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CANDIDA

Self – Help Information & Advice

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Foreword

Just a few words about me and my background so you understand where my advice is coming from! I am qualified in Nutritional Therapy, Homeopathy, Kinesiology, Holistic Diagnosis, Yoga teaching, a Reiki Master/Teacher and Reflexology. I also own and run a natural health shop with my husband (www.shopholistic.com) and have served as Executive Director for the National Health Federation in Wales for a year. Since the health shop opened in 2004, I have constantly researched new and ancient products with a particularly keen interest in body detox and the relief of common ailments.

My research became more aggressive when I discovered Codex Alimentarius and the threat this was posing on the natural health industry. It is through this research that I became involved with the NHF, met some excellent researchers and 'truthers' to receive much 'cutting edge' health information and ran information campaigns on various health issues such as fluoridation, vaccines, artificial sweeteners, the corporate corruption of Big Pharma, etc. This led me to further my research in other areas such as politics, the universe and spirituality.

The reason I have done so much studying is due to my passion for helping and guiding people in any way I can, to not only realise that there is an alternative to mainstream pharmaceutical and medical care which has sadly become so corrupt and controlled, but also to be responsible for their own health and to realise that they have the power to do this. Of course, saying that I must say that my advice is not intended to replace that of a medical professional and you must seek professional medical advice if you are at all worried.

I offer my advice and email consultation services freely however I am always grateful for donations which can be made

through my website.

On a more personal note, in 2008 I realised that I had a long term candida infection and battled with it for quite a few years. During this time I devised a plan that actually worked for me, hence I want to share it so that this information may help others. Before we begin with the plan I would like to say that the advice enclosed in this booklet is based upon my studies and research but most importantly, my own experience. We are all different and therefore we will find different things work for us, but please reflect on my advice and use it as a basis. If something doesn't feel right to you, research and find your own way. However, bear in mind that it is important you stick to the principles! Other anti-candida plans that I have tried and researched will put each other down, but I do not agree with this as they are all generally well-intended and everyone is different after all. However, it is a minefield of information out there including much disinformation linked to product sales, and many articles written by unqualified people who intend well but may not have a true understanding. I am not saying I understand everything as after 10+ years of research, including taking a diploma in Nutritional Therapy, I have realised that a lot of information is actually based upon different beliefs rather than science. However, there are many similarities spanning the different belief systems. I have tried my best to stick with the information based upon science, the beliefs that have been confirmed by science, client experience, and factual research programmes, and I have combined this with my own experiences of healing myself of Candida. For more information, please see 'My Candida Story' later on.

CHAPTER 1 - ABOUT CANDIDA

What is Candida?

Candida is a yeast that is found in our bodies. There are different types of candida but the most common is candida albicans. It is generally a part of our good (or friendly) bacteria in our gut, sometimes called gut flora, living in balance. A German doctor discovered that pathogens such as Candida and Tuberculosis, play an important part in the breakdown and disposal of tumours and cancer, the candida surrounds the tumour and breaks it down with the TB and assists in carrying it out of the body. If the cause of the tumour is not resolved, or there is no TB in the body to assist in the breaking down of the tumour, the candida can form a shell and cause the tumour to become encapsulated. It then remains dormant and, many will claim, harmless without requiring any further intervention.

Sometimes our friendly bacteria is attacked causing an imbalance and this causes the Candida yeast to be able to multiply out of control, causing an imbalance in the gut flora. Candida overgrowth such as this is often known as Candidiasis, Dysbiosis, Yeast Overgrowth, Imbalance in Gut Flora and more. If the imbalance is left untreated, the yeast cells can mutate and become a pathogenic fungus which can really take hold and start attacking our intestinal walls, causing 'Leaky gut Syndrome'. They are then able to escape our gut and get into our bloodstream, and spread through our whole bodies. Candida is an extremely invasive parasite once it is fully developed and can quickly become a permanent resident in your body, attaching itself to your muscles and organs. If left untreated it will inevitably get worse and the longer it is left

untreated, the more difficult it is to get rid of. It is believed by many alternative health professionals and non-biased medical researchers that candida is a pre-cursor to serious conditions such as Chronic Fatigue Syndrome, ME, Fibromyalgia and even Cancer, though my research has found the cancer link to be that as I previously explained. In any case, it is important that an imbalance is addressed as soon as you become aware of it so it does not get out of control.

What causes an imbalance?

An imbalance in the gut flora is generally caused by some sort of intervention or interference. This can be over a short or long period of time.

Most common causes are:

Poor nutrition, in particular high consumption of sweet, sugary foods and refined carbohydrates, junk foods, even healthy foods which are high in natural sugars. The modern Western diet is heaven for Candida cells! Prolonged deficiency in an essential vitamin or mineral can also be a factor.

Artificial Sweeteners and Additives in foods will most definitely cause destruction and imbalance.

Pharmaceutical medicines in particular antibiotics. Particularly at risk are those who have had long-term medication, strong medication or frequent short-term medication. Antibiotics and many other medications kill the friendly bacteria in our guts.

Vaccines contain many very harmful additives that destroy our immune system and toxify the body.

Medical Procedures such as operations, general anaesthetic, especially removal of appendix as it is believed that it serves to repopulate the gut with beneficial bacteria and keep a healthy

flora balance.

Hormones such as Puberty, Pregnancy, Menopause, etc.

Accidents or anything that brings about shock to the system.

Stress constant stress, whether this is emotional stress from the past, worry for the future, or everyday stress, can cause havoc to the delicate bacteria.

Trauma such as shock, sudden grief, anything unexpected that trigger an intense shock state.

Illness any illness and especially recurring illness, can cause upset and imbalance.

Alcohol consumption will kill off the friendly bacteria. As will many recreational drugs (apart from marijuana which is actually protective of disease!)

