Candida Albicans

The Hidden Disease

by

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What is Candida?

Candida is a type of fungus called a yeast. Candida is the genus (scientific family) name and it covers about 150 different species. However, we are only interested in are those that can affect our health... Candida glabrata, Candida tropicalis, and the most common of all... Candida albicans.

Candida albicans is often found in the mouth, nose, throat, digestive tract, and in a woman’s vagina. Doctors know that it lives harmlessly in about 80% of the population with no negative effects... usually.

What is the Problem?

Once in awhile, the normally harmless Candida fungus can get out of control.

It usually starts when we develop an infection. If the infection is strong enough, our white blood cells will become weakened. Of course, such a strong infection is likely to be treated with antibiotics... these antibiotics will not only kill the infectious agent, but they will also kill the bacteria that control the Candida population.

And here is the double-pronged problem... the white blood cells are weakened and the bacteria are dead... and Candida goes on an uncontested growth spree. This growth causes a number of conditions that are commonly referred to as Candidiasis.
Is it Serious?

Candidiasis itself is usually not very serious as long as you have a healthy immune system... Candidiasis in someone with a weak immune system can be very serious, even fatal.

In addition, there is growing evidence that many patients suffer from serious Candida infections even though their immune systems are NOT compromised.

Normally, Candida albicans exists as a single celled fungus... this form is often referred to as a “yeast-like” state. But with the onset of Candidiasis, it is capable of forming multi-cellular strings. These strings can grow explosively and can get into the blood stream to become a fungal infection of the blood. At other times, they may form “colonies” in various places throughout the body.

Even if the Candida infection is detected, treatment may be difficult. Just as Candida outbreaks may result from bacterial immunity to antibiotics... the Candida itself may have developed immunity to commonly used anti-fungal agents and may be extremely resistant to traditional treatment.

Candida infections may become more dangerous, more frequent, and harder to treat as we struggle with antibiotic immune bacteria. In addition there is a growing body of evidence suggesting that many of these Candida infections go undiagnosed.

Are YOU at Risk?

If you unknowingly suffer from Candida Overgrowth Syndrome, you may eventually begin experiencing a wide variety of seemingly unrelated problems. These symptoms can be remarkably diverse, but they might
include headache, nausea, energy loss, aches and pains, loss of concentration, and many, many more.

And one of the common factors among Candida Overgrowth sufferers is the seeming inability of their medical teams to diagnose and treat the cause of the increasingly serious symptoms.

What Can You Do?

Two treatment alternatives are readily available if you are suffering from Candida Overgrowth Syndrome:

1. **Pharmaceutical Antifungals** - These are only available with a prescription (usually difficult to get) and have side effects that are sometimes serious.

2. **Natural Treatment Program** – No prescription necessary and no side effects. One drawback is that it takes willpower and dedication. This program is discussed fully in Chapter 5.

I always recommend the Natural Treatment Program because of the potentially serious side effects of pharmaceuticals. Always talk to your physician about the side effects before taking pharmaceuticals. Also make sure they check your liver function frequently during the treatment program.
No Problem... Usually!

If you ask a biologist about Candida, she will tell you that Candida is a yeast... that is, a type of fungus. That's right... like mold or mushrooms. Candida is the genus (family) name and it covers about 150 species. However, we are only interested in the ones that can affect you. Candida glabrata, Candida tropicalis, and the most common of all... Candida albicans.

Candida albicans is fairly common in the human body... in fact, it is often found in the mouth, nose, throat, digestive tract, and in a woman’s vagina.

Doctors will tell you that usually it lives with us happily (and harmlessly) in 80% of the human population with no negative effects... usually. Like so many other microscopic organisms, Candida albicans is held in check by two forces:

- Candida albicans is considered something of a delicacy by many bacteria, who feed on it regularly, and
- A portion of our body’s remarkable immune system, the white blood cells, will track down and dispose of most Candida cells that stray from their havens in the mouth and intestines.
But once in awhile, something goes wrong. Or rather two things go wrong at once...

**It usually starts when you develop an infection.** If the infection is strong enough, your white blood cells may become weakened. Such a strong infection is likely to be treated with antibiotics... these antibiotics will probably kill the infectious agent, but they will very likely also kill the bacteria that eat Candida.

And here is the double-pronged problem... **the white cells are weakened** and **the bacteria are dead**... and Candida goes on an uncontested growth spree.

This growth takes many forms, based on where the outbreak occurs:

- An outbreak in the mouth (particularly among children) is often called **"thrush"**.
- An outbreak in a woman's vagina is usually referred to as a **"yeast infection"** or vaginitis.
- Other outbreaks may occur in the **throat, intestine, skin folds, nails, or navel**.

The symptoms of these common **outbreaks are reasonably apparent** and two tests are available that can help with the diagnosis. A microscopic analysis is sometimes used. Another approach relies on growing a culture with a sample from the infected area.

These outbreaks are routinely treated with anti-fungal compounds such as fluconazole. Or at least, they have historically been successfully treated with antifungals... but the future of this treatment approach is less clear as there is evidence that some strains of Candida albicans and Candida
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glabrata are developing immunity to the treatment medication. Not a good sign!

Cause and Effect – Antibiotic Resistant Bacteria

Let’s say that Fred has a history of bacterial sinus infections. Normally, Fred’s symptoms first appear as “sniffles”. Over a couple days, he begins coughing; he develops a sore throat and feels run down….

Sound familiar? It is very familiar to Fred… and to Fred’s family doctor.

Fred goes to see his doctor, as usual. Doctor Matthews looks at Fred’s chart and his lengthy history and he prescribes a course of antibiotics… as usual. And Fred dutifully takes the pills… as usual. But this time, they don’t work… and that is not usual at all.

Dr. Matthews knows exactly why the antibiotics aren’t working. He knows that more and more bacteria are developing partial or even total “immunity” to the very antibiotics we have historically used against them. He knows that this is a major and growing problem in the medical community and he reacts as many doctors react… by prescribing even stronger, broader spectrum antibiotics in the hope of finding one that the bacteria has not grown immune to.

Eventually, Fred’s doctor will succeed in finding a medication to cure Fred’s stubborn sinus infection. However, what Fred’s doctor doesn’t realize is that in killing the sinus infection, he has also killed much of the other, beneficial bacteria in Fred’s system … the very bacteria that has been keeping Candida albicans under control.
Now imagine for a moment, that after a course of antibiotic treatment, Fred's sinus condition is “cured”. Of course most of the “helpful” bacteria in his system are also “cured” and he experiences a Candida infection.

- At first he may have very few symptoms… he simply goes on with his life. But the Candida is spreading and establishing one or more colonies in Fred’s body.
- Depending on the locations of the colonies and their strength, Fred may eventually begin experiencing a wide variety of seemingly unrelated problems. These symptoms can be remarkably diverse, but they might include headache, nausea, energy loss, aches and pains, and more.
- When these symptoms eventually become disturbing, Fred will go back to his doctor for treatment.
- The doctor is understandably confused… Fred’s symptoms might be unrelated to each other… even conflicting. They could indicate any number of unrelated causes. The doctor’s general blood screen, of course, will probably NOT show Candida.
- At this point the doctor may do nothing… but most doctors will at least attempt treatment based on Fred’s symptoms… and the treatment is often going to involve a course of… (That’s right)… **anti-bacterial antibiotics**… just what the Candida wanted.

It is easy to see how a combination of growing bacterial immunity to antibiotics, combined with traditional patterns of medical treatment can create the perfect environment for uncontrolled Candida growth.

In addition to poor Fred’s situation, there is mounting evidence that other factors may cause or contribute to Candida Overgrowth Syndrome – toxins, medications, poor diet, among others.
So far, we’ve looked at **non-invasive Candida** and briefly touched on the common outbreaks that are easily identified and treated.

**But it’s not always easy...**

For several reasons, Candida does have the potential to be much more serious than an inconvenient yeast infection.

First, Candida has shown a **reluctance to be identified in general blood cultures**. In fact, it is often not apparent in general blood “work ups”. In fact, **autopsies often show widely spread Candidiasis infections**. However, the Candidiasis was detected by blood work only about 50% of the time, prior to the patient’s death.

Second, Candida albicans is one of the really serious threats faced by patients with **weakened immune systems**. This means that patients with AIDS/HIV, patients undergoing chemotherapy and others have an increased risk of serious infections from Candida. In fact, nearly 15% of AIDS patients develop a threatening form of Candida albicans condition.

A third area of growing concern is the frequency that Candida is found as the **infectious agent in hospital-sourced infections**. This has been particularly true with ICU and transplant patients and particularly with catheter and IV infections.

While most physicians recognize that Candida poses a threat in patients who have compromised immune systems, many do NOT recognize the
real extent of this threat to patients with healthy immune systems... this is the Hidden Candida threat!
Now, a Look at the Dark Side...

The medical community has long recognized that Candida has the potential to produce a serious - even life threatening infection. However, conventional medical wisdom indicates that the threat is usually limited to those patients with seriously compromised immune systems.

But there is a much darker side to Candida; a side that is not always recognized by the medical community.

Over the past few years, a rapidly increasing body of evidence seems to indicate that something much more widespread and threatening is happening in the world of Candida albicans.

This growing body of evidence suggests that a disturbingly large number of people, with a very wide range of symptoms, might well be suffering from a something we’ll call Candida Overgrowth Syndrome. While all Candida related infections are actually caused by an overgrowth of the fungus, we will use this term, Candida Overgrowth Syndrome, to refer to a potentially serious, frequently undiagnosed Candida infection in persons who DO NOT have a compromised immune system.
These incidents of undiagnosed Candida Overgrowth often begin as an uncontrolled growth spree that may result in symptoms and problems well beyond those associated with thrush or vaginitis or even Candidemia.

During this growth spree, the Candida will shift from its yeast form to a fungal form and start to invade the body.

In its yeast state Candida is a non-invasive organism, however in its fungal state it is invasive and can produce very long strings or filaments called rhizoids. These rhizoids can penetrate your intestinal walls like tree roots, leaving microscopic holes. Undigested food particles (among other things) can enter the bloodstream through these holes causing Leaky Gut Syndrome.

The Candida can also penetrate your intestinal walls and enter your bloodstream. Once the Candida has access to your whole body, you have a system-wide or systemic Candidiasis.

Systemic Candidiasis can manifest in two ways. It can infect the bloodstream to become what doctors call a fungemia... that is, a fungal infection of the blood. At other times, it may form "colonies" - established centers of growth in other portions of the body.

While the Candida is in your bloodstream, it plays a game of hide and seek with your immune system. Your body knows that something is wrong but it cannot find the Candida.

While it is looking for the Candida, your body may start attacking different things looking for the invader, and sometimes your body attacks itself! This is the start of an auto-immune problem such as Chronic Fatigue, Crohn's Disease, Fibromyalgia, Multiple Sclerosis, or Lupus.
Sometimes the body doesn't attack itself but it attacks harmless particles from the environment and you end up with allergies or food intolerances such as gluten intolerance, allergies to food additives and allergies to preservatives. This is why it is important to avoid these things during the treatment program.

Chances are you or someone you know is suffering from Candida Overgrowth Syndrome. Continue reading for more information and more importantly, the treatment program.
There are many conditions that are either caused by or related to Candida Overgrowth Syndrome. Below is a list of the major ones along with treatment suggestions.

**Vaginal Yeast Infections (Vaginitis)**

Almost 75 percent of women will experience a yeast infection in their life. This common condition occurs when the normal acidity of the vagina changes, allowing Candida to multiply out of control.

