

TAKE THE 90-DAY KICK THE CANDIDA CHALLENGE!



DrFostersEssentials.com

How Will *You* Feel After the Kick the Candida Challenge?

What are the Symptoms of Candida Overgrowth?

1. Candida overgrowth is responsible for many mysterious bodily symptoms that go unrecognized. Most people experience Candida overgrowth as chronic fatigue, low energy, brain "fog", headaches, migraines, chronic indigestion, joint pain, recurrent yeast infections, thrush, ringworm, blood sugar swings, mood swings, irritability and unexplained rashes.
2. This overgrowth can become so severe it can cause the conversion of high carbohydrate foods in the intestines into alcohol, sometimes resulting in elevated blood alcohol levels! (This is called "auto-brewery syndrome.") People with this condition can walk around drunk without ever taking a sip of alcohol! This condition is not as rare as we would like to think. Many people suffer with various degrees of Candida overgrowth.

What Causes It?

1. Modern Agriculture, Modern Industrialization, and Modern Medicine have made our lives easier, but at a cost. The result has been a fast, hectic and polluted lifestyle. This is the cost.
2. The frequent use of antibiotics in humans and animals has caused an overgrowth condition of candida in the bowel.

3. Fungus or Candida thrives in our fast, hectic, and polluted lifestyle.
4. The checks and balances (our healthy bacterial gut flora) that have kept them under control have been almost eliminated over the last sixty years. Our gut flora is often killed off by antibiotics, chlorinated tap water, and pesticides
5. Acidophilus -one of the checks and balances and other bacteria in the intestines do not do well in this polluted environment. They are not strong enough to kill the excess Candida, and will be crowded out. Something will take their place, and that something is Candida.

What is Candida?

- Candida is already part of the natural flora of the intestinal tract. It is not a bacteria, but a yeast. The problem is not the presence of yeast in the gut, which is normal, but when the yeast crowds out the healthy gut bacteria, takes over and invades healthy tissue. (Most people do not understand that Candida is already present in healthy intestines. Here lies the conundrum.)
- Western medicine such as Allopathic, Naturopathic, and homeopathic believes in the protocol of killing it.
- You cannot kill something that is already a part of us without killing yourself.

Our quest is to teach you that there is another solution!

We will teach you to train your Candida to do no harm within ninety days.

Will I Feel Better After I've Tamed the Candida in My Gut?

Yes!

Taming candida in the body can make a big difference in the following:

- Energy levels - energy goes higher, feeling younger and more energetic
- The sensation of pain – people who have chronic pain for years notice there is not as much pain
- Emotional outlook – a more positive outlook on life
- The ability to think and concentrate – brain fog lifts!

How Do You Control Candida? Is it Hard?

If you use the *right* remedies, it's pretty easy. It only takes a few natural products and some easy dietary recommendations – nothing synthetic and nothing harmful. These natural remedies are completely safe – so safe, in fact that they can be taken by people of all ages and even during pregnancy. Scroll to page 5 for exact doses day by day.

The biggest mistake people make is in taking animal-based probiotics such as acidophilus, lactobacillus and bifidobacteria. These commonly sold probiotic bacteria are far too fragile to fight off Candida overgrowth. They cannot survive or grow in the overly alkaline environment in the gut created by the yeast overgrowth.

But there is a strain of plant-based based bacteria, encased in a protective, almost indestructible spore that can survive the harsh conditions in the bowel created by the Candida overgrowth.

Cynthia Foster, MD has been using a Candida-fighting protocol, incorporating this strain of spore-form bacteria in her holistic practice for over 15 years, helping thousands of people who have failed all other remedies & even prescription medications for Candida overgrowth. Dr. Foster's Essentials 90 Day Kick the Candida Challenge will affect each individual differently with varying results, depending on the hold Candida has on them. Everyone should feel healthier at the end of the 90 days. For many, this program is life-changing.

How Do I Know It's Working?

- **Better, more frequent bowel movements** will be your first indicator that the Flora-G Plus and Can-G are working.
- **Candida Die-off is the other indicator.** Candida changes the pH in the intestines. Most probiotics are too weak to kill serious Candida overgrowth, as they cannot live in the alkaline pH that Candida overgrowth creates. These products – Flora-G Plus and Can-G - are different – they can survive conditions other probiotics cannot. Because of this, you will feel their effects much more than if you had taken a regular probiotic. As your body detoxes you may feel aches, stiffness of joints, and rashes on the skin. This is called a die-off. The Youthful Circulation and Colon Detox Caps help to dramatically reduce the die-off symptoms to make the whole process easier. You also have a choice of reducing your daily dose of Can-G and Flora-G Plus for a couple of days or pushing through it and moving on with a higher dosage.
- **Yeast smell in the urine, on the skin, or in the stool.** People can unload an enormous amount of excess Candida in just one week, but it's important to continue taking the products for the full 90 days because Candida can be invasive and dig its roots into the gut walls. It's also important to help repair the gut walls and keep the gut environment acidic enough to avoid having a recurrence of the yeast overgrowth while the person is still recovering. This is done with L+ lactic acid that is naturally produced by the spore-form bacteria once you swallow it and the capsules break open. L+ Lactic acid is the only substance strong enough to produce a strongly acidic environment in the intestines that can destroy the excess Candida, yet it is not found at all in acidophilus or other "probiotics".

