

"A MUST READ BEFORE STARTING ANY CANDIDA OR DETOX PROGRAM"

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

*The 5-Step Program to Address the Root
Cause of Candida and Yeast Issues*

**Discover the Surprising Truth
About Diet, Supplements and
Popular Anti-Candida Plans**

The Life Changing Series Volume 4.0

Candida Specialists.com
Heal with Knowledge

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

*“For those who seek to thrive and not just to survive.
For those who are not afraid to dream and create a new reality”*

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Contents

CHAPTER 1 – INTRODUCTION	4
CHAPTER 2 – THE ANTI-CANDIDA PROTOCOL	5
CHAPTER 3 – OVERALL PLAN CRITICAL MISTAKES	7
<i>Starting the plan without knowing the root cause</i>	8
<i>Ignoring the individual condition and state of health</i>	8
<i>Starting the program when you are constipated</i>	9
<i>Making drastic changes too fast</i>	10
<i>Going Too Fancy</i>	10
<i>Blindly following the GURU</i>	11
CHAPTER 4 – THE ANTI-CANDIDA DIET	12
<i>Starve the Yeast and You – Does The Low-Carb Approach Work?</i>	13
<i>How Much Carbs to Consume</i>	15
<i>The Best & Worse Carb Sources</i>	16
<i>Fruits and Candida</i>	17
<i>Organic vs Conventional Foods</i>	20
CHAPTER 5 – ANTI CANDIDA SUPPLEMENTS	21
<i>Products to Avoid – How to Identify Poor Products</i>	22
<i>What Are the Best Candida Supplements?</i>	24
<i>Oxygen Colon Cleansers</i>	25
<i>Systemic & Digestive Enzymes</i>	27
<i>Candida targeted probiotics</i>	29
<i>Antifungals</i>	30
CHAPTER 6 - BODY SUPPORT SUPPLEMENTS	32
<i>Get Tested For Individual Deficiencies</i>	32
<i>Whole-food vs. Synthetic Supplements</i>	33
<i>How to Choose Whole-Food Supplements for Candida</i>	34
<i>Recommended Products for Nutrients & Body Support</i>	35

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

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WE TEST ALL THE PRODUCTS THAT WE RECOMMEND, MAKING SURE THEY ARE TOP OF THE LINE, AND MEET OUR HIGH STANDARDS FOR EXCEPTIONAL QUALITY, EFFICIENCY, SAFETY AND CUSTOMER SERVICE. SOME OF THE LINKS PROVIDED TO THESE PRODUCTS ARE AFFILIATE LINKS, MEANING THAT WE MAY GET A COMMISSION IF YOU CHOOSE TO BUY A PRODUCT AFTER VISITING THE MERCHANT'S SITE THROUGH THAT LINK. IF YOU CHOOSE TO DO SO, WE DO APPRECIATE IT, AS IT ENABLES US TO KEEP OPERATING THE SITE AND CONTINUE DELIVERING THE INFORMATION ON THIS WEBSITE WITH NO CHARGE AS A SERVICE TO YOU.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

CHAPTER 1 – INTRODUCTION

It is believed by many health experts that in North America alone 7 out of 10 people suffer from candida and yeast infections.

When we look at the main reasons, we end up with one conclusion - modern life! Whether it is poor diets, high usage of medications, ongoing stress or other factors, they all seem tightly related to modern life.

If Candida overgrowth is the body's response to modern life, it is no surprise that this has turned into a true epidemic impacting so many people.

So how do you treat a condition that may be a result of modern life?

(Since we can't really escape from modern life...at least not the majority of us...)

We at Candida Specialists, believe that having the right knowledge may be the answer. In fact, our many years of experience and extensive research strongly support that. Indeed, in many cases, the right knowledge can heal.

Realizing that the knowledge we have gained over the years may be the key in helping so many people, we decided to publish it in our [web site](#) as a free public service. This way everyone, regardless of location or situation can enjoy this valuable information.

We have been constantly sharing this knowledge and the results speak for themselves. People are healing and finally get their health back, sometimes after suffering their entire lives.

So what made us so successful in treating candida?

- ❖ **OUR PRACTICE** combines natural medicine, time proven traditional methods and modern science
- ❖ **WE BELIEVE** in the body's ability to heal itself. Just as nature intended.
- ❖ **OUR MISSION** is to provide you with all the knowledge you need, knowledge that heals.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

CHAPTER 2 – THE ANTI-CANDIDA PROTOCOL

Our approach to candida and yeast issues is very simple, yet it has proven to be very effective as well: **create an environment in the body where candida can't overgrow while optimizing the body's ability to naturally heal.**

This is achieved by:

(All steps should be included*, order of the steps matters)

✓ **STEP 1 – COLON CLEANSE**

[Oxygen based colon cleanse](#) may optimize the body's natural elimination, cleansing, and toxins removal while minimizing die off symptoms

✓ **STEP 2 - ANTI-CANDIDA DIET** (“Starve the yeast” but not you...)

[Anti-Candida diet](#) eliminates foods that can overfeed candida or weaken your immune system and body. In addition, this diet includes foods & remedies that may help your body to heal and naturally balance the overgrowth

✓ **STEP 3 – CANDIDA TARGETED PROBIOTICS**

Using [candida targeted probiotics](#) that can restore your gut flora, balance the excess yeast and prevent candida overgrowth

✓ **STEP 4 – RESTORE NUTRIENTS**

[Specific nutrients](#) that can help the body repairing the damage caused by the overgrowth as well as avoiding nutritional deficiencies

✓ **STEP 5 – NATURAL ANTIFUNGALS**

Strategic use of [natural antifungals](#) that can help controlling the yeast overgrowth in more severe cases of candida, if needed.