Hormonal changes including those caused by pregnancy, diabetes, use of antibiotics and use of corticosteroid medications, encourage yeast infections. Yeast infections are most common where the immune system is weakened. Occasionally men can experience a form of yeast infection called Genital Candidiasis.

The majority of yeast infections are caused by a systemic Candida overgrowth. To cure them and prevent future infections, follow the Candida Treatment Program in Chapter 6.

Yeast infections are usually accompanied by intense itching, burning with urination, and occasionally a thick, white discharge.

**To quickly relieve the pain and itching:**

- Insert one Boric acid powder capsule (Available at Amazon.com) into the vagina each morning and evening for 3-7 days for an acute infection, and 14 to 30 days for a chronic infection.
Studies show the effectiveness of Boric acid is very high especially in women with chronic resistant yeast infections (one study with 100 women showed a 98 percent success rate with this condition).

Another approach uses a retention douche with bentonite clay, Pau D' Arco tea, plain yogurt, tea tree oil and goldenseal. Douche two times a day for seven to 10 days.

Also consider soaking a tampon with diluted tea tree oil (use a solution of one and a half tablespoons of tea tree oil and one cup of water) and keep it in the vagina overnight.

Psoriasis

Psoriasis is a disease that affects the skin and joints. The main effects of psoriasis are red scaly patches on the skin. These scaly patches, called psoriatic plaques, are areas of inflammation and excessive skin production. The skin rapidly accumulates at these sites and takes a silvery-white appearance.

Psoriasis usually affects the elbows and knees, but can affect any area including the scalp, genitals, fingernails, and toenails. It can also cause inflammation of the joints, which is known as psoriatic arthritis.

Recent clinical and experimental data favor Candidiasis as the cause of psoriasis. Antifungals were shown to cure 7 out of 9 psoriasis patients. Anyone with psoriasis should be checked for Candida overgrowth and follow the Candida Treatment Program in Chapter 6.

To quickly soothe the psoriatic plaques:

- The skin plaques can be soothed with essential oils while on the treatment program. The three essential oils that will soothe the skin, reduce inflammation and kill local Candida are: Bergamot,
Sandalwood and Tea Tree. Apply a few drops of each and rub into the skin.

- **Coconut oil** is an excellent moisturizer for psoriasis sufferers. Extra virgin coconut oil is the best and should be used undiluted. It has a tendency to be oily so it should be used of an evening.

## Cancer

One study suggests that **Candida is the infection at the heart of most cancer cells**. And the rise of cancer rates in first world countries over the last 80 years is due to the "modern" carbohydrate-rich, fiber-weak diet.

Carbohydrates in the form of processed white sugar, refined wheat, and other foods with high-glycemic counts feed the fungus so that it grows rapidly and disrupts the normal balance of good bacteria and bad.

This imbalance results in lower immune response, slowed wound healing and ultimately in the infection of healthy cells by parasitic yeast.

Recently, an Italian oncologist, Dr. Tullio Simoncini, pointed out that at the most basic level, **cancer and Candida have very similar (if not identical) characteristics**.

1. Both cancer and Candida feed on sugar.
2. Both grow and reproduce only in **anaerobic (no oxygen)** environments.
3. Both need an acidic environment to survive.
4. When you probe cancer cells within the human body, they appear white in color and uneven in texture just like yeast.

Further, in a comprehensive study by Lankenau Hospital Research Institute and the Institute for Cancer Research (Philadelphia,
Pennsylvania), researchers found fungi present in virtually all cancerous tumors they examined.

Dr. Simoncini has cured many “incurable” cancers at his Italian clinic by washing the cancer tumor with baking soda. The baking soda rapidly changes the acidic environment to an alkaline environment. Neither Candida nor cancer can live in an alkaline environment.

Research shows that a Candida overgrowth may be the root cause of cancer. Using the Candida Treatment Program as an adjunct to other treatments may be the fastest way to a cancer free future!

**Obesity**

Most people think that the cause of obesity is simply eating too much. This isn't always true. Some people can't seem to lose weight no matter how well they eat, and are plagued by food cravings and digestive problems.

Researchers have found that problems with Candida albicans in the stomach probably are part of the cause of several serious gastrointestinal diseases, including Crohn's disease, Leaky Gut Syndrome and other inflammatory bowel syndromes.

So what does this all have to do with obesity? You would expect intestinal problems to keep you from eating. It would seem as though you would loose weight. However Candida Overgrowth can create food allergies and food sensitivities. These lead to cravings (especially sugar cravings) and mal-absorption.
With mal-absorption, your body doesn’t absorb the nutrients it needs so you **crave more food**. You end up eating twice as many calories to get the same amount of nutrients that a normal person would get.

**Dealing with obesity:**
The way to break the cycle is to get rid of the Candida with the Treatment Program in Chapter 6. You also need to keep a journal of everything you eat and how you feel two hours later. Any food that makes you feel ill, tired or bloated should be removed from your diet until the treatment program is complete. Also any food that creates cravings instead of filling you up should be avoided.

When the treatment program is complete, don’t immediately jump back into your old eating habits. Do the Challenge Phase of the Candida Diet.

**Challenge Phase of the Candida Diet:**
1) Wait at least two weeks after all symptoms are gone.
2) Add one of the avoided foods into your diet.
3) Watch for symptoms for 48 hours.
4) If you don’t get any symptoms, it is safe to eat that food again.
5) Proceed to challenge your body with each avoided food until all have been tested.

If symptoms reoccur, you either have not gotten rid of the Candida or you were sensitive to the food prior to getting a Candida overgrowth and it should be avoided for life.

Another method to help you loose weight is hypnosis. You can find a local hypnotherapist in your local yellow pages or you can use hypnosis CDs in your home. One brand of hypnosis CDs that visitors to my website have had luck with is from Hypnosis Network. Their hypnosis CDs are created
by world-renowned hypnotist and psychotherapist Roberta Temes. She has a Ph.D. in Counseling Psychology.

Leaky Gut Syndrome

"Leaky Gut Syndrome", also known as increased intestinal permeability, is just what it sounds like: when **there are holes in your digestive tract**, whatever is in there can leak directly into the bloodstream and elsewhere in the body.

Leaky gut syndrome has been linked to **obesity, skin problems, food sensitivities, depression, autism, and heart disease**.

Dealing with Leaky Gut Syndrome:

Since Leaky Gut can be directly caused by Candida, you should start the Treatment Program in Chapter 6. You also need to keep a journal of your diet as described above.

Arthritis

As your body attacks the Candida it may also attack anything which looks like Candida. Candida has connective tissue receptors. Many tissues in your body (such as your joints) have connective tissue receptors as well.

As your immune system fights the Candida, it may also attack your joints. The result may be painful arthritis.

Dealing with arthritis:

The Treatment Program in Chapter 6 is recommended for anyone suffering from arthritis especially the Candida Diet. Even if your arthritis is not caused by Candida, the Candida Diet helps to ease the symptoms.
There are numerous ways to deal with the pain of arthritis without resorting to drugs.

**Natural Pain Relieving Methods**

1) Proper Sleep
2) Prayer / Meditation
3) Stretching
4) Reduce / Prevent Inflammation
   a. Eat properly
      i. Whole foods - not processed
      ii. No sugar
      iii. No soft drinks
      iv. No fried foods
   b. Avoid alcohol
   c. Avoid cigarettes
5) Exercise Regularly
6) Visit a Chiropractor
7) Massage Therapy
8) Acupuncture
9) Hot Packs and or Cold Packs
10) Listen to Music
11) Sunshine
12) Hypnosis

**Natural Pain Relieving Supplements**

1) Vitamin D – 2000 IU daily
2) Noni Juice – 1 oz as needed
3) Ginger – 4 gm daily
4) Omega-3 (Fish Liver Oil) – 1 tbsp daily
5) Bromelain – 500 mg 3 times daily
6) MSM – 6 gm daily
7) Glucosamine Sulfate – 1500 mg daily
8) Chondroitin Sulfate – 1200 mg daily
9) Cinnamon – ½ tsp daily
10) Grape Seed Extract – 300 mg daily
11) Devil’s Claw – 300 mg daily
12) St. Johns Wort – 300 mg 3 times daily
13) Turmeric – 500 mg daily
14) Dandelion – 1 tbsp juice or 1 cup tea twice daily
15) Pine bark Extract – 50 mg 3 times daily
16) SAMe – 200 mg daily
17) White Willow Extract – 2000 mg daily

**Topical Pain Relievers**
1) Capsaicin Cream
2) Essential Oils
   a. Bergamot
   b. Clove Bud
   c. Cypress
   d. Spruce
   e. Tea Tree
   f. Wintergreen

**Acid Reflux**

There are two ways that Candida Overgrowth can cause acid reflux:
1) Fermentation
2) Under-production of stomach acid

When the overgrowth of Candida in the intestines becomes massive, it can begin to ferment. The fermentation produces excess gas that travels upwards through the small intestines, the stomach, and finally through the esophagus.
It causes gas, bloating, belching and difficulty in digesting foods. It also burns and erodes the esophagus. The burning is referred to as heartburn.

The other cause is under production of stomach acid (hydrochloric acid, HCL). Strangely enough, the symptoms of stomach acid over-production and under production are virtually identical.

Hydrochloric acid serves three important functions in your stomach:

1) It dissolves your food so it can be digested in the intestines.
2) It kills many potentially harmful micro-organisms in our food.
3) It helps balance the acidity of your food. When you consume excess acid forming foods the production of stomach acid uses up considerable amounts of the acid forming material from the food. The less acid you digest, the better your body can balance its acidity.

Dealing with acid reflux:
The Treatment Program in Chapter 6 is the recommended starting point. The Candida Diet will also help immensely. Two supplements that will cool the fire are Ginger and Oil of Oregano. Digestive enzymes and probiotics will also help you digest your food and tame the reflux.

Betaine HCL will help with under production of stomach acid. Proper dosage is found through testing. You start with one capsule before each meal. If the burning or heaviness gets worse, do not continue taking as you may have acid over-production.

If the burning decreases, increase the dosage to two capsules before each meal. Continue testing up to a maximum of four capsules before each meal. Stop when you receive the best benefit. Regular
supplementation with Betaine HCL will retrain your body to produce the correct amount of stomach acid.

ADD & ADHD

Candida Overgrowth symptoms can mimic those of ADD and ADHD. The ADD treatments may suppress the symptoms but they will do little to relieve the underlying cause... Candida.

Dealing with ADD:
Studies have shown that the Candida Treatment Program will help most cases of ADD and ADHD. You can restore your normal thinking again!

Asthma and Allergies

There is growing evidence of a link between asthma, allergies (both respiratory and food), and Candida Overgrowth. These common and increasing respiratory disturbances show remarkably positive reaction to Candida treatment, including reduction of carbohydrate intake.

Autism

Several studies indicate a link between Candida Overgrowth and autism. According to these researchers, Natural Candida treatment has been shown to effectively reduce the symptoms of autism in large numbers of treated children.

Celiac Disease

Celiac disease, triggered by gluten proteins from wheat in susceptible people, can damage the central nervous system. The cell walls of Candida, contain the same protein sequence as wheat gluten and may trigger or stimulate Celiac Disease. People of Irish descent are far more
likely to get celiac disease than others and should be extra cautious to avoid Candida infections and treat them aggressively if they occur.

I became sensitive to gluten when I had a Candida overgrowth. Even though I am now Candida free, I am still sensitive to gluten. Research shows that a large percentage of the population has mild to moderate sensitivity to gluten.

