CANDIDA

10 STEP PROTOCOL TO PARTNERING WITH GOD’S DESIGN

1. **Body Ecology Diet** to eliminate all candida/yeast feeding foods, boost immune system and fight infections. Be cautious on ANY GRAINS the first month, even ancient seed grains.

2. To strengthen digestion take enzymes such as *Devigest by Arthur Andrew Medical* or *Dr.’s Best HCL with Bitters*. Bragg’s Apple Cider Vinegar with meals (1 teaspoon) will also strengthen digestion and eliminate yeast. You can also try sea salt in water or 1/2 teaspoon of baking soda in water (empty stomach only) to purify your system. Please buy food grade baking soda.

3. Do everything you can to AVOID all vaccines, antibiotics, anti-fungals, birth control pills, steroid creams, steroid injections, asthma inhalers especially, but really ALL man-made drugs are dangerous.

4. **10-day colon cleanse by Spirit of Health.** I would strongly encourage adding a parasite/yeast/fungal protocol to the cleanse. It is important to eliminate the infections as you cleanse the colon.

5. **Inner Vitality plant minerals by Morningstar** (2-4 ounces daily). **Liquid Bentonite Clay daily by Yerba Prima or Earth’s Natural Clay.** (1-2 Tablespoons daily).

6. **Aloe Life Detox Formula or Aloe Gold Tablets.** Aloe relieves inflammation and the detox herbs help remove toxins. Aloe vera is great for boosting the immune system and is a strong anti-microbial.

7. Work on your lymph. **Try the 7-day lymph cleanse by Spirit of Health.**

8. Cleanse and remove yeast. Start with *Candida Quick Cleanse by Harmonic* and then use the *Candi-Gone by Renew Life*. For added support, you can add a strong anti-microbial like *Parasite M by Dr. Morse* or *Oreganol by North American Herb and Spice*.

9. Balance healthy bacteria. One of the best products that alone can handle tough yeast/candida issues is *Syntol by Arthur Andrew Medical*. It helps remove yeast AND establish colonies of healthy, new bacteria. We also love all probiotics by *Renew Life or Garden of Life*. Take the men's or women's probiotics as needed, or something more specific such as the vaginal probiotics.

10. General herbs and teas you can use for additional support would include *iodine (xodine), black walnut, pau d’aro, olive leaf, oregano, garlic*, etc. **Fungal Forte by Garden of Life** has a nice blend.

11. BONUS. Remove toxic thoughts and unneeded stress and anxiety. This creates acidosis in the body, resulting in weakened digestion and weakened immune system. Also, choose HEAT over cold, and get some sunshine, drink hot liquids and keep your body warm. Infections thrive in cold, wet, damp environments.