

Yeast Infection No More™

*The Secrets To Curing
Your **Yeast Infection** Holistically*



**Unique Step By Step Holistic System
Guaranteed To Eliminate Your Yeast
Infection From The Inside Out Giving You
Lasting Candida Infection Freedom**

Yeast Infection No More™

A Unique Step-By-Step Holistic Yeast Infection System Guaranteed to Eliminate Your Yeast Infection From the Inside Out, Giving You Permanent Candida Freedom

By Linda Allen

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Chapter 1 – Introduction

Welcome

Dear Yeast Infection Sufferer,

Regardless of your age or gender, whether you have severe yeast infection or just a mild case or no matter how your yeast infection condition manifests itself, the methods contained within the Yeast Infection No More™ System are the



only practical answer. These methods are the only way that you will and many others have completely rid themselves of all types of yeast infection in all levels of severity.

Although three out of every four women will develop yeast infection at some point in their lifetime, this annoying and extremely irritating condition that can appear suddenly and may become recurrent for a very long time, is understandably enough seldom discussed.

Like you I have suffered from severe yeast infection, and just like you I have tried just about all the conventional medicines and over-the-counters that deal mostly with the symptoms (and often aggravate the root cause) but had little to no success. And just like you, something kept me searching, believing that there must be a permanent cure for yeast infection, not just a temporary relief.

It's imperative that you understand your yeast infection didn't just happen. There was a cause, and if you follow the right path eliminating the root cause, you can be rid of it forever. In fact, there is a natural, safe, cheap and highly effective path to cure yeast infection.

This book contains that path.

The information you will discover in this book is the result of 7 years of searching, trial-and-error and experimentation. It's the result of trying just about everything, keeping what works and discarding what doesn't.

The “yeast infection puzzle” was pieced together from the information I learned from countless naturopaths, authors and healers, and from working with and interviewing many alternative practitioners and nutritionists.

I just want to assure you that you made the right decision when you ordered the Yeast infection No More™ package. Regardless of what Western medicine followers may have told you, yeast infection can be cured – naturally and permanently.

In this book I'm going to share the Yeast infection No More™ System, the only system based on 7 years of research, that will help you cure your yeast infection for good! I'll explain exactly what a yeast infection is, the symptoms of yeast infection, diagnosis, primary and secondary factors that cause yeast infection and the conventional vs. natural holistic approach to curing yeast infection. Most importantly, I will go over the exact steps you should take to cure your yeast infection permanently, not just alleviating the symptoms, and how to prevent yeast infection from ever taking control over your body and health.

By educating yourself about yeast infection, you open the door to a lifetime of improved well being and better health without the pain, annoyance, frustration and costs associated with living and treating the yeast infection condition.

My only goal in writing this book was to help you reach your goals – to eliminate your yeast infection permanently and clear up all your confusion about the steps you are required to take to achieve that goal. If this book helps you succeed in eliminating your yeast infection, then this book is a success with or without the accolades.

By following the Yeast infection No More™ System, the vicious and destructive cycle of drugs, creams, over-the-counters and futile costs is

stopped. Now is the time and your natural right to open the door to a yeast-free life.

Ten Facts About The Yeast Infection No More™ System

Before we get into the heart of the program and reveal my personal story, let me share with you the ten reasons as to why this system might just be the most powerful yeast infection system ever developed.

Yeast Infection No More™ provides you with a tested step-by-step plan to success.

It's a fact that no other yeast infection system will provide you with the exact steps you need to follow in order to be yeast infection-free. Most yeast infection programs will merely give you vague guidelines of what needs to be done. With the Yeast Infection No More™ System, you get all the specifics. You are told exactly what to do, exactly how to do it and exactly when to do it and why.

Yeast Infection No More™ was written by a real yeast infection sufferer.

This program was not written by some science geek who never had yeast infection in his life. Instead, it was written with the blood and sweat of a real person who suffered from this irritating condition for years, and it's the result of thousands of dollars spent on trial and error and more than 7 years of extensive research.

Yeast Infection No More™ is based on real world results.