* Notice how antifungals come last, as they are not always needed.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Many anti candida plans and protocols tend to focus on one or more of these elements but overlook others, resulted a wide variety of health issues, strong [die-off symptoms](#) and even nutritional deficiencies.



Our Experts Recommendation

- ❖ Ideal plan should contain all healing components with antifungals being the only optional element
- ❖ It is important to remember that any plan should be tailored to the individual state of health, needs and lifestyle
- ❖ This book is designed to help you build the ideal plan for you, as well as to avoid critical mistakes that can ruin any plan
- ❖ Educate yourself as much as possible and share this information with your health provider. After reading this book you may discover new observations about your condition that may be very useful.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

CHAPTER 3 – OVERALL PLAN CRITICAL MISTAKES

It is absolutely critical to have a clear overall plan and strategy. While this sounds simple and straightforward, it is often overlooked. Many plans focus on short-term steps, leaving patients with incomplete or unclear path moving forward. When this happens, many people feel “stuck” at one point or another with no clue how to proceed. This is a critical point where many mistakes are made, or when people stop following the plan.



The key to succeed in any candida plan: become aware of the signs your body is sending you, and know what they actually mean. This way, you can intelligently modify your plan and next steps according to your body's needs. This point is one of the key differentiators of our approach: we strongly focus on education so you may have the needed tools to make the right choices based on your own body's needs.

The Problem with Candida & Yeast Infection Treatment

It is estimated that 7 out of 10 people in North America suffer from candida and yeast issues. Being such a common condition, you would expect to quickly get the right diagnosis followed by a quick yeast infection treatment in one of two visits to your local doctor.

In reality, it is common to mistakenly confuse candida issues with other medical conditions, giving patients the wrong treatment, and even when the yeast infection issue is identified correctly, the needed treatment has also been an area of confusion by many health providers. The result - many people find themselves going from one doctor to another, switching between one plan to another only to end up feeling sicker and even more confused.

The good news is that with candida and yeast issues being so common, there is enough data and experience to understand this condition very well, and also the correct treatment. Let's explore the most common critical mistakes.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Starting the plan without knowing the root cause

Often overlooked, before starting any plan, the first step is to identify the source and possible causes of the candida and yeast overgrowth. You want to get an answer to the basic question - how did I get here! Eliminating these factors or finding proper alternatives can be the key, especially in cases of:

- 🔍 Antibiotics, steroids or other medication
- 🔍 Birth control pill
- 🔍 Diet high in sugars, processed food or bad eating habits
- 🔍 Eating foods you may be sensitive to
- 🔍 Overeating
- 🔍 Hormonal issues
- 🔍 Low or compromised immune system due to health conditions or other treatments
- 🔍 Exposure to chemicals, toxins or [heavy metals](#)
- 🔍 Other health issues such as bacterial infection

Ignoring the individual condition and state of health

The program needs to be tailored to the patient. What worked for 9 people can make the 10th person condition become worse. Some people are so sick, that any diet change can cause them severe discomfort and health issues.

We see many protocols that require drastic diet and lifestyle changes, while all that is really needed are minor dietary changes.

Think about it this way - the dietary needs of active people are completely different than non-active ones; hence – the one plan/diet fits all approach simply do not work.



Our Experts Recommendation

Educate yourself, understand the reason behind the changes you make, and use common sense. Share your observations and what you are planning to do with your health practitioner

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Starting the program when you are constipated

This is the most common mistake we see and the number 1 reason so many anti-candida programs fail. Before starting any candida cleanse, yeast infection treatment or in fact any detox plan, we highly recommend you to do a complete colon cleanse. This can help you in making sure you are not constipated. If you are constipated, the released toxins may circulate longer in your body making you feel sick. This is why so many people experience strong die-off symptoms and healing crises; totally unnecessary and easy to avoid!

Remember, the fact that you experience candida and yeast issues may indicate that your elimination function is not effective; otherwise, you won't have these to begin with.

A very effective and safe way that may address this, is an [oxygen colon cleanse](#), which as its name suggests, uses oxygen in your digestive tract to clean your colon and flush all the toxic buildup out of your body.

If you have never done an oxygen based colon cleanse before, chances are having one will make you feel much better. **This is by far the most important step** to do before starting any candida or yeast treatment, and in fact any detox protocol.



Our Experts Recommendation

Always perform [oxygen colon cleanse](#) before starting any candida or yeast plan. This may help you to optimize your body's natural toxins elimination functions as well as minimizing die-off symptoms.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Making drastic changes too fast

Many people are so eager to start they switch from one extreme to another. Very quickly, they lose control and stop the plan before any significant healing took place. This often creates such a shock to the body that it makes it very hard to continue, either because of feeling really bad due to high toxins overload, or due to hunger, strong craving for bad foods or the lack of support to current lifestyle.



Our Experts Recommendation

When making changes, apply a few changes each time. Give yourself enough time to evaluate how your body responds to different foods, supplements, and other changes. This is a very effective way to catch sensitivities to various foods which are very common with candida overgrowth.

Going Too Fancy

We see it a lot – complicated diet plans, sophisticated meals that take forever to make, large amount of supplements, pills and powders...you get the picture and can guess our recommendation here – Keep things simple! When in doubt, always consult with your health provider.



