

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

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

How to avoid & correct them in order to heal

The Life Changing Series Volume 2.0

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

*“To those who seek to thrive and not just to survive.
To those who are not afraid to learn, adapt and create a new
reality”*

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

Contents

CHAPTER 1 – INTRODUCTION	4
CHAPTER 2 – ABOUT THIS BOOK.....	5
CHAPTER 3 – OVERALL PLAN CRITICAL MISTAKES	6
CHAPTER 4 – THE UN-BALANCED PLAN	11
CHAPTER 5 – DIET CONFUSION.....	12
<i>Starve the Yeast and You – Does The Low Carbs Approach Work?</i>	13
<i>The Fruits and candida confusion</i>	16
CHAPTER 6 – ANTIFUNGALS & SUPPLEMENTS CONFUSION.....	20
<i>What Are the Best Candida Supplements?</i>	22

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

CANDIDA SPECIALISTS 2015 ©

ALL RIGHTS RESERVED. NO PART OF THIS BOOK MAY BE REPRODUCED OR DISTRIBUTED IN ANY FORM WITHOUT PERMISSION IN WRITING FROM THE AUTHOR.

DISCLAIMER: THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. ALL CONTENT IN THIS BOOK IS FOR INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE, AS WELL AS PROVIDE OR REPLACE MEDICAL ADVICE OF ANY KIND. RELIANCE ON ANY INFORMATION IN THIS BOOK IS AT YOUR OWN RISK. WE DO ENCOURAGE YOU TO EDUCATE YOURSELF AS MUCH AS POSSIBLE, AND SHARE THIS INFORMATION WITH YOUR HEALTH PROVIDER.

A BIG PART OF OUR WORK AND BUDGET 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.

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.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

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 ended up with one conclusion – modern life - whether it is poor diets, high usage of medications, ongoing stress or other factors related to modern life.

Candida overgrowth is the body's response to modern life. As such, it is no surprise that this has turned into a true epidemic.

So how do you treat a condition that is 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 is the answer, and based on our many years of experience and research, this knowledge heals. That is the main reason we decided to have our [web site](#) setup as a free public service.

Our talented team of dedicated and experienced specialists is 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 is it that made us so successful in treating candida?

OUR PRACTICE is based on the wisdom of ancient medicine. We combine time proven traditional methods with the latest modern research and findings.

WE BELIEVE in the body's ability to heal itself. Just as nature intended.

OUR MISSION is to heal with knowledge. We are committed to provide you the most accurate and proven knowledge, *knowledge that heals*.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

CHAPTER 2 – ABOUT THIS BOOK

Over the years, our team researched thousands of detox and candida cleansing programs and protocols. Many of these, offer great healing and cure, but also many include fundamental errors, make the patients go through unnecessary suffering; some are even dangerous.

We found ourselves spending days and weeks working with patients just to reverse the damage done by faulty programs and help their bodies recover from these programs.

After careful analysis and numerous lessons learned, we have gathered the most common critical mistakes and our team's recommendations. Please note – each of these mistakes alone can make even the best plan fail miserably, so make sure to read and avoid these!

Since these mistakes are so common with such high impact on people health and results, we decided to provide this info as a service to you in this free eBook.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

CHAPTER 3 – OVERALL PLAN CRITICAL MISTAKES

Before starting to discuss the actual steps to include in a program such as diets, supplements, etc. it is absolutely critical to have a very clear overall plan and strategy. This is often overlooked leaving patients with incomplete and unclear path or progress leading to many being “stuck” at one point or another with no clue how to proceed.



The critical key to succeed in any plan is the ability to understand how to read the signs your body is sending you! Having a good interpretation will enable you to adjust and tune your plan and next steps.

This point is one of the key differentiators of our approach, where we strongly focus on education so you will have the tools to be able to listen to your body and make the right choices.

The Problem with Candida & Yeast Infection Treatment

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

In reality, it is common to mistakenly confuse candida with other medical conditions giving patients the wrong treatment, and even if candida is identified correctly, how to treat it right seems also an area with a lot of confusion and misinformation.

The good news is that with candida and yeast infection being so common, there is enough data and knowledge to understand this condition very well, and also the correct way to treat it.