The acronym for grains containing gluten is B.R.O.W. That stands for Barley, Rye, Oats and Wheat. Even after you cure your Candida overgrowth, it is wise to avoid these grains. If you have the desire to eat these grains make sure you perform the Challenge Phase of the Candida Diet to see if you are sensitive or not.

**Chronic Fatigue**

Chronic Fatigue Syndrome (CFS) now has an actual medical definition: **Severe disabling fatigue in combination with impaired concentration and short-term memory, poor sleep, and musculoskeletal pain.**

Other symptoms include general malaise, headache, depression, low-grade fever, poor concentration, gastrointestinal symptoms, allergies, muscle and joint pain, anxiety attacks, mental confusion, sleep disturbance, weight loss, and skin rash.

Some chronic fatigue patients have flu-like symptoms such as chills and sore throat. Mental and emotional symptoms are common. Memory for recent events may be diminished. Comprehending spoken words may be difficult. Some patients are constantly sick while others experience periods of exacerbation and remission. Women report CFS more often than men.
A close cousin of CFS, fibromyalgia, is a similar condition that shares many of the same symptoms. Both of these conditions appear to be connected to yeast overgrowth. A significant number of sufferers from these two syndromes find relief when they follow Candida Diet and other protocols to address their yeast overgrowth.

**Dealing with CFS:**
- Start with the Treatment Program in Chapter 6
- Incorporate the Candida Diet
- Take probiotics, digestive enzymes, and ginger
- Use EFT
- Perform gentle exercise, such as yoga
- Sleep and rest management

**Depression**
Candida depression occurs when toxic Candida byproducts enter the bloodstream and affect the brain. This yeast toxin hypersensitivity has a number of negative neurological effects. Some of those effects are: depression, memory issues, anxiety and reduction in reasoning ability. In order to relieve the depression, the Candida needs to be controlled and minimized by detoxification, herbs, garlic and by eating a diet designed to reduce the overgrowth of the Candida. Learning to reduce stress levels, and to improve ones mental outlook and level of positivity is also part of the program.

**Nail Fungus**
Candida depression occurs when toxic Candida byproducts enter the

**Diabetes**
Women with diabetes have higher levels of glucose in the blood (because of problems with insulin production or the body’s response to the insulin that is available), and therefore secretions of the body tend to have higher sugar levels. Sugar supports increases in Candida growth. Combine this with the weaker immune system in diabetics, and the Candida can flourish and grow.

**Fibromyalgia**

There is great similarity between the symptoms of Fibromyalgia and of the symptoms of Candida. The treatment of Fibromyalgia has been primarily focused on pain relief, relaxation and psychological support and, while somewhat helpful, does not address the cause nor affect a cure. If primary Candida is suspected, the use of anti-fungal agents, alternative medical support for the immune system, probiotics to repopulate the bowels, and a low sugar diet may be effective in those who have Fibromyalgia as a result of a concurrent Candida infection.

**Lupus**

Many body tissues such as the joints have connective tissue receptors. Candida has receptors that are remarkably similar. As the body attacks the Candida it may also attack anything which looks like the Candida. Because of the body’s connective tissue receptors, the body’s immune system may also attack the body cells which have these receptors. The result may be painful joints and other inflamed tissues as in lupus.

**Migraines**

Candida, when allowed to get out of control, can produce 79 distinct toxins, which are released into the body. These toxins are the cause of many of the symptoms of a Candida infection, including migraines. One of these toxins is acetaldehyde, which is the toxin that is responsible for the
symptoms of an alcohol hang-over. In most cases when people experience a migraine, they will have throbbing pain on one side of their head and which can spread to both sides. One way of helping ease the migraine attacks, and often other Candida symptoms, is to drink plenty of water. This will help to remove the toxins more quickly from your body, and also keep you hydrated (dehydration can cause headaches and migraines). Therefore drinking 8 to 10 glasses of water will likely help the symptoms.

**Multiple Sclerosis**

Candida can cause diseases such as multiple sclerosis and rheumatoid arthritis, because Candida can display on its surface, the human connective tissue receptor, called the laminin receptor. The normal function of the laminin receptor is to allow human cells to anchor themselves to the body’s membranes and to other cells. Candida uses this receptor, to anchor itself into the membranes of the human body, such as the inner intestinal lining. Candida appears similar to a number of human receptors including those found on human brain cells. By displaying such receptors, Candida is able to look like our own cells, including cells that are in the brain. Candida is also able to make itself look like cells which are found in the connective tissue of the joints. As a result, the body’s immune system, in attempting to fight Candida, also attacks our body's own organs, resulting in diseases such as multiple sclerosis and rheumatoid arthritis.

**PMS**

Candida overgrowth may trigger PMS symptoms by activating an autoimmune response to sex hormones such as estrogen. The normal rise and decline of estrogen in the female monthly cycle could help explain the periodic flare-ups and subsequent quieting of Candida symptoms, which
can be similar to those of PMS. For women experiencing PMS discomfort who also have a high Candida presence, treating the Candida may improve PMS symptoms.
Chapter Five
Do You Have Candida?

A Word of Caution...

Before we start talking about symptoms and diagnostics, let me just paraphrase Dr. Freud... “Sometimes a cigar is just a cigar... and sometimes a cold is just a cold.”

In other words, when you get sick, you need to go see a doctor... and most of the time, that doctor will correctly diagnose and treat your problem. And that’s how you should handle any serious illness.

But for a growing number of people, this approach has not worked. They visited their doctor repeatedly... they visited other doctors... they were examined and treated with increasing frustration by their traditional medical team... and they have found no relief. And if this is where you are, then you just might find some answers in this chapter.

A Wide Range of Symptoms

The appearance of one or more of the following symptoms is not unusual. What is unusual is when a number of these symptoms appear with disturbing regularity or seem unaffected by medical treatment. When that occurs, you may have cause to suspect Candida Overgrowth Syndrome.
If you have a number of these symptoms or if you have one or more that seem to recur regardless of treatment, consider the possibility of Candida Overgrowth Syndrome:

**Digestive Symptoms**

- Abdominal Pain
- Acid Reflux
- Bloating
- Colitis
- Constipation
- Crohn's Disease
- Diarrhea
- Food Allergies
- Food Cravings
- Ulcers
- Gas
- Gastritis
- Irritable Bowel Syndrome
- Leaky Gut Syndrome
- Nausea
- Persistent Heartburn
- Rectal Itching
- Sugar Cravings

**Mental Symptoms**

- ADD
- ADHD
- Anxiety
- Apathy
- Autism
- Confusion
- Depression
- Dizziness
- Dramatic Mood Swings
- Foggy Thinking
- Frequent Headaches
- Irritability
- Memory Loss
- Migraine
- Mood Swings
- Panic
- Poor Concentration
- Poor Coordination
- Spaced-Out Feeling

**Mouth Symptoms**

- Bad Breath
- Burning Tongue
- Canker Sores
- Dry Throat
- Mouth Blisters
- Sore Throat
- White Coating on your Tongue

**Respiratory Symptoms**

- Asthma
- Bronchitis
- Chronic Congestion
- Chronic Cough
- Clogged Sinuses
- Congestion
<table>
<thead>
<tr>
<th>Excess Mucous</th>
<th>Sinus Infections</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nasal Itching</td>
<td>Sneezing</td>
</tr>
<tr>
<td>Pneumonia</td>
<td>Wheezing</td>
</tr>
</tbody>
</table>

### Skin Symptoms

<table>
<thead>
<tr>
<th>Acne</th>
<th>Itchy, Purple or Red Patches on the Skin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athlete's Foot</td>
<td>Psoriasis</td>
</tr>
<tr>
<td>Diaper Rash</td>
<td>Skin &amp; Scalp Problems</td>
</tr>
<tr>
<td>Eczema</td>
<td>Sores</td>
</tr>
</tbody>
</table>

### Urinary Symptoms

<table>
<thead>
<tr>
<th>Bed Wetting</th>
<th>Male Dribbling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bladder Infections</td>
<td>Male Lack of Urinary Pressure</td>
</tr>
<tr>
<td>Burning Urination</td>
<td>Urethritis</td>
</tr>
<tr>
<td>Cystitis</td>
<td>Urinary Frequency</td>
</tr>
<tr>
<td>Kidney Infections</td>
<td>Urinary Urgency</td>
</tr>
</tbody>
</table>

### Reproductive Symptoms

<table>
<thead>
<tr>
<th>Chronic Prostate Difficulties</th>
<th>PMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Endometriosis</td>
<td>Premature Ejaculation</td>
</tr>
<tr>
<td>Genital Rashes</td>
<td>Prostatitis</td>
</tr>
<tr>
<td>Impotence</td>
<td>Sexual Dysfunction</td>
</tr>
<tr>
<td>Infertility</td>
<td>Vaginal Yeast Infections</td>
</tr>
<tr>
<td>Irregular Menstruation</td>
<td>Vaginitis</td>
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</tbody>
</table>

### Eye Symptoms

<table>
<thead>
<tr>
<th>Blurred Vision</th>
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<tr>
<td>Eye Floaters</td>
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</table>

### Other Symptoms

<table>
<thead>
<tr>
<th>Bumping into Things</th>
<th>Hormonal Imbalance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charley Horses</td>
<td>Hypoglycemia</td>
</tr>
<tr>
<td>Chronic Allergies</td>
<td>Hypothyroidism</td>
</tr>
<tr>
<td>Chronic Fatigue</td>
<td>Immune Dysfunction</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Irregular Heartbeat</td>
</tr>
<tr>
<td>Fibromyalgia</td>
<td>Lupus</td>
</tr>
<tr>
<td>Fluid Retention</td>
<td>Multiple Sclerosis</td>
</tr>
<tr>
<td>Heart Palpitations</td>
<td></td>
</tr>
</tbody>
</table>
Muscle Pain (Lower Back & Neck)  Weight Gain
Nail Fungus - Nails that are  You feel 20 or 30 years older
discolored, thickened and flaky  You've seen many doctors
Racing Heart Spells  who sent you home saying
Sensation of Heat at Night  "it's all in your head"
Weakness

Do any of these symptoms sound familiar? If so, there might be a way to end your suffering...

Diagnosing Candida albicans

Once diagnosed, Candida Overgrowth Syndrome can be effectively treated in several ways (see Chapter 6)... the real problem is that it WON'T be successfully treated unless it is successfully diagnosed... and that IS the real problem.

The stories told by many cured Candida sufferers are frighteningly similar. They tell of increasingly severe symptoms... symptoms that are varied and seemingly unrelated.

Most suffers then describe (often bitterly) repeated doctor visits, inconclusive tests, visits to new doctors or specialists, more inconclusive tests... increasing frustration by the patient AND the medical team... often ending with an unspoken resignation and recognition that the condition is “untreatable” with the unspoken implication that the condition may be non-existent.

The Hidden Disease…

Janie sat in her car and cried. She didn’t care who noticed or what they thought… she just knew she was sick… her head ached, her arms and legs ached, her stomach ached… and nobody believed her.

This last doctor was the worst… he reviewed her records, listened to her symptoms, and ran the usual tests. And as usual, found nothing. He suggested that she get some emotional counseling for “stress”… and he couldn’t wait to get back to his “real” patients.

The pain in Janie’s head was worse now… she closed her eyes and waited for the throbbing to pass…
It is often at this final point of resignation and frustration that many patients take matters into their own hands... and for many; **this is the key to a successful recovery.**

However, a growing number of doctors are studying and recognizing the link between Candida and "unresponsive" symptoms. You can find these doctors by contacting either of these referring organizations"...

**American College for Advancement in Medicine**
http://www.acam.org

**The American Academy of Environmental Medicine**
http://www.aaemonline.org

Once you find a doctor, you need to make sure they use the best tests to find the Candida. The most reliable medical test is the Candida Immune Complexes test.