Environmental toxins such as mould or damp in the house, pollution & pollutants. Chemtrails (unnatural lines purposefully sprayed by aeroplanes to put substances into the atmosphere) have also been linked to airborne mould, bacteria and viruses that cause imbalance and illness.

Tap Water particularly if your area has fluoride added. Even if there is no added fluoride in the water, tap water contains chlorine and many other pathogens and toxins (including traces of pesticides, herbicides, fertilisers and even pharmaceuticals from farm land). See the section in 'Understanding the Basics' on water for more information.

Cosmetic additives fluoride in toothpaste, parabens & SLS in toiletries are all toxic to the body and can cause imbalance as they are absorbed into the body through the skin when used.

CHAPTER 2 – DO I HAVE CANDIDA?

Candida Symptoms

When we visit the doctor we are treated symptomatically, but unfortunately this can lead to further problems as if there is underlying yeast infection (or even another cause) then the problem is not addressed and we will continue to get worse in one way or another.

We all get most of the following symptoms once in a while, but you need to focus upon recurrent or persistent symptoms. If you have problems with a combination of the following symptoms, please continue with the 'Spit Test' as detailed below:

Head (emotions/mentals) – Dizziness, vertigo, foggy brain (confusion, dream-like, clumsy), forgetfulness, memory loss (especially short term), migraine, inability to concentrate, mood swings, depressive symptoms, ADHD, hyperactivity, lethargy, no energy, autism, fatigue, insomnia, anti-social behaviour, anxiety

Head (outer) – recurrent colds/flu, sinus problems, ear problems, oral thrush, white coated tongue, recurrent sore throat, post nasal drip, eye problems, hair loss, thyroid problems, bad breath, ulcers, dry mouth, receding gums

Respiratory - asthma, respiratory problems, chronic cough

Digestion – Food intolerances/allergies, gas, bloating (especially after eating), IBS, diarrhoea, recurrent nausea, constipation, stomach ulcers, heartburn, stomach pain, indigestion, sugar cravings, itchy anus

Allergies – foods (especially refined carbohydrates and sugars such as wheat, sugar, fruit, alcohol, etc), hay fever, increased sensitivity to any substances

Body (muscles/joints, etc) – painful/swollen joints, skin rash, aching muscles, shivery/cold, athlete's foot, fungal infection, recurrent vaginal thrush, acne, dry skin, water retention, liver spots

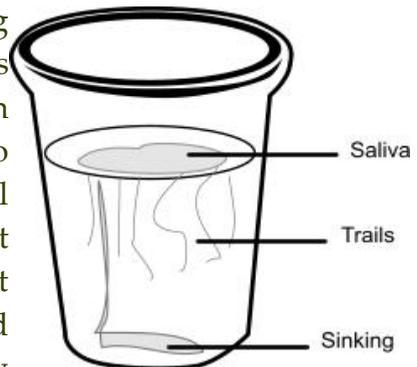
Women's problems – menstrual problems, infertility, dryness, lack of sex drive, PMS, endometriosis, hormone imbalance

Other – weight problems (underweight or overweight), premature ageing

'Spit' Test

The spit test is a good indication of whether there is a Candida overgrowth issue, but it is not entirely conclusive. If you have a negative test, remember you are reading this as you have a reason to suspect you may have an overgrowth, such as a good combination of the symptoms. In this case I would suggest that it would still be worth following the basics in the Preparation section and Maintenance guidelines at the end of this booklet.

To perform the spit test you need a small glass of water. First thing in the morning before putting anything in your mouth (such as brushing your teeth, or even sipping water) you need to spit into the glass of water. Healthy spit will float on the surface (it may sink at first from the force of landing but will surely come to the surface and float). You will need to wait a few



minutes. If after this time has lapsed the spit still floats with no trails, then your spit is likely to be healthy and you can celebrate! However, if your spit sinks and has trails leading down into the water, then you have tested likely to be positive for candida overgrowth.

Depending on the severity of the symptoms you are getting, and the speed at which the spit test works, generally depends on how bad the overgrowth is. But in any case it needs to be addressed. I will not lie to you – it will be hard at times - but I have come through this and so will you!

What can I do about it?

OK so you probably have Candida Overgrowth – but first thing is first - don't panic! Yes it can take time for it to sink in and realise that you now need to heal yourself. It is not recognised by NHS doctors, so it is all up to you to take responsibility for your own health now! But you are not on your own. There are lots of forums and social media groups you can join for support. You can also have a little 'comfort' in knowing that 70% or more people have a candida overgrowth too – but you are one of the lucky ones as you know about it and can therefore do something about it!

There are important steps to take when tackling a Candida overgrowth in my experience and they are:

**Understanding Good Health Basics,
Healing,
Killing the Candida,
Detoxification
Replenishing
& Maintenance.**

CHAPTER 3 – GOOD HEALTH BASICS

It is essential that you read this section which will be for the entire plan and the rest of your life (if you know what's good for you). This information is also applicable to anyone even if they do not have Candida!

Understanding the Basics

Do not eat any artificial sweeteners (aspartame, neotame, truvia, saccharin, Splenda, sucralose, etc. You can find articles on the dangers of these chemicals on my website.

No MSG (monosodium glutamate) or other flavour enhancers, preservatives, etc.

Avoid processed foods and ready made meals (not only are the nutrients in these almost non-existent, but also this makes eliminating artificial ingredients much easier!).

DO NOT USE A MICROWAVE! Microwaves basically 'Nuke' your food and you will end up eating ballast with no nutritional value and enriched with radiation!!

Eat organic as much as possible as the pesticides, weed killers and pharmaceutical drugs (in meat) used in today's foods will remain on and in your vegetables and meat and certainly worsen your Candida infection.