So let's get started. Here are the most common critical mistakes:

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

Starting the plan without knowing the cause of the yeast overgrowth

Often overlooked, before starting any treatment plan, the first step is to identify the source and possible causes of the overgrowth. You want to get an answer to the basic question of – how did I get here! The key is to try to find alternatives or ways to eliminate/minimize these, especially in cases of:

- 🔍 Antibiotics, steroids or other medication
- 🔍 Birth control pill
- 🔍 Diet high in sugars, processed food or bad eating habits
- 🔍 Overeating
- 🔍 Hormonal issues
- 🔍 Low or compromised immune system due to health conditions or other treatments
- 🔍 Exposure to toxins or heavy metals
- 🔍 Other health issues such as bacterial infections

Ignoring the individual condition and state of health

The program needs to be tailored to the patient. What worked for 9 people may make the 10th person condition's worse. Some people are so sick, that any diet change can cause them severe health issues, while other only need light to moderate adjustments to their current diet program. Another example – The needs of an active athlete are different than non-active people.



Our Experts Recommendation

Educate yourself, understand the reason behind the changes you make, and use common sense. It is always good to share what you plan to do and consult with your doctor or health practitioner.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

Starting the program when you are constipated

This is probably the most common mistake we see. Before starting any cleansing program, we highly recommend doing an oxygen colon cleanse. This will make sure you are not constipated. If you are, the released toxins will circulate longer in your body making you feel sick and experience die off symptoms.

Remember, the fact that you have candida overgrowth indicates that your body's elimination function is not effective; otherwise, you won't have the overgrowth to begin with. One of the best ways to address this and to optimize your body's elimination function is by using an [oxygen colon cleanser](#).

If you have never done an oxygen based colon cleanse before, chances are having one will make you feel much better.



Our Experts Recommendation

Use an oxygen colon cleanser before starting any candida or detox program. This will help you to optimize your body's natural toxins elimination functions and to minimize die-off symptoms.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

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 before any significant healing took place. This often creates such a shock to the body that it makes it impossible 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

Start slow, gradually transition and incorporate changes and assess how your body responds to different foods, supplements, and other changes. This is a fantastic way to catch sensitivities to various foods, which is very common with candida overgrowth.

Going Too Fancy

We see it a lot – complex diet plans, sophisticated meals that take forever to make, special rare supplements and herbs that can only be found on a small deserted island...Depending on special “super foods” powders that are hard to get...You get the picture and can guess our recommendation here – Keep things simple! When in doubt, follow the nature test – ask yourself if this type of healing can be done in nature.



Our Experts Recommendation

Ideally your plan should be highly sustainable and not consume your entire time. It may take a little time in the beginning to become efficient, but things should be simple.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

Blindly following the GURU

There's a lot to say about this one, but it all boils down to one question – are you going to take responsibility over your health, or will you pass it to someone else. We have seen too many people ignoring their bodies and common sense, spending their entire savings and time following the wrong advice. 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 over your health. Awareness to how you feel is a true first step of healing. This will also help you to provide your doctor this important data and insights on how you feel and how your body responds.



Recommended Further Reading



[Candida and yeast infection lessons - the facts you must know to heal](#)



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

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

CHAPTER 4 – THE UN-BALANCED PLAN

Like we mentioned, the treatment should be tailored to the individual state of health, needs and lifestyle.

Our recommended approach is very simple and has proven to be very effective – create an environment in the body where candida can't overgrow while optimizing the body's ability to heal.

This is achieved by:

- ✓ **Colon cleanse**
to optimize the body's elimination, cleansing and toxins removal
- ✓ **"Starve the Yeast"**
(but not you...) diet changes avoiding foods that overfeed candida or weaken your immune system
- ✓ **Restore the body's good bacteria**
to balance and prevent candida overgrowth
- ✓ **Restore Nutrients**
to provide the body optimal levels of needed nutrients so it can repair the damage done by the overgrowth
- ✓ **Targeted natural antifungals**
to further control more severe cases of candida

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

Many anti candida plans and protocols we examine, tend to focus on one or more of these elements but often overlook others, resulted issues.



Our Experts Recommendation

Ideal plan should contain all healing components with antifungals the only element that is optional and depends on the severity and the progress made.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

CHAPTER 5 – DIET CONFUSION

Diet is one of the most important parts of any candida and yeast infection program yet there is a lot of confusion and 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. 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 plan.

In addition, people digestion systems differ from each other. This is due to genetics and environmental diversity.

Why does it matter?

This all means that **the same food that benefit some people, can harm others.**



The keys to the perfect candida diet are knowledge and awareness. Know what foods to avoid and what foods to eat. Be aware of how your body responds to these foods. Fine tune the diet until you are completely healed. As an extra bonus, besides healing yourself from candida and yeast infection, you will also use what you've learned for the rest of your life.