This system is based on real world results, not textbooks or classroom lectures. Thousands of yeast infection sufferers have already cured themselves completely using the same principles within this program, including the author herself.

Yeast Infection No More™ is truthful and unbiased.

I've devoted the last 7 years of my life to helping yeast infection sufferers win the war against deceptive advertising, false claims and other marketing scams in the yeast infection industry. The Yeast Infection No More™ program is straightforward, providing you with the facts on how to eliminate yeast infection with honesty and integrity. I have never been involved with any skincare, beauty or supplement magazine, and I am not affiliated with any of them.

Yeast Infection No More™ is not just about alleviating the symptoms; it's about your health and inner balance.

Clearing yeast infection from the root can never be achieved as long as your body is in a state of imbalance. Yeast infection is not a vaginal disease or a problem with your skin, no matter what your doctor tells you. It's about taking responsibility over your body and about restoring it back into a state of balance where *no* disease can exist, not only yeast infection.

Yeast Infection No More™ is not just a special nutrition program.

It merges nutrition with a comprehensive cleansing program and plans to rebuild your organs of elimination, dietary, supplementation, mental and lifestyle plans aimed at restoring your body back into balance. In short, it's the perfect holistic yeast infection solution.

Yeast Infection No More™ doesn't confuse yeast infection symptoms with yeast infection cure.

Taking care of your yeast infection externally and fixing the root cause of your yeast infection are completely different things. Yes, treating the symptoms of Candida is obligatory if you have yeast infection simply because it can be an extremely irritating condition. Yeast Infection No More™ handles all the symptoms of yeast infection using a unique 12-hour treatment that works for almost all types of yeast infections. However, in order to permanently cure

yeast infection, you must neutralize the “yeast infection environment” (more on that later). The Yeast infection No More™ System ensures this yeast infection environment will cease to exist in your system.

Yeast Infection No More™ is not a temporary quick fix.

It offers a permanent solution and one that you can maintain as a lifestyle. The whole concept of curing yeast infection by masking the yeast infection symptoms is flawed. The whole concept of curing yeast infection using various skin treatments is also flawed. When you say that you’re going to treat your yeast infection, the implication is that it’s temporary and that at some point (when your yeast infection symptoms are temporarily gone and you feel some relief) you will continue with your bad nutritional and destructive lifestyle habits. The truth is that the only way you’ll ever get rid of your yeast infection permanently is to adopt new habits and keep them. It may feel a bit uncomfortable in the beginning, but it will soon become entrenched into your daily routine and become easy, natural and highly rewarding.

Yeast Infection No More™ is simple.

With the information overload provided by the Internet, it’s only natural that you’ll feel overwhelmed with conflicting theories and mind-boggling misinformation. My goal in creating this program was to clear up the confusion and make the process as simple as possible. The simpler the strategies are, the easier you will apply them, and the greater your results will be.

Yeast Infection No More™ offers 24-hour FREE e-mail counseling.

Yeast infection No More™ is the only yeast infection program that comes with this exclusive 24-hour quality counseling. I challenge you to find similar offers on the Net. The Yeast infection No More™ program is the perfect solution for yeast infection, but the real value of the program comes from the personal guidance and support that I offer my customers. I am devoted to your success, and I will do anything within my power and knowledge so that you eliminate your yeast infection in the least amount of time and trouble and that

it will also suit your individual needs and personal limitations. Most of my customers who chose to exploit this exclusive offer are in constant daily correspondence with me. It takes time and energy to answer all those e-mails on a daily basis. That is why I chose to provide this service only to people who bought the program. If you ordered the Yeast infection No More™, I urge you to use this service too. I would love to hear from you.

My Story

My name is Linda Allen. Since childhood I was always extremely proud of my overall health, vigor, energy and well-being. I was leading a very active life with no health complaints up until my early 30s. At that time I suddenly started experiencing a variety of unfamiliar symptoms, which worsened as time passed. They were most annoying and embarrassing, to say the least. I started suffering from severe vaginal yeast infections in addition to constant fatigue, heartburn, stomach cramps and brain fog.