It is highly recommended that you take a metabolic typing test (a full 65-question quiz is available free from myself, some others are available on the internet) as you may be causing unnecessary stress and imbalance to your body by not eating the correct balance of foods. **This is particularly important if you are vegetarian or vegan.** I am not saying that you need to

eat meat, but you MAY need to. Please keep an open mind about this for your body's sake.

Further on in the Emotional Healing section I write about showing your own body compassion as well as others. This is what I found out the hard way. I was vegetarian for a few years for ethical reasons but since qualifying as nutritional therapist I understood how much damage I was actually doing to myself due to my blood type, and therefore why I would never be well if I carried on. It was very difficult to accept at the time and if you are in the same boat, I deeply sympathise. After speaking to some Buddhist Lamas and respected monks, they advised me that meat was actually classed as my medicine as I needed it, and how to eat meat while still showing compassion to animals. Please email me if you want more advice on this.

For now, a good indication for vegetarians is looking at the fundamental ruling of the blood type diet: type O particularly need animal protein (in particular high purines which cannot be obtained from plants such as those found in red meat and organ meat), type A & B are generally more suited to vegetarianism, but a combination like AO will usually need some animal protein.

WATER

It is very important to drink water but also just as important to drink the correct water! As a rough guide for the amount of fluid you need to have, take your body weight in pounds and divide it by 2. This gives the fluid ounces of clear fluids such as water or herbal tea that you need. But it depends a lot on the type of foods you eat too, as you will get a lot of fluid from raw, fresh vegetables and fruit. Also it depends on your exercise

levels and the weather. So only use this as a guide. The best indication that you are having enough fluid is that a) you feel well and b) your wee is either very pale or clear.

Water Purity

Our tap water is not really the best to drink. At the very least it needs filtering to remove bacteria and large impurities. However there are many hidden dangers in tap water. Herbicides, pesticides and even pharmaceutical drugs are found in our tap water from farms where the water has run off into our water sources. To remove pathogens in our water chlorine is added. This is also not good - but worst of all is fluoride. Fluoride is a poison that has a huge negative impact on our bodies. There have been no unbiased tests to prove that fluoride is even good for our teeth, and despite this it is promoted as safe and healthy by the dental profession and health officials. The fluorides added to tap water are generally Sodium Fluosilicate or Hydrofluorosilic Acid. There is no legitimate, valid, unbiased, substantiated, independent and objective research on hydrofluorosilic acid used for fluoridation showing that it is safe for human consumption. There is much information on the conditions caused by consuming fluoride on the internet and also some articles on my website. Many parts of the UK are now fluoridated including the part of the North of England and the Midlands. But even if you do not live in a fluoridated area there are still many reasons to not drink water from your tap!

There are only 2 ways of removing chemicals including fluoride, pharmaceuticals and pathogens from your drinking water and that is either by distillation or by reverse osmosis filtration. Both systems will probably cost over £100 to set up but it is a very worthwhile investment. Please note that your

standard water filter will not remove all these chemicals, however a standard filter is generally acceptable in non-fluoridated areas.

Re-mineralisation of Water

If you use a reverse osmosis filter or distiller, these will leave you with water devoid of anything (if you were to use a TDS meter to measure particles in the water it should read close to 0 parts per million).

If you drink 'empty' water in the long term this is very bad for you as it will draw minerals out of your body. Some people use it in the short term to help with detox programmes but I honestly would not recommend this. The water needs to be re-mineralised. The best way of doing this is by adding a pinch of Himalayan Salt which contains 78 trace minerals.

Re-energising

Water acts like a crystal as it holds energy. When we distil it or filter it by reverse osmosis, it also becomes devoid of living energy. It is energised naturally by flowing, and is especially energised near a natural waterfall or from a running stream. We can energise the water by swirling the water in a clockwise vortex for a few seconds.

But also it is worth noting that it is believed when we give the water love and gratitude the water particles change and become symmetrical and beautiful. When given hate or anger they are malformed and unsymmetrical. This is actually very interesting as our bodies are 70-80% water! So bear this in mind for your water and your self!!



Hate



Love

The Way you Eat

The way you eat is also important as your digestion is the key to the release of energy and efficient use of the nutrients in your foods.

For optimum digestion it is better to take small bites and chew your food thoroughly before swallowing. Do not allow yourself to rush and gulp your food. Do not drink with your meal as this will dilute your stomach acid and can cause poor digestion. Slow your eating down as it takes a while for your brain to receive the signal that you do not need to eat any more. I generally try to eat until I am no longer hungry rather than stopping when I am full (there is a difference!). This is good practice as the energy from the food will otherwise be taken up with the processing and digesting of unwanted food and this can have a huge impact on your energy levels and the use of the nutrients by your body. Think how tired you feel after a big meal! This is why! You need to get out of the habit of finishing everything on your plate, even if it is delicious! This comes from our instinct of filling up while we have food in front of us as we do not know when our next meal will be, but we need to re-train ourselves to understand that we have plentiful food, and can leave our dinner and go back to it later if needed – even if that is in half hour!

Timing

After 6pm it is good practice not to eat much at all. After this time our bodies begin storing the sugars and energy for the following day in a 'reserve tank'. Generally we go to bed much later than we are designed to which is ideally between 9pm and 10pm (7pm-8pm for children). This forces our bodies to release tomorrow's stored energy to keep us going (usually known as

the Second Wind). This leaves us depleted of energy for the following day and causes unhealthy carb cravings for quick release energy. It also causes a depletion in brain function and our concentration and clarity of thought is greatly effected.

Not eating after 6pm will also help our digestive systems to rest. For thousands of years fasting has been practised in traditions such as Yoga for this very reason. But you will be giving your digestion a 12-hour (at least) break every day! In turn this will also make us hungrier for much-needed breakfast in the morning! And what a better way to end our nightly fast than an energy giving, healthful breakfast?