Let's cover some common mistakes and diet confusion:

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

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

A common approach to anti candida and yeast diet is a strict low carb one. The logic behind it is that candida needs sugars to exist and multiply, and limiting sugars (carbs) for certain time will “starve the yeast” and therefore get rid of the candida overgrowth.

It is true that most people over-eat, including eating too many calories and carbs, especially from the wrong foods: processed foods, sweets, and other “empty calories”. These poor food choices feed candida and lead to candida overgrowth and other yeast related infections. Most people experience short term benefits by limiting their calories or their carbs consumption, with some people actually do very well on a low carbs diet their entire life.

What we see however, is that many people start to have issues with the low carbs approach after a few weeks on it. Their energy levels are getting very low causing weakness, focusing issues, fatigue and more. With lack of energy and low vitality, they can't work out or exercise, their mood is down. They become miserable and constantly think about foods and carbs. Many of them find themselves battling with eating disorders and of course their candida overgrowth is not getting any better when this happens.

The reason is quite simple – when the body is running out of carbs, it starts to use fat as its primary fuel source in a process called “ketosis”. This is a surviving mechanism that allows humans to live when there are no carbs around. The problem is that Candida adapts to this environment as well. When taking into consideration the low energy that most people feel on this diet, lack of exercise and feeling down – all these are not going to help treating the candida overgrowth. Our experience has taught us that most people will not stay on this diet long enough, will suffer from cravings and will usually have their candida overgrowth back or become even worse than they started as they “attack” the carbs once they are off the diet. (Not a pretty sight...you know what we are talking about!)

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

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...

Your goal is simple: match your carb intake to the energy you spend, or slightly less if you want to lose weight. While different people need different amounts of carbs, as a rule of thumb, unless you are involving in constant athletic activities, you should consume the minimum amount of carbs that gives you the maximum energy and vitality.

Remember your car? What is interesting about carbs is that if you consume too little carbs – you get out of energy, if you consume too much, you get tired...finding your ideal target takes a little time, but you will benefit from it tremendously for the rest of your life! A good place to start is about 20-40 grams of carbs in 3 hours window divided by 2-5 meals a day.



Our Experts Recommendation

Know your food! Use online tools to quickly determine how much carbs (and other nutrients) there are in the foods you eat. In the beginning log your food intake and how it made you feel until it becomes a second nature.

Knowledge in this case – heals!

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

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

What are the best and worse carbs

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

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 (more or fruits on the next section)✓ Fresh organic vegetables (raw, steamed, cooked, or in fresh <u>fruits-free</u> juices or smoothies)✓ <u>Sprouts</u> (raw or in fresh <u>fruits-free</u> juices or smoothies)

Our Experts Recommendation

Select the good sources of carbs, experiment how your body responds and give yourself the time to adjust. This is going to be a learning experience of findings what type of fuel and how much of it your body really needs. Most people learn they need much less then what they initially thought.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

The Fruits and candida confusion

If there's one area of confusion, fruits consumption would be it.

Yes, fruits are loaded in sugars and sugar feeds candida, therefore they should be avoided...right?

Wrong! The reason of this common confusion is that many people don't know how to consume fruits! When you eat fruits the right way fruits are amazing for our health.

Fruits Key Benefits

- ✓ Perfect fuel source, very easy digested and assimilated by the body
- ✓ Rich in vitamins, minerals, enzymes, fiber, antioxidants and other health promoting phytochemicals
- ✓ Helps the body to reduce inflammation (unlike other carbs sources such as grains and wheat that create inflammation in the body)
- ✓ Naturally cleansing and detoxifying
- ✓ Improve digestion, relieve constipation
- ✓ Excellent for hydration
- ✓ Restore electrolytes after physical activities
- ✓ Amazing health benefits backed by modern research

So how to consume fruits correctly? Let's cover the basics

Eat fruit 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.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

Eat fruits by themselves

Do not mix different type of fruits – as different fruits tend to have different digestion times and can interfere with each other digestion. Do not eat fruits with other types of foods.

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 the 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 often offensive and you may get digestion issues such as gas and constipation...exactly the opposite compared to eating ripe fruits!

Avoid fruit smoothies and fruit juices

During your candida cleanse, we highly recommend to only eat fruits in their whole fresh raw state, and not to juice or blend them to avoid high sugar spikes and digestion issues. It is however ok to squeeze lemon or lime juice on your salad.

