

**100% Herbal**

**NEW!**

Mixed Berry Flavor Fiber!

# Candida Cleanse™

**Supports Healthy Balance  
of Intestinal Flora\***

**Kit Contains:**

Flora Wellness™ – 1 fluid ounce

Daily Bitters™ – 2 fluid ounces

Rejuve Gentle Daily Fiber – 110 grams

GAIA  HERBS

A Dietary Supplement

**Gentle Two Week Program**

# CANDIDA CLEANSE™

## Two Week Herbal Cleansing Program

### **CANDIDA...WHAT IS IT?**

*Candida albicans* is a single-celled yeast-like fungus that can be found in and on the mucous membranes of many regions of the human body. Even in healthy immune and digestive systems, Candida can and should exist to some degree. Given ample amounts of “friendly” bacteria in your gastrointestinal system and a healthy diet, this fungus should remain in balance. However, when the health of the intestinal medium is disturbed, friendly bacteria lose their stronghold and this fungus is able to multiply and colonize throughout the mucous membranes of the gastrointestinal tract. If the yeast grows out of control, and the gastrointestinal tract becomes inflamed and permeable, digestive imbalance will result. When unfriendly fungi, bacteria, and parasites (known collectively as gastrointestinal flora) are out of balance with the friendly or helpful flora, this is a state known as dysbiosis.

### **CANDIDA – CAUSES AND SYMPTOMS**

Excessive *Candida albicans* in the gastrointestinal tract usually occurs when the immune system has been compromised. Many health care professionals believe that overgrowth of Candida and other related organisms could be a potential cause of many chronic, degenerative, immunological, and emotional illnesses. Given the opportunity and environment, Candida can multiply and become a menace to the immune system.

#### **Some Causes:**

- Antibiotic use
- Long term steroid use and birth control pills
- Dietary imbalance
- Environmental stressors (food chemicals, airborne pollution, damp and moldy environments)

- Immune deficiency
- Digestive impairment
- Emotional stress

### **Symptoms:**

*Gastrointestinal Tract:* Bloating, excessive gas, halitosis (bad breath), chronic abdominal distension, diarrhea, thrush, ulcers, constipation, anal itching, colitis, ileitis, chronic indigestion, and digestive weakness (feelings of heaviness, sluggishness, congestion).

*Skin:* Acne, scalp afflictions, nail fungus, diaper rash, athlete's foot, jock itch, hive-like symptoms, rash, eczema, psoriasis.

*Neurological/Neuromuscular:* Fatigue, dizziness, loss of sense of balance, dementia, insomnia, tinnitus (ringing of the ears), headaches, migraines, "brain fog."

*Female Disorders:* Hormonal system changes, disruption of normal monthly cycle (PMS, dysmenorrhea, early periods, etc.), vaginal itching, cystitis, yeast infections, bladder disorders, and vaginal swelling.

*Male Disorders:* Prostatitis, burning urine, urine dribbling.

*Respiratory (Upper and Lower):* Sinusitis, asthma, persistent unproductive cough, clogged sinuses, sore throat, post nasal drip.

*Emotional/Mental:* Fatigue, depression, debility, lassitude, unclear thinking, mental congestion, memory loss, low self-esteem, feeling drunk, general malaise.

*Cardiovascular:* Heart disorders (arrhythmia, tachycardia, myocarditis, endocarditis, murmur, mitral valve prolapse).

*Other:* Decreased immunity, pathogenic moisture (i.e., edema, mucous, etc.), endocrine imbalances, allergies, strong cravings for sweets, alcohol or yeast-containing foods, earaches, blurred vision, loss of libido, weight gain, anemia.

## **GAIA HERBS' CANDIDA CLEANSE™:**

### **Supports Healthy Balance of Intestinal Flora\***

#### **Objectives of the Program...**

*STOP FEEDING THE YEAST.* This means avoiding the foods that pathogenic fungi thrive on and need to survive: sugars, yeast-containing foods, breads, fermented foods, alcohol, vinegar and processed/fiber-less foods.

*PROVIDES METABOLIC SUPPORT.* This leads to an alteration in the composition of the blood and lymph, and eventual improvement in vitality.\*

*PROMOTES HEALTHY DIGESTIVE PROCESSES.* This roots out the primary cause and begins to establish a healthy internal environment—the foundation of excellent health.\*

*NORMALIZES THE ELIMINATIVE FUNCTIONS.* This ultimately enables the undesirable metabolic and food wastes to be eliminated effectively.\*

## **GAIA HERBS' 3-PART HERBAL CLEANSE PROGRAM**

### **FLORA WELLNESS™ (ALCOHOL FREE) -**

#### **Supports Healthy Flora Balance in the Digestive System\***

Coptis root (*Coptis chinensis*), Fresh Black Walnut green hulls (*Juglans nigra*), Chinese Skullcap root (*Scutellaria baicalensis*), Pau d'Arco bark (*Tabebuia impetiginosa*), Oregano leaf (*Origanum vulgare*), Red Clover tops (*Trifolium pratense*), Ginger rhizome (*Zingiber officinale*), Tea Tree leaf essential oil (*Melaleuca alternifolia*) Oregano leaf essential oil (*Origanum vulgare*), Thyme leaf essential oil (*Thymus zygis*), 60% pure vegetable glycerin, and water.

