

The Candida Die Off Protocol

The 3 step checklist

STEP 1/3: Check your symptoms with the [candida die off symptoms list](#)

STEP 2/3: Verify you are not making common mistakes that cause die off symptoms:

Mistake	Warning signs to watch for	Further Reading
Not Cleansing Your Colon	<ul style="list-style-type: none">▪ Constipation, or less than 2 bowel movements per day▪ Body odor▪ Bloating, gas▪ Flu like symptoms▪ Headache▪ strong die off symptoms	Oxygen colon cleanse
Taking Supplements and antifungals that Cause Candida Die Off Symptoms	Increased die off symptoms	Antifungal Protocol
Diet that Causes Candida Die Off Symptoms	<ul style="list-style-type: none">▪ Digestion issues▪ Food sensitivities & allergies	<ul style="list-style-type: none">▪ Candida Diet▪ Systemic & digestive Enzymes
Getting Die-Off Symptoms from Anti-Fungal Foods	Increased die off symptoms	
Making Drastic Changes	Increased die off symptoms	

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STEP 3/3: Learn how to treat and manage your die off symptoms

If you already experience die-off symptoms, doing an [oxygen cleanse](#) should be your first priority as it is specifically designed to help your body remove the high level of toxins quicker from the entire digestive tract.

In addition, we highly recommend to follow these steps:

ORGAN SUPPORT

- [Antioxidants](#) such as CoQ10, PQQ, resveratrol, and astragalus are commonly used in order to protect the internal organs from the damage caused by candida toxins. We should note that most medical professionals actually take antioxidants themselves every day due to the strong science on their health and anti-aging benefits.
- For special concerns regarding liver toxicity, [liver cleansing herbs](#) such as milk thistle, dandelion root, and chanca piedra are used to help the liver detoxify candida toxins.
- If you have done colon hydrotherapy or water enemas in the past and found them useful, they may help provide some quick relief.

BRAIN & MIND-BALANCE ISSUE

- If your die off symptoms include mind-balance issues such as brain fog, difficulties to concentrate, mood swings, depression, stress and others, we recommend to review our [mind-balance protocol](#) for further info. This protocol has been shown to be very successful and may provide natural relief to many of the discomforts associated with mind-body balance issues.

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HEADACHE, PAIN & NSAIDS

- If you are currently taking NSAIDs or other pain medication for your headache, muscle, joint pain or inflammation, we strongly recommend to read our natural [anti inflammatory protocol](#). NSAIDs use can cause serious health issues that you should be aware of, and in many cases are not needed as there are natural alternatives that can be as effective.

ANTIFUNGALS

- Reduce or stop the usage of your anti fungal supplements or any other supplements that may have caused these die off symptoms to get worse. Follow our [antifungals protocol](#) to make sure you are using them correctly, as this may help you to minimize these die off symptoms and avoid additional ones.

SKIN ISSUES

- If you have candida skin rash, dry/itchy skin, eczema, athlete's foot or other skin issues, using [oxygen-olive oil moisturizer](#) on the affected areas after the shower has shown to be very effective in easing these discomforts.
- Taking showers (head to toe) may provide relief as well. The skin is the largest organ in the body and plays an important role in detoxification and toxins elimination.
- Using all natural [kelp-coconut soap](#) has also shown to help provide relief. Note that many soaps, moisturizers and other skin care products contain toxic chemicals, synthetic ingredients and allergens that can irritate your (already irritated) skin and should be avoided.

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BREATHING & RESPIRATORY ISSUES

- If you suffer from breathing issues, congestion, sore throat, sinus or respiratory problems, natural [lung cleansing herbs](#) such as eucalyptus, lobelia, peppermint and others can provide relief by eliminating toxins from your lungs and airways.

CANDIDA DIET & SUPPLEMENTS

- Pay extra attention to natural anti-fungal foods and ingredients such as garlic, caprylic acid (derived from coconut oil), oregano oil, grapefruit seed extract, colloidal silver as well as certain [probiotic strains](#) as they may cause candida die-off symptoms when not used correctly.
- Determine what recent changes you have made (either supplements or diet), and try to reduce or stop them.
- Rest and drink plenty of spring or alkaline water.

CANDIDA SPECIALISTS 2016 ©

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