

# The Candida Die Off Handbook

Common Symptoms and recommended remedies:  
(You may not have all symptoms)

Symptoms / Concerns	Recommended Remedies
<ul style="list-style-type: none"><li>▪ Constipation</li><li>▪ Digestive issues</li><li>▪ Bloating, gas</li><li>▪ Body odor</li><li>▪ Flu like symptoms</li><li>▪ Headache</li><li>▪ Strong die off symptoms</li></ul>	<a href="#">Candida Colon Cleanse</a>
<ul style="list-style-type: none"><li>• Flu like symptoms</li><li>• Headache</li><li>• Strong die off symptoms</li></ul>	<a href="#">Reduce / Stop Antifungals</a>
Digestive issues	<ol style="list-style-type: none"><li>1. <a href="#">Candida Enzymes</a></li><li>2. <a href="#">Check Diet</a></li></ol>

For specific symptom relief, see next page.

Recommended natural remedies for specific symptom relief:  
 (Optional, when relevant)

Symptom / Concern	Recommended Remedies
<a href="#"><u>Organ Support</u></a>	1. <a href="#"><u>Natural antioxidants extracts</u></a> 2. Drink plenty of spring or alkaline water to help your kidneys flush down the toxins. The color of your urine should be clear. 3. <a href="#"><u>Liver cleansing herbs</u></a>
<a href="#"><u>Fatigue, low energy, stress</u></a>	<a href="#"><u>Energy &amp; anti-stress herbs</u></a>
<a href="#"><u>Brain fog, mood swings</u></a>	<a href="#"><u>Mind-balance protocol</u></a>
<a href="#"><u>Headache, muscle joint pain, NSAIDs</u></a>	<a href="#"><u>Anti-inflammatory protocol</u></a>
<a href="#"><u>Skin Issues</u></a>	<a href="#"><u>Oxygen-olive oil moisturizer</u></a>
<a href="#"><u>Breathing &amp; respiratory issues</u></a>	<a href="#"><u>Lung cleansing herbs</u></a>
<a href="#"><u>Food Sensitivities</u></a>	<a href="#"><u>Aloe Vera (Inner leaf)</u></a>
<a href="#"><u>Toxins Removal</u></a>	<a href="#"><u>Candida Colon Cleanse</u></a> <a href="#"><u>Japanese detox foot pads</u></a>
<a href="#"><u>Low Immune System</u></a>	<a href="#"><u>Low Immune System</u></a>

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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.