There is much controversy over whether it is best to eat in 3 main meals without snacks or if it is best to graze, eating little and often. My answer to this is to do what is best for you! I listen to my body and eat when I am hungry and it's as simple as that. If this is every 2 hours then you are probably best not to eat too much or you may put weight on, if it has been 4-5 hours, then eat a meal – just use your common sense and also it will be a bit of trial and error. If you find you are hungry too often, try increasing healthy fat intake.

Also bear in mind that thirst is often mistaken for hunger. Try to drink plenty of fresh, clean water preferably filtered (as previously discussed).

Eating incorrectly (foods, timing and the link with our sleep) can cause many of the candida symptoms in itself. So if you are unsure whether you have Candida after an inconclusive spit test, or even if the spit test came out negative, following the simple guidelines above may help your body come back into balance.

CHAPTER 4 – HEALING

Emotional Healing & Acceptance

OK now excuse me while I get stern! First you must understand that there is NO MAGIC PILL or OVERNIGHT CURE! Anyone promising this is in it for the money. I am sorry to bring this to you but you are in it for the long haul. The sooner you get used to this idea the better. I cured my Candida infection many times over and got it back faster and more furious each time. It sounds harsh but there is no point going on with a healing plan until you understand this and accept it fully. Otherwise you will self-sabotage by slipping back into your old way of eating, forgetting your supplements/treatments, and end up feeling like you have failed. This will bring more stress upon your system and make it worse. So if you need to do any emotional healing, meditation, anger management, have a good cry and feel sorry for yourself, whatever you need to do, get an acceptance and a determination to succeed and change your life forever! Believe me I speak from experience here!

Be patient, it may take a while but it is an important step in the process. Remove the causes of stress in your life, face the past to let go of emotional baggage – I recommend EFT (tutorial at www.emofee.com, the Emotion Code and/or kinesiology). Even if you cannot do this in time for starting your plan – take a step in this direction and you *will* feel better! Do not ignore the emotional side of things as this is quite often the most important difference of success and failure! If emotions are not addressed, the loop of illness will continue.

These thoughts and realisations are what helped me and I hope they help you too!

Heal the Gut Optional but Recommended

(Approx time 2-4 weeks)

If you particularly have a lot of food intolerances or suffer from bad IBS symptoms, it may mean you have a Leaky Gut. Likewise, if you begin the plan and this causes a great aggravation of your symptoms, it would be worthwhile taking a step back to this phase and heal your gut. This can be done through a special diet called a 'Rotation Diet'. This diet will help your gut to rest between digesting different foods and assist in its healing. In addition it will also help you to identify particular foods that you may have intolerances to (and you will be surprised!).

In this phase you must eat as much variety of foods as possible while avoiding obvious sugars and sticking to the basic food rules above. The tricky part – you must not eat the same food for 4 days. So if you eat rice on Monday, you must not eat it again until Friday. I found this phase both difficult and yet exciting! It meant I had started my journey but could still enjoy a wide range of foods before the restrictions came in!

Bone broth is recommended at this time to facilitate healing. It is rich in collagen and healing compounds which repair the gut and prevent inflammation. This can be taken daily.

HINT:

I kept a basic food diary so I would know what I had eaten, and I made a meal plan for each week. I also recorded any reactions I had to the foods and some patterns emerged to particular foods that I had not realised before!

It is best to stick to simple meals of 2 or 3 items rather than

having meals made up of 10+ ingredients or components in this phase, as this will give you a bit more flexibility in the coming 4 days!

To assist in the healing you may wish to take a good quality healing preparation/supplement like neem, aloe vera or ionic/colloidal silver. I have used all of these, and also I used colostrum however this was more expensive. If you want to use an enema, these preparations can be added to the enema fluid.

Stay on this phase for about 2-3 weeks. You will feel ready to move on when you are ready so do not worry about this, just listen to your body (but make sure you are not just being impatient!).

CHAPTER 5 – KILLING THE CANDIDA

(Approx time 4+ weeks)

If you are beginning with the rotation diet, do not start this phase until that stage is completed!

There are so many products on the market that promise to kill or control Candida. I have tried many, but to be honest they are just lining others' pockets.

To kill the candida you need to do 3 things:

- 1. Starve it so it gets weak,**
- 2. Hit it with an anti-parasite,**
- 3. Repopulate your healthy bacteria**

Now, many others say that the replenishment of your good bacteria is useless as it will be killed by the anti-parasitic remedy you are using. But by careful selection of natural products that do not harm beneficial bacteria, this will not be the case. This means that you can not waste any time in beginning the much needed replenishment of friendly bacteria and nutrients as soon as you start the eating plan.

I have chosen the easiest, cheapest and, in my and my clients' experiences, most effective anti-parasitic treatment and it is also a treatment that the fungus will not become resistant to as it acts purely on a physical level. When I first followed an anti-candida plan I was spending over £300 per month on supplements. There is no need for this at all!

In addition, this treatment will offer effective heavy metal detoxification which will bring you many benefits! It is also very high in silica, known to be essential for health.

But before we look at this, we will look at the most important part of this plan – the eating plan!

Starving the Candida

Please bear in mind that the following anti-candida eating plan will overwrite any metabolic typing plan for now, but is very beneficial to understand the balance of protein, carbohydrate and fat intake that you need by taking the test. By gaining this understanding, you will be able to bear this in mind when you eat and this will further bring your body into balance.

Any plan that tells you that you do not need to follow a similar sugar free eating plan does not understand candida. No matter what you do, if you 'feed' it, and create an ideal acidic environment for it to thrive, the fungus will grow stronger.