Our Experts Recommendation

Ideally, your plan should be sustainable and not consume your entire time. It may take a while in the beginning to become efficient, but things should get easier as you move along.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Blindly following the GURU

There's a lot to say about this one, but it all comes down to one question - are you going to take responsibility for your health, or let someone else do it for you.

We have seen too many people ignoring their own bodies and common sense, spending their entire savings following the wrong advice or plan.

Nature has given all of us a gift of self-healing...we just need to learn how to let nature do what it does the best without putting obstacles on the way.



Our Experts Recommendation

Listen to your body and common sense, educate yourself and learn as much as you can so you can take responsibility for your health.

Become aware of how your body responds and how different changes make you feel. This can also enable you to provide your doctor with important information and feedback that may be useful in your treatment.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

CHAPTER 4 – THE ANTI-CANDIDA DIET

Diet is one of the most important parts of any candida and yeast program, yet there is a lot of confusion around it. In fact, in many cases, wrong diet choices are what caused candida to get out of control to begin with.

The best candida diet has to be tailored to the individual state of health, needs and lifestyle. We know, we said it before... but this is such an important point... An active person who works out every day for several hours has significantly different needs than someone who is not active at all. They can't be on the same diet or supplementation plan.

Furthermore, people bodies, especially the digestion system tend to differ from each other. This is due to genetics, environmental diversity, and many other factors.

What does it all mean?

The same food that may benefit some people, can harm others.



The keys to the perfect candida diet: Know what foods to avoid and what foods to eat; become aware of how **your** body responds to these foods. Fine tune your diet until you are completely healed.

Besides feeling better, you may also use what you've learned about your own body for the rest of your life!

Let's cover some common diet mistakes, and the recommended approach.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Starve the Yeast and You – Does The Low-Carb Approach Work?

A common approach to the anti-candida diet is a low carbohydrates one. The theory behind it is simple: candida needs sugars to exist; limit sugars (carbs) during the treatment to “starve the yeast” and get rid of the candida overgrowth.

The carb sources are usually replaced by healthy sources of fats such as avocados, coconuts, nuts and seeds, so your body gets the energy it needs from the fats. The levels of candida typically go down as a result of limiting candida’s preferred fuel source (sugars).

Now let’s talk about calories. It is true that many people over-eat. Eating too many calories and carbs, especially from bad foods such as processed foods, sweets, and other “empty calories” sources can cause candida overgrowth. In fact, it is one of the top root causes of candida and yeast issues.

When you overeat or eat processed/bad foods, you create a problem for your body; your body can’t effectively handle these foods, especially when extra calories and carbs are consumed. As a result, they often end up feeding candida. Ironically these foods feed candida much more than they feed your own body! Something to think about the next time you consider eating junk food! Eating these foods can lead to candida overgrowth, ongoing yeast infections and many other health issues.

Most people experience short term benefits by limiting their calories or carbs consumption. Some people actually do very well on a low-carb diet their entire life. This is usually a very good strategy for people who have a sedentary lifestyle, have high blood sugar issues, feel tired/brain fog after eating carbs or that gain weight while eating a moderate-high carb diet.

With that said, we also see many cases of people who struggle with the low-carb approach; issues typically occur in the first few days or weeks after starting the plan. Their energy levels get very low, they feel weak, fatigue, can’t focus and are constantly hungry. With lack of energy and low vitality, they can’t exercise, their mood is down, their motivation to do things goes down to a point they reduce

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

their social interactions and can't maintain their lifestyle. They become miserable, feel sick, and constantly think about foods and carbs. Furthermore, many people find themselves battling with eating disorders and of course their candida overgrowth and health will not get any better when this happens.

This usually happen for a very simple reason. When you limit carbs or calories too low, your body-brain adapt and go into "preservation" mode. This is a surviving mechanism designed to keep you alive while food becomes scarce. As a result, everything slows down. You may find many of the activities you take for granted hard to do. Even the way you think may change, all to preserve energy.

Additional important facts about carbs and calories:

- ❖ The amount of calories and carbs needed varies from one person to another (even if they weight the same)
- ❖ The amount of nutrients and energy you get from different foods greatly depends on how well your body utilizes these foods. If your body can't effectively extract energy from certain foods you eat, your energy levels may be low despite eating sufficient calories on paper. You have to experiment with different foods and learn which ones work the best for you
- ❖ It may take time for your body to adapt to lower carbs and effectively use fats as an alternative fuel. This can take anywhere between a few days to a few weeks.

So what is the solution?

Most people will not stay on a diet long enough if it doesn't provide enough rewards to make it "worthy". Rewards can be positive results from the diet such as weight loss, looking better, feeling healthier, etc. Rewards can also mean feeling satisfied after eating - a huge factor even to the most hardcore dieters.

Let's explore how to build the perfect diet for you.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

How Much Carbs to Consume

Eating carbs is very similar to fueling your car: you can't drive if you are out of fuel, but when too much fuel gets into the engine, prepare to take your precious car to the car's doctor...

When it comes to carb consumption, your goal should be to eat enough to support your energy needs, or less if you want to lose weight.

It is important to remember that different people may need different amounts of carbs; some people can handle large amount of carbs very effectively and they usually feel great on a higher carb plan.

Others people may need much less carbs and thrive when going low-carb with higher percentages of their calories coming from fats or proteins.

