

The Anti-Candida Program:

Week One:

1. Begin taking the Vibrant Colon (for most people having once daily bowel movements) or Turkey Rhubarb formula (extra strength for people who only have a bowel movement every few days or less.) This week corresponds to the Preparation for the 5-Day Liver Regeneration Program mentioned on the Liver Regeneration Program flyer. Also, in addition to this, begin taking the Echinacea Premium Formula.
2. Stop eating meat, cut down on dairy products for the duration of this program. Dairy products can cause the toxins to get stuck in the colon during a cleanse, and makes it more difficult to eliminate them. If absolutely necessary, can substitute goat's milk products for cow's milk products. High protein diets often lead to gallstones, kidney stones, arthritis, high cholesterol, high blood pressure, hardening of the arteries, diabetes, heart attacks, strokes, constipation, and many problems that are much worse than Candida. Eat a plant food-based diet with vegetables, whole grains, sprouts, salads, soaked nuts and seeds (soak a handful of nuts or seeds overnight or 8 – 12 hours in a shallow dish of water, then pour off water and eat soaked nuts/seeds. A juice fast is not recommended unless one can consume all vegetable juices, and preferably high amounts of green leafy juices and only limited amounts of carrot and beet juice. Avoid simple sugars, refined flour, products containing yeast and limit fruits (up to 1 fruit per day.). The fruitarian diet is frequently the direct cause of Candida and yeast problems, and is not recommended.
3. Cut down on household chemicals and replace with healthy alternatives from health food store (laundry detergent, fingernail polish, perfume, body sprays, etc.) Avoid pesticides by eating organic foods as much as possible.

Week Two:

1. Begin the entire Liver Regeneration Program (Vibrant Colon, Colon Detox Caps, L/GB Formula, Detox Herbal Tea) with the Echinacea Premium. (Since this is your second week, you have already done the 5 Day Preparation mentioned on the Liver Regeneration Program flyer). Follow the Liver Regeneration Program handout for doses. The liver is rich in sugars (glycogen) and is a favorite hiding place for Candida. Some people with Candida flush out what looks like mold when they do the liver cleanse. Others pass gallstones. The cleanse can also help hormonal balance.
2. Begin applying the Oregano Oil.

Week Three:

1. Repeat Week Two, but use Germ Blaster instead of Echinacea Premium
- For most people, doing weeks 1 – 3 is enough to handle the problem. For severe issues, Weeks 2 and 3 can be repeated again.

Maintenance:

1. Vibrant Colon – if needed in order to maintain 2-3 bowel movements per day.
2. Optional: Colon Detox caps if doing a cleanse or actively killing Candida.
3. Optional: AntiParasite Formula if needed to help control yeast. This formula can also be used in place of the L/GB formula during a Liver Regeneration Program.
4. Flora-G – follow the handout. (Flora-G/Intestinal dysbiosis)
5. Essential Nutrients – 2 Tablespoons daily. This helps with energy, alertness, memory, and builds up low blood counts. The greens help to decrease inflammation and alkalize the pH of the body. Candida thrives in an overly acidic body.
6. Echinacea Premium if needed – take for one week once each month to help activate, strengthen and balance immune system.
7. Repeat the Liver Regeneration Program every 3 – 6 months even if all problems are gone. This protects against recurrence, keeps cholesterol down and helps detoxify the continual onslaught of toxins from living in an industrialized country with its overwhelming preponderance of synthetic chemicals.
8. Option: if there has been a long term problem with fatigue, consider taking the Female Harmony or Adrenal Support Formula to gradually strengthen the hormonal system, build up the body's resistance and improve blood sugar balance.
9. Try to avoid any future courses of antibiotics if possible by doing a juice fast, taking Germ Blaster and/or Echinacea Premium during an infection. If you're not sure how to handle a particular infection, email us and we'll make suggestions. If you must take antibiotics, make sure you are taking the Flora-G, as it is the only source of probiotics that we know of that is not killed by antibiotics. (unlike Flora-G, acidophilus is easily killed by antibiotics).
10. Remember to get enough sleep and exercise moderately. People who are chronically sleep-deprived suffer from a higher rate of infections of all kinds. Try to change any situations that cause stress. Many people feel more energy after the second week, but then they overtire themselves with too many activities with their newfound energy before their body has completely recuperated. Slow down and allow yourself to rest, and things will go well.