

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 can cause die off symptoms:

Mistake	Warning signs to watch for	Further Reading
Not Preparing Your Body For The Increased Levels of Toxins	<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	

STEP 3/3: Learn how to treat and manage 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:

- ✓ If you have done colon hydrotherapy or water enemas in the past and found them useful, they may help provide some quick relief.
- ✓ If your die off symptoms include [mind-balance](#) issues such as brain fog, difficulties to concentrate, mood swings, depression, stress, high levels of inflammation, pain, 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.
- ✓ Reduce or stop the usage of your antifungal supplements or any other supplements that may have caused these die off symptoms to get worse. Follow our [antifungals protocol](#) that may help you to minimize these die off symptoms and avoid additional ones.
- ✓ If you experience candida skin rash or other candida skin infection issues, consider this home remedy: using coconut oil with a few drops of tea tree oil on the affected areas a few times a day may provide relief to these discomforts.

If your symptoms include eczema, acne, athlete's foot or dry peeling skin, an [ozonated olive oil paste](#) may be very helpful, and it has been reported to help many in easing these discomforts.

Using all natural [kelp-coconut soap](#) has also shown to help provide relief. Note that many soaps contain toxic chemicals, synthetic ingredients and allergens that can irritate your (already irritated) skin and should be avoided.

- ✓ Pay extra attention to natural anti-fungal 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.

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- ✓ [Antioxidants](#) supplements are usually recommended in order to help your body in neutralizing the released toxins and protect your cells from the free radical damage caused by the high levels of toxins.
- ✓ 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.
- ✓ 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.

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