THE TWO MAIN FORMULAS:

Flora-G Plus:

- Is used orally in the fight to control Candida.
- This is the main formula used to drive out excess Candida from the bowel.
- The active ingredient is Lactobacillus sporogenes, a spore-forming bacterium that produces L+ Lactic acid, which shifts the pH balance of the bowel back to a normal pH so that excess Candida can no longer overgrow.
- Also contains ginger



Can-G:

- Is used along with the Flora-G Plus to help bring the spore-form bacteria deeper into the gut walls where the Candida roots are often found.
- This formula can be used both topically and orally for any skin issues. (Scroll to bottom for topical instructions for irritated skin, rashes and other skin problems)
- Active candida control ingredients: Lactobacillus sporogenes and Aloe Barbadensis miller. This combination has a synergy of power and energy to identify and control Candida. The Aloe Barbadensis from Can-G identifies proteins as good or bad at the cellular level. The benefit of aloe is that we can *identify* Candida as a dangerous protein, and *mark* it as dangerous. Once the immune system knows it's there, it can attack.
- Can-G may be taken by itself without Flora-G Plus, but I find most people underestimate the Candida problem, and they would do better with both products together.



REALLY IMPORTANT FORMULAS TO PREVENT DIE-OFF:

Youthful Circulation:

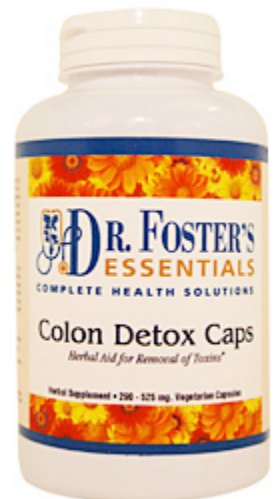
A blend of Proteolytic enzymes used to

- Counter inflammation
- Reduce symptoms of die-off as Candida is dying
- Leave this formula out if you are taking aspirin or prescription blood thinning medication



Colon Detox Caps (as needed):

- An herbal formula that counters inflammation, absorbs toxins and soothes the intestinal lining
- Minimizes Candida die-off symptoms by absorbing toxins secreted by Candida as it is dying
- Take anywhere from 4 to 16 caps daily, keeping in mind that more than 8 caps per day can have a constipating effect.



Suggested Daily Dosages:

This program is customizable to you and your individual needs, so these are suggestions and not absolute requirements.

You may need to raise or lower doses depending on what kind of day you're having or if you're experiencing die-off.

Drink lots of water when on this program.

Keeping a record of what you are taking daily will improve your results. Learn your body so that you know whether to increase or decrease your dosage.

Day 1:

- Morning: Take three capsules orally of *Youthful Circulation*
- Just before Bedtime:
 - One capsule *Can-G*
 - Three capsules *Youthful Circulation*

Day 2:

- Morning:
 - Take one capsule of *Can-G*
 - Three capsules *Youthful Circulation*
- Just before Bedtime:
 - Take one capsule of *Flora-G Plus*
 - 3 capsules *Youthful Circulation*

Day 3:

- Morning:
 - Take one capsule of *Can-G*
 - One capsule of *Flora-G Plus*
 - Three capsules *Youthful Circulation*
- Before bedtime:
 - Take one *Flora-G Plus*
 - Three capsules *Youthful Circulation*

Day 4:

- Morning:
 - Take one capsule of *Can-G*
 - Three capsules of *Flora-G Plus*
 - Three capsules *Youthful Circulation*
- Before Bedtime:
 - Three capsules *Youthful Circulation*

Day 5:

- Morning:
 - Take one capsule of *Can-G*
 - Three capsules of *Flora-G Plus*
- Before Bedtime:
 - Three capsules *Youthful Circulation*

Days 6 and 7: same as Day 5, but leave out the *Can-G*

After 7 days you can continue with this protocol, or either increase or decrease the dosage of the *Can-G* and *Flora-G Plus*. It's crucial to learn to read your body. In times of increased stress, increase the dosage of *Can-G* and *Flora-G Plus*.

Day 8 – end of Week 2: Start this one-week process again for a total of two weeks

Beginning of Week 3 – through Day 90: Reduce to maintenance dosage and continue program for 90 days.

Maintenance Dose: (Take 1 capsule *Flora-G Plus* daily and 1 capsule *Can-G* every other day after the two-week program. For more serious problems with Candida, maintenance dose can be increased if needed. Maintain twice daily dose of Youthful Circulation – 3 capsules twice daily.

Topical Use of Can-G: For any skin issues, *Can-G* can be used topically in addition to taking capsules by mouth. For skin problems (Ringworm, decubitus ulcers, Toe-Fingernail fungus, Diaper rash, Eczema, Vaginal/Rectal itching & burning, Athlete's Foot, Dandruff, various skin eruptions), this is recommended. Empty 1 capsule of *Can-G* into 4 to 6 ounces of lukewarm water & shake mixture vigorously for 5 to 10 seconds. For best results use a spray bottle. Apply & rub into skin firmly. Can also use a "make-up remover pad" (or some absorbent cloth) to apply the mixture to the face for acne, for cleaner & softer skin, to exposed vaginal/rectal areas for burning & itching, to cuts and rashes, to mosquito bites, bee stings, etc. For shinier, softer, healthier hair, apply to hair after a shower and let it soak in wet. Observe the results wherever it is applied. Liquid will last 3 to 4 days before going bad. On the last day (every 3rd or 4th day), pour it on your head, rub it in & shower.

For women: Spray Can-G on face in the morning before applying make-up. Spray on face after removing make-up. This formula not only kills surface bacteria that can cause acne, but also contains a high rejuvenative form of aloe. Regular use on the face could make you look younger.