



CANDIDA AND PARASITE PROTOCOL

There are many symptoms of systemic (internal) yeast, fungus, bacteria and parasitic infestations. This is commonly known in the holistic community as a dysbiotic (unfriendly) condition of the gut. The more common symptoms are bloating and gas especially after eating, fungus under the nails, skin rashes like psoriasis and frequent vaginal yeast infections. Other seeming unrelated symptoms are memory loss, lack of concentration, fatigue, bad breath, and insomnia. These conditions are usually exasperated with the ingestion of sugar, fruits, fruit juices or carbohydrates especially refined carbohydrates. The following protocol is designed to not only kill the yeast but also restore the gut integrity. The Great Smoky's Diagnostic Lab's *Comprehensive Stool Analysis* is the most complete way of testing for unfriendly bacteria, yeast, fungus and parasites. It also aids in determining lack of digestive enzymes, friendly flora, and the type of medicine (both drug and herbal) that will be most effective in eliminating your type of infestation.

PROTOCOL

1. Eliminate parasites with Tyler Lab's product Paragard or NF Formula's product, Phytofuge. Combat yeast, fungus, and bacteria with a natural anti-fungicide like Tyler Lab's product, Candida Complex or NF Formula's product, Phytostan. These products are design to eliminate the full array of infestations as well as help with gut integrity. **Dosage:** 1 caps 3X daily between meals.
2. Support the digestive tract with the enzymes necessary to assure that food will digest properly. Decomposing food hosts an overgrowth of unfriendly critters. You can use Tyler Lab's product, BV Simalace by is suggested for vegetarians as it supports digestion of more difficult foods like beans, legumes and cruciferous vegetables. NF Formula's product, Phytozyme Plus has the usual pancreatic enzymes in addition Betaine Hydrochloride (HCL) to digest meat, poultry, fish and eggs. **Dosage:** 1 to 2 caps with each meal depending on the volume of food.
3. Detoxify the liver and gallbladder so the bile is flowing, this assures the Ph. of the small intestines is alkaline. An alkaline environment helps aid in proper digestion and in the colonization of friendly flora. (See: Liver Flush)
4. Re-colonize the friendly flora by taking a broad-spectrum friendly bacteria like Lactobacillus, Acidophilus, Bifidus, Thermophilus or Bulgaris. Metagenetic' product, Ultraflora Plus or NF Formula's, Spectra Pro-biotic, **Dosage:** 1tab 3 X daily-15 minutes after each meal.
5. Adhere to the yeast free diet below.
6. Cleanse the colon with enemas or colonics to eliminate the toxic build up of fecal matter that harbors growth of parasites and unfriendly bacteria. This causes stress to the liver, thus weakening the immune system.



CANDIDA AND PARASITE PROTOCOL (Continued)

ABOUT THE DIET

The *Yeast Free Diet* eliminates foods that cause an over growth in your system. When using the diet as a diagnostic tool to find if you are sensitive to yeast, it is essential that you adhere to it strictly for at least two to three weeks. If you find that your symptoms start to diminish then continue the *Yeast Free Diet* along with the protocol listed above. Avoid other foods that you may be allergic to. If you have environmental sensitivity or allergies, be sure to address the Adrenal Glands. (See: Healing the Adrenal Glands) to lower histamines in your system.

YEAST FREE DIET

AVOID: Yeast substances like leavened or sourdough foods such as; Bread, bagels, pretzels, crackers, pizza dough and dinner rolls should be avoided at all costs. Fermented or distilled and aged products such as: wine, beer, alcohol, vanilla, malt, soy sauce, tamari, miso and vinegar - introduce yeast into the system and encourages it to grow. Avoid cheeses that are made with mold or bacteria. Also avoid all sugars including fruit, fruit-juices, grapes and melons in particular. Most fruits are very high in sugar and feed the yeast growth in the intestinal track. The exception is tart apples, kiwi, lemons, limes, grapefruit and tomatoes. Be sure to note the unacceptable starchy vegetables listed below.

ACCEPTIBLE: Unleavened Essene or sprouted breads are good. Products made with baking powder and sodas are acceptable, but beware that baking powder may have aluminum in it, which can be harmful and try to use a whole grain sprouted product with all of the vital nutrients. Yogurt is acceptable because it is made with friendly bacteria for human intestines so they are helpful if you are dairy tolerant. The best diet is low-carbohydrate/ high protein with lots of fresh vegetables. Even the vegetables should be low in carbohydrates. Leafy green vegetables such as lettuce, spinach, any type of cabbage and kale are great in any quantity as are broccoli, cauliflower, Brussels sprouts and string beans. Non-starchy squash like zucchini, crookneck and summer squash are fine but you should avoid the starchy version of that family like pumpkin, spaghetti squash, butternut and other hard shell types. Other high carbohydrate vegetables to avoid are artichoke, peas, carrots and potatoes.