It was only when I started suffering from rashes and frequent sinus and upper respiratory infections, accompanied by constant nasal drainage, that I realized something was internally wrong with my system, and I decided I must do something.

For my heartburn I took Tums, Pepto Bismol, tomato juice, baking soda with water and raw honey. I had only temporary mild relief. I applied several brand-name anti-inflammatory creams for my rashes, but again the results were very short-lived. As soon as I stopped using these creams, the rashes came back with a vengeance. Pills and over-the-counters that were supposed to deal with my respiratory infections showed the same poor results.

I have taken every prescription, drug, ointment or vaginal yeast infection lotion known to western medicine. I have taken Diflucan, Nizoral and Gynazole, applied Monistat and many more prescription medications and over-the-counters that I can remember with the same familiar scenario: It worked in the short term.

I finally decided to have a thorough medical checkup. Surprisingly enough, the doctor found I was in good health; my heart was in good shape; my lungs were working fine; blood pressure was normal; blood sugar level was normal and so on. The doctor asked me if I had suffered from any particular problems. I mentioned the vaginal yeast infection, the heartburn, the digestive problems, the rashes and the frequent nasal drainage.

My doctor claimed that most people in their 30s start to experience these symptoms and that I shouldn't worry since small dietary changes (avoiding milk) accompanied by taking Pepto Bismol, anti-inflammatory and antifungal creams should work. When I told him I had already used most of what he recommended with no success, he claimed I hadn't used them with persistence. He failed to explain why these symptoms occurred in the first place and neglected to warn me of how these conditions could develop into more serious health problems if left untreated.

Several weeks after the medical checkup, I noticed that my vaginal yeast infection, including the heartburn and digestion problems, got significantly worse as the antifungal creams only alleviated the problem.

I was failing to realize that all the while toxins and yeast were building up inside my intestines. It was only later that I had been diagnosed as having Candida fungal overgrowth and that my vaginal yeast infection, oral thrush, nasal drainage, aggravated heartburn and the "floaters" in my eyes were nothing but symptoms for this seemingly uncontrollable yeast condition.

When Western medicine failed to help me, I kept trying different kinds of anti-Candida diets, took the famous ThreeLac treatment, tried various types of nutritional approaches, HSOs (soil organisms), colloidal silver, homeopathic therapies and reflexology. Some of these methods did have a positive effect on my yeast infection symptoms, but again, it was only for a short term. It seemed as if my Candida overgrowth and all its related symptoms were there to stay.

As I started researching into holistic approaches to healing, the first thing I realized was that there was never a single cause for a disease, and there were definitely no magic pills or quick fixes. I soon figured out the conventional approach does not and will not ever offer a genuine cure for my condition. At best, conventional medicine offers temporary relief since it's pre-designed to deal with the symptoms of the disease and not the disease itself.

As there are many underlying factors contributing to each disease, the solution must always be multi-dimensional, meaning it must tackle all underlying factors and not just one cause. The holistic approach is the only permanent solution for all types of yeast infections and their symptoms.

After more than 7 years of research, I had finally put together all the pieces of the Candida puzzle and created a complete 100%-natural holistic yeast infection program aimed at tackling the root cause of vaginal yeast infection, including all the annoying and painful Candida-related symptoms.

Within the first few weeks of applying the principles in my program, I started experiencing more energy and vitality. The fatigue, bloating, vaginal yeast infection, heartburn and rashes were quickly eliminated. I witnessed a dramatic change in my complexion. My sight significantly improved, and the nasal drainage, brain fogs and mood swings were completely gone. I was finally free.

Success Is Yours

The solution I offer in my book is an intelligent, holistic, scientifically proven and all natural approach that tackles the root cause of Candida and completely eliminates its symptoms. It subsequently overcomes the vaginal yeast infection fatigue, bloating, heartburn and other related symptoms and ensures you will never experience these painful, annoying and embarrassing symptoms ever again.