As a rule of thumb, you should consume the minimum amount of carbs that gives you enough energy and vitality. Very similar to your car, if you consume too little carbs – you may get out of energy; if you consume too much, you get tired...finding your ideal target takes a little time, but you may benefit from it tremendously for the rest of your life! It is important to remember that the body usually needs some time to adapt to your new and improved eating habits. A good place to start that work for most people is about 20-40 grams of carbs in a 3 hours window divided by 2-5 meals a day. Many people who exercise find it very useful to consume most of their carbs right after their workouts.



Our Experts Recommendation

- ✓ Clean your diet! As a first easy step, replace bad foods with healthier ones. (we'll cover this in depth in the next sections)
- ✓ Know your food! Online tools can be very helpful in estimating carbs content as well as other nutrients of various foods. Tracking your food intake daily and how it makes you feel can make a huge difference!

Here is a free online tool we like to use <https://cronometer.com>

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

The Best & Worse Carb Sources

This is a critical point...not all carbs are equal and some food sources are bad for your candida condition and overall health:

Bad carbs sources	Great Carbs Sources
<ul style="list-style-type: none">✗ Processed foods✗ Beverages✗ Dairy✗ Gluten, grains & wheat✗ Alcohol✗ Foods that are hard to digest<ul style="list-style-type: none">✗ commonly known allergens: peanuts, tree nuts, soy, dairy✗ commonly known hard to digest foods: beans, legumes✗ any additional food you know you are sensitive to✗ Dry fruits (due to high sugar impact)	<ul style="list-style-type: none">✓ Fresh raw organic ripe fruits (in moderation... more on fruits on the next section)✓ Fresh organic vegetables & greens (raw, steamed, cooked, or in fresh <u>fruit-free</u> juices or smoothies)✓ Sprouts and microgreens (raw or in fresh <u>fruit-free</u> juices or smoothies)



Our Experts Recommendation

Select the good sources of carbs, experiment how your body responds and give your body enough time to adjust. This is going to be a learning experience of findings what type of fuel works best for your body and how much of it your body really needs.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Fruits and Candida

Eating fruits while on the candida diet has always made many people confused and misinformed.

After all, fruits are loaded in sugars and sugars may feed candida, therefore they should all be avoided...right?

Wrong! The reason behind this common confusion is that many people and even health providers don't always know how to properly consume fruits! In addition, not all fruits are the same in terms of their sugar content and potential impact on blood sugars levels. Let's take a closer look into "how to properly consume fruits":

Fruits Potential Health Benefits

- ✓ Quick fuel source, easily digested and assimilated by the body
- ✓ Rich in vitamins, minerals, enzymes, fiber, antioxidants and other health promoting phytochemicals
- ✓ May help the body to reduce inflammation (unlike other carbs sources such as grains and wheat that actually create inflammation in the body)
- ✓ Naturally cleansing and detoxifying
- ✓ Can improve digestion and relieve constipation
- ✓ Excellent for hydration, great for restoring electrolytes after physical activities
- ✓ Many of fruits potential health benefits are backed by science

Eat fruits on an empty stomach

When you eat fruits, they pass the stomach very quickly compared to other foods. In fact, fruits are broken down during the digestion process in the small intestine and not in the stomach. This means that if the stomach isn't empty, the fruits can stay trapped in the stomach by the previous meal and start to rot and ferment very quickly. If you ever had watermelon as desert after a big meal, you know what we mean.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Eat fruits by themselves

Do not mix different type of fruits as different fruits tend to have different digestion times and may require completely different environment in the body to be properly digested. Also, do not eat fruits with other types of foods for the same reason as well as the first reason we have mentioned.

Only eat ripe fruits

When a fruit is ripe, it is in the perfect state for consumption in terms of ease of digestion, taste and best nutrients assimilation by the body. This is the only state you should eat your fruits to get the most benefits and avoid issues.

Nature made sure to make us attracted to ripe fruits by making their color more vibrant, their aroma more pleasant, their taste richer etc.

When you eat fruits that are not ripe, you eat foods that are still not ready to be consumed. This is a very common mistake we see every day. It is a totally different experience: taste is not great, sometimes offensive, you may even get digestion issues such as gas and constipation...exactly the opposite compared to when eating ripe fruits!

Avoid fruit smoothies and fruit juices

During your candida cleanse, we highly recommend to only eat fruits in their whole fresh natural raw state, and not to juice or blend them. This may help to minimize the risk of high sugar spikes and digestion issues.

It is ok to squeeze lemon or lime juice on your greens.

Only eat fresh fruits

While sun-dry fruits such as dates, plums or goji berries can be very healthy in certain cases, we do not recommend them during your candida cleanse. Fresh fruits have more liquids naturally stored in them which can help to hydrate your body and make their digestion easier. In addition, fresh fruits usually make people feel fuller and more satisfied.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Only eat fruits that taste good to you

One of the added benefits of including fruits in your diet is that they taste great. They may also satisfy your sweet tooth.

In fact, many people feel happier when they replace their first meal of the day with a fresh ripe fruit they enjoy.

If you don't enjoy the flavor, texture, etc. stop! Your body is trying to tell you something, and you should not eat any fruit (or any food actually) that doesn't taste good to you, no matter how healthy it is claimed to be.

How much fruits can you eat?

