucose
- mannitol
- sorbitol
- galactose
- monosaccharide
- polysaccharide

As a general rule, any substance that ends in the suffix ‘-ose’ is a sugar and any substance that contains the root ‘saccharide’ is also a sugar.

Artificial Sweeteners Should also be eliminated. These both contain chemicals of, at best, dubious value to the body and immune system and keep your sugar cravings alive.

In place of sugar you can use xylitol or stevia!

Xylitol is a wood alcohol sweetener that actually destroys Candida and bacteria in the mouth!

Most brands produce a Xylitol sweetener that is derived from corn and typically imported from China. We recommend using a higher grade xylitol that is extracted from Birch trees if possible. You can find it [here](#).

Stevia is a natural sugar substitute from the stevia plant.

Fruit and Fruit Juices Due to the sugar content, these items must be eliminated. There are a handful of fruits with a low glycemic index that can be safely included into your diet including papaya, pineapple, grapefruit, lemons and some berries.

Simple Starches This includes white bread, white rice, and pasta made with white flour.

High-Starch Vegetables Such as corn and peas should be avoided because they contain high levels of starch which convert to sugar in your body.

Dairy Products Among many other reasons, dairy products should be avoided because they are mucus forming, damaging and detrimental to the digestive tract, and bring out allergies in many people.

Fast And Processed Foods For obvious reasons, they are entirely made up of ingredients that promote Candida development.



Fermented Foods These include vinegar—white, red, apple cider, rice, balsamic—and anything containing vinegar, such as salad dressing, ketchup, barbecue sauce, steak sauce, pickles, olives, pickled vegetables, and mustard. No fermented soy products like miso or tempeh, no sourdough breads, and no alcohol.

Stimulants All types, such as caffeine or ephedrine (EPH).

Baker's or Brewer's Yeast This includes any raised, baked product like bread, muffins, rolls, bagels, and pastries.

Foods Containing Gluten Gluten intolerance is a very common condition that can lead to gastrointestinal difficulties. An unhealthy intestine finds it particularly challenging to handle gluten fibers. Eliminating wheat, barley, and rye gives your intestines the chance to heal.

Nuts Should be avoided unless they're freshly cracked, because of the possibility of mold. Peanuts, peanut butter, and pistachios may all contain mold, too.

Processed, Dried, Smoked, and Pickled Meats Salmon, sausages, bacon, sandwich meats, bologna, salami and the like should be eliminated. There is evidence that these are often contaminated with yeasts on the surface. Also, these foods commonly contain nitrates, other allergens and artificial ingredients which will only further stress your immune system.

Hydrogenated Oils and Margarines These are difficult to digest and unhealthy. They have no place in a restorative diet.

Mushrooms It is best to avoid them as they are fungus themselves. Although Reishi, Maitake and Shiitake are all recommended as they actually kill Candida and boost the immune system. Just make sure you are getting high grade organic quality that does not have mold or fungicides on them. If these requirements cannot be met, avoid them as well.

Preservatives and Chemical Additives These should be completely eliminated. A good rule of thumb is, if you don't know that the substance is or you can't pronounce it don't put it in your body.

Other Thoughts

The list of foods you should eliminate when you're fighting Candida can be daunting. It may seem as though there's nothing left. However, the benefits following an Anti-Candida diet is a profound change for many people. A majority of people notice a difference in the way they feel almost immediately. Within a few weeks, many people are adamant about staying on Anti-Candida diet. In truth, many people need to stay on the Anti-Candida diet for months to regain optimum health.

Most people who suffer from chronic Candida also suffer from mild to severe food sensitivities. The Anti-Candida diet is actually designed to be incredibly hypo-allergenic, eliminating foods that you may not even realize you are sensitive to from your diet. This is incredibly beneficial as your body is no longer has to worry about unknown allergens from food.

You are your best detector of what foods are good and not good for you. Look for symptoms after you eat certain foods. Do you feel congested? Does your pulse and heart rate quicken? Do you become bloated? Does your skin become itchy? Symptoms such as these are good indicators that you are allergic to something you ate. These foods will create inflammation of the digestive lining which in the case of your small intestine will destroy the villi that is there to absorb the nutrients. If you notice that certain foods create a reaction in you, immediately cut it from your diet.

With potential and hidden allergens removed in addition to sugar, your health will improve dramatically in a very short period of time.

What Foods Can I Eat If I Have Candida?

High Fiber, Low Starch Vegetables



These should be the bulk of your diet; at least 50% of your diet if possible. Examples are broccoli, celery, asparagus, radishes, okra. Vegetables that inhibit the growth of Candida include onions, garlic, ginger root, cabbage, broccoli, turnips, and kale. Include plenty of these in your daily diet.

Use black pepper with your food as it has an active ingredient called piperine that aids in digestion and assimilation of nutrients. Chlorophyll found in green vegetables prevents the spread of fungal infections and promotes good bacteria growth. Limit your intake of starchy vegetables like potatoes and yams to once or twice a week.

Lean Meat & Fish

Roughly 20% of your diet can consist of high nutritional value protein. Chicken, fish, eggs, turkey, and lamb are excellent sources. Beef should be included no more than once a week if at all. Use antibiotic-free or organically raised meats and vegetables whenever possible. If you find you are entering a habit of not eating organic meats and are unable to due to local sources, we suggest that you focus more on vegetable consumption and minimize meat consumption as much as possible. If you have to make a choice between non-organic available meats chose white meat simply because red meat is far more toxic with antibiotics, chemicals and hormones.



Nuts and Seeds

These are a good source of high biological value protein and beneficial fats. These include almonds, Brazil nuts, hazelnuts, pecans, macadamia nuts, walnuts, sunflower seeds, pumpkin seeds, and sesame seeds. They must be either raw or freshly cracked.

Whole Grains

Another 20-30% of your diet can be made up of whole grains that don't include gluten. These include amaranth, quinoa, millet, buckwheat, and brown rice.

Omega Oils

Beneficial Oils are an important part of an anti-Candida diet, because they're a good source of essential fatty acids (EFAs). These fats are called essential because the human body can't make them; they must be consumed from high-quality dietary sources. EFAs play an important role in protecting the health of your heart by, among other things, lowering the amount of cholesterol and triglycerides circulating in your bloodstream.

EFA's also reduce inflammation and help prevent the growth of cancer cells. Sources of EFA's that you should incorporate into your anti-Candida diet include **coconut oil**, **flaxseed oil**, **sesame oil**, and **sunflower oil**. These are not used for cooking purposes with the exception of coconut oil or olive oil. They are the only two oils that will not convert to a trans-fat when heated to a high temperature. In addition coconut oil, as mentioned before is a very good source of caprylic acid, one of the best anti-fungals to treat Candida with.

Water



Your Anti-Candida diet should include lots of fresh, filtered water. Non-caffeinated herbal teas are fine, as is mineral water without sugar. Consuming the proper daily amount is critical because hydration is vital to the oxygenation of the tissues and oxygenation is crucial in eliminating Candida. It is recommended to consume one half of your body weight of water in ounces daily. For example if you weigh 150 pounds, you should consume 75 ounces of water daily. Divide this amount into 8 – 10 ounce amounts and this is how many servings you will need to drink daily.

Fiber

The faster the transit time is for bowel movements, the smaller the chance there is for the Candida fungus to survive. As the colon is constantly swept clean, there is no chance for fermentation to take place and Candida growth is kept to a minimum.

Besides eating high fiber foods make sure to make at least 1 fiber shake per day. Ideally 3 fiber shakes per day should be consumed that make use of **hemp**, **flax**, **Salba (chia)** or **psyllium** as a base fiber. A minimum of 15-25 grams of fiber per day should be consumed per shake totaling at least 40 grams per day.

PGX is a relatively new fiber product on the market that is incredibly potent as a blood sugar balancer and sugar/starch blocker, thus making it incredibly effective for weight loss. Beyond this every 1 gram of PGX is considered 5 grams towards your daily requirement for fiber. It's a good option for those who don't have the time to make shakes every day as it comes in both pill and powder form.

How Long Should I Stay On the Anti-Candida Diet?

Your body will be the best gauge of when you're ready to gradually add some restricted foods back into your daily intake.

However, as a rule of thumb, mild to moderate cases of Candida overgrowth generally require 6 weeks to 6 months to completely go away. More severe cases can take up to two years, depending on how long the individual has had the condition. Those who have had symptoms for the past 5-20 years can expect to need at least this much time.

Healing from Candida infections requires both an effective antifungal treatment, with either medication or herbal supplements, and the Anti-Candida diet as a foundation. Both must be adhered for long enough to starve off the overgrowth of yeast cells. However, to completely eliminate Candida for life all the other steps in the 5 step protocol must be followed as well.

Once you are feeling better, you'll want to continue to eliminate refined sugar and refined sugar-containing foods and products from your diet. A sugarless diet is a health habit that will serve you well for life! You'll be surprised at how unappealing refined sugar tastes when you've gone without it for a few weeks.

Quick Reference Table

Moderate Foods

Moderate foods are foods that you eat although it is recommended that you only eat a maximum of 2-3 servings a day of these foods. If you find that your yeast infection or Candida symptoms are persisting and you are doing everything right, you may need to reduce your intake of some moderate foods. Eliminating some of these foods for a period of time will determine what is causing the problem.

