



# Nutritional Frontiers

*breaking through nutritional boundaries*

## WELLNESS

# CANDIDA SOLUTIONS

### ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

### RELAXATION & SLEEP

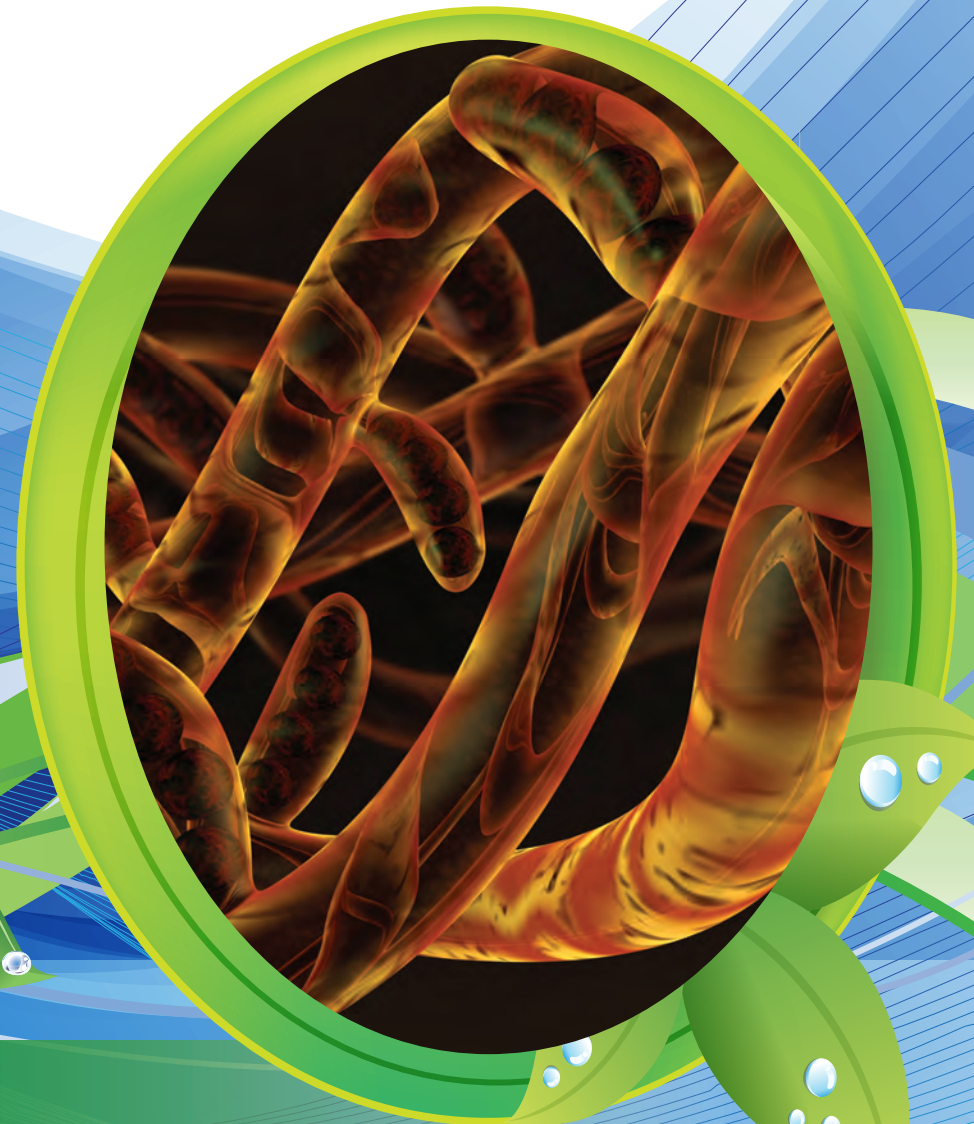
	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

### NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food
CandiKill				
SBC				
Liv/Gall Tincture				
Super Biotics				
Lymphatic Tincture				
Olive Leaf Extract				
GI Complete				
Other _____				

### HEALTH CARE PROFESSIONAL NOTES:

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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## ABOUT CANDIDA

Candida albicans is a type of pathogenic yeast-like imperfect fungi. Historically speaking, the leading cause of yeast infections would be improper diet. Candida albicans mainly thrive on sugar and other refined or processed foods. Thus, by removing their primary food source, the over-growth of these fungi tend to be lessened. Candida albicans is single-celled fungus yeast that under normal circumstances exists within the human body. In certain situations, yeast can grow out of control and invade the human host creating many health problems. Certain factors, such as prolonged antibiotic use, parasitic infection, uncontrolled diabetes, hormonal birth control use for 6+ months, steroid use, ulcer medications, smoking, HIV, and impaired immune systems make persons more susceptible to yeast infections.