A significant amount of individuals who either read this book or are associated with me and have implemented the methods outlined in the book are living proof that yeast infection can be permanently banished. They are proof that getting rid of yeast infection, even highly severe cases, is not science fiction. It doesn't have to cost thousands of dollars or involve swallowing enormous amounts of pills or vitamins. You don't need to spend unrealistic amounts of dollars on all sorts of lotions and ointments that only mask the symptoms. Yeast infection is in fact a manifestation of an internal problem. Yeast infection

is a very annoying and sometimes painful condition, but not an untreatable or uncontrollable one.

The treatment offered in this book is the result of more than 7 years of intensive holistic research, backed by thousands of hours of nutritional expertise and is based on my own personal experience as well as that of many readers who gracefully volunteered to give their own feedback and comments. Getting rid of yeast infection and its painful and embarrassing symptoms is something that can be naturally achieved. It can be accomplished, but like anything worthy, it requires some level of dedication, persistence and patience.

My personal research yielded the Yeast infection No More™ System, which is the heart of this book. If there was one important thing that I learned in regard to yeast infection, it's that it cannot be cured using a single-dimension protocol. A long-term solution for yeast infection would have to be a certain combination of steps that together lead to its elimination and ultimate prevention.

The Yeast infection No More™ System is simple to comprehend and consists of several methods and approaches you may have heard of before, but the key lies in how to conduct each step in the right order and combination of steps. The program is simple, yet it's revolutionary. Great things often come in simple forms.

Following the Yeast infection No More™ System with persistence will eliminate all Candida-related symptoms regardless of the type of yeast infection you have or the severity of your yeast infection. Moreover, many of my customers report a dramatic, positive impact over their mental and emotional well-being as well. I sincerely hope and encourage you to become one of those people. I invite you to give my method a chance so that I could offer you a better life, a yeast infection-free life.

How To Get The Most From The Book

This book offers a comprehensive natural approach to the treatment of Candida yeast infection. It's aimed at you, my fellow yeast infection sufferer, who has tried and is fed up with conventional treatments and their unpleasant side effects and is willing to try a natural, long-term and practical way to get rid of yeast infection.

This book is aimed at people with all types of yeast infections with all levels of severity. It's aimed at individuals who wish to eliminate the cause of Candida yeast infection rather than deal with the symptoms. It's aimed at people who wish to reclaim control over their inner system and health and thus dramatically improve their overall health, the appearance of their skin and to look and feel younger and more vibrant.

This book will take you on a voyage that leads to yeast infection freedom through a holistic approach by treating the body as a whole and having it cleansed and re-balanced from the inside, thus neutralizing the environment that encourages Candida overgrowth.

I truly believe this book will change your life. If you are reading these lines, you are truly blessed beyond belief.

By following the Yeast infection No More™ System to the letter, you'll not only eliminate all symptoms related to Candida, including vaginal yeast infection, migraines, backache, respiratory infections, rashes, heartburn and fatigue, you'll also feel younger, healthier and more vibrant. You'll be able to overcome many illnesses and dysfunctions you may have had before the treatment such as constipation and obesity. You will achieve all that without the horrible side effects. The Yeast infection No More™ System eliminates the root factors leading to yeast infection, thus achieving real long-term success.

I spent more than 7 years researching, probing and analyzing information concerning yeast infection as well as experimenting every available natural solution. During this time I have eliminated what didn't work and put aside

what was effective. I later combined all the knowledge I learned with other holistic methods for the purpose of building the complete Yeast Infection No More™ System.

As mentioned earlier, treating yeast infection is not a short process. It requires persistence and patience. Results may only appear visible after 4 or even 6 weeks. Moreover, each person is unique in the way he or she adapts and reacts to the treatments. Results may vary among different people with different types and levels of yeast infection severity and sensitivity to certain foods. Keep in mind that it takes time for the body to heal itself and some level of maintenance to keep things in control.

Persistence and belief are vital if you wish to achieve success in eliminating your Candida yeast infection. You must understand that following each step alone will only yield short-term results. The combination of all the steps in the Yeast Infection No More™ System is the only key to lasting yeast infection freedom.

This book is divided into 6 chapters and 4 appendices.