**Suggested Use:** Take 30 drops of extract in a small amount of water two times daily between meals mid-morning and mid-afternoon.

## DAILY BITTERS™ (ALCOHOL FREE) -

### Supports Healthy Digestion, Absorption, and Elimination\*

Turmeric rhizome (*Curcuma longa*), Milk Thistle seed (*Silybum marianum*), Wild Yam root (*Dioscorea villosa*), Fennel seed (*Foeniculum vulgare*), Dandelion root (*Taraxacum* off.), Gentian root (*Gentiana lutea*), Cardamom seed (*Elettaria cardamomum*), Ginger rhizome (*Zingiber officinale*), Indian Gooseberry (*Emblica officinalis*), Bitter Orange peel essence, Anise seed essence, blend of sea vegetation, 60% pure vegetable glycerin, and water.

**Suggested Use:** Take 45 drops of extract in a small amount of water twice daily. Take 15 – 20 minutes before lunch and dinner.

## REJUVE GENTLE DAILY FIBER -

### Supports Gentle Elimination with Rejuvenative Herbs\*

Psyllium Seed Husk powder (*Plantago ovata*), ChiaMax™ ground Chia seed (*Salvia hispanica*), Triphala fruit extract powder Ayurvedic herb extract blend consisting of: (*Emblica officinalis*, *Terminalia bellerica*, *Terminalia chebula*), Marshmallow root powder (*Althaea officinalis*), Deglycyrrhizinated licorice root powder extract (*Glycyrrhiza* spp.), Ginger rhizome powder (*Zingiber officinale*), Natural berry flavor.

**Suggested Use:** ½ hour before breakfast, take 2 teaspoons in 8-10 ounces of water. Shake or stir well and drink quickly before the liquid thickens. If sensitive digestion or elimination is present, then begin with 1/2 the suggested dose and gradually increase to the full dose.

	Before Breakfast	Between Breakfast and Lunch	Before Lunch	Between Lunch and Dinner	Before Dinner
Rejuve Gentle Daily Fiber	2 teaspoons				
Flora Wellness™		30 drops		30 drops	
Daily Bitters™			45 drops		45 drops

**Each of the 3 parts to this program are to be taken concurrently for the 2 week period. Please use as directed.**

### **DIETARY SUGGESTIONS...**

**Foods To Avoid:** Sugars, sweets (including sweeteners and fruit initially), chocolate, dairy products (including ice cream, chesses, milk), soda, alcohol, vinegar (including condiments), fermented foods, breads, nuts, fatty foods, wheat, hard-to-digest animal meats, eggs, and shellfish. Also avoid tobacco and smoke.

**Foods To Favor:** Steamed vegetables, vegetable soups and stews, salads, organic fresh vegetable juices, clean drinking water (distilled or spring), whole grains (brown rice, millet, oats, amaranth, and quinoa), fresh garlic, onions, and ginger, fresh fish (not fried), adzuki beans, flax oil, almonds, fresh lemons, green vegetables (chlorophyll containing), kelp and other seaweeds.

**Foods Suggested In Small Amounts:** Ghee or clarified butter, olive oil, canola oil, beans, tofu, miso, potatoes (including sweet), sprouted unyeasted gluten-free bread, and green tea.

### **DAILY ROUTINE GUIDELINES...**

Drink lots of water throughout the day; try a warm beverage of the following: Spring water, fresh lemon juice, ginger extract and honey (small amount) to taste, and sip on this every 20 minutes.

Wear plenty of adequate clothing to stay warm, and get plenty of rest while your body is healing, especially in the winter months.

Chew your food well and thoroughly, remembering that good digestion starts orally with proper chewing.

Get regular daily outdoor exercise.

## **Success indicators**

Please bear in mind that in order to properly balance healthy flora in the digestive system, symptoms may temporarily increase before they get better. If the symptoms become uncomfortable, please exercise common sense and good judgment – slow down the rate at which you are cleansing to a personal comfort level.

Remember... a slight increase in symptoms can also mean that Candida Cleanse™ is helping you reach your goal of healthy intestinal balance.\*

## **THINGS TO KEEP IN MIND...**

It is natural to feel some changes during this program. If you begin to feel more energy please remember not to over exert yourself in activity or resume unhealthy dietary habits. If you need to rest more often, remember that this is natural and take additional rest if appropriate.

This program is non-habit forming. It does not contain harsh laxatives or irritants. It is safe and effective to use regularly or for longer periods of time. Please make a point to cleanse regularly for the health and well-being of your body and mind.

**Rejuve Gentle Daily Fiber is also sold separately and can be used daily over the long term to promote optimal digestive balance.\***

*\* These products are not to be used during pregnancy or lactation. Keep away from children. Use only as directed. 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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