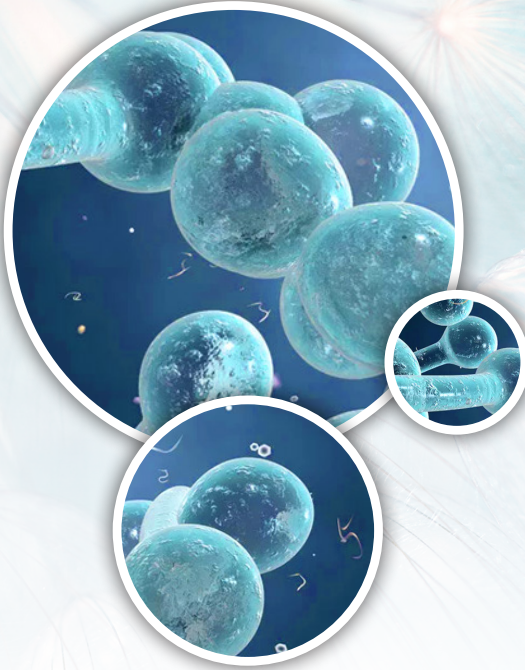




# Comprehensive Candida Approach



A Natural Biological  
Approach

3 Phase Protocol

Reduce,  
Replenish,  
Rebalance.

[Biomedicine.com/candida-program](http://Biomedicine.com/candida-program)

# Comprehensive Candida Approach

*The goal of Candida Protocol is to shift candida back into it's natural beneficial form and resolve associated candida symptoms.*

## Candida Within the Body

The Candida Protocol is based on a unique biological approach to support the reduction and rebalance of candida overgrowth. Candida is a yeast form of fungus that can be beneficial to the body and is a naturally occurring part of the normal microflora of the skin and mucous membranes.

### Candida's beneficial role within the body:

- a) aids in digestion & nutrient absorption
- b) binds heavy metals (mercury) in the mouth/gut
- c) assists in decomposition of the body after death
- d) magnifies emotional need to strengthen personal power

For candida populations to remain in their beneficial forms, a healthy gut with balanced intestinal flora and a strong immune system are needed. When the body internal environment shifts, the opportunistic behaviour of candida is seen as a change from the budding yeast form to the mycelia or hyphae form, causing overgrowth and resulting in symptoms. This can be triggered with a decrease in healthy microflora (through a diet of refined carbs, sugars, high protein intake, and alcohol consumption); high stress lifestyle; increase heavy metal load; acid-base imbalance; antibiotic and antifungal medication; oral contraceptive and steroid use; and a decreased immune defense.

### The Different Stages of Candida albicans:

#### A. Budding Yeast

Beneficial mutualistic form



Yeast



#### B. Pseudohyphae

Upregulation is triggered by pH change and decreased microflora



Pseudohyphae



#### C. Mycelia/Hyphae

Upregulated into pathogenic form



Hyphae



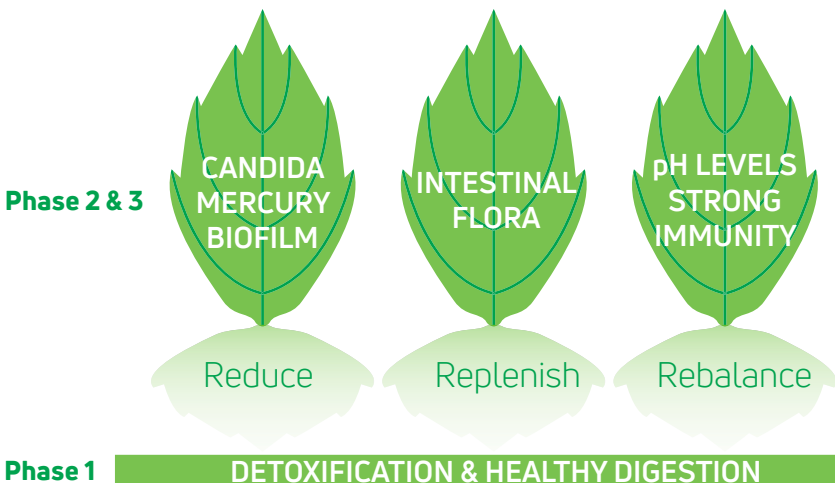
## Candida and the Body's Changing Environment

When change occurs within the body, candida is forced to adapt through shifting from a beneficial form to a pathogenic one. Once this process happens, symptoms can occur throughout the entire body; especially in the mouth, GI tract, vaginal tissue and skin.

