

The Anti-Candida Protocol

The 5-step program summary

Our holistic approach to candida and yeast infection issues is specifically designed to help your body to naturally balance the candida overgrowth by:

- creating an environment in the body that naturally reduces the levels of yeast and candida
- optimizing the body's ability to safely remove candida's released toxins
- providing key nutrients needed for the body to repair and recover from the damage caused by the candida yeast overgrowth.

These are achieved by:

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| STEP 1 Week 1-2 | <ul style="list-style-type: none">▪ Oxygen Cleanse to remove obstacles preventing the body from naturally healing, optimize the body's natural waste/toxins removal function, and minimize die off symptom |
| STEP 2 Week 1-8 | <ul style="list-style-type: none">▪ Anti-Candida diet eliminates foods that can overfeed candida or weaken your immune system and body. Includes foods & recipes that can help your body to heal and naturally balance the overgrowth▪ Systemic & digestive enzymes help transition to the candida diet by improving digestion and nutrients absorption of the foods, as well as breaking down candida's cell wall |
| STEP 3 Week 1-4 | <ul style="list-style-type: none">▪ Candida targeted probiotics restore healthy gut flora with strains that are specifically effective against candida |
| STEP 4 Week 1-8 | <ul style="list-style-type: none">▪ Key nutrients: vitamins, minerals and antioxidants that can help the body repair the damage caused by the overgrowth while avoiding common nutritional deficiencies |
| STEP 5 Week 4-8 Optional | <ul style="list-style-type: none">▪ Antifungal supplements to balance candida overgrowth and yeast infection in more severe cases of candida▪ Yeast infection creams: ease discomforts such as yeast infection rash, eczema, itchy skin, vaginal infection, male yeast infection, oral thrush. |

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A BIG PART OF OUR WORK AND BUDGET IS SPENT ON EXTENSIVE RESEARCH FOR THE BEST NATURAL WAYS TO IMPROVE PEOPLE'S HEALTH AND LIVES. THIS ALSO INCLUDES AN ONGOING REVIEW OF THE PRODUCTS ON THE MARKET.

WE TEST ALL THE PRODUCTS THAT WE RECOMMEND, MAKING SURE THEY ARE TOP OF THE LINE, AND MEET OUR HIGH STANDARDS FOR EXCEPTIONAL QUALITY, EFFICIENCY, SAFETY AND CUSTOMER SERVICE. SOME OF THE LINKS PROVIDED TO THESE PRODUCTS ARE AFFILIATE LINKS, MEANING THAT WE MAY GET A COMMISSION IF YOU CHOOSE TO BUY A PRODUCT AFTER VISITING THE MERCHANT'S SITE THROUGH THAT LINK. IF YOU CHOOSE TO DO SO, WE DO APPRECIATE IT, AS IT ENABLES US TO KEEP OPERATING THE SITE AND CONTINUE DELIVERING THE INFORMATION ON THIS WEBSITE WITH NO CHARGE AS A SERVICE TO YOU.