Chapter 2 is the general section of the book aimed at building a foundation of knowledge regarding yeast infection and the holistic approach. This is where I reveal the true nature of Candida yeast infection, the true causes of yeast infection, types of yeast infections, common symptoms, complications of Candida yeast infection, the pros and cons of conventional yeast infection medications and over-the-counters and the crucial differences between conventional and holistic medicine.

Chapter 3 discusses the most effective ways to diagnose Candida yeast infection.

Chapter 4 shows the basic steps you should take to get rid of these annoying and irritating on-the-surface symptoms of yeast infection naturally in as quickly as 12 hours.

Chapter 5 introduces The Quick Results Mini-Program. It's designed especially for busy folks that don't have much time on their hands but wish to **see results ASAP** and for people with very light yeast infection. It's not a quick fix approach, but it's practical and extremely easy to follow.

Chapter 6 – The complete step-by-step holistic solution to yeast infection – the Yeast infection No More™ System. This chapter reveals the general blueprint of the program as well as the specifics of each step of the Yeast Infection No More™ System outlined in a chronological manner with all the nitty gritty details of why, when and how to successfully accomplish each individual step. It also outlines the **exact principles you need to follow to prevent the reoccurrence of yeast infection and maintain a Candida-free environment.**

Appendix 1 outlines several complimentary treatments for yeast infection.

Appendix 2 offers an example of a 2-day detox diet – a short preliminary internal cleansing protocol.

Appendix 3 provides vital information on how to conduct a moderate detox program based on the Ayurveda.

Appendix 4 shows exactly how to maintain liver function – an important part of the yeast infection maintenance plan.

The Yeast infection No More™ System book also contains lots of theoretical as well as practical information as a means to provide the reader with the clearest, sharpest and most coherent picture of the disease and what needs to be done to eliminate its symptoms. By doing so, you'll become more "yeast infection educated," more motivational and more focused on nothing but achieving your goal, which is eliminating the factors leading to yeast infection formation and achieving Candida freedom with all its positive implications.

Be patient at the beginning. All the information in early chapters will come together in the end. As you begin reading, you may feel overwhelmed

by the amount of information. Don't be. The chapters were built in that order for a reason. That is why I urge you to read the book in its entirety first before you start acting on the plan. This way you'll gain a complete solid picture of things as they slowly fall into place and finally fit together in the end. It will ensure you won't get too confused (as to why you're required to do this or that and in that certain order) or miss essential information required to successfully complete the plan and achieve your goals.

Much has been done to keep this book as straightforward, simple and direct as possible. Whenever I could, I kept words to a minimum, and I strived to use as much conversational language and layman's terms whenever I could to make reading easier, fun and understandable. Also, the book contains many links to other parts inside the book as well as to useful resources; so stay connected to the Internet while reading.

It's important that you commit to take action and add a deadline to your goals if you wish to succeed. Without the will, a deadline and a proper motivation and dedication to eliminate your yeast infection, you'll only achieve poor or short-term results. It's advisable to adhere to the Yeast Infection No More™ System as it was especially designed to make your Candida yeast infection a part of your history.

Get Rid Of Yeast Infection Holistically

You really can get rid of yeast infection – naturally and holistically. How?

- By learning what a “yeast infection environment” is
- By learning exactly what conditions are needed for a yeast infection environment to exist and how to neutralize these conditions so that yeast infection will banish forever
- By learning the connection between yeast infection and inner imbalance and how to quickly restore the body back into balance
- By understanding that yeast infection is primarily a Western problem and that there is in fact a tight connection between

Western diet, Western lifestyle and yeast infection in spite of what modern medicine and the media want you to believe. Researches have clearly shown that in non-Western societies where people don't eat Western food, they also don't have yeast infections.

- By learning the evident link between stressful lifestyle, inadequate sleep, lack of physical activity and the aggravation of yeast infection.

To get rid of yeast infection permanently, equip yourself with information about toxic elimination, internal cleansing, hormonal balancing, acid-alkaline balance, healthy diet, stress control, the yeast link, antibiotics, probiotics and prebiotics.

