

WISH

World Integrated Systems in Health
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Anti-Candida Protocol

What is Candida? Any of the yeast-like fungi constituting the genus *Candida*, members of which may cause athlete's foot, vaginitis, thrush, or other infections.

Morning:

- ProEm-1 – used as a mouthwash. 2-3 tsp swished in the mouth then swallowed.
- 1 Optiflora Probiotic pearl taken with 1 tsp of Optiflora Prebiotic
- Shaklee Garlic tablets – 2-3 tablets depending on size of person
- Oil of Oregano (Biotics ADP) – 2 tablets (if using the pure oil, take care not to get it on the lips)

Mid Day: (in severe cases; omit the mid-day doses in mild to moderate cases)

- 1 Optiflora Probiotic pearl taken with 1 tsp of Optiflora Prebiotic (optional)
- Shaklee Garlic tablets – 1-2 tablets depending on size of person (optional)

Evening:

- Shaklee Garlic tablets – 2-3 tablets depending on size of person
- Oil of Oregano (Biotics ADP) – 2 tablets (take care not to get it on the lips)

At Bedtime:

- 2 Candex tablets taken on an empty stomach
- After oral hygiene - 1 Optiflora Probiotic pearl taken with 1 tsp of Optiflora Prebiotic plus 1 Optiflora pearl placed under the tongue and allowed to melt while you sleep.

Use this program consistently for two months along with a diet high in fiber (25-30 grams/day), high protein (esp. vegetable proteins), rich in healthy fats, low in sugar, and little to no grains.

Additional Information:

- When Candida is happy – it makes gas. When it is unhappy, it makes even more gas.
- Men can develop Candida on the penis and in semen and can pass it to their lover. Both must be treated to prevent passing the Candida back and forth.
- After years of overgrowth, well established Candida colonies will grow roots into the intestinal tissue and can be difficult to eradicate.
- Candida causes a wide variety of symptoms including:
 - o Ringing in the ear, itchy ears on the inside and outside, flaky skin on ears
 - o Itchy patches of skin on scalp, face, torso, upper arms, upper legs. Often there will just be one spot that has been bothersome for years.
 - o Gas, bloating, constipation, hard round bowel movements and may alternate with bouts of diarrhea
 - o Nerve damage
 - o Vertigo, dizziness
 - o Food may taste bad; cravings for sweets and simple carbohydrates
 - o White coating on the tongue and back of throat, sore throat, white spots in back of throat
 - o Sinus congestion, post-nasal drip, coughs, feeling the need to clear the throat, mucus in the throat especially in the morning.
 - o The inability to tolerate certain raw vegetables
 - o Jock itch; athlete's foot, discolored and deformed toenails; yeast infections