

Herbal Candida Cleanse Guide

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Could Candida overgrowth be the culprit behind your health problems?

Candida albicans yeast is common, normally living harmlessly in the gastrointestinal tract and genitourinary areas of the body. But when immune response is reduced from repeated rounds of antibiotics, birth control pills or steroid drugs, a high sugar or refined carbohydrate diet, and a lifestyle

short on rest, the body loses its intestinal balance. In these cases, Candida yeasts can multiply too rapidly, voraciously feeding on the excess sugars and carbohydrates in the digestive tract.

Do you have signs of Candida overgrowth? Two or more yes answers should alert you of a potential problem.

- Do you have recurrent digestive problems, gas, bloating or flatulence?
- Do you have a white coating on your tongue (thrush)? Do you crave sugar, bread, or alcoholic beverages?
- Have you been unusually irritable or depressed? Do you catch frequent colds that take weeks to go away?
- Do you feel sick, yet the cause cannot be found? Do your symptoms worsen on muggy days?
- Has your memory or concentration been noticeably poor lately?
- If you are a woman, do you have PMS, chronic vaginal yeast infections or bladder infections?
- If you are a man, do you have abdominal pains, prostatitis, or loss of sexual interest?
- Have you recently taken repeated rounds of antibiotics or corticosteroid drugs?

An herbal candida cleanse is your first defense against Candida!

While diet and lifestyle changes are important for recovery an herbal candida cleanse can come to your rescue when symptoms are at their worst. Potent antifungals like sodium caprylate, olive leaf extract and pau d'arco in the formula help attack and eliminate yeast overgrowth.

Echinacea and white tea recharge immune response and restore body strength. Rhodiola rosea and rosemary are included to reduce candida-related brain fog and moodiness. Even irritable bowel can be helped as herbs like peppermint and thyme

ease bloating and flatulence. An herbal candida cleanse is your best natural choice to fight Candida yeast overgrowth and help prevent relapses, even in stubborn cases. *

An Herbal Candida Cleanse...

- **fight candida overgrowth**
- **rebalances body chemistry**
- **restores immune response and strength**
- **reduces brain fog, moodiness and irritable bowel**

The herbal candida cleanse that I recommend is the Candida Detox Kit. It is a safe, complete, herbal based candida cleanse. This cleanse is simple to follow but very effective.

The Herbal Candida Cleanse Kit includes:

- **Candida Yeast Detox™ Capsules**
- **Green Tea Cleanser**
- **Vitalzym Capsules**
- **MegaFlora probiotics**

You can order the Herbal Candida Cleanse Kit here:

www.HerbalCandidaCleanse.com



Information about the Herbal Candida Cleanse products and how to use them:

Candida Yeast Detox™ Caps: Helps cleanse and normalize yeast overgrowth with powerful antiseptic and antifungal herbs. Helps rebuild internal environment and enhance immunity. Directions: Take 2 caps twice daily for 3 months.

Green Tea Cleanser™: A cleansing, energizing tea that revitalizes and refreshes your body. Possesses a broad range of free radical-scavenging and anti-oxidant activity. Directions: Drink 1 to 2 cups daily.

Vitalzym: Powerful anti-inflammatory, blood cleansing enzyme blend. Directions: Take 1-2 capsules 3 times daily between meals.

MegaFlora: An extremely potent probiotic. Provides 20 billion cells of probiotic bacteria, and contains 14 different non-combatant species (they don't hurt each other). Probiotics feast on candida and help to keep excess candida at bay. Take two capsules a day on an empty stomach.

About the key candida herbs...

OLIVE LEAF EXTRACT (*Olea europaea*): a premier anti-fungal helpful for even stubborn cases of candida; a good overall body cleanser, especially helpful for infections.

SIBERIAN ELEUTHERO (*Eleutherococcus senticosus*): activates adrenal gland's response to stress; enhances immunity and improves mental clarity.

PAU D'ARCO (*Tabebuia heptaphylla*): a strong antifungal with immune stimulating properties.

BLACK WALNUT HULLS (*Juglans nigra*): an anti-fungal that helps eliminate candida yeast. Mild laxative properties.

GARLIC (*Allium sativum*): cleanses candida yeasts in the vagina and intestinal tract.

WHITE TEA LEAF EXTRACT (*Camellia sinensis*): high in antioxidant polyphenols; a gentle body cleanser and alkalizer.

AMLA BERRY (*Embolica off.*): a rich source of vitamin C for immune and adrenal gland support.

RHODIOLA (*Rhodiola rosea*): a serotonin balancer that helps improve mental focus and reduce mood swings.

CRANBERRY EXTRACT (*Vaccinium oxycoccos*): eliminates yeasts; helpful for chronic urinary tract infections, common in candida sufferers.

ECHINACEA BLEND: strengthens immune response and flushes the lymphatic system of toxins. — [(*Echinacea angustifolia*; *Echinacea purpurea*)]

SEAWEED BLEND: a source of organic iodine to support the thyroid gland, involved in most women's problems; a rich source of vitamins and minerals for body strength and stress relief. — [Bladderwrack (*Fucus vesiculosus*); Dulse (*Rhodomenia palmetta*); Irish moss (*Chondrus c.*)]

ROSEMARY (*Rosmarinus off.*): a circulatory stimulant that acts as a catalyst in the formula; reduces mental foggy related to yeast infections.

DANDELION ROOT (*Taraxacum off.*): encourages toxin release by stimulating gallbladder, liver and kidney activity.