We get this question a lot, for a good reason...fruits are sweet, delicious and healthy so it is very easy to eat a lot of them, both physically and emotionally. "Too much of a good thing"? When it comes to fruits quantities, here are a few facts to consider:

- 🍌 Most fruits are concentrated sources of carbs. Eat enough to get enough fuel and energy that support your activities, but don't overeat and count their carbs content
- 🍌 If you are not used to eating fruits, introduce them slowly to your diet, one type of fruit at a time to learn how your body responds and whether you are sensitive to that fruit
- 🍌 Fruits have strong cleansing effect, which is another reason to start with small portions (20 grams of carbs), and gradually increase the amount if needed
- 🍌 Berries are usually an excellent choice for the candid diet; they taste great, are relatively low in sugars and calories, and are very high in antioxidants and other health promoting nutrients

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Organic vs Conventional Foods

We highly encourage eating local & organic/wild grown foods as much as possible for the following reasons:

Why Local

- ✓ Fresher which means potentially more nutrients
- ✓ Less “transportation time” means less toxins that can penetrate into your food during the transportation (think about airplanes, trucks, roads, pollution, smoke, and others)
- ✓ Less pollution to the environment due to less transportation time
- ✓ Support your local community

Why Organic

- ✓ May provide more nutrients compared to conventional (non-organic)
- ✓ No toxins from pesticides usage
- ✓ Usually taste better
- ✓ GMOs free
- ✓ Support the environment and earth due to organic agricultural practices



Recommended Further Reading

 Our most popular “[Perfect Candida Diet](#)” lesson

 Our yummy [anti-candida recipes](#)

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

CHAPTER 5 – ANTI CANDIDA SUPPLEMENTS

About half of the questions we get everyday are related to candida supplements. Unfortunately, many people experience issues after taking the wrong products or because they did not use them correctly.

Many products include harsh and aggressive ingredients that may damage your health and cause serious health complications. Other products are not potent enough, use formulas that do not make any sense or are not backed by science.

In this section, we made a lot of effort to address all of your questions. We believe and hope you will find it useful, make the most out of the supplements you take, and avoid these common mistakes that may lead to health issues.



When it comes to anti-candida supplements, always remember this very basic healing principle:

the goal is to balance the overgrowth, not to kill the yeast

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Products to Avoid – How to Identify Poor Products

A big part of our work is spent on extensive research for the best natural ways to improve people's health and lives. This also includes an ongoing review of the products on the market. What we have found is alarming: many candida products are dangerous and can harm your health; others are not effective or have no solid research behind them.

How to Recognize Poor/Risky Products

Pay close attention to products that contain:

- ✘ Harsh antifungals, synthetics or chemicals that are too aggressive
- ✘ Lack of details on why the ingredients are included in the formula
- ✘ Low quality ingredients, often cheap herbs that are not potent, not fresh, contaminated and do not come from trusted certified known sources. Typically in these cases there will be very little data on the source of the ingredients
- ✘ Presence of toxic substances and heavy metals
- ✘ Toxic fillers and binders are often added to reduce manufacturing costs, make ingredients bind together or look/taste better. Lubrication substances are commonly used to prevent herbs and powders from getting stuck to the machines. Yikes! Not only our bodies do not need these, they can cause health issues and even cancer.

If you see any of these ingredients listed in a product, we highly suggest to completely avoid the product: Magnesium Stearate, Talc, Hydrogenated Oils, Titanium Dioxide, Silicon Dioxide, Carrageenan, artificial colors

- ✘ Small amounts of active ingredients
- ✘ Too many ingredients combined together. This makes it impossible to conduct enough testing on possible interactions between them, or potential allergies or sensitivities to one ingredient or more
- ✘ Animal by-products such as gelatin capsules

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Our recommendation – look for high quality products that typically provide:

- ✓ Brands that focus on 100% natural fresh, organic or wild grown ingredients to ensure high potency. If the ingredients are organic or wild, it will be specifically mentioned on the supplement facts
- ✓ Source of ingredients is openly shared
- ✓ Formulas are backed by science
- ✓ High quality ingredients and manufacturing procedures
- ✓ Limited amount of ingredients
- ✓ Whole foods and herbs based formulas
- ✓ Absolutely no fillers, binders or added chemicals
- ✓ No GMOs, gluten free, vegan
- ✓ No animal by-products, vegan capsules

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

What Are the Best Candida Supplements?

Supplements can make a big difference when used correctly. It is critical to understand however, what is the root cause of the overgrowth and the individual state of health, especially when prescription drugs or medications are used.

There are essentially 5 types of supplements that may be beneficial for candida and yeast issues:

- 🌿 [Oxygen colon cleansers](#)
- 🌿 [Systemic & digestive enzymes](#)
- 🌿 [Candida targeted probiotics](#)
- 🌿 [Antifungals](#)
- 🌿 [Nutrients & body support](#)

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Oxygen Colon Cleansers

The most important thing to do before starting any detox plan is to optimize your body's natural toxins elimination function. This is a critical step that is often overlooked. If your colon is congested, constipated, or toxic, you may suffer from strong die-off symptoms. This is due to the delayed time it takes your body to eliminate the toxins released by the dying candida, parasites or other pathogens. If you suffer from candida or yeast issues, cleansing your colon also means that there will be less stored waste that can feed candida. This creates an environment in your body that may encourage friendly probiotic growth hence making probiotic supplements much more effective.