The second most reliable is the combination of IgA, IgG and IgM tests. None of the Ig tests are reliable alone. They must be used as a combination.

Both the Candida Immune Complexes test and the combination of Ig tests are expensive and must be ordered by your physician. They range in price from $100 to $250 plus the cost of visiting your physician twice - once for the initial visit and blood draw and once again to discuss the results.

There is a simple home-test may help you determine if you have a Candida problem:

**Home Saliva Test**

This test should be done when you first get us in the morning, BEFORE you rinse your mouth or brush your teeth.
1) Fill a clear glass with room temperature bottled water (not tap water).

2) Spit some saliva into the glass of water. Set it aside.

3) Every fifteen minutes or so, check to water. Look for:
   - Strings (fibers) traveling down into the water from the saliva floating on the top,
   - Cloudy specks (particles suspended in the water), or
   - Cloudy saliva that sinks to the bottom of the glass.

These are indicators that you have a Candida problem.
A Treatment Overview

Before we explore a treatment program for Candida Overgrowth Syndrome, let’s step back and review your situation...

If you really are suffering from Candida Overgrowth Syndrome, then you have a number of issues to address:

1) Your immune system is probably weakened,
2) The naturally occurring bacteria that normally controls Candida has been reduced or destroyed,
3) Of course, you have high levels of Candida in your system,
4) You have colonies of Candida in parts of your body where you would normally not find it in such concentrations,
5) You have toxins from the Candida causing a wide range of confusing and debilitating symptoms, and
6) The Candida related problems have left you physically weak and vulnerable to other infections and problems.

The Bad News is... there is no “Silver Bullet”... there is no single pill or food or exercise that is going to make it “all go away!”

The Good News is... you CAN treat these problems... and with a very high expectation of success. But to treat this series of issues, you need a
series of treatments... you need a complete “Six Step Program” ... and here's the most important part... you can’t “pick and choose” the steps that are convenient... you must do it all... and you must do it consistently.

You may wonder if it is worth the trouble. Stop for a second and imagine with me if you will...

➢ No more doctor visits
➢ No more pain
➢ No more fatigue
➢ No more stomach problems
➢ No more foggy thinking
➢ No more itchy, red rashes

You tell me - is it worth it?

### Six Steps and Three Warnings

The Treatment Program that is proving most effective against Candida Overgrowth Syndrome consists of six, inter-related steps:

1) **Eliminate the Cause of the Overgrowth**
2) **Starve the Candida**
3) **Kill the Candida**
4) **Repair the Damage**
5) **Remove the Toxins**
6) **Encourage Good Bacteria Growth.**

This Program has an undeniable record of success but ONLY if:

- It is followed completely, and
- It is followed patiently and consistently over time.
Caution #1! This treatment program may bring noticeable results after a very short time. Such symptomatic relief does NOT mean the Candida is eliminated. This treatment program should be continued for at least 6-8 weeks to insure full recovery.

Caution #2! Yeast Die-Off (The Herxheimer Reaction) - The rapid “die off” of the Candida, may cause extreme discomfort as the body reacts to the huge amount of toxins released. You may feel flu like symptoms and/or your original symptoms may get worse. Except in severe cases, this is not a sign that the treatment program should be suspended, rather it is a sign that the treatment is working. In severe cases you may wish to reduce treatment until the unpleasant symptoms subside.

Caution #3! Even after a full recovery... Remember... Candida is with us always... patiently waiting for another opportunity. Many of the treatment steps should become normal maintenance activities... a permanent part of your lifestyle to prevent a future outbreak!

**Step #1: Eliminate the Cause of the Overgrowth**

In Step #1 you must eliminate the factors that initially led to the uncontrolled growth of the Candida fungus. We examined a number of these factors in Chapter 3. The major direct causes of overgrowth are relatively easy to identify... but elimination of some can be a problem.

**Primary Causative Factors**

The **Primary Causative Factors** are conditions that lead directly to a Candida overgrowth. They kill off the beneficial bacteria in your gut. Once the beneficial bacteria are diminished, the Candida can take over.
• **Mercury**
  - "Silver" Tooth Fillings
  - Contaminated Seafood
  - Vaccines
  - Flu Shots
  - Childhood Vaccines

• **Fungal Toxins**
  - Food borne Toxins (Corn aflatoxin)
  - Peanuts - Most are contaminated with mold
  - Pistachios - Most are contaminated with mold
  - Moldy Vegetables
  - Airborne Toxins
  - Mold in your home or workplace

• **Chlorinated Water**
  - Drinking Chlorinated Water
  - Bathing or Showering in Chlorinated Water
  - Swimming in Chlorinated Water

• **Fluoridated Water**

• **Pharmaceutical Medications**
  - Antibiotics
  - Vaccinations - Most contain mercury
  - Birth Control Pills
  - Steroids
  - Hormone Replacement Therapy
  - Pain killers
  - Cortisone-type Drugs

• **Poor Diet**
  - Aspartame
  - MSG
  - Consistent Alcohol Consumption
  - Nutritional Deficiencies
Overeating
Junk Foods
Sugary Foods
Refined, Canned, Smoked, Preserved and Fried Foods
Not Being Breast Fed for the First Six Months of Life

- Eating Disorders
  - Starvation
  - Vomiting
  - Taking Laxatives

Secondary Causative Factors
The Secondary Causative Factors lower your body’s immunity. A lowered immunity gives the Candida an advantage so that any time you are exposed to a direct cause - the Candida can take over in record time.

- Physical, Mental, Emotional or Spiritual Imbalances
  - Trauma
  - Stress
  - Long Term Infections
  - Smoking Cigarettes
  - Excessive Stimulants or Depressants
  - Caffeine
  - Nicotine
  - Alcohol

- Environmental Toxins
  - Pharmaceuticals in Your Drinking Water
  - Chemicals Leeching from your Carpets
  - Pesticides
  - Herbicides
  - Synthetic Fertilizers
  - Food Additives
  - Shampoo Additives
Soap Additives
Skin Lotion Additives
Fragrance Additives
Perfumes
Soaps
Shampoos
Conditioners
Laundry Detergents
Fabric Softeners
Air Fresheners
Bisphenol A leaching from Plastics
Water Bottles
Plastic Food Containers
Shower Curtains
Diseases
HIV and AIDS
Diabetes - There is more sugar in the blood and urine which feed the yeasts
Cancer
Radiation kills the beneficial bacteria in your intestines
Chemotherapy damages your immune system

In summary, there is a wide range of events and factors that, given the right circumstances, can lead to an uncontrolled Candida outbreak.

<table>
<thead>
<tr>
<th>Direct Causes of Overgrowth</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cause</strong></td>
</tr>
</tbody>
</table>
| Antibiotics                | Kills beneficial bacteria | 1. Use only when NECESSARY  
2. Supplement with beneficial bacteria |
| Silver (mercury)           | Weakens immune          | 1. Do not get amalgam fillings                     |
In addition to the major direct causes of overgrowth, a large number of chemicals and contaminants can reduce your body’s immunity, leading to Candida Overgrowth. These chemicals include:

- Pesticides,
- Herbicides,
- Food additives,
- Shampoo additives,
- Soap additives,
- Skin lotion additives and
• Fragrance additives.
• See Appendix C for a complete list

Generally, you should avoid contact with these chemicals for a variety of health reasons, including control of Candida.

Mercury
If you have any silver fillings in your mouth at all, there is a good chance that you are ingesting small amounts of mercury everyday. These small amounts not only kill off the good bacteria, they can slowly build up in your body leading to mercury toxicity.

Mercury toxicity can lead to health problems and chemical sensitivities of all sorts; perfumes, car exhaust, paint fumes... Any chemical might start causing you problems.

There are three ways to determine if you have mercury toxicity: hair analysis, a fecal metal test or a urine mercury test. Of these three, the hair analysis is the most accurate as well as the cheapest. It also tells you the levels of 16 other toxic substances in your body as well as the levels of 23 essential elements. Thus it can be used pinpoint problems in your diet.

Order you hair analysis online at http://www.scienceformulas.com. It costs $129 and includes a phone consultation with a doctor specializing in mercury detox.

Your fillings will continue to leak mercury long after you have done a mercury detox and conquered your Candida Overgrowth. For some people this is not a problem. They simply take probiotics to keep their gut bacteria healthy and never again have a Candida problem. For others the mercury will cause a lifelong problem with Candida.
To make sure you will not have a continued problem due to your fillings, I recommend finding a dentist to check your fillings for mercury leakage. You can find a local dentist at http://www.iaomt.org. The test is usually only $100-$200 dollars. However if you need to have your mercury fillings removed, plan on spending $1500-$2000 per tooth.

**Step #2: Starve the Candida**

Step two is to starve the Candida. If the Candida continues to feed during the treatment program, it will remain strong and resistant to the treatment.

Candida feeds primarily on carbohydrates. For the purposes of this discussion, we will consider “simple carbohydrates” and “complex carbohydrates”.

**Simple Carbohydrates**

Simple carbohydrates are forms of sugar. You probably recognize that there are some real health issues with “refined sugar”, but Candida doesn’t care... it loves ANY form of sugar and that means that for the term of the treatment program (6-8 weeks), you need to avoid sugar, IN ALL OF ITS FORMS.

That means no sugar in your coffee, no soft drinks, no ice cream, no desserts... you get the picture. But just cutting out sweets isn’t enough... there are different forms of sugar in many foods... and Candida thrives on all of them. (For a list of all of the different forms of sugar, see Appendix A).

Most people are actually addicted to sugar. If you are one of these people there are three ways to break that addiction:

1. EFT – see Appendix H for details
2. Gymnema Sylvestre

3. Hypnosis from a professional or self-hypnosis

Gymnema Sylvestre

Gymnema Sylvestre is an unassuming woody climbing plant, native to the lush tropical regions of India. It has bitter leaves, dubbed "sugar destroyers," that can actually eliminate the ability to taste sugar in your mouth, thereby reducing your cravings for sugar.

This herbal remedy is thought to work via gymnemic acid, its active ingredient. Gymnemic acid molecules have a unique shape that are similar to glucose, meaning they are able to fill cell receptors in the lining of your intestines, preventing uptake of sugar molecules and resulting in lower blood sugar levels.

Meanwhile, because gymnemic acid and Gymnema leaf extract interfere with the ability of your taste buds to taste sweet or bitter. It's thought that by inhibiting this ability, people taking it will limit their intake of sweets, which further helps blood sugar levels.

A West African berry called Synsepalum dulcificum, only slightly better known as the miracle fruit, has a powerful natural property:

Anything you consume for about an hour after eating one tastes sweet, even substances as diverse as goat cheese and rich stout beer.

A protein in the miracle fruit binds to a patient's taste buds, altering the tongue's sweet receptors so they activate when more sour foods are eaten. Experiments intended to genetically engineer the properties of the miracle fruit have largely failed.
If you’ve just started on our Natural Candida Cure and you’re still struggling with sugar cravings, try this fast and easy way to banish them without sabotaging your diet: open a capsule of L-glutamine and sprinkle its contents on your tongue.

This amino acid balances your brain chemistry and eliminates cravings. You can get L-glutamine at most health food stores and nutrition outlets.