<p>Restricted (Avoid)</p>	<p>Sugar of any kind or form. Including fruit and fruit juices, honey, cane sugar, brown rice syrup, corn syrup. Artificial sweeteners (Sucralose, Splenda, Aspartame, Acesulfame potassium, Acesulfame – K, etc. <i>These should be avoided anyways</i>) Refined Grains (Flour, White Rice, Pasta, Breads, Buns, Cookies, etc) Glutinous Grains (Wheat, Barley, Kamut, Spelt) Yeast, Alcohol, Vinegar, Caffeine Moldy foods (Peanuts, Corn) Dairy (Cheese, Milk, Ice Cream Etc) Nightshade vegetables (Tomatoes, Potatoes, Eggplant etc) Fermented Foods (Miso, Tempeh, etc) Any form of Junk Food or Fried Food, Red Meat, Hydrogenated Oils</p>
<p>Beneficial (Unlimited servings per day)</p>	<p>Leafy Green Vegetables (Spinach, Bok Choi, Dark lettuce, Kale, Collards etc) Sea Vegetables (Kelp, Wakame, Dulse etc) Non – Starchy Vegetables (Broccoli, Asparagus, Celery, Cabbage, Green Pepper, Cucumber, Cauliflower, Onions, Leeks, Brussel Sprouts, Ginger, Okra) Herbs (Oregano, Basil, Thyme, Parsley, Garlic, Horseradish, Cinnamon, Rosemary, Cloves etc) Seeds (Hemp, Salvia/Chia, Sesame etc) Nuts (Raw Fresh Cracked walnuts, almonds)</p>
<p>Moderate (2-3 servings per day)</p>	<p>Non-Glutinous whole grains (Quinoa, Millet, Amaranth, Brown Rice, Oats (steel cut or Irish) Buckwheat (Buckwheat is gluten free) Organic Free Range Lean Meat (Chicken, Turkey) Organic Poached, Soft boiled (If tolerated) Fresh Vegetable Juice Sprouts, Soaked Beans Wild cold water fish (Salmon, Tuna) Freshly cracked nuts *Lemons, Limes, Grapefruit, Papaya, Pineapple *Organic Soy <i>*These fruits are low sugar, a max of 1 serving a day can be consumed</i> <i>*Soy must be organic. If you're sensitive to other foods, chances are you are sensitive to soy as well, so it is best to avoid.</i></p>

Tips To Help You Eat Better

General Tips

Never Microwave Your Food Microwaves were actually banned in Russia until recently. They zap away nutrients and leave you with carcinogens that promote disease in the body. Why would you put something that has been exposed to radiation into your body?

Avoid Overcooking! If cooking meat try not to char or burn your food. Even when you steam vegetables it is recommended for only 30-60 seconds. More time maybe needed initially for certain vegetables such as broccoli, if indigestion occurs. The less you cook your food, the better it is for you as cooking vegetables removes natural enzymes as well as vitamins and minerals.



Chew Food Thoroughly to increase the digestive enzyme secretions in your mouth and to increase the digestion and absorption of the food through your digestive tract. It is suggested that you chew each mouthful of solid food at least 40 times before swallowing until it is a paste like consistency.

Avoid Overeating as this allows your food a greater chance to ferment in the digestive track and feed your Candida. By the time you feel full you've eaten too much!

Avoid Drinking Water or Liquids with Your Meals as this dilutes stomach acid, causes bloating and can decrease absorption of nutrients as a result. Try to only drink up to 30 minutes before a meal or 2+ hours after a meal.

Supplement Betaine Hydrochloride if you are having trouble breaking down fats and proteins.

Don't Eat The Same Food Every Day. Variation is suggestions as eating one food repeatedly especially a grain can lead to developing food intolerances and allergies.

Don't Eat Before You Sleep. Your last meal should be no less than 3 hours from the time when you go to the time you go to sleep. Eating too close to bedtime will make your body work overtime while you are sleeping to digest. This is why people who eat late night meals are slow to rise in the morning. Half their night was spent digesting their last meal!



Prepare, Organize and Discipline Yourself

Prepare - Preparation is crucial in this diet. It gives you time to properly prepare a meal and think ahead and assess how much food you will need. It's never a bad idea to have nuts and seeds on hand to fill the gap as a snack. If you want to avoid cheating simply always have something you can eat with you. As long as you have snacks such as nuts and seeds you will be able to suppress cravings for restricted foods; which leads into the next tip – organization.

Organize – Organizing your foods and snacks ensures that you will always be prepared even when you happen to run out of one of your necessary foods.

Discipline Yourself - Without discipline your Anti-Candida will fall apart and so will your health. You must remain diligent and restrain yourself from eating the restricted foods, cheating only creates setbacks. The Anti-Candida diet can be overwhelming at times. However, if you prepare a large meal in the morning and have snacks that you can have throughout the day this will drastically cut down on any cheating. We have provided a sample meal for you below.

A Sample Eating Plan

We highly recommend taking the supplements noted below even if you can't take them at the times recommended. The following was one of our members regular supplement routine use while battling a yeast infection.

Breakfast

1 hour - 30 minutes before meal take the Fiber Anti-Candida Shake (1 tsp Psyllium, 1 tsp Caprylic Acid and 1 tbsp Bentonite NOTE: lower intake of Bentonite if noticeable constipation occurs). If you can tolerate this add Buffered or Ester PH neutral vitamin C powder to the shake beginning at 1 tsp/5g serving and increase to 1 tbsp/15g serving over time as you feel comfortable. Overdosing on vitamin C early can result in diarrhea and cramping, but accelerated cleansing of the bowels as well.

15 minutes before meal take a digestive enzyme such as Omega-Zyme by Garden of Life and have a blend of one of the following supplements (Perfect Food, Berry Greens, Sun Chlorella), add 2 tbsp hemp protein or Vega brand protein mix.

Have quinoa, millet, buckwheat cooked grains, or unprocessed hot cereal and mix in organic cinnamon and xylitol. Switch cereal every day to avoid developing sensitivity to any one grain. Poached eggs (If not allergic) and over time incorporate bananas, green apples and berries when in season (This is not recommended for those with severe Candida developments)

As snack to be eaten with breakfast or between meals eat Chia/Salba seeds, hemp nut hearts, chlorella tablets (15) or make a Psyllium and Bentonite shake (see Alternative Therapies).

1-2 hours after your meal take the following: Probiotic (Primal Defense, Kefir or Sauerkraut), multi vitamin (Garden of Life, New Chapter or other whole food supplement).

Lunch

15 minutes before your meal take a Digestive Enzyme and Multi Vitamin (Garden of Life, New Chapter or other whole food supplement)

For lunch have quinoa, millet or buckwheat cooked grains mixed with organic sugar free soup add in some washed raw broccoli. The heat of the soup warms up the broccoli enough to activate enzymes in them. Make a raw salad (broccoli, baby spinach, yellow peppers) with added organic salt such as Herbamere and chicken breast with no skin.

1-2 hours after your meal take a Probiotic (Primal Defense, Kefir or Sauerkraut).

As a snack you may have Chia/Salba seeds, hemp nut hearts (with meal or as a snack between meals) and chlorella tablets (10) or a greens drink such as wheat grass, barley grass etc.

Dinner

15 minutes before your dinner take a Digestive Enzyme and Multi Vitamin (Garden of Life, New Chapter or other whole food supplement)

Reheat soup made from earlier in the day at lunch. Add additional vegetables to the mix and soup if needed. Cook additional quinoa, millet or buckwheat as needed. Have fresh salmon or chicken.

1-2 hours after your meal take a Probiotic (Primal Defense, Kefir, Sauerkraut, Acidophilus Supplement in 20 Billion+ Doses), a hemp protein mix shake with rice, pea and flax protein blend and MMS (15 drops mixed with 1tsp organic fresh lemon juice.)

The Raw Food Diet

There are an unlimited number of benefits from eating a raw food diet. It includes people who have found very rapid success with their Candidiasis based on a strictly raw food diet. We do not recommend eating raw meat only fruits, nuts, vegetables, sprouts and other non “living” things in nature. If you feel you can achieve a diet of 100% raw food diet we recommend researching it further before you jump full into it.

Possibly the greatest benefit to be had from eating a raw food diet is the high levels of enzymes you will be consuming from your foods and the ease placed on your body as it does not need to produce as many enzymes to digest foods. In addition, cooking food has been shown to make food more acidic, whereas eating raw food is highly alkaline. The advantages of eating raw food are significant. A great book on raw food dieting and how to properly begin to eat raw foods is [The Sunfood Diet Success System](#) by David Wolfe.

Alkalinity

One of the most dramatic changes you can do to benefit your health is to constantly aim to increase your bodies alkalinity. You may have heard of the acid/alkaline balance before. Essentially it is the balance that the body needs to stay alive. It is believed that the reason cancer develops in many cases is because the body has become acidic for too long.

Well the most important factor is your diet when it comes to a good balance. Foods such as green vegetables tend to be relatively alkaline, whereas grains, meat and citrus fruits tend to be quite acidic. The majority of the population is overly acidic from a diet high in meat and grains and low in greens. By cultivating a body that is overly acidic your body will begin to accumulate toxins. Alkaline substances are needed to excrete over accumulated acidic substances. Your body will also use up more nutrients in an attempt to deal with the overwhelming acidic environment. You then run into nutritional deficiencies. The high toxins and low nutrients will leave your body prone to disease.

The best thing you can do is start eating more greens. The Anti-Candida diet is an ideal diet to become alkaline with although it is geared towards cleansing. Besides food the other player in alkalinity is your breathing. Oxygen is alkaline and carbon dioxide being acidic. If you don't breathe properly on a daily basis you are going to become acidic. Deep breathing techniques, as mentioned in the Alternative Therapies section, should be considered. This is especially important for people with respiratory problems. An acidic environment will make asthmatic or sinus symptoms worse. Low oxygen intake through weak breathing will also make it worse.

Minerals, Alkalinity, and Fermentation

It is worth noting that an acidic environment increases the fermentation process within the bowel which can lead to Candida! Minerals are required in your diet to remove the acidic by products created in the body.

For example, when you exercise your muscles produce lactic acid. In order to remove lactic acid your body needs minerals to bind to the acid to remove it from the body through your sweat pores which is why people drink electrolytes afterwards. Young coconut water is actually the highest source of electrolytes in nature. The majority of minerals are alkaline, which is why they are so important in rebalancing an acidic condition.

Where Do I Begin?

As you start to apply the Anti-Candida diet do the following:

1. Print the Quick Reference Table and carry this wherever you go.
2. Locate a local grocery or health store that has the necessary foods and supplements you need. A good grocery store is more important because you can go without the supplements to begin with but you need the good. Whole Foods is a good place to start. You can also explore farmer's markets and farms.

If you haven't led a life of cooking your own food get ready because things are about to change! The following foods will be the staples of this diet:

- Grains:** Brown rice, oats (if tolerated), buckwheat, quinoa, amaranth and millet.
- Vegetables:** All leafy greens especially spinach. Broccoli, spinach, bok choy and okra are also great.
- Meat:** Free range organic turkey, chicken and wild fresh fish (salmon typically).