Candida feeds off sugar. **So we must not eat sugar.** That is it. However, unfortunately, it really is not that simple. Sugars are found in a lot of foods including many health products – anything ending in '-ose' is a sugar – no, you must not have anything! This is particularly important as mentioned above, Candida will feed on the sugar and gain strength so everything else you do will be useless if you continue to consume high sugar foods! This includes natural sugars – honey (raw manuka honey is ok), milk & dairy (except pure cream and butter), dried fruit, etc – if you can tolerate fresh fruit you can have a limited amount but try to stick to the less sweet varieties as much as possible (only if you go grain free – see section on grains & fruit)

You also need to cut out starches as these turn quickly into sugar within the body. This includes white potatoes and wheat. Other grains such as spelt, rye, oats, are generally OK if they are wholegrain. (see section on grains & fruit)

Do not use a sweetener. If you cannot go without sweetening

drinks or cereals, use **xylitol**. This is the **ONLY** sweetener that is safe for candida sufferers as it does not feed the yeast. Natural stevia leaf is also OK but has a bitter after taste many find unpleasant. Processed and branded stevia products are far from natural and should be avoided.

Restrict your caffeine intake. However, it is actually quite beneficial to have 1 cup of organic ground coffee in the morning as this can help with constipation and has anti-depressant properties.

Avoid Dairy. Unless it's raw (unpasteurised). You may use cream and butter as these contain hardly no lactose, and raw milk contains the enzyme lactase to digest the lactose so that is also fine. **Eggs are very much recommended.**

Limit high sugar veg like tomatoes, sweetcorn, peas, sweet potatoes. **Eat plenty of green vegetables.**

It is OK to have rice milk, almond milk, etc but NOT soya (all must be unsweetened – try the hazelnut & almond Rice Dream!)

You can increase your protein intake with **hemp protein or whey protein concentrate** (check ingredients).

Avoid all deli meats, bacon, ham etc as these all have preservatives, also sausages and burgers tend to have wheat in, but you can freely eat whole pure meat such as chops and steak, and burger and sausage made from wholesome, organic ingredients if they are wheat free.

Make friends with fats. (even animal fats if you are O type blood). Use butter or organic coconut oil for cooking. **Never heat any other oil** as it will destroy its properties and could turn it into a trans fat. The 2 mentioned are safe for cooking. Increasing fat intake and frying will help you to be more

satiated.

Avoid fruit juices - very high in sugar – if you are on the fruit option, you can have fruit smoothies using the whole fruit.

Coconut flesh, milk & water is great if you have a sweet tooth, coconut water is highly recommended for its nutrients. As is **Peanut Butter** & other Nut Butters (make sure there are no forbidden ingredients). **Nuts should be raw** and preferably freshly cracked.

Avoid gluten free products as these are generally very highly processed. It is OK to use some rice flour or cornflour (organic) to thicken sauces or bind ingredients.

SO YOU CAN EAT:

Unlimited: All unprocessed meat, poultry, fish, seafood, etc; eggs; double cream and butter; raw milk; all healthful oils (coconut, olive, hemp, etc); all nuts (raw), nut butters & seeds; all vegetables except potatoes, peas & sweetcorn; mushrooms; whey or hemp protein concentrate; seaweed & algae (such as kelp, spirulina & chlorella); Organic brown rice; Quinoa.

1-2 portions a day max: Grains OR Fruit (see grain/fruit section), sweet potatoes

Limited amounts (1-3 times a week in small portions): pulses, peas, sweetcorn

DRINKS: herbal teas; water; unsweetened rice, seed or nut milk; organic ground coffee (max 2 per day)

Stick to this diet strictly for at least 1 month.

Then repeat the spit test, then again after each 2 weeks or so to measure your progress.

Once you have a negative spit test, you may try to introduce

more foods from your metabolic type diet after a month, **very slowly only 1 new thing per week and still avoiding sugars**. If you bloat or find any of your candida symptoms returning the week after you re-introduce a food, cut it out and do not introduce anything for another 2 weeks. Always stick to the basic food advice given in the Preparation section. **Be very cautious even if you have had a negative spit test!**

Grains / Fruit

I have tried including fruit and grains and both seem to work, but not combined! So it's either fruit OR grains.

What I have found more recently when testing clients with kinesiology, is that some do better on fruit and some on grains. I now include this in my testing to ask which they should have. There are many different varieties of candida, so my thought that explains this is that some varieties will thrive more on fructose and some on maltose (the sugar that grains break down into). I obviously cannot test for anyone using this as self help, so I would say to go with what you find easiest or more enjoyable to begin with, and switch to the other if you are not getting anywhere. Either way should work, just one will usually be more effective.

Fermented Foods

It is good to consume fermented foods and drinks such as kombucha, water kefir and sauerkraut. These are fun and rewarding to make at home, you just need some started cultures (which can be found on Ebay!). These will bring valuable bacteria into your gut – but take it easy, build up slowly just having a small amount to start (see the back for details).

If you have fermented drinks and foods regularly, then you will reduce your need for probiotics in the longer term.

Mushrooms, Vinegars, Fermented Foods, Spices, etc

Many plans will tell you not to have mushrooms & vinegar. Personally, I have always found mushrooms not to be a problem. Regarding vinegar, Apple Cider Vinegar is fine. In fact apple cider vinegar has anti-candida properties and beneficial bacteria. So I have replaced the vinegar on my dinner table with apple cider vinegar, which the whole family now use as a healthy alternative, just the same as I have replaced the salt for Himalayan Salt in my salt cellar. There is benefit to be found by taking a tablespoon of ACV before meals and you may wish to try this also (dilute it in some water). The ACV must be organic and have the 'mother' (a gooey bit in the bottom) for it to have the best healing properties.

Garlic and onion will deplete the body of zinc so this is better to not overdo these. When using onions, make sure you use the whole onion or throw the rest away as they are a magnet to airborne pathogens and quickly become toxic to us if left 'open'.

Killing the Candida

You need to take some sort of anti-parasite preparation. I do not recommend anything that is processed to do this job as we are natural organic beings and therefore we should only eat and take natural organic compounds! The purer and less processed the better.