Sugar cravings
*What can you do?*

- Don't keep sugar-laden products at home. Make sure that you have to drive to the store, so you can have time to possibly change your mind.
- Remove corn from your diet. Since much of the sugar in processed foods comes from a corn base, leave corn out of your diet until you have given up sugar for at least two months. If you have been eating a lot of sugar, you are probably allergic to corn. Any form of corn - cornstarch, corn sweetener, cornbread, corn on the cob - can bring on a craving.
- If you are tempted to eat sugar, thinking that it will bring your blood sugar level back to normal, don't do it. Instead eat complex carbohydrates such as sweet potatoes, wheat free bread and crackers, or even nuts. After eating these foods, your blood sugar level will return to normal.
- Always read labels - there is always a lot of hidden sugar available. See Appendix A for all of the different forms of sugar.
- Eat protein in small portions. Proteins are broken down into amino acids. This makes possible the release of glycogen (stored sugar) which raises the blood sugar level. If you eat too much, too much sugar is released and you may crave sweets.
• Moderate exercise: works miracles. It shuts down the mechanism in the brain that controls appetite.

• Substitute: those things sweetened with maltose, sorbitol or other forms of complex natural sugars, when using an artificial sweetener such as saccharin, or Nutrasweet the body gets fooled into thinking the sweetener is sugar and it produces a boost of insulin. The blood sugar level goes low and you start craving sugar again.

• Substitute carob for chocolate, but make sure there is no hydrogenated fat which is difficult for the body to use.

• Don't drink soft drinks - sugar free soft drinks upsets the body's calcium-phosphorus ratio.

• Try avoiding any foods that you are allergic to. Do not eat fruit until you stop having cravings. Fruit contains fructose and glucose, which will raise your blood sugar. For a sugar-sensitive person, fruit can change the mineral relationship.

• Don't drink coffee, it can lower your blood sugar and you might experience those hypoglycemic symptoms and bring on the sugar cravings.

**Helpful supplements:**
Some dietary supplements to curb sugar cravings.

• Glutamic acid (the amino acid L-glutamine) fuels the brain. It can curb those sugar cravings. Take 500 milligrams three times a day.

• Chromium stabilizes the blood sugar. Eating sugar in large quantities can cause mineral loss, most notably chromium, which is particularly important for blood sugar regulation. Chromium protects from the cravings and overeating that are triggered when blood sugar levels are unstable. Add extra GTF (glucose tolerance factor) chromium to your supplements
Reduce Or Eliminate High Blood Sugar Naturally

Further reading
There are also books that can help you understand sugar cravings and help you kick your habit.

Stop Carb & Sugar Cravings Quickly And Easily

Hypnosis
One of the best ways to overcome this addiction is through hypnosis. I personally used hypnosis to overcome my addiction to cigarettes after smoking for more than 10 years.

You can find a local hypnotherapist in your local yellow pages or you can use hypnosis CDs in your home. One brand of hypnosis CDs that visitors to my website have had luck with is from Hypnosis Network. Their hypnosis CDs are created by world-renowned hypnotist and psychotherapist Roberta Temes. She has a Ph.D. in Counseling Psychology. The CDs are based on weight loss but one of the key factors in weight loss is breaking your addiction to sugar.

Complex Carbohydrates
Complex carbohydrates are found in grains, and grain based foods, like bread and pasta. As your body digests these complex carbohydrates, they are changed into... you guessed it... sugar.

Therefore you need to avoid ALL grains for the duration of the treatment program. There are some grain-like seeds that you can use instead. Use amaranth, quinoa and buckwheat flours to make your pastas, breads and other foods requiring flour. These flours are from seeds and do not
feed the Candida the way that grains do. Avoid any recipe that calls for yeast though.

Of all the steps you need to follow to get healthy, you are probably beginning to see why this is the most difficult one... changing your eating habits is one of the most difficult behaviors to change... just ask anybody who is trying to lose weight. However it is one of the most beneficial changes that we can make.

If you find that converting to the Diet is just proving too difficult, try one of more of these tricks:

- Eat a really large breakfast...
- Make sure you have plenty of protein with every meal,
- Eat healthy snacks and small meals frequently... i.e. every two hours,
- Use EFT to ease the conversion,
- Try hypnotism,
- Buy a Candida Cookbook, like the “Yeast Connection Cookbook” by William G Crook.

Happily, we don’t have to give up chocolate or lasagna forever... just for the 6-8 weeks of the Treatment Program. But don’t plan on a dietary “binge” at the end of the Program... this might be a great opportunity to permanently change your eating habits for the better... Take a look at the harmful food additives in Appendix B and C before you order that next Big Mac.

The truth is that even if you WANT to eat right, it’s almost impossible to remember all the things you should (or shouldn’t) eat during the treatment period... so we are going to help... In Appendix F, you will find a handy “Quick Reference to the Candida Diet”...

- Just print it out,
Cut along the dotted lines and staple the little pages together, and Voila’... this handy little diet reference guide will fit in your purse or pocket... so no more excuses!

Step #3: Kill the Candida

Removing the cause of Overgrowth and weakening it are important steps... but we need to kill the overgrowth. This can be accomplished by taking man-made or natural anti-fungal medicines.

Pharmaceutical Approach

The man-made anti-fungals have one major advantage, if they work, they will work fast. They should have eliminated the Candida in 30 to 60 days. But these medications have three major drawbacks:

- First, they require a prescription. By now you know that it is extremely difficult to get a doctor to consider diagnosing Candida Overgrowth Syndrome, much less treat it. For help locating a qualified doctor, see Chapter Four.
- Second, most will attack your liver as well as the Candida.
- Third, if you do get a prescription, the prices will take you breath away.

The most popular medicines they prescribe are

- Diflucan (fluconazole) for systemic Candida infections, doses of up to 400 mg per day are used.
- Nystatin is available in liquid form. Typical dosage is 4-6 ml four times per day. It is not digested by the body so it only kills Candida in the digestive tract.
- Amphotericin B is a potentially dangerous medication should be used only in severe, threatening cases.
If you take any man-made anti-fungal, be sure to have the doctor test your liver enzymes occasionally. You don't want to permanently damage your liver while trying to kill the Candida.

<table>
<thead>
<tr>
<th>Topical Candida Medications</th>
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<tbody>
<tr>
<td><strong>Drug</strong></td>
</tr>
<tr>
<td>Clorimazole</td>
</tr>
<tr>
<td>Miconazole</td>
</tr>
<tr>
<td>Tioconazole</td>
</tr>
<tr>
<td>Ketoconazole</td>
</tr>
<tr>
<td>Nystatin</td>
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<tr>
<th>Oral Candida Medications</th>
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<tbody>
<tr>
<td><strong>Drug</strong></td>
</tr>
<tr>
<td>Nystatin</td>
</tr>
<tr>
<td>Amphotericin B</td>
</tr>
<tr>
<td>Terbinafine</td>
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<tr>
<td>Fluconazole</td>
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<tr>
<td>Itraconazole</td>
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<tr>
<td>Ketoconazole</td>
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**Natural Approach**

The other approach is to use natural treatments. I will always recommend the natural approach over pharmaceuticals. Pharmaceuticals always have side effects.
Natural treatments are more readily available, they are much less expensive, and in most cases, they have fewer side effects. However, the treatment may require up to six months to be fully effective. The rule of thumb is one month of treatment for every year that you have had Candida.

The natural approach generally requires three steps:

1. First, select one natural anti-fungal and one mixture and take them for a week (see the lists below)
2. Next, select a different natural anti-fungal and a different mixture and take for the second week.
3. You should take 3 or 4 different natural anti-fungal products each month. The natural anti-fungals need to be rotated every week so that the Candida cannot adapt to them.

Natural Anti-Fungal Treatments

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Dosage</th>
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<tbody>
<tr>
<td><strong>Garlic</strong></td>
<td></td>
</tr>
<tr>
<td>1. Raw garlic</td>
<td>1. 1-2 cloves daily – crush before eating</td>
</tr>
<tr>
<td>2. Garlic tablets</td>
<td>2. 300 mg, 3 times daily</td>
</tr>
<tr>
<td>3. Aged garlic tablets</td>
<td>3. 7200 mg daily</td>
</tr>
<tr>
<td><strong>Olive Leaf Extract</strong></td>
<td>Two 500 mg capsules (20% Oleuropein) 4-6 times daily, with meals</td>
</tr>
<tr>
<td><strong>Coconut Oil</strong></td>
<td>4 tablespoons daily</td>
</tr>
<tr>
<td><strong>Yarrow</strong></td>
<td>2 capsules (650 mg), 3 times daily</td>
</tr>
<tr>
<td><strong>Lomatium Dissectum</strong></td>
<td>1 ml, 3 times daily</td>
</tr>
<tr>
<td><strong>Pau d'Arco</strong></td>
<td>2-4 grams daily</td>
</tr>
<tr>
<td><strong>Cellulase</strong></td>
<td>2 capsules (74,000 CU) daily</td>
</tr>
<tr>
<td><strong>Oil of Oregano</strong></td>
<td>2 drops (50 mg) daily</td>
</tr>
<tr>
<td>Treatment</td>
<td>Dosage</td>
</tr>
<tr>
<td>---------------------------</td>
<td>---------------------------------------------</td>
</tr>
<tr>
<td>Grape Seed Extract</td>
<td>1 capsule (200 mg) daily</td>
</tr>
<tr>
<td>Grapefruit Seed Extract</td>
<td>600-1500 mg daily</td>
</tr>
<tr>
<td>Neem</td>
<td>2 capsules (250 mg), 3 times daily</td>
</tr>
<tr>
<td>Apple Cider Vinegar</td>
<td>2 tablets (600 mg), 1-3 times daily</td>
</tr>
<tr>
<td>Germanium</td>
<td>1 capsule (150 mg), 1-5 times daily</td>
</tr>
<tr>
<td>Caprylic Acid</td>
<td>2 capsules (1,000 mg), 2 times daily</td>
</tr>
<tr>
<td>Berberine</td>
<td>2 capsules (450 mg), 2 times daily</td>
</tr>
<tr>
<td>Undecylenic Acid</td>
<td></td>
</tr>
<tr>
<td>Capric Acid</td>
<td></td>
</tr>
<tr>
<td>Lauric Acid</td>
<td></td>
</tr>
<tr>
<td>d-limonene</td>
<td></td>
</tr>
<tr>
<td>Leptotoenia (Wild Black Carrot)</td>
<td></td>
</tr>
<tr>
<td>Carrot Juice</td>
<td></td>
</tr>
<tr>
<td>Essential Oils</td>
<td></td>
</tr>
</tbody>
</table>

Of these, two of the most popular natural anti-fungals are garlic and olive leaf extract.

### Natural Anti-fungal Mixtures

<table>
<thead>
<tr>
<th>Product</th>
<th>Contents</th>
</tr>
</thead>
<tbody>
<tr>
<td>CandidaClear by NSI</td>
<td>A mixture of Undecylenic Acid, Caprylic Acid, Garlic, Grapefruit Seed Extract and Probiotics</td>
</tr>
<tr>
<td>Yeast Balance by Enzymatic Therapy</td>
<td>A mixture of Oregano Oil and Berberine</td>
</tr>
<tr>
<td>Candida QuickCleanse by Zand</td>
<td>A mixture of Caprylic Acid, Garlic and Oregano</td>
</tr>
<tr>
<td>Candistroy by Nature's Secret</td>
<td>A mixture of Garlic, Pau d'Arco, and Probiotics</td>
</tr>
<tr>
<td>Candida Cleanse by Rainbow Light</td>
<td>A mixture of Garlic, Pau d'Arco, Grapefruit Seed Extract and Probiotics</td>
</tr>
</tbody>
</table>
In addition, several anti-fungals are intended for external use only. These include:

- Bergamot Essential Oil
- Sandalwood Essential Oil
- Tea Tree Essential Oil

Remember that Candida is very likely to develop immunity to any single treatment if continued for too long. By rotating the natural anti-fungals each week, you will prevent the Candida from adapting. You should wait at least 30 days before taking the same anti-fungal again.