These choices based on our experience are the easiest to obtain and prepare. Of course feel free to go ahead and eat whatever you want from the OK foods list. Try to eat organic especially when it comes to meat. If this is not possible then antibiotic, steroid free is the next best option.

To make this diet work you'll have to remain steadfast and dedicated. The saying cheaters never prosper has never been more appropriate.

STEP 1 CONTINUED **THE HEALTHY LIFESTYLE**

Your skin is the largest organ of the body and you are unnecessarily exposing it to hundreds of chemicals and toxins that you could easily avoid. Harmful products you use in your regular routine are being absorbed into your skin and into your body. It is your liver has the responsibility of detoxifying from these harmful toxins. The problem is while your liver is busy detoxifying *those* toxins your body is simultaneously competing for resources from the liver to fight Candidiasis. We need to give the liver a break so it can fight the Candida.

Products



To start, you should begin to buy toothpastes, deodorants, hair gels and sprays, shampoos, conditioners, soaps, and all other cosmetic products that are natural with no harmful chemicals. A rule of thumb is you should be able to eat anything that you put on your skin!

In deodorants look for products with no Lauryl Sulfates, Glycols, and Parabens; in toothpastes look for products with no aluminum or fluoride. These can be listed under multiple terms and names, so be careful reading labels. Look for ones with fewer ingredients and avoid items with a lot of complex chemical names.

Also you will want to get a shower filter if you don't already have one. In the time you take a 20 minute shower your body will absorb the equivalent chlorine of drinking 3 liters of unfiltered tap water. The dangers of chlorine are endless; it can even reduce your immune function.

An excellent book regarding cosmetics and the chemicals they contain and what they do to your body can be found [here](#).

Sleep

Another very important factor in your recovery is your sleeping time and hours. The ideal sleeping time is from 10pm-7am for healing. A healthy person can get away with 10pm-6am, anything less and you begin to incur a sleep debt.

The exact hours slept is just as important as the amount of time slept. From 10pm-2am our body's ability to heal is significantly heightened. It has been shown that those who do not sleep during these hours, such as shift workers, are prone to illness more often and have higher overall cancer rates. The majority of hormone and mineral balancing occurs at this time, as well as rejuvenation of major glands and organs, and most importantly your liver and adrenals.



The earlier you retire the faster your body will heal itself. It's that simple. If you constantly go to bed late night after night, even if you do get 9+ hours of sleep, you can still suffer from burnout and fatigue.

Stress

Stress reduction wherever possible is crucial to healing. If you look at people who suffer from cold sores as an example it is no coincidence that they get breakouts when they are stressed. For Candida, the symptoms may not be as obvious and visibly apparent, but they are very real. Candida coupled with stress breed yeast infections as a result.



Relaxation techniques including deep breathing can help tremendously. If you decide to commit to this diet and make the lifestyle changes as well, your ability to handle stress will be heightened. Becoming aware of the stressors in your life and learning to deal them in an unobtrusive manner prove incredibly beneficial. Yoga is a great way to reduce stress, look into joining a class.

For stress the following supplements can help:

L-Theanine allows focus and calms a hyperactive brain that can't stop over thinking.

Rhodiola optimizes feel good hormones as well as reduces fatigue due to stress.

Gaba is a natural valium-like supplement that has a tranquilizing effect on the brain.

Magnesium which most people lack is also a great relaxant.

Chamomile Tea calms and also shows great healing benefits for many people.

Environmental Factors

In addition to the suggestions made previously, if your environment harbors mold, dust or other allergens your immune system can be suppressed and prevent any major improvements in your health. People suffering from a Candida overgrowth tend to be either allergic or sensitive to dust mites.

In the bedroom make sure that your box spring and mattress has either a vinyl or allergen case to prevent dust mites from getting out at night and eating your dead skin. A dust mite pillow protector is also advised. Carpets are also a major source of allergens. A bedroom carpet that is suppressing your immune system can prevent full recovery from Candida or make it incredibly difficult. Consider removing carpeting from your bedroom, if not from your entire house, if it bothers you.

A humid environment makes yeast infections of the genital area very difficult to eliminate. Try to keep your environment as dry as possible.

At times if you are feeling worse even after implementing all these suggestions it could be a Herxheimer reaction or a healing crisis your body is going through, which is a indication that

you are improving. Simply continue your routine and if supplementing anti-fungals, you may reduce the dose to minimize the die-off effects of Candida.

STEP 2 SUPPLEMENTS AND ALTERNATIVE THERAPIES



When dealing with Candida your body is typically in a state of malnutrition to some degree as a result of poor digestion. So supplementing is actually crucial to strengthening your body to help it fight against Candida. There are endless list of supplements that are supported in assisting individuals in dealing with Candida. We have chosen to list however the ones that are the most important in our opinion and have a direct impact on Candida.

The following are a list of supplements divided into supporting supplements and anti-fungals that are recommended in addition to any previously noted.

Supporting Supplements

Enzymes – Candida actually has a shell referred to as the Chitin that if ever penetrated will kill Candida. Even with anti-fungals you can't always break down this wall. The enzymes cellulase and protease however are able to break down this cell wall. Protease actually feeds on the Candida in this state so the die-off reaction is minimal as the toxins do circulate throughout the body. For this reason we HIGHLY suggest you begin regularly supplementing a high cellulase, high protease enzyme.

[CandiZyme](#) by Renew Life and [Candidase](#) by Enzymedica are excellent options as they have very high doses of both cellulase and protease. These enzymes can break down the cell wall of Candida and allow anti-fungals to destroy them more effectively. They also have anti-fungal like effects on Candida. Be sure to supplement all enzymes AWAY from probiotics as they will destroy probiotics if they are ingested around the same time.

Digestive Enzymes are also highly recommended to assist in the absorption of your food, I highly recommend [Omega-Zyme](#) by Garden of Life or [Mega-Zyme](#) by Enzymatic Therapy.

Probiotics – As mentioned earlier, these are mandatory to your elimination of Candida. Acidophilus and other beneficial bacteria are your good guys in the fight against Candida. Their benefits range from the production of enzymes to B-vitamins in the body. The worst side effect from taking a large amount is diarrhea or loose bowel movements, which may be a positive effect depending on individual symptoms. These can be chewed to battle oral Candida (Thrush). We suggest both a powdered form and a pill form taken on an empty stomach, as the powdered form allows a person to take a large dose easily. The powder form can be mixed morning and night and the pill form can be taken when convenient.

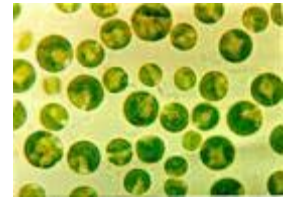
Our 3 favorite probiotics

1. [Garden of Life – Primal Defense Ultra](#)
2. [Renew Life – Ultimate Flora 50 Billion](#)
3. [Garden of Life – Primal Defense Powder](#)

Vitamin C – Is a huge asset towards your Candida battle as it uses up the same absorption points as sugar in the body. Meaning the more vitamin C in your system, the less sugar there is to feed the overgrowth of Candida in your body. Besides this, it is also a powerful antioxidant that speeds up the healing process in various ways including the stimulation of white blood cell production. The suggested use 1200-3000mg up to 6 times per day. It may cause diarrhea initially, so start with a low dose and gradually increase to adapt to higher doses. It is recommended that you use [pure ascorbic acid](#) as opposed to Ester-C or any other form of Calcium Ascorbate. To achieve large doses of vitamin C using the Ascorbate actually would cause an overdose of calcium over time, on top of which pure ascorbic acid has been shown to be at least 33% more effective in most cases. However in the case that you do not tolerate straight ascorbic acid well, you may use a Calcium Ascorbate form of Vitamin C.

In addition to vitamin C you can supplement bioflavonoids, specifically Quercetin. Quercetin acts as an anti-histamine and anti-inflammatory that is powered up like a battery through supplementing Vitamin C. You can take a 1000mg dose of [Quercetin](#) 3 times per day.

Chlorella – Is a single cell algae that contains a large amount of enzymes, minerals and vitamins. It's high in beta carotene, B12 and has 18 amino acids. It can chelate heavy metals such as mercury and remove them from the body. Its chlorophyll content is also the highest natural source in the world which makes it one of the best natural blood detoxifiers! It can also stimulate interferon, one of the body's natural defenses against cancer. All this helps to boost your immune system and rebalance itself in regards to Candida but the next point is of the greatest significance.



Chlorella causes Lactobacilli to multiply at four times the normal rate! Start with 5 grams a day and work your way up to 15 grams a day over the course of a couple of weeks. Since it is such a strong detoxifier you may find your bowel movements get quite a boost from taking large doses of chlorella. The best chlorella we have found to date has been [Sun-Chlorella](#). This is because Sun-Chlorella has the highest nutrient yielding Chlorella on the market due to their sophisticated cell wall penetrating technology. The shell wall of chlorella is very difficult to digest and unless you can effectively break this wall down you can't access the nutrients in Chlorella no matter how much of it you supplement! Sun-Chlorella can be quite expensive, so if you want to start on a cheaper but still effective Chlorella we recommend this one in [pill](#) and [powder](#) form.

Wheatgrass/Barley Grass/Spirulina/Algae – These are all beneficial, highly alkaline nutritious foods that are useful in the beginning stages of recovery when you are adapting to eating an increased amount of vegetables. They are also useful if simply cannot find the time to prepare vegetable salads. For example one tablespoon wheatgrass has been equated to the nutritional value of a vegetable salad. We recommend that you start consuming with chlorella first and if you are open to taking



multiple greens supplements we suggest you take as many as possible, since they can only create a more alkaline environment in your body and help speed your fight against Candida.

[Perfect Food](#) by Garden of Life is a stand-out product in this category. It combines the grasses from Wheat and Barley as well as containing Spirulina, Chlorella and other algae.

Pantethine – The vitamin B5 precursor known as Pantethine is a huge benefit in detoxifying the toxic byproducts of Candida such as Acetaldehyde, the main culprit of brain-fog symptoms in a Candida sufferer. It also helps boost the probiotics lactobacillus and bifidobacterium. Pantethine can also alleviate other allergic sensitivities from Candida and it is also a factor in detoxifying formaldehyde which is the converted chemical in the body from Aspartame consumption. The recommended dose is 300-600mg daily with equal doses of [Pantethine Acid \(B5\)](#) for added effectiveness.