I recommend Diatomaceous Earth – it really worked for me, more quickly than I thought, and works well for my clients too - and is safe to take as a maintenance for the long term.

DE is a natural mineral that has been used for many years for its anti-parasitic and detoxing properties. It is also rich in silica, essential for healthy bones, cartilage, blood vessels, tendons, hair, nails and skin. It also helps in the formation of collagen

which is essential to the body (without it the cells would come apart!). Collagen is essential for combating the wear and tear of joints and also for maintaining the elasticity of skin (in other words, it can help premature wrinkles).

Taking Diatomaceous Earth

You need to take 1 tablespoon per day mixed in some water. You may need to start with a lower dosage such as 1 teaspoon or less and build up slowly as it may give you



unfavourable effects (see below). It doesn't take great but it is fine and I have had much worse! It is best taken just before bed so it can work on your stomach and gut while your digestive system is at rest.

Sourcing Diatomaceous Earth

When you are looking to buy DE, you must make sure it is food grade and that it is sold in food grade containers. The purest source is from Peru. It needs to be freshwater sourced. There are many places selling inferior grades of DE, many of these are only suitable for animal use and many are not very pure.

In our shop we sell High Quality Food Grade DE for £2.50 per 75g tub (standard sized coleslaw tub), £6.50 for 300g (fits in a 1Litre bucket). It is a very light powder so the weight is very light for the volume you get! You should not have to pay more than this and if you find cheaper, make sure it is the proper grade and purity.

If your detoxification causes constipation, increase your water intake and you can mix Psyllium Husks in with your DE.

Unfavourable Effects

Killing candida can produce unfavourable effects, however these are not usually persistent and nothing to worry about. You may experience some 'die-off' effects such as flu-type symptoms, IBS, swelling, fatigue and even a slight aggravation of your original symptoms. **This is perfectly normal and is a sign that it is working.** They are caused when the candida is attacked by the anti-parasitic treatment as it will counter attack by releasing toxins to try to protect itself. The symptoms are worse if there is a lot of candida but if you want to take vitamin C it should help (see replenishing section). Increasing your water intake will also help. You can also drink Rooibos tea or Green Tea for their antioxidant properties. You may wish to eat some rice or other carbohydrate that can absorb the toxins released. I found rice and salty foods in particular were very good.

If it becomes a problem, reduce the dosage of DE, but do not to stop it even if it means going down to the smallest dose possible.

CHAPTER 6 - DETOX

It is important to detox from the heavy metal toxins in your body and the Diatomaceous Earth will very much help with this. If you want to, you can assist the detox process. These methods will also help to ease the detox and die off unfavourable effects.

There are 2 ways I suggest this.

1. Epsom Salt Bath and
2. Home Enema.

Epsom Salt Bath

The correct way to detox with an Epsom Salt Bath is to place 1 kg in a hot bath (as hot as you can comfortably stand, but do not burn yourself and be careful not to get giddy!). Soak for about 10 minutes. Then with a massage mitt rub yourself all over briskly in circular motions. You will get very hot very fast and the water will get quite cloudy. When you have rubbed yourself all over, try to stay in the bath for another 10 minutes, or at least 5. Then be careful when you get out, dab yourself dry and quickly wrap yourself in a hot towel or duvet and stay wrapped up for 2 hours to allow your body to sweat. After the detox period, shower off.

Enema

Enema is a very beneficial practice for the control & killing of candida, detoxing and cleansing of the body, and also relief of symptoms of candida and a change in diet such as constipation, IBS and wind. This is much like colonic irrigation, only it is done the old-fashioned way as they used to in hospitals, usually with an enema bag or can. The enema fluid is taken into the bowel, held for as long as possible then evacuated down the toilet.

I have found much benefit in this practice. It is perfectly safe and recommended by many alternative health care practitioners. I can supply enema kits in our shop, and have written a comprehensive instruction leaflet for the kits after much research. You can also find enema kits for sale in places such as Amazon.

It is a myth that enema can make your bowel lazy, however I always suggest that enema is not used to replace regular bowel movements. For this plan I would suggest performing an enema once a week to start.

Once the candida is gone you can reduce this to once a month. For extra detox effects and support for your liver and kidneys you can use 1 mug of coffee diluted in the enema water (usually 2 litres). Any organic ground coffee can be used, but it must be fresh not instant and it must be organic. If you do not want to use coffee, just use water, distilled is best. In any case I would do a cleansing water enema before the coffee enema so as I could hold the coffee enema for longer for more benefit. If you want any advice on enemas please email me.



CHAPTER 7 - REPLENISHING

It is my belief that as much nutrients as possible come from the foods you eat and I really do not believe in unnecessary supplementation. Taking too many supplements cause stress to your liver and kidneys which have to process the overload of nutrients. You can also save money by eating correctly in the first place! However, as the candida will have prevented effective absorption of the nutrients in your foods, it is very highly likely, almost definite, that you are deficient in many essential nutrients. On top of this you will be cutting out many foods in the anti-candida plan so it is important you supplement your diet at this time.

The first supplement plan is to start when you begin the anti-candida eating plan. There is no point taking any supplementation at the healing phase, ie the rotation diet, as your body will not absorb them properly anyway so you are wasting money.

So begin the following programme when you begin the killing phase.

The essential supplements I suggest are:

Zell Oxygen Plus by Dr Wolz

This is an enzymatic yeast formula of various nutrients including B-vitamins and some minerals. It kills candida, replenishes essential nutrients, feeds good bacteria, oxygenates cells, gives energy and builds immunity. Take 30ml in water every morning for the first 2 weeks, then drop to 15ml for a minimum of 8 weeks (1 bottle lasts 8 days at full dose and just over a fortnight at half/maintenance dose). It is beneficial to take ongoing. It tastes YUK but is really worth it – you will feel

the difference!