**Step #4: Repair the Damage**
Candida Overgrowth Syndrome produces toxins or poisons that can damage human tissue. These toxins are responsible for many of the varied and confusing symptoms associated with Candida Overgrowth.

One effective way to encourage your body to repair the damage that it has suffered is by supplementing your diet with a high quality multi-vitamin. Try a high quality multi-vitamin like Whole Food Multivitamin by Dr. Mercola or Synergy Energy by NSI to help repair the Candida damage.

The best multi-vitamins are high in antioxidants, made from whole foods and are in capsule, powder or liquid form. The heat required to make a tablet can damage the vitamins so that they are of no use to your body. The supplement you choose should have close to 1000% of the B vitamins and Vitamin C. Any supplement that only has 100% of each vitamin is useless and should be avoided.

When evaluating vitamins, three factors should be considered:

1. **Nutrient Presence** – Simply put, the multi-vitamin must have the ingredients most likely to benefit the consumer. This issue is easily resolved by comparing the label against a researched list of appropriate ingredients.

2. **Nutrient Dosage** – Dosage is a bit more complex. Most consumers believe that “more is better”... which is usually NOT true. Unfortunately most people will look at a label in a health food store that features 50-100 milligrams of all the B vitamins and believe they are getting more for their money.

In fact, every vitamin has an absorption curve, which is a graph of the percent of different size doses that the GI tract can absorb. For example, the maximum quantity of Vitamin B1 that a human being is capable of absorbing is 4 milligrams. At less than 2 milligrams, almost 100% of the dose is absorbed. After 2 mg, the absorption percentage drops off...
dramatically to the point where anything above 4 milligrams is not absorbed at all.

3. Nutrient Availability
The content and dosage on a multi-vitamin are of little importance if the pill doesn’t dissolve or if other ingredients render the valuable vitamins inert or unusable. Most widely available multi-vitamins contain one or more “excipients”... these are additional ingredients that:

- Protect the vitamins from deterioration (like a glaze or coating), or
- Hold the powdered medication together in the form of a pill.

Unfortunately, many of the excipients render the multi-vitamins useless. If your multi-vitamin contains the following ingredients, you need to change brands...

- **Di-calcium phosphate** - inhibits absorption of mineral nutrients.
- **Microcrystalline cellulose** - It can cause micro infarcts and tissue death. Cellulose in microcrystalline form, is passively absorbed into the blood. There is no way to metabolize or to eliminate the cellulose, so it accumulates in the body and can block small blood vessels.
- **Carrageenan** may cause tissue damage over time.
- **Magnesium oxide** - causes an extremely alkaline condition in the upper GI tract. Many minerals and trace minerals, including magnesium, calcium, copper, manganese, and iron, need an extremely acid environment in which to be absorbed. Absorption of these minerals and trace minerals occurs very high in the jejunum since it is immediately below the acid stomach and before the alkalizing secretions of the bile duct take full effect. There are only a few feet of the upper jejunum where absorption of these minerals and trace minerals must occur. When a product contains a substantial quantity of magnesium oxide, the acidification necessary for absorption of these mineral nutrients never occurs, and they are wasted.
In addition, increase your intake of saturated fats, in particular, Omega 3 oils since these are often lacking in our diet. The best sources of Omega 3 oils are Krill Oil and Fish Oil.

**Step #5: Remove the Toxins**

The majority of the toxins in your body are eliminated through the bowels. Proper bowel movements are important to remove the toxins produced by the Candida as well as the dead Candida fungus. Psyllium husks are an excellent source of fiber to help your bowels move properly. Other sources of good fiber are:

<table>
<thead>
<tr>
<th>Fiber Source</th>
<th>Brand</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psyllium Husks</td>
<td>Nature’s Way</td>
<td>5-6 capsules daily</td>
</tr>
<tr>
<td>Slippery Elm Bark</td>
<td>Oregon’s Wild Harvest</td>
<td></td>
</tr>
<tr>
<td>Flax Seed</td>
<td>Health from the Sun</td>
<td>2 tablespoons daily</td>
</tr>
<tr>
<td>Alfalfa Whole Leaf</td>
<td>Nature’s Way</td>
<td>2 capsules, 3 times daily</td>
</tr>
<tr>
<td>Barley Whole Leaf</td>
<td>Green Kamut</td>
<td>1 teaspoon, 2 times daily</td>
</tr>
<tr>
<td>Glucomannan Fiber</td>
<td>Nature’s Way</td>
<td>3 capsules, 23 times daily</td>
</tr>
<tr>
<td>Chia Seed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pea Hull Fiber</td>
<td></td>
<td>4 gram daily</td>
</tr>
</tbody>
</table>

One great product that combines four of the fibers listed above is Organic Daily Fiber by Garden of Life. Each serving provides 3 grams of soluble and 2 grams of insoluble fiber from organic flax seed, organic pea hull fiber, organic alfalfa and organic barley.
In addition, most people benefit from a colon cleanse. Food additives and a poor diet can clog the pores in your colon. This decreases its efficiency in removing the toxins. Typically a colon cleanse involves taking some natural supplements and drinking plenty of water. A seven day cleanse program, like Perfect Cleanse from Garden of Life, will usually help your recovery from Candida Overgrowth.

If you can afford to get one, I also recommend colon hydrotherapy. Colon hydrotherapy uses water to flush waste material and toxins from the colon. It is a simple procedure and not nearly as bad as it sounds. The practitioner will usually recommend 3-6 sessions to completely cleanse your system. You can find a local therapist at http://www.i-act.org/iactsearch.htm.

Your liver also removes toxins from your body. If you have been suffering from Candida Overgrowth Syndrome for a long period of time, the liver may not be functioning as well as it should. To get it working again, I recommend performing a liver cleanse at least 3 times with 3 weeks in between cleanses.

A liver cleanse consists of drinking 32 ounces of liquid for 6 days. This liquid softens the stones so they pass easily. One the evening of the 6th day you drink Epsom salt to clean the bowels of any solid materials. Then right before bed you drink a liquid that forces the stones out the next morning. You can find the complete details for the liver cleanse in Appendix G.

Another way your body removes toxins is through your lymphatic system and your skin. You can stimulate both your lymphatic system and your skin by receiving regular massages. You can find a qualified massage therapist at http://www.massagetherapy.com. Make sure you select
Therapeutic Massage as the modality. Other types of massage relax you but the Therapeutic Massage helps remove toxins.

**Mercury Cleanse**

(from The Cure For All Diseases by Hulda Clark, Ph.D., N.D.)

**Ingredients:**
- 4 tablespoons Epsom salts one-half cup of olive oil - the light olive oil is easier to drink 1 large or 2 small fresh pink grapefruit (enough to squeeze 2/3 to ¾ cup of juice)
- Ornithine, 4 to 8 capsules, to help you sleep. People have done the cleanse without Ornithine

**Steps:**
Choose a day like Saturday for the cleanse, since you will be able to rest the next day. Take no medicines, vitamins or pills that you can do without; they can prevent success. Eat a no-fat breakfast and lunch. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

- **2:00 PM.** Do not eat or drink anything but water after 2 o'clock. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tbs. in 3 cups of water and pour this into a jar. This makes four servings, ¾ cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).
- **6:00 PM.** Drink one serving (3/4 cup) of the ice cold Epsom salts. (Recommended: Drink the Epsom salt solution through a straw to get the drink to the back of your mouth and avoid most of the taste. A little maple syrup afterwards sweetens the aftertaste of the salts.)
- **8:00 PM.** Repeat.
- **9:45 PM.** Pour ½ cup olive oil into pint jar. Add ¾ cup squeezed grapefruit juice. Shake vigorously.
- **10:00 PM.** Drink this mixture taking 4 to 8 Ornithine capsules (not mandatory but helps one sleep). Lie down immediately on your
back with head high on your pillow. Keep perfectly still for at least 20 minutes. Go to sleep
(Recommended: A warm hot water bottle placed on your upper abdomen and slightly to the right helps your liver to relax.)

- Upon Awakening - After 6 AM. Take third dose of Epsom salts.
- 2 Hours Later. Take fourth dose of Epsom salts.
- 2 Hours Later. You may eat starting with juice and fruit. Later eat light.

Step #6: Encourage Good Bacteria

As we discussed in Chapter 3, the major cause of Candida Overgrowth is a reduction in the population of beneficial bacteria that control Candida. Therefore, the final step in the Treatment Program is to restore the population of beneficial bacteria, to act as a guard against future Candida outbreaks.

One recommended way to restore the population is by taking dietary supplements called Probiotics. These supplements often consist of live, beneficial bacteria and may include the following strains:

<table>
<thead>
<tr>
<th>Probiotics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lactobacillus Sporogenes</td>
</tr>
<tr>
<td>Lactobacillus Acidophilus</td>
</tr>
<tr>
<td>Bifidobacterium Bifidum</td>
</tr>
<tr>
<td>Lactobacillus Bulgaricus</td>
</tr>
<tr>
<td>Lactobacillus Reuteri</td>
</tr>
<tr>
<td>Lactobacillus Fermentum</td>
</tr>
<tr>
<td>Lactobacillus Rhamnosus</td>
</tr>
<tr>
<td>Lactobacillus Casei</td>
</tr>
<tr>
<td>Bifidobacterium Brevum</td>
</tr>
<tr>
<td>Bifidobacterium Infantis</td>
</tr>
</tbody>
</table>
The brands below are the ones I recommend - each one has a different blend of probiotics. You should save shipping charges by buying numerous supplements from the same supplier.

<table>
<thead>
<tr>
<th>Recommended Brands</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete Probiotics from Mercola</td>
<td>$0.75 per day</td>
</tr>
<tr>
<td>iFlora Acidophilus by Sedona Labs</td>
<td>$0.40 per day</td>
</tr>
<tr>
<td>Kyo-Dophilus 9 by Kyolic</td>
<td>$0.25 per day</td>
</tr>
<tr>
<td>Jarro-Dophilus ™ + FOS by Jarrow</td>
<td>$0.12 per day</td>
</tr>
<tr>
<td>Fungal Defense Caplets by Garden of Life</td>
<td>$2.85 per day</td>
</tr>
<tr>
<td>Primal Defense by Garden of Life</td>
<td>$0.40 per day</td>
</tr>
<tr>
<td>All-Flora by NewChapter</td>
<td>$0.77 per day</td>
</tr>
<tr>
<td>Gr-8-Dophilus by Now</td>
<td>$0.77 per day</td>
</tr>
<tr>
<td>Mega Probiotic-ND by Food Science of Vermont</td>
<td>$0.17 per day</td>
</tr>
<tr>
<td>Healthy Trinity by Natren</td>
<td>$1.58 per day</td>
</tr>
<tr>
<td>Primadophilus Optima by Nature's Way</td>
<td>$0.80 per day</td>
</tr>
<tr>
<td>Ultimate Flora Adult Formula by Renew Life</td>
<td>$0.56 per day</td>
</tr>
<tr>
<td>Ultimate Flora 50 Billion by Renew Life</td>
<td>$1.14 per day</td>
</tr>
<tr>
<td>PB 8 Acidophilus by Nutrition Now</td>
<td>$0.33 per day</td>
</tr>
<tr>
<td>ThreeLac by Global Health Trax</td>
<td>$0.83 per day</td>
</tr>
<tr>
<td>Hyper-Implante</td>
<td>$5.98 per day</td>
</tr>
<tr>
<td>VSL #3</td>
<td>$3.10 per day</td>
</tr>
</tbody>
</table>
In order for these Probiotics to have maximum effect, you should follow these guidelines:

- **Start with a large dosage** brand like VSL#3 or Hyper-Implante for one week then switch to a different brand for three weeks. Continue this 1 week / 3 week protocol for the duration of the program.