Saccharomyces Boulardii – Is a beneficial non-pathogenic yeast that competes with Candida for the same resources such as sugar. It stays in your system for no more than a week so there is no fear of developing a systemic infection from it. This is a powerhouse in healing from Candida as it literally assists in starving out the Candida. Our recommendation you can find it [here](#).

Biotin – A member of the B family of vitamins inhibits the Candida yeast from converting into the fungal form. Its production in the body is reliant upon good bacteria, so those suffering from Candida are most likely deficient in biotin and need to supplement it. Supplement 5000 mcg daily. Our recommendation can be found [here](#).

Mushrooms – Not all fungus is harmful. Reishi, maitake, shiitake, cordyceps and other high grade mushrooms destroy Candida directly and boost immune function significantly. They can increase white blood cell counts, increase lung capacity and support the adrenals and much more. The New Chapter® line of mushrooms are of incomparable quality in that they are organic and P-Value mushrooms, which means they are closest to their own genetic origins. Nothing else on the market compares.

New Chapter has two lines of mushrooms which have been shown to be incredibly effective in eliminate Candida and resolving Immune Dysfunction. They are [Liver Force](#) and [Host Defense](#).



Whole Food Multi-Vitamin – This is necessary to maintain a minimum level of all your vitamins and minerals in your body. Even if you are on a great diet, your body lacks certain essential nutrients. Much of this is due to degraded soil from farming practices that have left soil void of any minerals. Garden of Life™ or New Chapter® products are recommended because they are whole foods. This means their absorption in the body is far-superior to any other type of multi-vitamin. Both brands include Organic ingredients, The New Chapter line is 100% Organic.

Garden of Life [Mens Multi](#)
Garden of Life [Womens Multi](#)

New Chapter [Mens Multi](#)
New Chapter [Womens Multi](#)

B-Complex – A combination B-vitamins will boost your thymus and adrenals resulting in an improvement in immune system function. A Candida sufferer needs b-complex as mal-absorption and low levels of B-vitamins is common. A suggested dose is 100 mg 3 times per day.

Our recommended B-Complexes are: [Small bottle](#) and [Large Bottle](#)

Niacinamide B3 – B3 supplemented 300mg daily has been shown in some cases to reduce yeast infection symptoms by 50% after just one dose. Maintain this dose for the first 7 days, and then slowly reduce the dose to 100mg over the next 7 days. Raise dose again if infection redevelops. B3 is able to trigger a gene in yeasts that induces an early death in the yeast cells.

Fiber Shake – A fiber shake with any of the following ground forms of flax, hemp, psyllium or Salba (chia) as a base will ensure consistent bowel elimination. Your diet may change from day to day but your fiber intake must remain above 35 grams per day minimum. 2 tbsp per day can help to ensure you are receiving enough.

You can also try [Super Seed](#) by Garden of Life which is a superior fiber blend that we all use and highly recommend.

The following are not mandatory to combating Candida but are highly recommended.

Aloe Vera – If you find that your bowel movements are sluggish try drinking aloe vera. As much as 8oz a day in 2-3 divided doses per day can be ingested. Not only will it get things moving but it is also an anti-microbial and immune system booster as well.

Vitamin E – 400 IU per day should be consumed a day. It helps boost immune function and circulation. This dosage may or may not be achieved through multi-vitamin use. We recommend one found [here](#) that combines with Selenium for superior antioxidant protection.



Zinc – 50 mg per day to boost immune function. Zinc is especially important if you experience any symptoms of adrenal fatigue. This is due to the fact that many sufferers of Candida or adrenal fatigue are also overloaded with copper. Zinc is your bodies balancing agent against copper. Copper in abundance will suppress immune function, induce stress and adrenal burnout.

Milk Thistle – Helps detoxify and rejuvenate the liver which will reduce stress on the liver and improve your body's ability to detoxification harmful byproducts of Candida. Your liver is actually hit hardest by chronic illnesses such as Candida, so optimizing its functionality should be a number 1 priority. Our High end Milk thistle recommendation can be found [here](#)
Our Budget recommendation is [here](#)

Adrenal Supplements – Adrenal glands like most organs in the body can take a “reasonable” amount of stress. However, never ending infections and inflammation, including Candida, allergies and even injuries, will all eventually develop into adrenal fatigue. And during a period of cleansing most people involved in intensive cleansing, such as taking normal levels of supplements and anti-fungals, can actually cause themselves adrenal fatigue when a cleansing program doesn’t end. When your adrenal glands are weak, your body will fatigue no matter what you do and cleansing only puts further stress on your body.

Taking supplements to support the adrenals is crucial when dealing with chronic Candidiasis. We suggest taking any adrenal supplement that contains adrenal glandular. Additional B5 can be supplemented if desired in doses of 2-3grams daily, in addition to pantethine mentioned above. Our supplement of choice when dealing with fatigued adrenals is [Organic Raw Adrenal Glandular](#) which should be taken in 200-300 mg doses twice per day. [Isocort](#) is also popular amongst those suffering from Chronic Fatigue.

Is also necessary to supplement with at least 50mg of zinc per day when you are suffering from adrenal fatigue. This will prevent copper toxicity which is synonymous in most cases with adrenal fatigue and chronic yeast infections. We also recommend that you sleep at least 11 hours a night, if you feel you are suffering from total adrenal burnout, in order to recover.

NOTE on Supplementing

Certain supplements such as whole food supplements and mushrooms may be chewed as opposed to swallowed. This is a welcome change for many Candida sufferers as their digestive ability may be compromised from the Candida. Many times the reason why results are not achieved with supplements is because the compromised digestion is unable to fully assimilate the supplement. By chewing supplements you significantly increase your absorption of them.

If you decide to chew all your supplements make sure you have a good toothbrush!

Anti-Fungals

Supplement	Dosage
Garlic	1000mg 2-3 times per day.
Psyllium, Caprylic Acid, Bentonite Mix	1tsp psyllium powder or 1tbsp psyllium husk, 1tbsp liquid bentonite, 2tsp caprylic acid mixed into 8-10 oz of water. Chase with another 8-10 oz of pure water.
Grapefruit Seed Extract (GSE)	Follow dose directions on bottle. Typically Liquid 1-10 drops diluted into 500ml of water or pill form. 2-3 times per day.
Oregano Oil	1ml or 30 drops daily divided in 2-3 doses.
Olive Leaf	1000mg 3 times per day.
Colloidal Silver	Take concentrated form 3 tbsp per day, for more information read the Alternative Therapies section.
Kolorex (Horopito)	1 soft gel per day, aggressive infections should increase to 2-3.
Pau D'Arco	Use in tea form, drink 2-3 cups per day.
Cloves	Use in tea form, drink 2-3 cups per day.

It should be noted that anti-fungals should always be taken on an empty stomach and never at the same time. This is because anti-fungals are constantly developing resistance to Candida. An anti-fungal routine that changes from week to week should be implemented.

An example would be:

Anti-Fungal Schedule	Week 1	Week 2	Week 3
Morning	Pau D'arco Tea Garlic 1000mg Olive Leaf 1000mg	Oregano Oil 15 drops. Clove Tea	Olive Leaf 1000mg GSE 5 drops in water
Noon	Garlic 1000mg Olive Leaf 1000mg	Colloidal Silver 1 tbsp Kolorex	Olive Leaf 1000mg Garlic 1000mg
Night	Olive Leaf 1000mg Pau D'arco Tea	Oregano Oil 15 drops Colloidal Silver 1 tbsp Clove tea	Olive Leaf 1000mg Garlic 1000mg GSE 5 drops in water

As mentioned, when using anti-fungals you can expect to encounter a die off reaction or Herxheimer reaction. This will normally pass between a few hours to a few days at the most. Fortunately many of the supplements can help detoxify the toxins produced by the Candida as they die and reduce the overall impact on your body.

Alternative Therapies

The following is of all the known therapies that can treat Candida. Results will vary on an individual level so we suggest you try some or all of the methods to see what works best with you. These are not necessary to recover from Candida overgrowth but can make a tremendous difference in your recovery rate and your health overall. Unlike medications and herbal anti-fungals, Candida cannot adapt to many of these therapies including colloidal silver, hydrogen peroxide, MMS.



MMS

We will tell you upfront that we **HIGHLY** recommend this above almost all other alternative therapies. MMS is a formulation of 28% sodium chlorite dissolved in distilled water that was developed by Jim Humble. He wrote a book about his discovery and how he treated 75,000 cases of malaria poisoning with MMS with a 100% success rate.

This solution is a **VERY** powerful anti-septic, so strong in fact that in 1999 it was officially recognized by the American Society of Analytical Chemists as the most powerful pathogen killer in the world. Sodium chlorite creates chlorine dioxide you combine a few drops of MMS with an acidic compound such as vinegar or lemon juice.

Chlorine dioxide has been used to purify water for over 100 years and is far safer than chlorine. Chlorine dioxide selectively destroys pathogens by oxidizing them and leaves only water and sodium chloride (table salt) as a byproduct. It is safe to consume within the recommended doses, which is actually far higher than anyone would consume. The worst side effect people experience is nausea and in some cases vomiting. This only occurs when a very large dose is taken at once such as an initial dose of 25+ drops at once. On the positive side when large doses of chlorine dioxide were taken to cure Malaria, after induced vomiting occurred, the patient would be cured of the Malaria the following day.

Chlorine Dioxide is the safest method of oxygen therapy as it is selective oxidizes life-forms that are of greater acidity than the human body, which is actually all disease pathogens! It will never react against anything that has the same acidic level as the human body or is more alkaline. It can also oxidize metals within the body and assist with reducing heavy metal toxicity in the body. Overall this supplement should become a staple as it will clear out parasites relatively inexpensively and potentially get rid of Candida in your body over time.

The recommended starting dose is one MMS drop a day mixed with 5 times the amount of a citric acid activator such as lemon juice or grapefruit juice. Let it sit for at least 3 minutes before diluting the mixture into water and drinking it. Over time you will be able to increase your dose to a maximum of 25 drops twice per day. Most people go to a maximum of 3 drops for every pound of body weight. Remember though that 25 drops can be enough to cause nausea and you should start with a low dosage and work your way up to such a heavy dose after many weeks or even months of daily use.

