

# CANDIDA SUPREME VITAL CLEANSE

## *Candida Vital Cleanse Program*

### CANDIDA ALBICANS / CANDIDIASIS... 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. Within a healthy immune system and given ample amounts of good, "friendly" bacteria, this fungus remains in balanced proportion. However, when the healthy balance or correct intestinal medium is disturbed, the friendly bacteria lose their stronghold and this fungus (as well as other pathogenic substances, e.g., related yeasts and fungi, bacteria, viruses, parasites, etc.) is allowed to multiply into a larger presence and colonize throughout the mucous membranes of the gastrointestinal tract. If the yeast gets out of control, and the gastrointestinal tract lining becomes too weakened and permeable, the fungus in turn can infiltrate into the blood and migrate throughout the body. Once this environmental change has taken place, a state of dysbiosis then soon follows (a context where there is a greater number of pathogenic microorganisms inhabiting the gastrointestinal tract than there are beneficial ones).

### CANDIDIASIS- ITS CAUSES AND SYMPTOMS

Excessive proliferation or an overgrowth of *Candida albicans* usually occurs when the immune system has been compromised. Many health care professionals believe that overgrowth of candida and related species could be a potential cause of much chronic, degenerative, immunological, and emotional illnesses. This fungus can live symbiotically with many hosts, but when given an opportunity, it will multiply and become a menace to the immune system.

#### *Causes of Candidiasis...*

- Antibiotic drugs
- Long term steroid use and birth control pills
- Dietary errors
- Environmental stressors (food chemicals, airborne pollution, damp and moldy environments)
- Immune deficiency
- Digestive impairment

#### *Symptoms of Candidiasis...*

*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/Epidermal:* 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, spaciness or "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 SUPREME VITAL CLEANSE: UPROOTING THE CAUSE & ERADICATING THE SYMPTOMS**

### *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.

*CORRECT METABOLIC DYSFUNCTIONS.* This leads to an alteration in the composition of the blood and lymph, and eventual improvement in the vital force.

*IMPROVE THE DIGESTIVE PROCESSES.* This roots out the primary cause and begins to establish a healthy internal environment - the foundation of excellent health.

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

## **GAIA HERBS' THREE-PART HERBAL TREATMENT PROGRAM . . .**

*Black Walnut/Coptis Supreme (Alcohol Free) - An Herbal Alterative and Anti-Fungal Program* (Containing Fresh Black Walnut Green Hulls, Chinese Coptis Root, Chinese Skullcap Root, Pau D'Arco Bark, Chaparral Leaf, Fresh Red Clover Tops, Fresh Ginger Root, and Essential Oils of Tea Tree, Oregano, and Thyme and 60% Pure Vegetable Glycerin.)

**Suggested Use:** Take 30 drops of extract in a small amount of warm water two times daily between meals.

*Sweetish Bitters Elixir (Alcohol Free) - A Digestive and Invigorating Tonic* (Containing Indian Gooseberry, Turmeric Root, Fresh Gentian Root, Fresh Calamus Root, Milk Thistle Seed, Fresh Wild Yam Root, Cardamom Seed, Fennel Seed, Fresh Ginger Root, Bitter Orange Essence, Anise Seed Essence, Blend of Sea Vegetation, 60% Pure Vegetable Glycerine)

**Suggested Use:** Take 45 drops of elixir in a small amount of warm water twice daily. Take once before lunch and once before dinner.

*Vital Cleanse Powder - An Intestinal Food and Gentle Cleansing Agent* (Containing Triphala Powder, Psyllium Powder, Organic Marshmallow Root Powder, Deglycyrrhizinated Licorice Powder, Organic Ginger Root Powder)

**Suggested Use:** Take 1 heaping teaspoon in 8 - 10 ounces of warm water two times daily; once in the morning before breakfast and again in the evening 1 hour before bed. Shake well and drink immediately, as this mixture will thicken quickly when applied to water.

**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, ice cream, soda, alcohol, vinegar (including condiments), cheese, fermented foods, coffee (including decaf), breads, dairy products, nuts, fatty foods, wheat, hard-to-digest animal meats, eggs, shellfish, 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 WARM 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 food mastication. "Drink your solids and chew your liquids."

Get regular daily outdoor exercise.

### ***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 too, is natural and to 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.

### **SUCCESS INDICATORS**

Please bear in mind that in order to eradicate a systemic yeast infection, symptoms may increase before they subside. When ridding the body of this pathogenic fungus, the extra energy that the body expends to remove the dead fungi can feel draining or depleting. This effect is often called "die off." if the symptoms become uncomfortable, please exercise common sense and good judgment - slow down, to a personal comfort level, the rate at which you are cleansing.

Remember... a slight increase in symptoms can also mean that the Vital Cleanse Program is helping you reach your goal!

***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.***