- Take Probiotics on an **empty stomach** at least 30 minutes before eating.

- Choose a brand that contains a **mixture** of live organisms from the list above.

- The most effective products will have at least the items in **BOLD** on the list above and generally, more is better.

- Plan on taking about **400 billion CFU per day on the 1 week session** and a minimum of **2 billion CFU per day on the 3 week session**.

- Choose a brand that has an expiration date on the label and that has not yet expired.

- Do not store the supplement in extreme heat as it will kill the bacteria.

- Certain brands must be kept **refrigerated** to keep the bacteria viable, others need to be frozen, be sure to check the label.

- **Rotate brands monthly** so that you get as many different strains as possible.

Once the Candida treatment is complete, you should continue the probiotic regimen and keep it in reserve for whenever you require antibiotics or other treatments that may deplete your beneficial bacteria.
When you start taking probiotics, you may experience some bloating or diarrhea. This should subside in a few days once the bacteria get colonized.

**Implementing Your Treatment Program**

That's all there is to it... *six simple steps* to better health and relief from the distress of Candida Overgrowth... and yet, a surprising number of Candida sufferers will NOT take these steps.

For many, the pain, the distraction, the discomfort is just too much... it's just too hard to focus ... even on a cure.

So here is the answer... on the next page is your

“Candida Overgrowth Checklist”

Just go down the list... and get yourself healthy...

**One Step at a Time!**
### Activity

<table>
<thead>
<tr>
<th>✔</th>
<th>Determine if You Have a Candida Overgrowth</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>Find a doctor that will diagnose Candida Overgrowth Syndrome</td>
</tr>
<tr>
<td>b.</td>
<td>Ask about tests for Candida, Candida Immune Complexes test or the combination of IgG, IgA, and IgM levels.</td>
</tr>
</tbody>
</table>

### 1. Eliminate the Causes of the Overgrowth

| a. | Identify personal products with problem chemicals |
| b. | Remove/dispose of products with problem chemicals |
| c. | Evaluate the necessity of every prescription – especially antibiotics |
| d. | Order a hair analysis to determine your mercury level |
| e. | Purchase chlorine filters for drinking water and your shower head |
| f. | Reduce with the goal of eliminating your use of caffeine, nicotine and alcohol |
| g. | Learn to effectively deal with stress – Yoga, EFT, etc (see Appendix H) |
| h. | Remove the dietary causes. |
| i. | Remove all mold from your environment. |
| j. | Avoid mercury at all costs. |

### 2. Starve the Candida

<p>| a. | Identify and eliminate “high sugar” foods from diet |
| b. | Eliminate grains from diet |
| c. | Identify and avoid other high carbohydrate foods |
| d. | Reduce/eliminate high carbohydrate foods |
| e. | Reduce/eliminate “processed foods” from diet |
| f. | Identify and use “natural foods” |</p>
<table>
<thead>
<tr>
<th></th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓</td>
<td><strong>3. Kill the Candida</strong></td>
</tr>
<tr>
<td></td>
<td>a. Talk to doctor about prescription anti-fungals</td>
</tr>
<tr>
<td></td>
<td>b. Plan “natural anti-fungal” program</td>
</tr>
<tr>
<td></td>
<td>c. Research and acquire natural anti-fungals</td>
</tr>
<tr>
<td></td>
<td>d. Implement natural anti-fungal program</td>
</tr>
<tr>
<td></td>
<td><strong>4. Repair the Damage</strong></td>
</tr>
<tr>
<td></td>
<td>a. Research and acquire multi-vitamins</td>
</tr>
<tr>
<td></td>
<td>b. Implement multi-vitamin program</td>
</tr>
<tr>
<td></td>
<td><strong>5. Remove the Toxins</strong></td>
</tr>
<tr>
<td></td>
<td>a. Research and acquire natural fiber supplements</td>
</tr>
<tr>
<td></td>
<td>b. Implement fiber program</td>
</tr>
<tr>
<td></td>
<td>c. Implement “colon cleanse” program</td>
</tr>
<tr>
<td></td>
<td>d. Start a colon hydrotherapy regimen</td>
</tr>
<tr>
<td></td>
<td>e. Implement “liver cleanse” program</td>
</tr>
<tr>
<td></td>
<td>f. Schedule a therapeutic massage</td>
</tr>
<tr>
<td></td>
<td>g. Cleanse mercury with Chelorex.</td>
</tr>
<tr>
<td></td>
<td><strong>6. Encourage Good Bacteria.</strong></td>
</tr>
<tr>
<td></td>
<td>a. Research and acquire Probiotic supplements</td>
</tr>
<tr>
<td></td>
<td>b. Implement a Probiotic program</td>
</tr>
<tr>
<td></td>
<td><strong>7. Check Your Progress</strong></td>
</tr>
<tr>
<td></td>
<td>a. Mark your calendar 6 weeks from today</td>
</tr>
</tbody>
</table>
|   | b. Reschedule tests to prove that you are Candida free!
Appendices

Appendix A: *The Many Names of SUGAR*
Appendix B: *MSG Sources*
Appendix C: *Food Additives to Avoid*
Appendix D: *Foods to Avoid on the Candida Diet*
Appendix E: *Foods to Eat on the Candida Diet*
Appendix F: *Quick Reference to the Candida Diet*
Appendix G: *Liver Detox Outline*
Appendix H: *Emotional Freedom Technique (EFT)*

Medical Disclaimer
Appendix A
The Many Names of Sugar

- High Fructose Corn Syrup
- Sugar
- Sucrose
- Fructose
- Glucose
- Honey
- Fruit juice
- Evaporated Cane Syrup
- Cane sugar
- Maple syrup
- Molasses
- Brown rice syrup
- Lactose
- Maltodextrin
- Dextrose

- Beet sugar
- Corn sugar
- Corn syrup
- Date sugar
- Galactose
- Glycogen
- Ice milk
- Maltose
- Mannitol
- Monosaccharides
- Polysaccharides
- Sorbitol
- Sucanat
- Turbinado Sugar
- White grape juice
Appendix B

MSG Sources

Food ingredients that ALWAYS CONTAIN MSG:

- Autolyzed Plant Protein
- Autolyzed Yeast
- Calcium Caseinate
- Gelatin
- Glutamate
- Glutamic Acid
- Hydrolyzed Protein (HPP)
- Hydrolyzed Vegetable Protein (HVP)
- Monopotassium Glutamate
- Monosodium Glutamate
- MSG (obviously)
- Sodium Caseinate
- Textured Protein
- Vegetable Protein Extract
- Yeast Extract
- Yeast Food
- Yeast Nutrient

Food ingredients that OFTEN CONTAIN MSG:

- Algae
- Amino Acids
- Annatto
- Artificial Flavor
- Barley Grass Powder
- Barley Malt
- Bouillon
- Broth
- Brown Rice Syrup
- Caramel Coloring
- Caramel Flavoring
- Carrageenan
- Citric Acid
- Corn Syrup
- Corn Syrup Solids
- Cornstarch Fructose
- Dextrose
- Dextrates
- Dough Conditioners
- Dry Milk Solids
- Enriched "Anything"
- Enzyme Modified "Anything"
- Fermented "Anything"
- Flavoring
- Flavors
- Flowing Agents
- Gluten
- Gluten Flour
- Guar Gum
- High Fructose Corn Syrup
- Lecithin
- Lipolyzed Butter Fat
- "Low Fat" Items
- Malt Extract
- Malt Flavoring
- Malted Barley
- Maltodextrin
- Milk Powder
- Modified food starch
- Natural Flavors
- "No Fat" Items
- Natural Beef Flavoring
- Natural Chicken Flavoring
- Natural Pork Flavoring
- Natural Flavors
- Oat Powder
- Oat Protein
- Pectin
- Phytoplankton
- Protease
- Protease Enzymes
- Protein Fortified "Anything"
- Protein Fortified Milk

- Protein Powder: Whey, Soy, Oat, Rice
- Rice Powder
- Reaction Flavors
- Rice Protein
- Rice Syrup
- Sea Vegetable
- Seasonings
- Soy Powder
- Soy Protein
- Soy Protein Concentrate
- Soy Protein Isolate
- Soy Sauce
- Soy Extract
- Spice
- Stock
- Ultra-Pasteurized "Anything"
- Vegetable Gum
- Vitamin Enriched "Anything"
- Wheat Grass Powder
- Whey
- Whey Powder
- Whey Protein
- Whey Protein Concentrate
- Whey Protein Isolate
- Yeast Nutrient
### Appendix C

**Other Food Additives to Avoid**

<table>
<thead>
<tr>
<th>Additive</th>
<th>Additive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acesulfame Potassium</td>
<td>Laureth</td>
</tr>
<tr>
<td>Artificial Color</td>
<td>MEA (Monoethanolamine)</td>
</tr>
<tr>
<td>Blue 1</td>
<td>Methylparaben</td>
</tr>
<tr>
<td>Blue 2</td>
<td>Myreth</td>
</tr>
<tr>
<td>Green 3</td>
<td>Olestra (Olean)</td>
</tr>
<tr>
<td>Red 3</td>
<td>Oleth</td>
</tr>
<tr>
<td>Yellow 6</td>
<td>Oxynol</td>
</tr>
<tr>
<td>Citrus Red 2</td>
<td>Partially Hydrogenated Vegetable Oil</td>
</tr>
<tr>
<td>Red 40</td>
<td>PEG (Polyethylene Glycol)</td>
</tr>
<tr>
<td>Aspartame (Nutrasweet)</td>
<td>Polyethylene</td>
</tr>
<tr>
<td>Butylated Hydroxyanisole (BHA)</td>
<td>Polyoxyethylene</td>
</tr>
<tr>
<td>Brominated Vegetable Oil (BVO)</td>
<td>PolyQuaternium</td>
</tr>
<tr>
<td>Butylated Hydroxytoluene (BHT)</td>
<td>Potassium Bromate</td>
</tr>
<tr>
<td>Butylparaben</td>
<td>Propyl Paraben</td>
</tr>
<tr>
<td>Ceteareth</td>
<td>Propylene glycol</td>
</tr>
<tr>
<td>DEA (Diethanolamine)</td>
<td>Quaternion</td>
</tr>
<tr>
<td>Diacetyl</td>
<td>Quinine</td>
</tr>
<tr>
<td>DMDM Hydantoin</td>
<td>Saccharin</td>
</tr>
<tr>
<td>Ethoxylated Alcohol</td>
<td>Sodium Laureth Sulfate SLES</td>
</tr>
<tr>
<td>Ethylparaben</td>
<td>Sodium Lauryl Sulfate SLS</td>
</tr>
<tr>
<td>Heptyl Paraben</td>
<td>Sodium Nitrate</td>
</tr>
<tr>
<td>Hydrogenated Vegetable Oil</td>
<td>Sodium Nitrite</td>
</tr>
<tr>
<td>Isobutyl Paraben</td>
<td>TEA (Triethanolamine)</td>
</tr>
</tbody>
</table>
Appendix D
Foods to Avoid