Additionally it should be noted that Vitamin C will negate the effect of MMS when taken at the same time. Both can be taken if a gap of at least 4 hours is left in between. Although Lemons and Grapefruits contain vitamin C it does not seem to negate the effect the way that supplemental Vitamin C does.

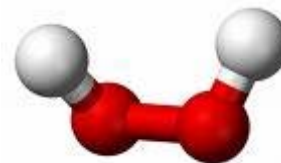
Since MMS is an oxidant, in that it will destroy bacteria, parasites, and fungus, it will also destroy antioxidants in the body. Because of this we suggest you not take it consistently for more than 2 months at a time maximum and then use it sporadically in low doses to maintain a parasite free body. Even if MMS is unable to destroy Candida by itself, it does have a very powerful impact on parasites that should not go overlooked. Because of its excellent anti-parasitic abilities, you can also take MMS for the purpose of parasite cleansing prior to starting Step 4 and 5 of the Protocol.

Ultimately, the key to making it work are having an adequate activator such as lemon juice with no vitamin C and letting it sit for at least 3 minutes before mixing it with water and drinking it.

If you are interested in buying MMS our recommended supplier can be found [here](#). Make sure if you buy from anyone else that they are an approved distributor.

Hydrogen Peroxide

Hydrogen peroxide is water (H₂O) that contains one additional atom of oxygen to create (H₂O₂) hydrogen peroxide. It occurs in nature when falling rainwater comes into contact with the ozone. This naturally occurring process helps keep harmful bacteria, viruses and fungi in check within the environment. It is able to do this by releasing the extra oxygen atom it carries and using it to oxidize infectious pathogens in nature. When this happens what you're left with is water (H₂O).



In your own body right now white blood cells, vitamin C and lactobacillus, the good bacterium, are creating hydrogen peroxide to fight off infections and foreign invaders with oxygen. The good bacterium in your body thrives off of an oxygen rich environment that hydrogen peroxide provides whereas a Candida infection cannot survive in the presence of oxygen.

Use hydrogen peroxide with a 35% Food Grade content. The bottle may state Hydrogen Peroxide 35% Food Grade or H₂O₂ 35% Food Grade. You will be able to find it in most good health stores or online. Handle it carefully when pouring and try to wear plastic gloves; if skin contact is made wash it with water immediately.

There are several other forms of Hydrogen Peroxide such as the topical use version that is normally 3% hydrogen peroxide. **DO NOT USE THIS ONE!** It is not safe to consume internally, it is poisonous due to other ingredients that are added into the formula.

Begin by taking 1 drop in 6-8 ounces of clean distilled water 3 times a day. Increase this to one drop daily per serving e.g. Day two 2 drops 3 times/day. Continue this until a maximum of 25 drops 3 times/day is reached. After 3 weeks of this you may decrease the dose and stop taking it unless you have chronic systemic Candida in which case consume 25 drops 2 times/day until your infection is cured, in some case this may take a few months.

Always consume Hydrogen Peroxide on an empty stomach; a minimum of an hour before meals or at least three hours afterwards. When consumed with food in the stomach the hydrogen peroxide will attempt to oxidize the food in the stomach and will create excessive free radicals. Extended periods of doing this is extremely dangerous and even deadly.

Hydrogen Peroxide can also increase energy because of the amount of oxygen it produces in the body. If you have trouble sleeping try taking your last dose at least 4-5 hours before bed. It is not uncommon to experience stomach cramps with higher doses. If you reach a dose that makes you continually nauseous stop there and decrease the dosage. Many people find that 10 drops 3 times/day is all they can handle. You will still benefit from the hydrogen peroxide but it may take a little longer than larger doses.

If you want to learn more about Hydrogen Peroxide you can read the following books: [Hydrogen Peroxide](#) by William Campbell Douglass and [Flood Your Body with Oxygen](#) by Ed McCabe.

Deep Breathing



As we've mentioned before, the human body uses oxygen to regulate harmful organisms within it. Therefore an increase of oxygen in your body tissues will increase your ability to eliminate harmful bacteria in your body such as Candida.

When you exhale for twice as long as you inhale you effectively release more toxins from your body. Your respiration is improved and increased by actively exhaling more air. Try taking a deep breath and exhale without effort, at the end of the exhalation squeeze more air out of your lungs by contracting your abdominal muscles.

A great way to also relax is just to spend 5 minutes every day focusing on breathing in slowly for 5 seconds, holding your breath for 3 seconds then exhaling for about 5-7 seconds. Being able to breathe properly is a major key to correcting poor health. The best book we've found on the topic of incorporating proper breathing is [Free Your Breath, Free Your Life](#) by Dennis Lewis

Colloidal Silver

Colloidal silver is a liquid that contains 99.9% pure silver particles that are .01 - .001 microns in diameter. These microscopic particles destroy bacteria and fungus when brought into contact with them. It is able to perform this destructive action by a suffocation-like action towards pathogenic cells such as a bacterium or a parasite. Not only does it kill the cell causing the problem but it will bring the damaged tissue back to health very rapidly.



Colloidal silver is able to affect the polarity of Candida and effectively destroy it. The best part is, unlike other forms of anti-bacterial medications out there, bacteria cannot adapt and become resistant to Colloidal Silver. It is one of the best substances to be applied topically to external Candida infections of the skin folds, groin, and is incredibly effective as a douche for vaginal yeast infections. It is also non-irritating.

Colloidal silver is sold in both pre-mixed and heavily concentrated forms. We actually prefer Colloidal Silver Generators which can be a very economical way of obtaining colloidal silver in the long run. You will need to use **distilled** water in the process as other minerals and metals in water can bind to the silver negating its effects. Besides this you want to make sure you are using silver rods that are (0.9999 pure) to make sure the silver itself has no impurities in it.

There are no side effects to ingesting colloidal silver with the exception of some very rare cases of people developing bluish skin, a condition known as Argyria, from over-consumption of improperly made colloidal silver. Most cases of this are blown out of proportion by the media in an effort by pharmaceutical companies to diminish its use as it is more effective than any pharmaceutical antibiotic in existence.

Oil Pulling

Oil Pulling is an ancient Ayurvedic healing technique that has been shown to benefit problems such as eczema, migraines, arthritis and diabetes. It is very effective at removing bacteria and germs from the mouth. Those with thrush and Candida ailments affecting their mouth will benefit tremendously from this! The theory is that the swishing of oil activates enzymes in the body to draw out toxins that are affecting the elimination systems of the body. This forces bacteria and pathogens such as Candida to be eliminated orally.

To do this you need to swish around 1 tablespoon of oil in your mouth for 10-20 minutes. Move the oil from the back to the front of the mouth using a sipping and sucking motion. When done swishing, spit it out. **DO NOT SWALLOW IT!** The oil now contains the germs that you are trying to get rid of. The best oils to use are cold pressed or refined sunflower, safflower and sesame oil. Experiment with this to try different oils to see if a noticeable difference is found. We also suggest mixing 1-3 drops of oregano oil with the base oil to increase its effectiveness. Always perform Oil Pulling on an empty stomach. The best time is first thing when you get up in the morning for 20 minutes. The oil will become thinner with continued use and frothy white,

if it is still yellow you have not been pulled enough. After you spit it out, make sure to clean your mouth thoroughly and drink 2-3 glasses of water.

Ileocecal Valve Massage

The spot where your small intestine meets with your large intestine or your colon is called the ileocecal valve, pronounced ill-E-O-C-kal. We recommend you book an appointment with a massage therapist, chiropractor, osteopath or specialist who can check this area for you and let you know if it is strained and either open or shut. A shut valve will cause constipation issues and prevent food from moving into the large intestine. In other scenarios your small intestine may be stuck open allowing food to pass back from your large intestine into your small intestine. This causes toxic substances to be reabsorbed into the body and causes auto-intoxication which can trigger Candida overgrowth. If there is a problem with your valve, there is a very high chance that strengthening this valve and returning it to proper function will solve your Candidiasis. The ileocecal valve syndrome (ICVS) is nicknamed the “great mimicker” because many of the symptoms it causes are also caused by a wide range of other chronic health issues one of which is Candida although it is possible to have both ICVS and Candida.

The good news is that this can be treated very easily, the downside is the recurrence rate of ICVS is high unless treated by a professional who knows how to eliminate it through diet (which the Anti-Candida diet will assist with), massage and possibly homeopathy as well. If you are unable to find a professional you can still help yourself!

Locate your appendix, just up and to the left is your ileocecal valve. It is located two inches in and down from the top of your right hip. Then massage in an upward circular motion to promote proper movement of fecal matter and to strengthen the valve and surrounding muscles. Massage here for up to 30 seconds. Try to do this movement first thing in the morning when the digestive tract is free of food. Always perform this on an empty stomach.

Iodine Supplementation

Iodine is a trace mineral found in every cell of the body, adequate levels of it are necessary to achieve proper cell and immune function. It is well known for its importance in proper thyroid function but its value far exceeds this. The inorganic non-radioactive form of Iodine can be safely supplemented for long periods of time in amounts as much as 100,000 times the RDA (Recommended Daily Allowance) of 150 mcg per day (0.150 mg), making it the safest of all essential trace elements. It is capable of detoxifying heavy metals and halides such as fluoride, bromine and chlorine out of the body. These halides are abundant in our environment and actually cause a displacement of iodine in us.

95% of Americans are receiving less than 150 micrograms of iodine in their daily diet meaning they are iodine deficient. The amount of iodine typically found in most American and European diets is only about 10% of what is needed to fully saturate the thyroid. Proving a surplus of iodine to body beyond the thyroid in order to prevent other diseases is needed.

It has highly potent antibacterial, antiviral, anti-parasitic, anti-inflammatory and anti-cancer capabilities. In cancer alone it has been shown to effectively destroy mutated and infected cells through a process referred to as apoptosis.

Lugols Iodine is a highly potent form of Iodine that contains 5mg of Iodine and 7.5mg of Iodide per 2 drops. Lugols is also sold under the product name Iodorol which contains 12.5mg of Lugols in a tablet form and claims to reduce gastric irritation. Effective doses range from 12mg to as high as 250+ mg per day. Although it has been shown that the body can retain 1500mg of iodine and only 3% of which is stored in the thyroid which indicates that iodine is highly used by other body systems and not just the thyroid as it is commonly thought.