### Symptoms of Candida Overgrowth:

- Gas, bloating and leaky gut
- Yeast infections, itching, and UTIs
- GI disturbances (diarrhea, constipation)
- Sugar cravings and fruit intolerance
- Allergies, hives, itchy ears
- Autonomic nervous system disturbances
- Bladder infections
- Fatigue and brain fog
- Depressed moods
- Athlete's foot and jock itch
- Nail fungus
- Skin rashes

An effective biological approach to eliminate candida overgrowth follows the principles of reduce, replenish and rebalance. This is based on an understanding that shifting the body's internal environment back into balance will result in candida shifting back into the beneficial mutualistic form and resolve candida symptoms. This can be accomplished with the different phases of the Candida Protocol and is the focused approach of the *CandFix Kit*. The bonus for following these phases: one does not experience a severe 'die-off' candida reaction and the results are much longer lasting compared to other candida approaches.



# Candida 3 PHASE PROTOCOL

This protocol uses a unique biological approach designed around the understanding of candida morphology, adaptive physiology and the opportunistic behaviour that results when resistance to overgrowth is compromised within the body. The goal of this protocol is to ultimately shift candida back into the natural mutualistic form and help resolve associated candida symptoms.

REMEDY	PHASE/DOSE	MON	TUES	WED	THURS	FRI	SAT	SUN	
<b>Phase 1 = 20 Days (3 weeks)</b>									
<b>DETOX KIT</b>	<b>A-Hepatica</b>	17 - 25 drops	To all be mixed together in water and taken 20 minutes before meals  Note: Duration of remedies may vary.	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓
	<b>Lymf-A-Drop</b>	10 drops		✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓
	<b>Solidago</b>	17 - 40 drops		✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓
	<b>Colon Cleanse</b>	6 capsules with 8 oz water in the morning and evening for 10 days	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	
	<b>Digestizyme</b>	1 capsule with each meal	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	
<b>ADD ONS</b>	<b>Pleo Alb Suppository For Vaginal Yeast Infection</b>	<b>Acute:</b> 1 suppository vaginally before bed for 5 nights, then every 3rd night.	✓	✓	✓	✓			
	<b>Pleo Alb Drops or Ointment For Skin and Nail Fungus</b>	Apply a few drops or small amount of ointment directly to affected area. Alkaline nail bath – mix 1/4 cup baking soda with warm water, soak foot/nails/ hand once daily for 2 weeks	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	
<b>Phase 2 = 30 Days (4 weeks)</b>									
<b>CANFIX KIT</b>	<b>Pleo Alb drops</b>	7 drops in morning	✓	✓	✓	✓	✓	✓	
	<b>Probiotic 7-in-1</b>	1 capsule with meals	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	
	<b>Basictab</b>	3 tabs with warm water on an empty stomach (30 minutes before or 2 hours after a meal).	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	
	<b>Serrapeptase</b>	1 capsule on an empty stomach (30 minutes before or 2 hours after a meal)	✓	✓	✓	✓	✓	✓	
	<b>Chlorella</b>	4 - 10 tablets with meals	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	
	<b>Digestizyme</b>	continue 1 capsule with each meal	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	
<b>ADD ONS</b>	<b>Pleo Alb Suppository – vaginal or rectal before bedtime</b>	<b>Chronic:</b> 1 suppository vaginally or rectally before bed.	✓			✓			
	<b>Pleo Alb Drops or Ointment For Skin and Nail Fungus</b>	Apply a few drops or small amount of ointment directly to affected area. Alkaline nail bath – mix 1/4 cup baking soda with warm water, soak foot/nails/ hand once daily for 2 weeks	✓✓	✓✓	✓✓	✓✓	✓✓	✓✓	
<b>Phase 3 = 30 Days (4 weeks)</b>									
<b>CANFIX KIT</b>	repeat as per instructions in Phase 2								
	<b>Serrapeptase</b>	continue 1 capsule on an empty stomach (30 minutes before or 2 hours after a meal)	✓	✓	✓	✓	✓	✓	
	<b>Chlorella</b>	continue 4 - 10 tablets with meals	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	
	<b>Digestizyme</b>	continue 1 capsule with each meal	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	

## Disclaimer

\*Your recommendation & results may vary from those listed above. Consult with your health care practitioner before implementing any new protocols and supplements.