Only eat fresh fruits

While sun-dry fruits such as dates or plums can be great in certain cases, we do not recommend them during your candida cleanse. Fresh fruits have more liquids naturally stored in them which help to hydrate your body and make their digestion much easier, as well as making you feel fuller.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

Only eat fruits that taste good to you

One of the added benefits of including fruits in your diet is their great flavor.

Many people report they feel happier and much better when they replace their first meal of a day with a sweet fresh ripe fruit they enjoy.

If you find yourself not enjoying 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 just because someone decided it's great for you.

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.

There are 3 things to remember:

- 🍌 Fruits are concentrated source of carbs. Remember the car analogy? Follow the guideline for carbs - eat enough so you will get enough fuel and energy to support your lifestyle, but don't overeat
- 🍌 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

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

Prefer local & organic

While a separate topic by itself, we highly encourage consumption of local organic fruits and vegetables for the following reasons

Why Local

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

Why Organic

- ✓ Higher in nutrients than conventional
- ✓ 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 [candida friendly recipes](#)

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

CHAPTER 6 – ANTIFUNGALS & SUPPLEMENTS CONFUSION

Together with diet, the supplements approach for candida is definitely another area of confusion by many. How do we know? About half of the questions we get everyday are related to supplements... with many people experience issues due to taking the wrong supplements or not using them correctly.

We were very surprised over the years to learn how common this is. In the attempt to cure candida and yeast issues, many people use harsh and aggressive products that promise quick relief, ignoring the basic healing fact that the goal is to balance the overgrowth, and not killing the yeast.

Products Research & Review

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 find, is that many products are ineffective and even worse – they can harm you.

Let's review the common "watch out" items and our recommendations.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

For the “watch out” items, we see many products that contain:

- ✗ Harsh antifungals, synthetics or chemicals that are too aggressive
- ✗ Low quality ingredients, often cheap herbs that are not potent, not fresh, contaminated and not from trusted certified known sources
- ✗ 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. For example using lubrication substances 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 avoiding the product: Magnesium Stearate, Talc, Hydrogenated Oils, Titanium Dioxide, Silicon Dioxide, Carrageenan, artificial colors.

- ✗ Small amounts of the active ingredients
- ✗ Formulas that simply do not make sense, with many ingredients that have very little data on their effectiveness, or combination together
- ✗ Too many ingredients combined together which makes it impossible to conduct enough testing on possible interactions between them, or if you have sensitivity to one ingredient or more
- ✗ Animal by-products such as gelatin capsules

Our recommendation – things to look for in a product:

- ✓ Brands that focus on fresh, organic or wild grown ingredients to ensure high potency. If the ingredients are organic or wild, it will be mentioned in the supplement facts
- ✓ Formulas are backed up by research
- ✓ 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
- ✓ No animal by-products, vegan capsules

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

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 other medicines are used.

There are essentially 5 types of supplements that are actually beneficial for candida and yeast issues

- 🌿 Oxygen colon cleansers
- 🌿 Full-spectrum systemic & digestive enzymes
- 🌿 Probiotics
- 🌿 Antifungals
- 🌿 Nutrients & body support

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

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. If you suffer from candida or yeast issues, cleansing your colon also means that there will be less stored waste that can feed candida.



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

If you have never done an oxygen based colon cleanse before, chances are having one will make you feel much better.

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

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

[Oxy-Powder®](#) is our favorite and recommended choice for an oxygen colon cleanser with its effectiveness and safety shown in clinical studies.

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.

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.



Our Experts Recommendation

Always use oxygen colon cleanser before starting any candida or detox program.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

Full-spectrum Systemic & Digestive Enzymes

Enzymes are required for every chemical reaction within the body. They impact every single cell and organ in our body and are essential to life and good health. It is estimated that most people above the age of 25 today have [enzymes deficiency](#), which gets worse as we age.

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

- ❖ Digestive enzymes improve your digestion and nutrients uptake from the food you eat. Proper digestion is very important in order to avoid fermented or undigested food particles that feed the yeast and weaken the immune system.
- ❖ Systemic enzymes break down excess candida and toxins, as well as support your immune system.

We prefer plant based enzymes over animal based to avoid the animal related toxins such as antibiotics, hormones, etc.

[VeganZyme®](#) is our preferred choice not only during the candida cleanse, but as an excellent way to improve your overall health, digestion and get the most nutrients and benefits out of your food. The most common thing people report is feeling “light” after meals, more energy, less digestion issues and better bowl movements. If you currently have digestion issues or food sensitivities, you will love it.



Our Experts Recommendation

Always include full spectrum enzymes during your plan.