To test to see if your body is deficient in iodine as well to ensure that it doesn't irritate you, put a drop on your skin and rub it into a circle, most people attempt this on the inside of their forearm. If the iodine is absorbed in by the body within 24 hours then you are deficient in it.

We suggest starting slow with 1 drop/ day for the first week to see how your body responds to it, increase to 2 drops the next week and at the end of that week go up another 2 drops until you are at 8 drops daily. If detoxification symptoms are overwhelming you can slow the progress down until you are comfortable again with 8 drops/day.

The more aggressive alternative method is to start at 4 drops a day for week one. Slowly increase to 6 drops daily the next week and adding a dose of 6 drops every week following until a max of 6 drops 4 times/day is achieved. Always add to water and do not take it with other supplements, especially vitamins and antioxidants, as iodine is an oxidizer.

There are some side effects that affect less than 5% of the population, such as acne, sneezing, diarrhea, excessive saliva, metallic taste in the mouth, and sinus pressure. If you experience these symptoms chronically while supplementing, discontinue use until symptoms subside. You can reduce the occurrence of side effects by taking ½ a teaspoon of Celtic sea salt per day while supplementing with iodine; it also assists in the detoxification and assists the kidneys in flushing out the excess toxins being released by the iodine.

A marked increase in nasal cavity moisture is the first sign of an overdose of iodine. We recommend stopping supplementation for a few days and then resuming again at a lower dose. If this symptom arises again repeat going off and on again at a lower dose until the symptom does not occur.

Cabbage Rejuvelac

Cabbage is rich in lactobacteria which makes up 95% of the good bacteria in the digestive tract. Sauerkraut, fermented cabbage, is highly recommended for someone battling Candida. Cabbage is undoubtedly a great source of natural probiotics strains. It is superior as a food with naturally occurring probiotics. Yogurt can produce excess mucous and other symptoms for those suffering from Candida.



To prepare cabbage rejuvelac you will need:

3 cups of cabbage that is fresh, chopped and loosely packed
1 ¾ cups of filtered or distilled water (tap water contains chlorine which will kill the bacteria)

1. Mix cabbage and water in a blender
2. Use the low speed setting and advance to high speed for a maximum of 10 seconds. Do not over blend.
3. Pour the mixture into a glass jar with a tightly fitting lid.
4. There must be at least 1 inch of space above the mixture/liquid to allow room for expansion. Screw the lid on tightly.
5. Store the jar in a room temperature environment for 3 days. This should be about 72 Fahrenheit or 22 Celsius.
6. After 3 days, strain off the liquid in the mixture and save it in a glass or jar. This is the cabbage rejuvelac drink.
7. From here you have some options as what to do with the leftover cabbage. You can eat it or you can store it and make another batch of rejuvelac. Further batches only require 24 hours.
8. To make further batches use 1 ½ cups of purified water and follow all the previous instructions.
9. When the batch is mixed and poured into a glass jar add ¼ cup of rejuvelac from the previous batch. Make sure to leave 1 inch of space from the lid as before.
10. After 24 hours, strain off the liquid and save it in a glass or jar and begin your next batch. This process can go on endlessly.

Once the rejuvelac is made, if you aren't planning on consuming it all in one day - refrigerate. Rejuvelac will remain good for up to 24 hours after it is separated from the cabbage.

If you don't have a blender you can still make rejuvelac. You will require 2 ½ cup of finely ground or chopped cabbage. Use the same amount of water as before 1 ¾ cups. Mix the cabbage in a jar and pour the water over it. Everything else is the same.

It is suggested that the blend should taste like a cross between carbonated water and the whey liquid you find in yogurt. A bad batch will have a putrid odour and taste. If you make a bad batch throw it out and start over. Drink half a cup of rejuvelac three times per day preferably with meals.

It is suggested to drink Rejuvelac daily for at least 2 months when battling Candida.



Psyllium and Bentonite (P&B) Shake

To make the shake you will need 1 teaspoon of psyllium powder, or 1 tablespoon if using the husk, mixed with 1 tablespoon of liquid bentonite (powdered form). You then blend the ingredients with 8-

10oz of water to create a yogurt like consistency. Shake vigorously and drink immediately, followed by another 8-10oz glass of water.

This drink requires a tremendous amount of water to make it work, so make sure to hydrate yourself continuously through the day! Also be sure not to inhale any psyllium as it can cause serious breathing problems if inhaled.

Constipation can also occur if you are not well hydrated, so make sure to keep drinking water through the day. If drinking extra water does not work, cut down on the shakes. You can also drink aloe vera juice, magnesium and vitamin C blended together to flush out your intestines enough to effectively begin utilizing the PBC shakes.

Start with taking a shake daily in the morning for the first week to adjust to the increased fiber. Then begin consuming the shake before bed every night as well the next week. Then in the third week increase the amount to 3 shakes a day. On the fourth week you may consume 4-5 shakes daily if desired. Otherwise 3 a day is fine. We suggest taking a break every few months or use it for 6 months and then break for 2-6 weeks before restarting. Always take the shake on an empty stomach. Try to keep the shake one hour away from food and other supplements as it can affect their absorption if consumed together.

You can also add 2tsp of liquid caprylic acid per shake as it is a powerful anti-fungal and it can increase the toxic load your body has to process. Start slow with this and do not use it regularly with the P & B shake. We suggest using 2tsp for up to 3 shakes a day for 3 months at a time maximum with a break of at least a month in between if you are looking to start again. If you feel sick initially reduce the dosage.

Castor Oil Pack

This is another ancient natural therapy that can yield tremendous results for people. It can be used as a means to reduce inflammation, sluggish lymph flow, congestion and constipation. In regards to Candida it can accelerate recovery and eliminate various symptoms quickly.

The pack can be applied to anywhere on the body. In many instances people apply it over the liver, this being the ideal way to begin using the castor oil packs.

To create a Castor Oil Pack you will need the following:

Cold-pressed castor oil (Buy a large bottle as you will need enough to saturate the entire piece of cloth)

Wool or Cotton flannel Cloth (The amount of cloth may vary depending on the size of the area you wish to apply it to. If you were making a liver pack you would want about 10" x 14")

Plastic Sheet (Table cloth or garbage bags will work)



Electric heating pad or hot water bottle

Two towels or one very large towel (These will get stained with castor oil)

Plastic wrap (This will wrap the heating pad to prevent oil from getting on it)

Safety Pins (Optional, to hold everything in place)

How to make and apply the Castor Pack:

1. Folding the cloth into the appropriate size and dip it into castor oil that has been poured into a wide bowl. Soak to saturate the cloth.
2. Place the plastic sheeting you have chosen down on the area you plan on laying down on, either a couch or your bed.
3. Lying down, apply the flannel down on the area you wish to target.
4. Cover the top of the flannel with plastic wrap or wrap the plastic around the heating source to prevent castor oil from getting on it.
5. Place the heating pad or hot water bottle on top of the plastic covered cloth. You should use at least a moderate amount of heat as the heat is helps the effectiveness of the oil.
6. Wrap the towel or towels around the body going over the castor oil pack and heating pad to hold everything in place. You can use the safety pins to hold it tightly together.
7. Leave the pack on for at least 1 hour and as long as 4 hours. Make sure not to fall asleep with it on!

Following the application you should wash the area with 1 cup of warm water mixed with 1 teaspoon of baking soda.

If you want to reuse the castor oil pack, store the pack in a glass jar or plastic bag and refrigerate.

STEP 3 **PARASITE AND KIDNEY CLEANSE**

Parasite Cleanse

It is estimated that 85%-95% of the population suffers from parasites. It doesn't mean we all have massive worms in us, but microscopic organisms that live within the body. Some parasites are within our blood cells and leech on our nutrients and hemoglobin.

Symptoms can manifest as chronic fatigue syndrome or chronic indigestion. Endless lists of symptoms are caused by parasites, most of which are identical to the list of symptoms caused by Candida.

Sometimes people will misdiagnose themselves with Candida when they are really suffering from parasites and vice versa. Although if you have Candida it is VERY likely that parasites are a problem for you as well.

Symptoms unique to having parasites are:

- Nail biting
- Bedwetting
- Teeth grinding
- Increased severity of symptoms during a full moon

Parasite cleansing is a necessary part of fully recovering from systemic Candida as they further stress your body and as a result weaken your immune system and allow for the overgrowth of Candida

Fortunately there are various ways to kill parasites in the body ranging from herbs, oxygen supplements.

For treatment we suggest using an herbal cleansing product that contains the three essential parasite killing herbs - **Black Walnut Hulls**, **Wormwood** and **Cloves**. The combination of these 3 herbs alone is known to kill as much as 90% of all parasites that people can have.

Most parasite kits are quite effective, so we shouldn't be overly concerned about which one to pick. However it must contain the three herbs listed above and its overall duration must last for at least 30 days if not longer.

Typically a parasite cleanse will require that you take a 5 day break after a period of time to allow the eggs that the parasites lay to hatch. Once they hatch you can begin again to kill them off. A parasite cleanse we suggest is [ParaGone](#) by Renew Life. We performed this parasite cleanse in the past, amongst others, and have found it to be quite effective. It is also very popular, so it should be easy to find.

There are other very important anti-parasitic herbs some of which you should already have taken such as garlic and grapefruit seed extract for their anti-fungal effects. If you aren't already, include snacking on organic pumpkin seeds in your Anti-Candida diet as they are anti-parasitic too. Make sure to chew them thoroughly.

Kidney Cleanse

(Optional)

Keeping the kidneys in optional functioning condition is ideal although not necessary for a Candida cleanse. A kidney cleanse provides accelerated detoxification by further reducing stress on your body.

We suggest the celery seed and/or watermelon seed tea for this cleanse due to their effectiveness and simplicity.

- Take 1 tablespoon of freshly ground celery or watermelon seeds.
- Add 16 ounces or 2 cups of boiling water over the seeds and steep until the tea is cooled down to about room temperature before drinking.

Drink this tea 1 or more times a day, 3 times a week for at least a month. This cleanse can be maintained as it has a strengthening and fortifying effect on the kidneys and assists to maintain them in a healthy state. In addition to this, drink 1-3 cups of Dandelion tea as well on these days to maximize the effects further. Make sure you drink 12 glasses of water daily as you will constantly be clearing out your kidneys and urinating.