Remember, the fact that you have candida overgrowth may indicate that your elimination function is not effective; otherwise, you won't have the overgrowth to begin with

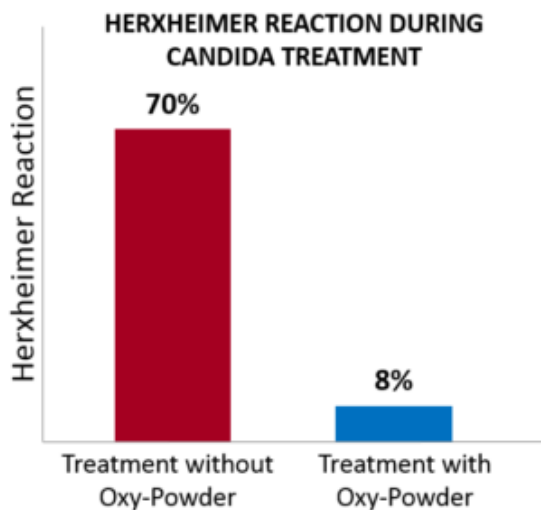
Oxygen colon cleansers are superior to fiber, herbal or laxatives based colon cleansers in terms of efficiency and safety, including the added benefits of the released oxygen in your colon.

[Oxy-Powder®](#) is our favorite and recommended choice with its effectiveness and safety shown in clinical studies and backed up by research. Oxy-Powder works by using time released oxygen in the entire digestive tract. The released oxygen turns the solid hard toxic fecal matter and waste into liquid or gas so they can be easily flushed out naturally by the body.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Most people who use Oxy-Powder report a sense of great relief, increased energy, better clarity and significantly improved bowel movements and digestion with many digestion issues such as constipation, bloating, body odor and gas being resolved. These improvements are not surprising considering that on average, this toxic waste weight may be 10-20 pounds and sometimes even more. When the body gets rid of such a burden, it has more energy and resources to perform better and to heal other areas which were neglected before.

You will be amazed how much stored waste and toxins were in your colon all these years, and how good it feels after all this hard toxic fecal matter is out of your body.



In a survey with 150 systemic candida patients, participants were asked on their die-off symptoms (healing crises, herxheimer reaction) during the candida treatment and whether or not oxy-powder was used. [Oxy-Powder®](#) made a huge difference: only 8% of the patients who used oxy-powder experienced die-off symptoms!



Our Experts Recommendation

Always do an [oxygen colon cleanse](#) before starting any candida or detox program.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Systemic & Digestive Enzymes

The second most important step when treating candida overgrowth (after the colon cleanse) is to optimize your digestion. This is also a critical step that is often overlooked and one of the main reasons many candida programs fail.



Digestion issues typically lead to fermented and undigested food particles that can feed the yeast and weaken the immune system. This may prevent the body from balancing the excess yeast, and in many cases can even cause the candida overgrowth to become worse

This is exactly where enzymes supplements can make a big difference. Coupled with proper dietary changes, it is one of the most effective ways to address digestion issues; it can significantly improve digestion and help the body to naturally balance the candida overgrowth.

There are 2 groups of enzymes that may be very beneficial for candida and yeast issues:

- ❖ **Digestive enzymes** break down the food we eat into smaller nutrients such as amino acids, sugars, essential fatty acids, vitamins and minerals which are easily absorbed and utilized by the body. You can eat the healthiest foods in the world, but without sufficient digestive enzymes, your body may not absorb all the nutrients from the foods
- ❖ **Systemic enzymes** can significantly help the body in breaking down excess yeast and candida as well as other toxins. In addition, systemic enzymes are required in order to maintain good overall health; ongoing tasks such as immune system support, tissue repair, organs regeneration, inflammation reduction and others depend on having enough systemic enzymes in your body.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

We prefer plant based enzymes over animal based due to their higher potency and also in order to avoid potential animal related toxins such as antibiotics, hormones, etc. Another important factor to consider when choosing enzymes supplements is the enzymes pH range; enzymes that work in a wide pH range are more stable in the body. Lastly, always select a complete full spectrum formula that provides all the needed enzymes.

[VeganZyme®](#) is our preferred choice for a top of the line enzymes supplement. What stands out is how comprehensive, complete and potent its formula is: VeganZyme can help with most digestion issues; it may also break down excess yeast, candida, mucus, allergens and other toxins. Its full spectrum enzymes can support the digestion of wide variety of foods making it ideal for many different diet plans and health conditions. The formula uses plant based – wide pH range enzymes that are highly stable in the body, are not destroyed by the stomach acids and can work throughout the entire digestive tract and body.

Most people report feeling “light” after meals, having more energy, less digestion issues and better bowl movements.

If you currently have digestion issues such as gas, bloating, indigestion or food sensitivities, [VeganZyme®](#) may provide a significant improvement and relief.



Our Experts Recommendation

Always include [full spectrum enzymes](#) in your plan, especially if you have digestion issues

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

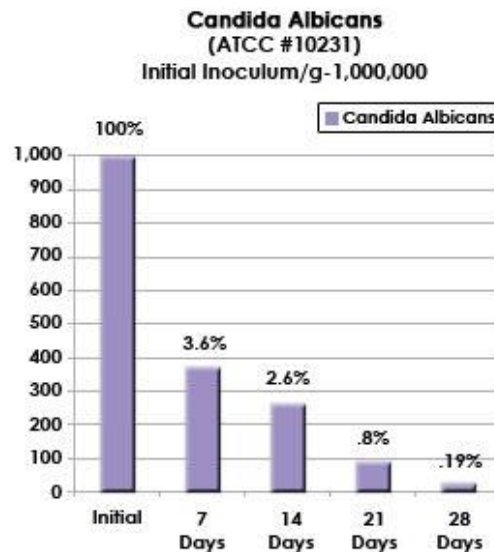
Candida targeted probiotics

Having candida and yeast issues may indicate that your gut is out of balance between the yeast and the friendly organisms that control the yeast from over growing and spreading. Probiotics supplements populate the intestines with beneficial organisms that can help to restore this balance and support the immune system. Probiotics are very popular for the treatment of candida issues although most products on the market are not specifically designed for candida issues. These products may be very good for your overall health, but may not be effective for candida and yeast issues.