## SYMPTOMS OF CANDIDA

- Chronic digestive problems
- Bloating
- Diarrhea
- Rectal itching/burning
- Heartburn
- Brain fog
- Sugar cravings
- Autoimmune disease
- Chemical sensitivity
- Fungal skin/nail infections
- Vaginal yeast infections
- Urinary tract infections
- Loss of libido
- Irritability/depression
- Memory problems

## THE CANDIDA SOLUTION

### PHASE I: (Month 1 and 2)

#### • CandiKill

Take 3 Capsules in the morning

#### • SBC

Take 3 Capsules in the evening

#### • Liver/Galbladder Tincture

2 Droppers in the morning with CandiKill

2 Droppers in the evening with SBC

### PHASE II: (Month 3 and 4)

#### • CandiKill

Take 3 Capsules in the morning

#### • Super Biotics

Take 2 Capsules at night

#### • Lymphatic Tincture

Take 2 Droppers in the morning with CandiKill

Take 2 Droppers in the evening with Super Biotics



## DIETARY SUGGESTIONS

One important part of treatment is diet! Dietary changes are crucial in reversing Candida overgrowth. Diet is strict for the first month, moderate the second month, more lenient after that depending on symptoms. Diet is tailored to the severity of the case. Low carb, low yeast diet: no fruit, sugars, barley malt, honey, syrup, alcohol, caffeine, sweet potatoes, pickled foods, yeast, fermented foods, mushrooms, cheese, vinegar, soy sauce, Brewer's yeast, and smoked foods. Don't eat cooked food more than 2 days old. Avoid all sources of sugar (cake, pie, ice cream, cookies, vinegar, alcohol, honey, fruit and fruit juice).

## FOOD

	Yes	No
<b>Meat and Fish</b>	Organic or free range, canned (water-packed), frozen, or fresh fish; chicken; turkey; wild game; lamb, beef	Pork, cold cuts, hot dogs, sausage, canned meats, shellfish
<b>Fruit</b>	No fruit for at least 4 weeks, first types to reintroduce are apples and pears	Juice or fruits
<b>Vegetables</b>	All fresh raw, steamed, sautéed, juiced, or roasted	Corn, tomato, creamed vegetables
<b>Starch</b>	Limited: brown rice, sweet potatoes, yams, whole grain pasta, oatmeal	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products: bagels, breads
<b>Bread and Cereal</b>	100% whole grain or sprouted breads, dark bread at least 3 grams of fiber per slice, Ezekiel bread	White bread, whole wheat, processed carbs, wheat, spelt, kamut, rye, barley; all gluten-containing products
<b>Legumes</b>	All beans, peas, and lentils	All Soy products, soybeans, tofu, tempeh
<b>Nuts and Seeds</b>	Almonds, cashews, walnuts; sesame (tahini), sunflower, and pumpkin seeds; butters made from these nuts and seeds	Peanuts and peanut butter
<b>Milk and Dairy Substitutes</b>	NONE	NO MILK, cheese, ice cream, pizza, grilled cheese, cottage cheese, cream, yogurt, "non-dairy" creamers
<b>Fats</b>	Cold pressed olive, flax, coconut, safflower, sunflower, sesame, walnut, pumpkin, almond oils, omega 3 fish oils	Fried foods, fast foods, margarine, butter, shortening, salad dressings processed (hydrogenated) oils, mayonnaise, spreads
<b>Beverages</b>	WATER filtered or pure spring water, herbal tea, seltzer or mineral water	Soda pop or soft drinks, juice, alcoholic beverages, coffee, tea, other caffeinated beverages
<b>Spices and Condiments</b>	All spices unless otherwise indicated: cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric	Chocolate, ketchup, relish, chutney, soy sauce, barbeque sauce, other condiments
<b>Sweeteners</b>	Stevia or Xylitol only	Artificial sweeteners, high fructose corn syrup, white or brown refined sugar, honey, maple syrup, corn syrup, candy; desserts