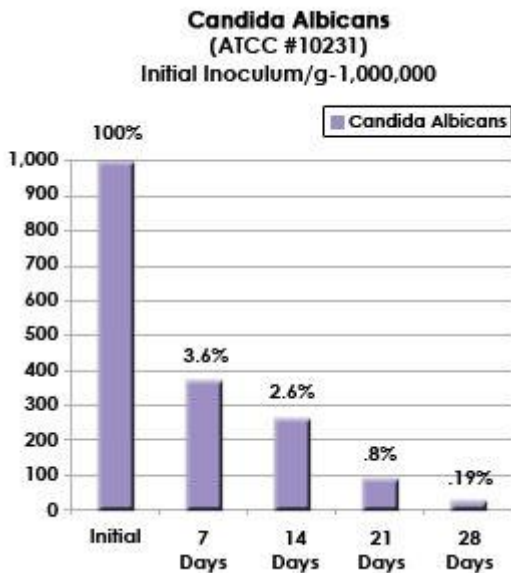
CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

Probiotics

Having candida and yeast issues indicate that your gut is out of balance between the yeast to the friendly organisms that control the yeast from growing and spreading. Probiotics supplements populate the intestines with beneficial organisms that help to restore this balance and support the immune system.

We prefer probiotics that are shown in research to balance excess candida and yeast, such as Bacillus laterosporus (B.O.D.™ strain).

[Latero-Flora™](#) is our recommended choice, due to the research behind it, its potency and stability. It is stable in room temperature and doesn't need to be refrigerated which means you can take it with you wherever you go.



LABORATORY TEST RESULTS OF LATERO-FLORA CHALLENGE TEST WITH CANDIDA.
LATERO-FLORA HAS DEMONSTRATED A STRONG INHIBITORY EFFECT ON CANDIDA.



Our Experts Recommendation

Always include probiotics during your plan.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

Antifungals

Perhaps the most confused and misused group of supplements. Antifungals contain ingredients that directly or indirectly kill yeast in your body. When killing the yeast and candida, your body needs to eliminate the toxins released by the dying candida effectively. As we mentioned before – always cleanse your colon before using antifungals to avoid these toxins stay long time in your body. Ignoring this step is the number 1 reason people suffer from strong die-off symptoms.

- ✓ **Dosage** - Always start with the lowest dosage to assess your body's response and gradually increase the dosage if needed. Some people are more sensitive and may get great results with very small dosage. This is also a smart way to minimize side effects.
- ✓ **Antifungals Rotation** – It is common for candida to develop resistance when the same antifungals ingredients are used overtime. Taking breaks or alternating between different types of antifungals is the best strategy.
- ✓ **Natural vs. Synthetic** – We prefer natural ingredients that work with your body's elimination functions. Synthetic substances that aggressively attack candida may create additional imbalances that can damage other parts of your body. We also prefer organic or wild crafted ingredients from a known source that are much more potent than conventional ones.



Remember – candida is a natural part of your body's ecosystem, so balancing the overgrowth should be the goal rather than “killing them all”.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

[Mycozil®](#) is our recommended choice for a natural antifungal that is very potent, yet gentle and works with your body's natural yeast and fungal elimination. You should take it for 6 weeks followed by 6 weeks break.

Our Experts Recommendation

Use natural organic or wild crafted antifungals for candida and yeast issues that are still not fully resolved despite following a clean candida diet, oxygen colon cleansing, and using systemic & digestive Enzymes with probiotics for at least 4 weeks.

CRITICAL MISTAKES IN TREATING CANDIDA AND YEAST INFECTION

Nutrients & Body Support

One of the issues with candida overgrowth is its negative impact on nutrients uptake leading to deficiencies. It is very important to provide your body optimal levels of needed nutrients so it can repair the damage done by the overgrowth and in order to restore these deficiencies.

This will not only optimize your healing and prevent other health issues, but will also improve your overall health.

Your first source of nutrients should always come from your diet. No supplement or powder can replace the healing power of whole fresh foods! The best foods sources are:

- 🌿 Fresh raw organic fruits
- 🌿 non-starchy organic vegetables
- 🌿 organic sprouted seeds/nuts
- 🌿 Sprouts
- 🌿 Sea vegetables

Great examples for meals and juices that are specifically designed to restore nutrients to your body can be found on our [recipes page](#).

During the cleanse, we highly recommend to supplement with naturally occurring whole food based (not synthetic) vitamins, minerals and trace minerals.

We are still reviewing and testing a few products and we'll let you know our results & recommendations.