We prefer [“candida targeted” probiotics](#) such as the Bacillus laterosporus strain (B.O.D.™) that are shown in research to **specifically target and balance excess candida and yeast.**

[Latero-Flora™](#) is our recommended choice due to the strong research behind it, its high potency and stability. The fact that it is stable in room temperature and doesn't need to be refrigerated means you can take it with you wherever you go. It is also suitable for vegans unlike most probiotics that are derived from dairy.

During laboratory test results, [latero-flora](#) has demonstrated a strong inhibitory effect on candida:



Our Experts Recommendation

Always include [“candida targeted” probiotics](#) in your plan as an effective natural solution that may help your body to balance the excess yeast

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Antifungals

This is one of the most confused and misused group of supplements for Candida. Anti-candida or antifungal supplements contain ingredients that directly or indirectly can kill candida and yeast in your body. While this can be very beneficial in certain cases, it can also backfire if not used correctly. One of the biggest problem we see with these type of supplements, is that many of them are too strong, toxic, contain harsh chemicals and act as stimulants which can actually prevent your body from healing. This is a very common misconception – many people use antifungals in order to artificially “kill the yeast” where what you really want to do is to restore the natural balance in your body, so your body can safely eliminate the excess yeast naturally – two completely different things.

How to Use Antifungals

When using antifungals, following principles should be followed for best results. This may also help to avoid potential side effects and candida die off symptoms:

- ✓ **Dosage** – Always start with the lowest possible dosage and test your body’s response. Gradually increase the dosage if needed. Some people are more sensitive than others and may get great results using very low dosage. This is also a good way that may minimize side effects. More is definitely not better in this case
- ✓ **Antifungals Rotation** – It is common for candida to develop resistance when the same antifungals ingredients are used overtime. Take breaks or alternate between different types of antifungals and candida supplements if needed
- ✓ **Natural vs. Synthetic** – We prefer natural ingredients that work with your own body’s natural elimination functions. Synthetic substances that aggressively attack candida may create additional imbalances that can damage other parts of your body and won’t help you heal. Always select organic or wild crafted ingredients from a trusted source, as these are usually more potent and pure compared to conventional non-organic ones. Another reason we recommend organic or wild ingredients is that many conventional extracts contain high levels of toxins, pesticides and are not GMO free.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH



Remember – candida is a natural part of your body’s ecosystem, so helping your body balancing the overgrowth should be the goal rather than artificially “kill the yeast”

[Mycozil®](#) is our recommended choice for a natural organic and wild crafted antifungal that may help your body to balance candida overgrowth and excess yeast in a completely natural way. It is very potent but also very gentle and safe. We found Mycozil’s formula to be very well-balanced with ingredients that have been traditionally used around the world for centuries, and are also backed up by science, showing strong anti-fungal activity in large number of studies.

You should take Mycozil for 6 weeks followed by 6 weeks break. During the 6 weeks break, evaluate the improvements made and issues that are still present. If you still have health concerns after the 6 weeks break, you can continue for 6 more weeks as long as you see consistent improvements.

Many people that use [Mycozil®](#) report improvements in “stubborn” yeast infections symptoms they have had for many years such as athlete’s foot, toenail fungus or other nails and skin fungal infections that normally take longer time to completely heal.



Our Experts Recommendation

Use natural organic or wild crafted antifungals such as [Mycozil](#) for candida and yeast issues that are still not fully resolved despite following a clean candida diet, oxygen colon cleansing, and consistent use of systemic & digestive enzymes with “Candida Targeted” probiotics for at least 4 weeks

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

CHAPTER 6 - BODY SUPPORT SUPPLEMENTS

One of the biggest issues with candida overgrowth, is its potential negative impact on nutrients absorption and uptake which may lead to nutritional deficiencies and low immune system function. Add to that the modern diet that is typically low in high quality nutrients, and it should be no surprise why many people with candida and yeast issues also suffer from nutritional deficiencies.

Why this is so important?

Without these vital nutrients your body may not be able to effectively overcome the candida overgrowth and repair the damage caused by the overgrowth. This is also important in order to prevent further health complications due to chronic nutritional deficiencies over a long period of time.

In fact, many people that have experienced major difficulties in healing from candida overgrowth, finally see a significant progress once they become aware and make sure to consume all the needed nutrients.

Get Tested For Individual Deficiencies

We highly recommend to work with your doctor or health provider and get tested for vitamins and minerals deficiencies, especially for these common ones:

- ✓ [Vitamin B12](#) and the rest of the B vitamins
- ✓ [Vitamin D](#)
- ✓ Magnesium
- ✓ Calcium
- ✓ Potassium
- ✓ [Selenium](#)
- ✓ [Iron](#)
- ✓ [Zinc](#)
- ✓ [Iodine](#)

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

This is a very important step that goes above and beyond candida overgrowth issues; overtime, certain deficiencies (such as vitamin B12, Vitamin D and others) can cause serious health complications that can't be reversed and may even become permanent.

Whole-food vs. Synthetic Supplements

As we all know, vitamins and mineral supplements are very popular and are a normal part of our daily life. Most people take some sort of vitamins – minerals formulas every day. But do these formulas actually work? Can they really improve our health and help preventing nutritional deficiencies?