If looking to use a kidney cleanse system, try the [Total Kidney Cleanse](#) by Renew Life. This system contains the herb Uva Ursi an incredibly potent herb for the kidneys.

STEP 4 **HEAVY METAL REMOVALS AND DETOXIFICATION**

Heavy Metal Toxicity

Heavy metals are natural metals found in the crust of the earth. Through the excavation of land for oil, gold and other elements heavy metals have found their way into our water supply.

Some examples of heavy metals are lead, mercury and aluminum. They are very toxic to the body and have been shown to cause cell mutations leading to cancer and disease. The reason they are referred to as “heavy” metals is because their atomic weight is greater than that of water, leading them to sink. This is a VERY bad because in the body they tend to settle and because of their weight can be extremely difficult to remove.

Heavy Metals and Candida

There is a direct link between heavy metals and Candida. Mercury in particular will cause immune suppression and liver congestion and as a result an overgrowth of Candida. In the case of heavy metal accumulations one theory is that Candida is used as a defense mechanism. As a result Candida can never be eliminated without removing the metals first.

Mercury and Candida

Mercury alters biological systems because of its affinity for sulfhydryl groups which are the functional parts of most enzymes and hormones. Tissues with the highest concentrations of sulfhydryl groups include the brain, nerve tissue, spinal ganglia, anterior pituitary, adrenal medulla, liver, kidney, spleen, lungs, heart and intestinal lymph glands. These altered biological functions create health problems including Candidiasis, autism, chronic fatigue syndrome, fibromyalgia, Alzheimer's, even cancer and cardiovascular disease. One theory is that Candida overgrows as a result of the mercury inhibiting the growth of friendly bacteria and causes dysfunction of organs. Another theory is that your body uses Candida as a defence mechanism by having it feed off of mercury in the body. With mercury in the picture Candida is truly the lesser of two evils. Competition at absorption sites for various minerals such as magnesium, zinc, copper and manganese causing a disruption of enzyme systems as well as displacing these same minerals, disruption of electron transfers, hypersensitivity and autoimmune reactions are just a few of the problems mercury can cause.



It has been found individuals that have a poor detoxification pathway for metals are the ones who suffer from them in the end. So you may have no more exposure to heavy metals than the next person but you may be more genetically inclined to have Candidiasis. Food, water and braces can all yield enough mercury to cause illness in an individual with poor heavy metal detoxification abilities. Vaccinations are also very high sources of Mercury.

If you have amalgams and Candida it is guaranteed 100% that you have heavy metal toxicity. If you ever wish to eliminate your Candida overgrowth completely you will need to have them removed. For this you will need the assistance of a Holistic Doctor/Holistic Dentist. The reason we are not suggesting a normal dentist is because they drill the amalgams out oblivious in regards to the mercury toxicity issue. The use of a regular dentist has resulted in a huge release of mercury into the body in some individuals and lead to even greater mercury poisoning results! Here is a [link](#) to an online directory of Holistic Dentists.

Chelation

Chelation is the process of introducing a chelating agent into the body that binds to a metal and carries it out of the body through the detoxification pathways. Chelating agents are actually able to pick up and lift the metals out of the body where they were sitting or stuck.

There are three main chelating compounds used EDTA, DMPS, and DMSA. There is much debate surrounding which is the best as well as safest; overall it seems that DMSA ranks first.

You can receive intravenous chelation to remove metals from your body if you are very toxic. For this you will need to inquire with local naturopaths or integrative MDs that deal with this. Alternatively you can follow our recommendations below for Natural Chelation Therapy although it could take longer. We highly recommend IV chelation methods for very bad cases.

Natural Chelation Therapy

There are two main options you can do either independently or simultaneously. The first option is the now popular foot detoxification baths. Although quite expensive some people have experienced tremendous benefits. The reason detoxification through the feet is so popular is because the body's largest pores are on the feet. This makes it easier for larger particles such as heavy metals to be eliminated through them. We recommend other suggestions before investing in foot detoxification baths.

A cheaper alternative to the foot detoxification bath is an Epsom salt foot baths. Fill up a basin with clean, filtered water, put your feet in and add about 1 cup of Epsom salts. Leave your feet in for 15-30 minutes. This can be a very effective detoxification method!

Foot Detoxification Baths

This should be done 2-3 times per week. You should research this and use a higher quality device. Units can range from \$300 to \$6000. If you decide to go and get your foot baths from a clinic, find out which system they're using and assess its cost and quality. Over a few weeks you should notice a considerable amount of metals coming out in addition to Candida!

There are also foot detoxification pads which have shown to be very effective as well and much cheaper than foot detoxification baths.

Lugols Iodine Foot Rub

Beyond just supplementing Lugols Iodine, as discussed in the Alternative Therapies, you can also rub it on your feet to enhance heavy metal detoxification. Put 2-4 drops on the soles of your feet and rub them all over the surface. Check your soles the next day. If the iodine is gone up the dose and keep applying it to your feet. This alone can be used to detoxification heavy metals and is relatively cheap to do.

Heavy Metals Detoxification Supplements

Supplement	Dosage
Alpha Lipoic Acid	50mg 3-6 times per day
N'acetyl Cysteine (NAC)	500mg x 3 per day
B-12	1000mcg Methylcobalamin Sublingual Form (Oral)
Colloidal Mineral Supplement	2 Tbsp per day
Magnesium	Chelate or Aspartate Form 500mg Daily
Garlic	500mg 2-3 per day
MSM	1000mg 3 times per day
Sun Chlorella Tablets	5 tablets 5 times per day
Selenium	Seleniomethionine or bound with L-Methionine 200mcg x 2 per day
Coriander/Cilantro	Eat every day in salads raw. 2-3 servings per day

These supplements are meant to be taken in addition to any supplements you are taking with your anti-Candida Protocols.

Natural Heavy Metal Removal Products

The next two suggestions are lesser known but incredibly potent natural substances, that are actively bind to metals to remove them from the body.

Zeolite

A popular natural solution to chelating heavy metals is a rare mineral known as zeolite. It carries a negative charge and pulls in other metals into it like a magnet. It will remain stuck to these metals as it moves out of your body, effectively removing them. The only downside with zeolite is that it tends to be expensive.

Humic and Fulvic Acids

With the exception of oxygen and water, there is virtually no other substance on earth as important as Fulvic and Humic Acids. A natural extract that occurs in organic plants and soils, they present incredible life benefiting qualities. In addition to which they are some of the most complex substances known to man. Not only can they eliminate heavy metals but they are arguably the most effective substances known to regenerate the damage caused by toxic substances at the molecular level. They are incredibly versatile in the body, able to act as enzymes, electrolytes, anti-virals, anti-fungals and as powerful antioxidants to name just a few. We suggest you to research these further especially if you suffer from CFS or heavy metal toxicity, there is quite a bit of competition online from vendors and increasing your knowledge will allow you to make the best purchase.

Heavy Metal Testing Suggestions

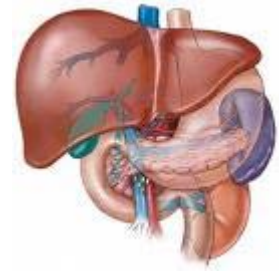
Urine, blood and fecal matter analysis have shown to be inconclusive as far as those are concerned with chronic metal toxicity. These tests show better for those with acute mercury poisoning where the mercury has not built up in the tissues and is still freely flowing in the blood. 99% of the people in chronic Candida cases with underlying metal toxicity will fall under chronic metal toxicity where the metals have moved into the body's tissues and are hiding meaning these tests are not suggested in determining your toxic level.

It should be noted that hair analysis although quite popular is still somewhat inconclusive as far as being able to measure elevated Mercury levels in regards to chronic accumulations. Autistic children, who are proven to suffer from elevated levels of mercury in their bodies, test below average for mercury in these kinds of tests. This shows the inability of the detoxification pathway to eliminate mercury in these children, as the hair is one of the ways in which your body moves metals out of itself. These same tests taken after a chelation program will show a much higher level of mercury due to the fact that the mercury is now freed up and detoxified.

The best options in our opinion are kinesiology tests and electrical readouts. A kinesiologist and some chiropractors, homeopaths and osteopaths can also do an applied kinesiology test for you. Besides this some natural doctors have machines that give you electrical readouts of the functioning of your organs, allergies and heavy metal toxicities.

STEP 5 **THE LIVER FLUSH**

All parts of your body are susceptible to becoming sluggish and congested. Colon cleanses have become very popular as people recognized the benefits of being regular. Many people with Candida will attempt to do a colon cleanse in addition to taking anti-fungals only to find the benefits are mediocre. The reason for this is because the liver needs to be cleansed as well. Our livers are overrun with deposits of stones that are the built-up residues from years of toxic foods, drugs, metals, chemicals etc. The buildup in many cases may even be the exact cause of your Candidiasis. Yeasts, bacteria, parasites, metals and more get stuck to the stones in your bile ducts while they are being processed for removal from the body.



We have observed that poor adrenal glands also reduce bile production. Fortunately flushing the liver has been shown to alleviate adrenal fatigue. Some people have reportedly brought back their health from Candida overgrowth without the use of anything except the Anti-Candida Diet and doing the Liver Flush. The same statement can be said for those individuals suffering from heavy metal toxicity.

The liver flush will eliminate the stones that have built up over time in your liver and as a result will allow for a better flow of bile, improve your digestion and your body's ability to resolve health issues such as Candida overgrowth. By removing the toxic load that your liver has stored up, your liver will be functioning optimally and remove built up toxins from other organs without any restraints. Your detoxification will be maximized and you will no longer have to worry about dealing with your chronic Candidiasis anymore.

You will require the following for a liver flush:

- ¼ cup of Epsom salts (Medical Grade)
- ½ cup olive oil
- ¼ tsp sea salt
- 16 ounce jar with a lid + a drinking straw
- Lemon or Grapefruit

As well it is recommended that you have some form of a sleeping aid. The one recommended in most texts is Ornithine in a dose of 2 to 4 grams or 4-8 x 500mg caps. You can also use Valerian, Gaba, Melatonin or 5-HTP. It is recommended that you find one that works for you ahead of time as individual reactions vary.