High Count Multi-strain Probiotics

(such as Probiotix 5 Live by Nutri Advanced)

This will re-populate your gut with friendly bacteria. At the start of the plan the fungus will probably overrun the probiotics but as time goes on they will soon find strength and win over! This is best taken at your main meal. Take 2 per day. If you are regularly eating fermented foods, you can try without probiotics after the first month.

Magnesium Chloride Flakes (for in the bath or make a Magnesium Oil spray).

Almost all of the population is deficient in magnesium and this is causing many problems such as insomnia, inability to relax, muscle aches, heart problems, furring of the arteries, calcium deficiency and much more. Please see my article on the website 'the Magnesium Deficiency Epidemic' for more information. Magnesium is most effective taken transdermally (through the skin). Flakes can be taken in the bath, approx 500g – 750g in a bath (500g is a maintenance dose, 750g is for deficiency). You can also use it to make magnesium oil by dissolving approximately 100g flakes in 42g water. This is sprayed on an area of the body each day 20 minutes before washing off. The next day a different part of the body is used, and so on.

The following are not essential, but recommended as they will help you.

Vitamin C 3,000mg per day (optional)

This is quite a high dosage and its antioxidant effect will help your body cope with detox effects and die off. It is much better to take regular smaller doses than 1 large dose. Take with

meals. Try 3,000mg (3 x 1,000mg doses) first, if there are any unfavourable effects reduce to 2,000mg.

Vitamin D3 5,000iu minimum

I would suggest to increase this dose to at least 10,000iu in winter. You will generally need to shop around on the internet for a supplement above 1,000iu. I can supply 5,000iu in my shop.

Digestive enzymes

These are taken at mealtimes and will help you to digest your food. I recommend Similase by Nutri Advanced or Supergest by Higher Nature.

Selenium

As the soil in Europe is deplete of selenium, it is advised to take a supplement. I suggest 200µg would be fine. Or you may eat 2-4 organic brazil nuts!

Nascent Iodine

This will help to support your thyroid and metabolism and can be painted on the skin to absorb (2-3 drops per day).

CHAPTER 8 – MAINTENANCE

Once you have had 2 negative spit tests in a row (2 weeks apart), you may continue with the maintenance plan. It is important not to get too carried away – believe me I know this from experience. It is so easy to think – that's it I have done it! But it is even easier getting on that slippery slope again! **This is probably the most crucial point now** and what you do will determine whether you need to go through all this again! This phase is also good as a preventative measure for the rest of the family or anyone who just wants to avoid getting candida!

Eating Plan

I would suggest that you take the metabolic type test again as you may have changed, or if you did not do the metabolic typing test, then do it now. This will help you to find optimum well-being and balance for the long term.

You can start slowly introducing some of your foods that are part of your metabolic eating plan, if you have not done a test it is an idea to do one. If you do not wish to do one, then just introduce one per week of the foods you wish to continue eating. Try your best to still avoid all sugars, wheat and processed foods. Any time you have a return in your symptoms go back n the anti-candida plan for at least 2 weeks, or more.

I am not saying you can never ever again have a treat or slip up – but if you do, revert to the anti-candida plan for at least a few days afterwards and double up on your DE and probiotics.

Supplements

For on-going maintenance I would take the following:

Magnesium Chloride Flakes 1 magnesium bath per week or oil spray at least every other day.

Diatomaceous Earth 1 teaspoon per day, or 1 tablespoon 2-3 times per week. Please do listen to your body and take the amount that you feel best suits you.

If you wish:

Zell Oxygen Plus – 15ml every morning.

Detoxification

I suggest that an enema is taken approximately once a month, or just whenever you feel the need. The idea is to get to know the signs your body is giving you so you will know what you need when you need it!

You may also continue with regular Epsom Salt Baths if you wish, but do not let this replace your magnesium chloride baths! We take in toxins not only from our food but from the environment and everyday life, so it is important to keep up with a maintenance programme for protecting ourselves against these toxins. Magnesium Chloride will offer some detox too.

Exercise

I have not mentioned exercise at all, but I would suggest that a gentle exercise is undertaken such as Yoga which will also help with the detox. Do not start any vigorous exercising when on this plan as your body will have enough to cope with! Walking in nature (especially barefoot) and doing anything you feel is fun will bring about positive energy and help you in your

healing process! Take extra care when getting used to the new eating plan and be kind to yourself!

Therapies

In addition, I have also found the following therapies to help me on my path to well-being.

Reflexology – I have regular (approximately monthly) treatments of reflexology which helps my stress levels, assists in the detoxing process and also corrects any imbalances in my body.

Hypnotherapy – I have had an 8-week course of hypnotherapy a few years ago in order to help me release past issues that were hindering my progress.

EFT – Emotional Freedom Technique is a powerful healing tool and can be learned free from the founder's website at www.emofree.com – EFT reached the parts for me that hypnotherapy didn't quite reach (not putting down the impact hypnotherapy had too)! Also check out The Emotion Code which uses muscle testing.

Meditation & Positive Thought – simply practising being in the 'now' has greatly helped me stop worrying about the future. This has also had a huge impact on my tolerance and compassion. Look for guided meditations on Youtube, especially powerful are binaural beats meditations. Be grateful for your health, life, etc and see the positive in everything as much as possible!

Kinesiology – Muscle testing and kinesiology have played a huge part in assessing my body's needs when selecting supplements, dosages and diagnosing deficiencies and other problems.

CHAPTER 9 - CONCLUSION

I really hope that some, if not all the information in this booklet will help you on your journey to well-being.

I am very grateful to receive feedback, success stories, or hearing if something didn't work for you. This will help me to further develop this booklet and improve the information in the future.

I will not wish you luck as you do not need luck – all you need to do is recognise that your body is yours and it has it's own needs, and deserves your compassion. And then deliver what it needs! We very often give compassion and loving kindness to all living (sentient) beings, while failing to have the wisdom that we ourselves are living beings!

