

CANDIDA: IS IT A PROBLEM FOR YOU?

Digestion is a huge piece of the wellness puzzle. Once you can digest the food in your stomach, then digested food must go into the small intestine where it can be absorbed into the bloodstream to be distributed as nutrients for the body. You have trillions of bacteria in your small intestine to absorb nutrients. But many times harmful bacteria or yeast can overgrow in your small intestine to decrease the absorption of nutrients from your digested food.

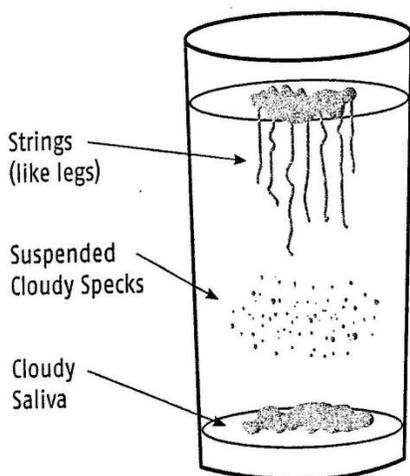
Common Symptoms associated with a Candida problem includes:

General Symptoms:

Fatigue
Concentration or short term memory
Flu-like symptoms
Acid Reflux
Dark circles under eyes
Chronic sinus problems/headaches

Psychological Symptoms:

Depression
Irritability
Anxiety
Panic Attacks
Recurring obsessive thoughts
Personality changes & mood swing



Candida Home Test

Fill a glass with room temperature tap water first thing in the morning. Then spit into the glass BEFORE you put anything into your mouth. Don't take a drink of water, brush your teeth or anything. Make sure you work up a good amount of spit.

Then observe what happens to your spit. If you observe strings traveling down into the water or your saliva sinks to the bottom or you observe cloudy specks that suspend in the water, you probably have a problem with Candida.



SO WHAT DO YOU DO IF YOU FIND YOU HAVE A PROBLEM WITH CANDIDA?

- ✓ Recognize that something can be done about it.
- ✓ Eat a diet that starves the Candida.
- ✓ Balance your pH – especially in your digestive tract.
- ✓ Use the **Weed** and **Feed** protocol to kill off the Candida.

Weed

Gut Flora Complex – 2 capsules twice a day on Saturday and Sunday. This product kills the Candida and bad bacteria in your small intestine on the weekends.

Feed

ProSynbiotic – 1 capsule three times a day This feeds the good bacteria in your small intestine from Monday through Friday.

Follow-Up

Continue the weed and feed protocol for 5 weeks. Then re-test your spit to check your progress. You might have to do multiple rounds to get your Candida under control once and for all.

Also make sure you are eating as few simple carbohydrates as possible. Sugar feeds the Candida.