This is especially important for people who do not eat a well-balanced diet consistently (which can quite challenging)...Furthermore, there are many factors that may cause issues with food absorption and nutrients utilization from the foods we eat. Such factors may include low absorption in the gut as a result of candida overgrowth, digestion issues, chronic constipation and more. Scientists are still debating about the efficiency of vitamins and minerals supplements. According to research, some minerals and vitamins supplements do absorb in the body, while some are not. Many health experts believe that the reason for that is the way these supplements are made; many of the vitamins and minerals supplements are created artificially in a lab and are not natural. The body doesn't always recognize the form of these synthetic ingredients which leads to poor or no utilization at all. (Not to mention the potential issues that may occur as the body tries to get rid of these unnatural chemicals). This can be one of the reasons why people don't feel anything or notice any positive results from taking these supplements. Whole food supplements on the other hand, are a totally different story. They are naturally concentrated in vitamins and minerals, usually in a form that can be easily assimilated by the body. The body can recognize these forms, and is designed to utilize the nutrients from them. Just as nature intended!

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

How to Choose Whole-Food Supplements for Candida

Whole-food based supplements are very popular with a large variety to choose from. While there are many high quality products available, there are also ones that you shouldn't get.

- 🔍 **Watch for High Number of Ingredients** – This is so important, it is actually relevant to any supplement you may take. Many whole-food based products contain a lot of ingredients. Consuming many ingredients can cause serious potential issues, such as undesired interactions between the different ingredients, sensitivities and even a strong reaction to one or more of the ingredients. Many people experience stomach pain and digestion issues due to wrong combination of ingredients used. Many of these supplements **are not designed to provide nutrients support for candida overgrowth** where food sensitivities and digestion issues are very common! With so many ingredients in one formula it is impossible to properly test how they would interact together in your body once consumed.
- 🔍 **The Source of the Ingredients Matters** – The second factor to consider is the source and purity of the ingredients used. Ideally, the ingredients should be fresh, potent and safe. Always select a product from a trusted source that is committed to high quality ingredients. Product should include specific details about each of the ingredients used, their source and potency. Look for ingredients that are 100% organic or wild grown, as they are usually more potent and pure.
- 🔍 **Watch for Added Ingredients** – Pay close attention to the added ingredients; there should be none! Many products contain additional chemicals, artificial sweeteners, food coloring, and processed sugars to improve the taste of the formula which may harm your health or even cause the overgrowth to get worse. These should be avoided.

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

Recommended Products for Nutrients & Body Support

Finding natural whole-food supplements that are beneficial for candida and yeast issues isn't a simple task. In fact, many whole-food supplements that are considered very healthy and may be a perfect fit for healthy people, are not recommended for people who suffer from candida and yeast issues; in our research we saw many products with ingredients that can feed the yeast in the body and make the candida overgrowth become worse; many other formulas had ingredients that can trigger allergic reactions or cause strong die off symptoms. A lot of these products are truly great products with many health promoting benefits, just not a good fit for people with candida and yeast issues.

[E3Live Blue-Green Algae](#) is our favorite choice for nutrients support during the candida program, due to its unique nutritional profile, high nutrients absorption, candida detoxification abilities and a solid safety profile. Let's have a closer look:

Specific Nutrients Support for Candida & Detoxification

E3Live blue-green algae contains only one ingredient: a wild-grown organic edible algae called *Aphanizomenon flos-aquae* (AFA). It is considered by many health authorities as one of nature's most concentrated whole-foods making it one of the top superfoods in the world.

The nutritional profile of the [E3Live Blue-Green Algae](#) truly stands out; it is extremely rich in naturally occurring vitamins, minerals, amino acids, chlorophyll, live enzymes, antioxidants and essential fatty acids, all in a form that can be easily utilized by the body (97%). Many of these nutrients are very hard to find in the average western diet and the fact that they can be easily absorbed by the body is especially important in cases of candida overgrowth where nutrients absorption issues are very common. This means that **the body can utilize many of these nutrients in order to "fill in the cracks" of missing or needed nutrients required to repair the damage caused by the candida overgrowth.** This may explain why many people feel a big difference shortly after adding the E3Live blue-green algae to their diets; common reported benefits include increased vitality and energy,

THE CANDIDA AND YEAST INFECTION HOLISTIC BREAKTHROUGH

better mood, improved focus and concentration as well as reduced inflammation related pain.

Balance Candida Overgrowth

Another important benefit of the E3Live blue-green algae has to do with its high chlorophyll content. In fact, it may be the highest known source of chlorophyll in nature, with over 10 times the amount of chlorophyll found in 1 cup of raw spinach and 5 times the amount found in wheatgrass. Chlorophyll can be very beneficial for candida and yeast overgrowth; according to research, chlorophyll may stop candida growth and can also neutralize the toxins released by it.

[E3Live Blue-Green Algae](#) is available in 2 forms: fresh-frozen which is the closest to its natural state in nature and a powdered form. Both forms are very potent and effective, with the fresh form considered better with more nutrients preserved; just like any natural food – fresh is usually better. For this reason, most people consume the fresh form on a daily basis and use the powder form when they are away from home or travel.

Die-Off Symptoms

If you experience mind-balance related die-off symptoms such as brain fog, difficulties to concentrate, mood swings, depression, stress, high levels of inflammation or pain, you may want to consider the more concentrated version of the E3Live blue-green algae called [BrainON](#). This is our recommendation in these cases as well, since BrainON can provide both the natural relief to many of the mind-body die off discomforts, along with the impressive nutrients support benefits of the E3Live blue-green algae.

Both BrainON and the E3Live Blue-Green Algae come with 1 year money back guarantee.