PEPPERMINT LEAF (*Mentha piperita*): an antimicrobial and anti-inflammatory; a specific for irritable bowel symptoms that accompany candida infections.

THYME (*Thymus vulgaris*): an antifungal that eases candida-related flatulence.

SODIUM CAPRYLATE (coconut oil source): a specific for candida infections; interferes with candida growth and replication.

GRAPEFRUIT SEED (Citrus paridisi): a potent antifungal for candida yeast.

Nutrition Plan - Candida Detox Kit

Candida Detox Nutrition Plan

Start with this 3 to 7 day diet plan.

To overcome a candida yeast infection, your diet must simultaneously nourish your body while starving candida of the foods that support its growth. This program strengthens and enhances your digestive ability to assimilate nutrients and normalizes metabolism. It especially strengthens afflicted organs, like the liver and glands.

Water

Each day of your cleanse drink 8-10 glasses of bottled water (can include herbal teas). Water lubricates sticky areas of the intestines, and flushes wastes, toxins and dead yeast cells from the body. An ample supply of water expedites a candida cleansing program.

On rising: Take two **Mega Flora probiotic** and three **Vitalzym** first thing in the morning on an empty stomach. (Keep some by your bedside with a glass of water and take them as soon as you wake up.)

Breakfast: have a vegetable omelet with broccoli; or scrambled eggs with onion, shiitake mushrooms and red pepper; or brown rice with onions and carrots; or oatmeal with 1 tbsp. Bragg Liquid Aminos added: or cream of buckwheat sweetened with stevia drops and sauteed veggies.

Herbs: Now is a good time to take your **Candida Yeast Detox Capsules**, and **Crystal Star Green Tea Cleanser™**.

Mid-morning: have a vegetable drink, or a cup of miso soup with sea veggies; and a cup of pau d' arco, or another cup of **Green Tea Cleanser™ tea**.

One hour after eating: Take 3 **vitalzym** capsules on an empty stomach.

Lunch: have a fresh green salad with lemon/coconut, olive or flax oil dressing and seafood, chicken or turkey; or a vegetable or miso soup with sea veggies; or steamed veggies with brown rice.

Mid-afternoon: have some raw veggies dipped in lemon/coconut, olive, or flax oil dressing; or mineral water and hard boiled egg with sea vegetable seasoning.

Dinner: have broiled fish or chicken with raw sauerkraut (or Rejuvenative Foods Vegie Delite); or a vegetable stir fry with brown rice, sea veggies and miso soup.

Herbs: Now is a good time to take your **Candida Yeast Detox Capsules**

One hour after eating: Take 3 **vitalzym** capsules on an empty stomach.

Pointers to keep your program going after your candida cleanse:

Don't eat the following foods for 4 to 6 weeks: Sugar or sweeteners of any kind (use stevia instead; gymnema sylvestre extract helps handle sugar cravings), gluten bread or yeasted baked goods, fried foods, dairy products (except plain kefir or kefir cheese, yogurt or yogurt cheese), smoked, dried, pickled or cured meats, sweet potatoes, mushrooms (except shiitake), nuts or nut butters (except almonds or almond butter), most fruits and fruit juices, dried or candied fruits, coffee, black tea, carbonated drinks (phosphoric acid binds up calcium and magnesium), alcohol or foods with vinegar. Avoid antibiotics, steroid drugs, birth control pills and tobacco.

Acceptable foods during the first stage (usually 4-6 weeks)... a short list, but diet restriction is the best way to stop candida yeast overgrowth: Fresh and steamed veggies (especially onions, garlic, ginger, cabbage, and broccoli), vegetable juices, raw cultured sauerkraut, poultry, seafoods and sea greens, olive or coconut oil, ghee, eggs, mayonnaise, brown rice, mochi rice bread, amaranth, buckwheat, barley, millet, red-skinned potatoes, miso soup and tofu, vegetable pastas, plain or vanilla yogurt, rice cakes-crackers, some citrus fruit and herb teas, especially white tea and pau d' arco tea. Have a green drink, green tea and miso soup every day. Drink plenty of water to keep any recurring infestation flushed out!

Candida Recipes Resources:

<http://www.geocities.com/HotSprings/4966/recipes.htm>

<http://wholeapproachforums.com/6/ubb.x?a=cfm&s=660609395&f=2536011311>

<http://www.candidadiet.com/recipes/redefault.shtml>

Bodywork and relaxation techniques accelerate and round out your detox.

1. Irrigate: Flushing the colon is one of the best ways to jump start a cleanse; it allows a more expedient release of dead yeast cells and toxins from the body. Take a colonic irrigation 2 to 3 times during your cleanse. Enemas can be an important part of a candida yeast detox program. Consult the directions in the Detoxification Book included with your kit to learn the correct procedure.

2. Effective vaginal treatments: use one or more.

- Soak infected areas in diluted tea tree oil solution. Use in water as a vaginal douche.
- Use a Garlic douche or vaginal insertion.
- Use Acidophilus capsule insertions, or sprinkle powder on a tampon and insert.
- Make up a garlic, echinacea, myrrh solution in a squirt bottle and wash perineum after defecating

3. Nail fungus soak: Pau d' Arco tea.

4. For thrush (yeast infection of the mouth): Use tea tree oil, homeopathic thuja, or Black Walnut extract. Disinfect toothbrush with 3% hydrogen peroxide frequently.

If you dedicate yourself to this program I'm sure you will be pleased with the results. Everyone is different, so the directions outlined are guidelines. Go at your own pace if you like, checking your results as you go.

Best wishes to you,
Hethir Rodriguez



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