- Do not eat **sugar** or any forms of sugar
- Do not eat **white foods** (white sugar, white flour or white rice)
- Do not eat **grains**
  - Avoid wheat and wheat products
    - Breads
    - Pastas
    - Any product that has flour as an ingredient
  - Avoid corn
  - Avoid soybean products (except those listed below)
  - Avoid rice
- Avoid **mercury contaminated seafood**
- Do not eat **mushrooms** or other fungi
- Do not eat **peanuts or pistachios** (they are contaminated with mold)
  - Any product containing peanuts
    - Peanut butter
    - Peanut oil
    - Any product cooked in peanut oil
- Do not use **vinegar** or foods stored in vinegar
- Avoid **food additives**
- Avoid **preservatives**
- Avoid **processed foods**
- Avoid foods in a **bag, box or can**
- Avoid **hydrogenated foods**
- Avoid **artificial sweeteners**
  - Use Xylitol, Stevia or Lakanto to sweeten foods
- Avoid **vegetable oils** or anything cooked in vegetable oils
  - Use Extra Virgin Coconut Oil for cooking
Appendix E

Foods to Eat

- Eat lots of vegetables
- Eat grapefruit
- Eat green apples
- Eat plenty of quality protein
  - Grass fed meats
  - Mercury-free seafood
  - Quality protein powder
- Drink plenty of filtered water
- Drink green tea, at least 4 cups daily
- Use coconut, amaranth, quinoa and buckwheat flours instead of wheat flour
- Use xylitol, Lakanto or stevia to sweeten foods
- Use extra virgin coconut oil for cooking
- Eat natural wholesome foods
  - Shop the outside aisles of the food store
  - Organic foods
  - Grass fed meats
  - Mercury-free seafood
  - Protein – number of daily grams of protein = ½ your body weight
  - Consume Raw Dairy Products
    - Raw Milk
    - Raw Milk Butter
    - Raw Milk Cheese
    - Raw Milk Cream
    - Ghee
  - Healthy Fats
    - Tree Nuts
    - Pine Nuts
- Avocado
- Coconuts
- Coconut Cream
- Olives
- Extra Virgin Olive Oil
- Extra Virgin Coconut Oil
- Macadamia Nut Oil
- Flax Seed Oil
- Walnut Oil
- Pumpkin Seed Oil
- Sesame Seed Oil

- 75% of your diet should be **raw foods**
- Start **juicing** with raw vegetables
  - Add a clove of garlic
  - Add some chlorella or spirulina
  - Add some raw parsley
- Add **fermented foods** to your diet
  - Yogurt (no sugar added)
  - Natural Sauerkraut
  - Kefir
  - Kombucha tea
  - Natto
  - Kim chi
  - Miso
  - Tempeh
# Appendix F

## Quick Reference Diet Guide

<table>
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<tr>
<th>Candida Diet - Foods to Eat</th>
<th>Candida Diet - Foods to Eat</th>
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<td>Vegetables</td>
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<tr>
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<td>Olives (No Vinegar)</td>
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<td>Green Tea</td>
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<td>Tempeh</td>
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<tr>
<td>Candida Diet - Foods to Avoid</td>
<td>Candida Diet - Sugars To Avoid</td>
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<td>----------------------------------------------------------------</td>
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<tr>
<td>No Sugar Or Any Forms Of Sugar</td>
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<td>No White Foods (White Sugar, White Flour Or White Rice)</td>
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<td></td>
<td>Succanat</td>
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<td></td>
<td>Turbinado Sugar</td>
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</tbody>
</table>
Note: This is Based on Andreas Moritz’s book “The Amazing Liver and Gallbladder Flush” - which is Highly Recommended for Background Information and Overall Understanding of the Process.

Days 1-5 are Preparation Days – Mix ¼ teaspoon of food grade Malic Acid with 32 oz of filtered water.

In Addition, You May Consider Colon Hydrotherapy Ideally on Day 6 or on Day 3, 4 or 5.

<table>
<thead>
<tr>
<th>Day 1 – Preparation Day</th>
<th>Drink 32 ounces of Malic Acid</th>
</tr>
</thead>
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<tr>
<td>Day 2 – Preparation Day</td>
<td>Drink 32 ounces of Malic Acid</td>
</tr>
<tr>
<td>Day 3 – Preparation Day</td>
<td>Drink 32 ounces of Malic Acid</td>
</tr>
<tr>
<td>Day 4 – Preparation Day</td>
<td>Drink 32 ounces of Malic Acid</td>
</tr>
<tr>
<td>Day 5 – Preparation Day</td>
<td>Drink 32 ounces of Malic Acid</td>
</tr>
<tr>
<td>Day 6 – Actual Flush Day</td>
<td>32 ounces of Malic Acid – Finish BEFORE 1.30pm No Food or Drink except water after 1.30pm</td>
</tr>
<tr>
<td>▪ Prep:</td>
<td>Add 4 Tablespoons of Epsom Salts (Magnesium Sulfate) to 24 ounces of water (three 8-oz glasses)</td>
</tr>
<tr>
<td>▪ 6:00pm</td>
<td>Drink 1st serving - 6 ounces (3/4 glass) Epsom Salts</td>
</tr>
<tr>
<td>▪ 8:00pm</td>
<td>Drink 2nd serving - 6 ounces (3/4 glass) Epsom Salts</td>
</tr>
<tr>
<td>▪ 9:30pm</td>
<td>If no Bowel Movement yet and no Colon Cleanse in the Last 24 hours do a Water Enema</td>
</tr>
<tr>
<td>▪ 9:45pm</td>
<td>Mix 3/4 glass of fresh squeezed (no pulp) grapefruit juice with 1/2 glass of olive oil into a jar and shake the solution 20 times or until well-mixed / watery</td>
</tr>
<tr>
<td>▪ 10:00pm</td>
<td>Drink the solution within 5 minutes LIE DOWN IMMEDIATELY perfectly still for at least 20 minutes avoid talking</td>
</tr>
<tr>
<td>Day 7</td>
<td></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-6:30am</td>
<td>Upon awakening but NOT BEFORE 6:00am - Drink your 3rd serving – 6 ounces (3/4 glass) Epsom Salts</td>
</tr>
<tr>
<td>8:00-8:30am</td>
<td>Drink 4th serving – 6 ounces (3/4 glass) Epsom Salts</td>
</tr>
<tr>
<td>10:00-10:30am</td>
<td>You may drink freshly pressed fruit juice</td>
</tr>
<tr>
<td>10:30-11:00am</td>
<td>You may eat 1-2 pieces of fresh fruit</td>
</tr>
<tr>
<td>11:00am</td>
<td>You may eat regular food (light meal)</td>
</tr>
</tbody>
</table>

Note:
You may drink water whenever you are thirsty EXCEPT: right after Epsom Salt or for 2 hours after Olive Oil Mixture

Reference: Andreas Moritz: “The Amazing Liver and Gallbladder Flush” (also known as The Liver and Gallbladder Miracle Cleanse) – Can be found on Amazon or E-book at Ener-chi.com
Appendix H

Emotional Freedom Technique (EFT)

EFT stands for Emotional Freedom Technique. EFT is an emotional, needle free version of acupuncture that is based on new discoveries regarding the connection between your body's subtle energies, your emotions, and your health.

EFT has been reported successful in thousands of cases covering a huge range of emotional, health and performance issues. It often works where nothing else will.

The best way to use EFT is to create a list of all of your symptoms along with anything that creates a strong emotion in you. You should think back to your childhood. Anything and everything that hurt you emotionally should be placed on the list.

You need to perform EFT multiple times a day. The rule of thumb is to perform EFT every time you visit the restroom. It is also a place where you can get some privacy while doing EFT.

The Basic Recipe for EFT

The full Basic Recipe consists of two ingredients.
1. The Setup
2. The Sequence

Ingredient #1...The Setup

There are two parts to it...
1. You repeat an affirmation 3 times while you...
2. Tap the "Karate Chop" point.

The Affirmation

"Even though I have this _____________, I deeply and completely accept myself. “

The blank is filled in with a brief description of the problem you want to address.

Here are some examples:

**Even though I have this itchy rash, I deeply and completely accept myself.
**Even though I have this headache, I deeply and completely accept myself.**
**Even though I have this anger towards my doctor, I deeply and completely accept myself.**
**Even though I have this fuzzy thinking, I deeply and completely accept myself.**
**Even though I have these sugar cravings, I deeply and completely accept myself.**
**Even though I have chronic fatigue, I deeply and completely accept myself.**
**Even though I have this craving for alcohol, I deeply and completely accept myself.**
**Even though I have this weight gain, I deeply and completely accept myself.**
**Even though I have this depression, I deeply and completely accept myself.**

The exact phrasing of the affirmation is not critical. You can use any of the following or make up one that works for you:

**"I accept myself even though I have this_________." or**
**"Even though I have this ______________, I deeply and profoundly accept myself." or**
**"I love and accept myself even though I have this_______________."**

It doesn't matter whether you believe the affirmation or not...just say it. It is better to say it with feeling and emphasis but saying it routinely will usually do the job. It is best to say it out loud but if you are in a social situation where you prefer to mutter it under your breath....or do it silently....then go ahead.

**The Karate Chop Point**

To add to the effectiveness of the affirmation, The Setup also includes the simultaneous tapping on the "Karate Chop" point. The Karate Chop point (abbreviated KC) is located at the center of the fleshy part of the outside of your hand (either hand) between the top of the wrist and the base of the baby finger or....stated differently....the part of your hand you would use to deliver a karate chop.

**Ingredient #2...The Sequence**

The Sequence involves tapping on the end points of the major energy meridians in the body. Tapping tips: You can tap with either hand but it is usually more convenient to do so with your dominant hand (e.g. right hand if you are right handed). Tap with the fingertips of your index finger and middle finger. This covers a little larger area than just tapping with one fingertip and allows you to
Cover the tapping points more easily. Tap solidly but never so hard as to hurt or bruise yourself.

There's one more concept we need to develop before we can apply The Basic Recipe to a given problem. It's called the Reminder Phrase. The Reminder Phrase is simply a word or short phrase that describes the problem and that you repeat out loud each time you tap one of the points in The Sequence. In this way you continually "remind" your system about the problem you are working on.

The best Reminder Phrase to use is usually identical to what you choose for the affirmation you use in The Setup. Within this affirmation, the underlined words are ideal candidates for use as the Reminder Phrase.

1. At the beginning of the eyebrow, just above and to one side of the nose.
2. On the bone bordering the outside corner of the eye.
3. On the bone under an eye about 1 inch below your pupil.
4. On the small area between the bottom of your nose and the top of your upper lip.
5. Midway between the point of your chin and the bottom of your lower lip.
6. The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women).
7. The last point is the karate chop point.

The abbreviations for these points are summarized below in the same order as given above.

1. Beginning of the Eye Brow
2. Side of the Eye
3. Under the Eye
4. Under the Nose
5. Chin
6. Beginning of the Collar Bone
7. Under the Arm
8. Karate Chop

**EFT Summary**

#1. Tap the **Karate Chop Point** while saying the **Affirmation**

#2. Tap the points of the **Sequence** while saying the **Reminder Phase**
Medical Disclaimer

The United States government states that the only thing that can cure a disease is a licensed medical doctor prescribing a pharmaceutical drug. Since I am not a medical doctor, I cannot diagnose, treat, or cure any disease. I am not attempting to prescribe any medical treatment. The information presented here has not been validated by the FDA and is for educational purposes only. Always consult with your doctor for medical diagnosis and treatment.

This book is a collection of my thoughts, my opinions and my conclusions. Everything I say is my opinion and there are people that disagree with my conclusions. All of my conclusions and statements of fact are actually my opinion based on the research I have done. If you do anything I recommend without supervision of a licensed medical doctor, you do so at your own risk.

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