# Comprehensive Candida Approach

## Candida, the Mercury Connection, & Detoxification

According to Dr. Dietrich Klinghardt, MD a world-renowned mercury expert, candida overgrowth represents the body trying to keep mercury and other heavy metals from damaging tissues. Candida serves the purpose of absorbing and sequestering heavy metals, which can result in a proliferation of candida to protect the body, especially from mercury.

Extensive clinical experience by Dr. Thomas Rau, MD at Paracelsus Clinic in Switzerland, has found a strong connection between a high heavy mercury load and pathogenic candida forms, especially when associated with dental amalgams.

Therefore, it is essential to open detoxification (*Detox Kit* and *Colon Cleanse*) pathways and support mercury detox at the same time as addressing candida overgrowth. As candida levels reduce and shift back to the beneficial form, mercury can be released and must be bound for excretion to minimize the potential discomfort of a 'healing' reaction. Research shows *Chlorella* can absorb toxic by-products from candida 'die-off' and bind mercury for effective excretion through the bowels.

## Pathogenic Candida Using Biofilm as Protection

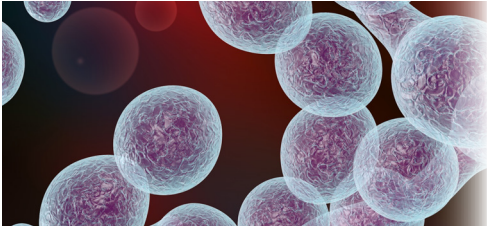
Candida's ability to create biofilm in the pathogenic form is a survival technique. Biofilm helps protect candida from external factors including the body's immune response, and natural and prescription anti-fungal medicines.

Biofilm complicates the ability to 'rid' the body of candida overgrowth. However, mucolytic enzymes (*Serrapeptase*) and blue-green algae (*Chlorella*) break down the biofilm barrier, allowing the body's immune system and natural therapies to shift candida back to the beneficial form.



## Restorative Candida Diet Essentials

According to Dr. Thomas Rau, MD, of the Paracelsus Clinic in Switzerland, candida is a sugar consumer. 'Starving' candida through total elimination of sugars and carbohydrates will create upregulation into the more pathological forms (mycelia and hyphae), and ultimately drive candida deeper into the tissues to feed off sugar (glucose) from the blood vessels and capillary beds.



During a Restorative Candida Diet, there are benefits to eating complex carbohydrates high in fibre and cellulose. Complex carbohydrates feed the beneficial form (budding yeast) of candida and helps keep candida within the intestinal tract. This is essential during the Candida Protocol, as it

helps shift candida back into the beneficial form. Fibre and cellulose are also important for keeping the bowels moving and elimination of heavy metals.

The Restorative Candida Diet supports the principles of reduce, replenish and rebalance by removing all potential allergens and acidifying foods from the daily diet. This allows a rapid healing of the intestinal system including the mucosal lining, bacterial flora and the GALT tissues of the intestinal immune system. A healthy gut and balanced intestinal flora will lead to proper digestion and a strong immune system, which is necessary for eliminating candida overgrowth.

### **Restorative Candida Diet Recommendations:**

Your practitioner may recommend dietary changes to remove potential allergens (eggs, cow dairy, citrus, wheat, gluten, and nuts) and reduce processed foods and sugar intake.

During the Candida Protocol, it is important to decrease sugars, simple carbs and processed foods. This includes: sugar, sweets, honey, maple syrup, breads, bakery items, white flour products, cookies, cakes, soft drinks, alcohol, and dried fruits. You do not need to eliminate naturally occurring sugars in most fresh fruits and veggies, as high fiber and cellulose are highly beneficial in promoting acid-base balance and reducing candida overgrowth. Digestive enzymes (*Digestizyme*) provides additional enzymes to support cellulose and fibre digestion.

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