

Candida Protocol

Did you know Candida is a major contributor to Weight Gain and Weight Loss challenges?

According to research by Jacob Teitelbaum, MD, at the Fibromyalgia and Fatigue Centers in Dallas, Texas, yeast overgrowth (candida) is linked to an average weight gain of 32.5 pounds. That's shocking but true. Therefore, getting to the bottom of your Candida problem is an important factor in losing those excess pounds.

How do I know if I have Candida?

There is a simple, free in home test that is 100% accurate.

Step 1. Get a clear glass fill it with water and set it next to your bed before you go to sleep.

Step 2. First thing in the morning before you get out of bed lean over and spit in the glass.

Step 3. Wait 2 minutes. If you have Candida the yeast will stream down to the bottom of the glass.

The yeast will gather in your mouth over night if you have Candida. Candida likes warm, dark, moist environments... Your mouth! Yeast is heavier than the water so it will stream down to the bottom of the glass, your saliva will float on top.

Always take your **Pure Sea Vegetables** and **Macro-Minerals** as directed along with your **Daily Detox** to enhance your health and weight loss.

Detox Tea ingredients: Pau D' Arco Inner Bark, Red Clover Herb, Oregon Grape Root, Burdock Root, Yellow Dock Root, Dandelion Root, Garlic and Habanero Pepper. In a Base of 7 Wild-Harvested Sea Vegetables.

This protocol is a basic Candida program...

Step 1 **Daily Detox** 1 Dropperful =
1mL per day for 3 days

Step 2 **Daily Detox** 1 Dropperful 2
X's a day for 3 days

Step 3 **Daily Detox** 1 Dropperful 3
X's a day for 3 days

Step 4 **Daily Detox** 1 Dropperful 4
X's a day for 3 days

Step 5 **Daily Detox** 1 Dropperful 5
X's a day for 3 days

Step 6 **Daily Detox** 1 Dropperful
6 X's a day for 60 days

Caution: If you get flu like symptoms stop immediately for 3 days and drink plenty of fluids. The yeast and toxic build up in your blood has given you an elevated titer count. This can only get worse if you continue and don't take a 3 day break allowing the titer count to come back down. If this happens to you, after the 3 day break go back one step and continue with your program. [Example if your on Step 3 go back to Step 2 and continue on your program, until you can do Step 6 for 60 straight days without a health crisis]

Suggestions: Work toward eliminating all refined sugars and all gluten from your diet. This protocol can be followed 2-3 times per year.