Here is the step by step formula for success when attempting a liver flush; this is based on a 10:30 pm bedtime. Feel free to adjust to your own bedtime, although it has been shown that liver flushes have less success the later it is. So start early!

The Day before the Flush

Try to eat light such as soups, salads, veggies. Mild pseudo-grains such as quinoa and millet are ok in moderate amounts. Drink plenty of water throughout the day.

The Day of the Flush

Stop taking any medications you can do without. This includes all other supplements, anti-fungals, parasite and kidney cleansing supplements, vitamins, herbs, as well as any prescription drugs if possible.

1. **Breakfast** Eat light with NO FAT OR PROTEIN not following this step will not allow the flush to work right. Try eating steamed, stewed or raw vegetables
2. **Lunch** Same as breakfast, stop eating after 2:30 pm. Continue drinking.
3. **6:30 pm** Mix 1tbsp of Epsom salts with $\frac{3}{4}$ cup water and drink. Have a drink ready to chase it as it's quite bitter. Expect to begin to have watery diarrhea as soon as 30 minutes after drinking the mix.
4. **8:30 pm** Repeat step 3 (Mixing a new drink)
5. **10:15 pm** Take the sleeping aid of your choice if needed.
6. Squeeze fresh a grapefruit or lemon and pour through a sieve to collect and remove pulp until you have $\frac{1}{2}$ to $\frac{3}{4}$ cup of juice. Combine lemon or grapefruit juice, olive oil, and regular salt in jar, place lid on and shake.
7. Get ready for bed and while standing up at your bedside, drink all the oil mixture using your straw. Try to drink it all within 15 minutes for the best effect. Remember to stand for the entire duration as you drink it.
8. Immediately lie down on your back or on your right side with your knees up in a fetal like position. As soon as you finish the drink, remain as still as possible for at least 20 minutes. Go to sleep.

The Next Day...

9. Expect to have diarrhea in the morning when you first get up. In this bowel movement and the next few bowel movements look for small pea green gallstones and/or sawdust appearing chaff floating on the surface of the water. You may want to purchase a sieve for your toilet to collect stones on flush days
10. You can take 2 more drinks of Epsom salts and water as you did in steps 3 & 4 if desired. One when you awaken and one another 2 hours later. These are only to clear out any excess waste from the bowel. This is not necessary but can be of benefit.

11. Begin eating light meals throughout the day when you feel hungry again (At least 2 hours after the last Epsom salt drink). Make sure to gradually incorporate fat and protein foods back into your routine.

In order for the Liver Flush to continue working you will be required to maintain a minimum dose of anti-parasite supplements to maintain a parasite free body. This of course performed only after following the full parasite cleanse protocol (read Alternative Therapies and Step 4). You may also wish to maintain drinking Uva Ursi and dandelion tea to keep your kidneys healthy and clear.

You can do a liver flush a maximum of once every 2 weeks. It has been suggested that in order to bring about complete health, a total of more than 2000 stones must be flushed out first. When done perfectly many people reportedly flush out hundreds of stones per flush. A continual routine of flushing that may last a year or a couple of years may be needed for some to fully eliminate their body of all stones although benefits will become realized after the first flush. The rewards of an unclogged liver are superior to anything else you could ever do to benefit your health. Candida will only be one thing on your list of health complaints to disappear when you implement this protocol.

PRODUCT LINKS

Recommended Books:

[Timeless Secrets of Health and Rejuvenation](#) – Possibly the definitive guide. The author Andreas Moritz is highly renown for his insights into healing the body. This book is truly a must have for anyone who wants to improve upon every possible area of their health. The best part is we've found this book to be a relatively easy read and many of his suggestions are easy to incorporate.

[The Liver and Gallbladder Miracle Cleanse: An All-Natural, At-Home Flush to Purify and Rejuvenate Your Body](#) – For those who want more information regarding the liver flush. Written also by Andreas Moritz.

[The Complete Book of Ayurvedic Home Remedies](#) – The best “easy reading” Ayurvedic medicine guide that we have come across. Very well laid out with many therapies. Most importantly it goes into depth about the different doshas or body types and what types of foods and habits you should incorporate your life based on the Ayurvedic system of healing.

[Milady's Skin Care and Cosmetics Ingredients Dictionary](#) – A great guide for those concerned about the chemicals in their cosmetics and learning more about which ones are safe and which ones could be causing allergies.

[Flood your body with Oxygen](#) – If you found the section on Ozone interesting and would like to learn more about it, we HIGHLY recommend this book. It breaks down the myths surrounding the use of Ozone and Oxygen therapies in North America, and how it is literally the best way of healing the body that no one seems to know about.

[Your Body Doesn't Lie](#) – A Basic Guide to Muscle Testing, Written by one of the original creators of applied kinesiology. A short and easy read. Fast way to learn muscle testing.

[The Ultimate Healing System: The Illustrated Guide to Muscle Testing and Nutrition](#) – As the title says, it is a good guide to learn about muscle testing as there are pictures throughout to help describe the steps involved. Lots of little bits of information, all in all a good read for anyone concerned about their health.

[Energy Medicine: Balancing Your Body's Energies for Optimal Health, Joy, and Vitality Updated and Expanded](#) – An excellent self-help guide to learning about energy medicine. Its great for beginners as it teaches about tapping specific points of the body that stimulate the immune system and can help reduce pain as well. We really didn't explore this facet of natural healing very much in this guide, however it can be incredibly useful and this guide explains it all.

[Vibrational Medicine: The #1 Handbook of Subtle-Energy Therapies](#) – Another great book covering energy medicine. However this is a more complex read and is not recommended to those who are completely new to the concept of energy healing. Unlike Energy Medicine, this guide goes into more detail surrounding concepts and devices able to channel energy and heal

the body. Where-as Energy Medicine is much more focused on a hands on approach and is better for beginners in this respect.

[Eat Right 4 Your Blood Type](#) – If you haven't read this book yet, then it is about time you have. It's entirely possible that your diet is just completely off of what you should be eating according to what your blood type is able to utilize. A very helpful book in eliminating problem foods that are otherwise normally healthy.

[Prescription for Nutritional Healing, 4th Edition](#) – A very helpful to have encyclopedia of natural treatments and supplements. Its thorough and contains extensive details for any kind of health problem ranging form A-Z. Highly recommended if you want something to provide a strong foundation in supplements and nutrition.

[Healing With Whole Foods: Asian Traditions and Modern Nutrition \(3rd Edition\)](#) – One of the best books available that thoroughly explains what it is to eat a whole food diet correctly. If eating to kill off Candida seems futile or you don't quite see any benefit beyond eliminating candida then this book is absolutely for you. Anyone who wants to learn how to eat healthy to heal their body should read this!

[The Gerson Therapy: The Proven Nutritional Program for Cancer and Other Illnesses](#) – An excellent resource on naturally healing the body of chronic illnesses from the ground up. If you find the idea of juicing and coffee enemas as fascinating ways to rejuvenate the body then you'll love this guide.

Online Supplement, Food and Product Stores:

[Organica Research](#) – This company only really sells one product which is a colon cleanse and parasite cleanse wrapped into one. Its quite strong and for those looking to eliminate the pre-requisites needed to begin liver flushing (Parasite Cleanse + Colon Cleanse) then this is their ideal product.

[Mother Nature](#) - Is an excellent and very popular online health supplement and food store that has competitive prices and a very large selection of supplements and natural health and beauty products with a moderate selection of organic food and snacks as well.

[Vita Pal](#) – Another excellent online supplement store with good shipping options within North America and provides a very good selection of well known brands. It also has very competitive prices.

[eVitamins](#) – Carries many popular products, although if you live in North America Vita Pal is a better option in terms of pricing. However eVitamins offers International shipping.

[Mountain Rose Herbs](#) - Our personal source for organic and wild crafted herbs, tinctures, coconut oil, body products, himalyan salt and much more. They offer many great prices on bulk teas and herbs.

[La Cense Beef](#) - Offers high quality natural organic grass fed hormone free beef which you can order online. They also offer free shipping for most orders.

[Sunfood Nutrition](#) - Is the website of the popular and world renown raw food expert David Wolfe. His website offers everything from raw organic foods to natural health and beauty products to even appliances to help you pursue a raw food lifestyle.

[CleanAir4Life](#) – They provide a good selection of high end air purifiers and filtration systems.

[Allergybegone](#) – An excellent website for allergy sufferers with a wide selection of products to reduce the amount of allergens and your exposure to them in the house.

[Sawilsons](#) – The best resource we have found for cheap organic coffee that is made for enemas and cheap enema equipment as well. Basically your one stop shop for all your coffee enema needs.

A CANDIDA FREE FUTURE

Candida can be a very deep rooted illness that may be preventing true health potential in you for months or even years.

The information in this book will undoubtedly help your body work towards the best health. The goal of the Anti-Candida diet is one of prevention. You should be changing the way you see certain “foods” and work to preventing problems in your body before they even arise.



Some people may find the diet extreme and treatment measures difficult to maintain but the reality of the situation is that this is the way we should be eating all the time. Society has forgotten its natural roots in favor of heavily processed foods and a quick minded approach to food. The truth is modern medicine works more as a last resort option. We should be working at the root cause of our issues, our diet and explore options that will help us move towards a prevention of illness rather than a treatment.

We encourage you to seek out additional information when you finish reading this book to bring yourself further along the path to achieving perfect health. Also please note that this is the first version of the How to Cure Candida and since this version we have made many upgrades. I advise you to check out Version 2 of How to Cure Candida as it includes more than double the content.



The choice is yours. Are you serious about eliminating your chronic Candida and changing for life for a better future? Perfect health can be yours, you can begin today. Or you can delay and let years pass before your symptoms get out of control. We suggest the former. Life is precious and the quality as well the quantity of years on earth should work hand in hand.

[Click here to Read More about How to Cure Candida Version 2](#)

The information contained in this publication has not been evaluated by the Food and Drug Administration nor is it intended to replace the services and recommendations of a physician or qualified health practitioner. All statements are for informational purposes only. Individuals with health problems or those who are pregnant are specifically advised that they should consult their physician before taking any natural remedies, over the counter treatments, dietary supplements, or instituting any diet changes.