Time?

You may think you have no time for all this especially if you care for others. I felt like this too. I was bringing up 3 children, running a mail order company and a Yoga class, I have studied for 10 diplomas in as many years, researched into truth issues, products and health issues and home educated my son and daughter. You can do it no matter how busy you are! Time is an illusion and always 'not having the time' is therefore also an illusion (and an excuse!). I schedule these things into my day and stick to it! I plan meals, shopping, etc. If you fail to plan you really do plan to fail! Just think – if you fall ill who will be able to do your job of mother, wife, father, keeping your home together, etc as well as you? You owe it to everyone in your life as well as yourself to be well and happy! You will feel so much better, and you will thank yourself for it in the end!

CHAPTER 10 – MY STORY

My Candida Story

Around 2006, I self diagnosed with Candida Albicans, a yeast overgrowth in the gut and body. I confirmed my diagnosis with kinesiology testing and advice from the Finchley Clinic in London, and further had over the phone consultations with “Gut Doctor”. It took a while to come to terms with it and to accept all the things I would have to give up, but I wanted this parasite to be gone from me so I wasted no further time.

I embarked upon an anti-candida diet plan and supplement programme provided to me by the “Gut Doctor” which I followed to the absolute letter for 8 months. I visited another kinesiologist after 8 months who confirmed my food intolerances and candida had all re-balanced. Unfortunately, I took this as a green flag for eating what I wanted. 6 months later my symptoms returned and I had blood microscopy analysis which confirmed it was back with a vengeance – I could actually see the yeast cells in my blood. I was horrified!

I tried the Gut doctor plan again but found it was a very difficult and strict plan to follow this time and it made my symptoms worse. I tried different things, sometimes re-trying the Gut Doctor plan and sometimes trying other plans on the internet and eventually in 2009 I decided to study Nutritional Therapy for myself so I could understand the reasons behind the diet more fully and be able to help myself.

Little did I realise how difficult it would be to treat yourself as you can't see the wood for the trees!! It is also heavily influenced by likes and dislikes as I would be formulating a diet plan and then realise I would have to give up something I loved and then would scrap that or try and do it with just that food

still included. I also embarked upon a diploma in Homeopathy and thought this too may help to bring balance back. However, finding the correct remedy for yourself is even more difficult as you can see yourself in most remedy profiles!!

So time went on and I tried other things such as Detox Foot Pads, zeolite, homeopathy, reflexology, other supplements such as high dose biotin, sauerkraut, enemas, most of which seemed to have some effect but no lasting effect. So in 2012, I decided enough was enough. I decided to open the Natural Health Clinic and thought I wouldn't possibly want to advise people how to heal themselves if I couldn't do it for myself. So with new determination I formulated a diet and detox plan and set about a public detox diary. I based this upon all the things I had tried which I felt had given me most benefit over the years and felt a combination of all these may just work! The fact it was made public served very well in keeping me on track as I knew people were following my progress!

A summary of the main factors of the plan were: weekly reflexology, a diet plan based upon metabolic typing, regular supplements (listed in the personal detox page), anti-parasitic treatment with Diatomaceous Earth, replenishing treatment with Zell Oxygen, high dose probiotics and sauerkraut, cleansing with coffee and water enema, gentle exercise with Yoga.

The last 2 weeks of the diet I felt quite unwell, low energy and fluey and just feeling like something wasn't right. I thought the diet may not be suiting me any more or maybe my immunity was low. Despite taking lots of vitamin D3 and C I still felt rotten.

Results – So after finishing my month plan, July 2012, I began the process of re-testing and re-formulating a plan for the

longer term. I took the Candida test (morning spit test) and for the first time in over 5 years my spit test was negative!! I understand that the illness I was feeling must have been candida die-off – if I had known I would not have been so down about it!! I also took the metabolic type test as devised by William Wolcott (one of the original researchers and pioneers in metabolic typing) and found I changed from a protein type to a mixed type. This means I could cut back on meat and introduce some more carbs!

So I happily carried on as normal, eating healthily but having some treats for a few years. But I did somehow get on that slippery slope again by October 2012 and had to restart the plan yet again. This taught me that the maintenance part is probably the most important part of all!

After a period of illness not necessarily related to candida (parasites, fibromyalgia, breast cancer and chronic Lyme), I found I had a candida imbalance again in 2016 after following a ketogenic diet for 6 months. I restarted my programme, along with taking Lufenuron (a chitin inhibitor). I felt this would speed up the programme due to the cancer recovery. A month later I was clear of candida and I am very pleased to say that I have been candida-free ever since.

I have continued to be 99% refined sugar free (I may have had a small amount of sugar as an ingredient in a savoury food without realising). I never thought I would happily be sugar free, and never crave it or miss it at all, but I am!

I now muscle test all my foods to see if they will weaken me, and surprisingly, since 2019 I have tested as fine for white potatoes (first time in years), some wholewheat products and even multigrain bread! It is my belief that a well-balanced body should be able to tolerate everything in moderation, even the

treats, so my new tolerance level proves to me that my body is now more balanced and healthy than it has been for a long time! I never thought this was possible, I thought I would always be prone to candida and I never thought I would be able to eat some of the restricted foods ever again!

I am sure all of my efforts over the past few years have contributed in some way to my freedom from Candida, including much emotional healing and stress-reducing practices such as EFT, kinesiology emotion release work, mindfulness and meditation that I have undertaken during this time.

Learning from my past mistakes, I have not taken any success as a green flag to eat what I want! I now practice self-love and appreciation of my body and actually want to nurture it and keep it healthy. It is no longer a chore, or a fight. It is action out of love and gratitude! And this changed attitude really is the most important epiphany that my healing journey has brought me!

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