The Yeast infection No More™ book will provide you with all of the above invaluable information. This is not just an informational book but rather a complete step-by-step system that will take you from where you are now to where you want to be – to have permanent candida infection freedom.

Everything you need to succeed is contained in these pages. Apply it! Knowledge applied is extremely powerful, but knowledge unused is worthless. Begin using this information immediately. The sooner you start, the quicker you'll see results on your yeast infection condition. So start today. Start now. If you need further assistance, e-mail me: support@yeastinfectionnomore.com. You'll have all my knowledge and expertise by your side.

Chapter 2 – All About Candida Yeast Infection

Section One – The Truth About Yeast Infection

What Is Yeast Infection?

Yeast infection is only one type of infection that manifests itself in the vagina and in the area around the opening of the vagina, called the vulva, among women and in the area around the penis among men.



Common names for yeast infection are: Candida, Monilia, and thrush.

There are actually three types of vaginal infections or *Vaginitis* in their general medical term:

- 1) Trichomoniasis: vaginal infection condition triggered by parasitic protozoa
- 2) Bacterial vaginosis: vaginal infection condition, which, in most cases, is sexually transmitted and is caused by bacteria
- 3) Yeast infection: vaginal infection caused by yeast-like microorganisms called *Candida albicans*. The medical term for yeast infection is *Candidiasis*.

Candida albicans, a yeasty fungus, and other strains of *Candida* normally inhabit our digestive tract, intestines, mouth, throat and genitourinary tract. *Candida albicans*, an integral part of the bowel flora, has many positive functions such as defending our digestive tract from harmful bacteria. *Candida* has the ability to recognize and kill harmful bacteria and other pathogen organisms inside the digestive tract.

In a healthy balanced state, a person can actually have millions of *Candida* microorganisms that only benefit our inner terrain.

As long as our system has the proper acid-alkaline balance (more on that later), our immune system is strong enough and our probiotic friendly bacteria such as (*Lactobacillus acidophilus*, *B. bifidum*, *Lactobacillus bulgaricus*, *Streptococcus thermophilus* and *L. salivarius*) are greater in relation to the number of *Candida* microorganisms, *Candida* is kept under control.

It's only when our internal system is compromised that the perfect environment for *Candida* overgrowth develops. This is due to either toxic buildup (in the bowels, blood, lymph or kidneys), loss of friendly bacteria (due to the use of prescription drugs, antibiotics or chlorine, for example), weakened immune system, over-acidity in the digestive system and a diet high in toxic foods, refined carbohydrates (sugar, white flour, white rice) and low in fresh fruit and vegetables.

Candida overgrowth is in fact a condition that derives from an inner state of imbalance where *Candida albicans* transform from a simple, harmful and non-invasive yeast form to a mycelial fungal form that invades the rest of your body.

When *Candida* shifts from yeast to fungal form, it produces root-like structures called rhizoids that penetrate the intestinal walls and create holes in the walls of the intestines. This enables the yeast, toxic waste, bacteria and undigested food to enter the blood stream. This causes many unpleasant to chronic and dangerous conditions such as leaky gut syndrome, food intolerance, rashes, brain fog and irritation, itching, swelling and inflammation or white discharge around the vagina (vaginal yeast infection) or around the penis area.

When yeast transforms into fungal form, it produces two very toxic substances – ethanol and acetaldehyde. These two dangerous toxins negatively impact the functionality of our cells. For example, the red blood cells find it difficult to flow into small capillaries, which can result in fatigue, migraines and muscle aches. In turn, the white blood cells have difficulty in fighting infection, which can result in allergies, rashes, acne and slowing of the healing process. These

toxins can affect the ability of messages to pass from one cell to another, resulting in nerve problems.

Cyclic vulvovaginitis is another condition that indicates Candida overgrowth. The symptoms of this condition are a recurrent pain, burning and itching sensation during every menstrual cycle.

It's important to know that by the time a woman has a vaginal yeast infection, for example, or any other external, on-the-surface sign of fungal growth such as athlete's foot, the yeast has already grown out of control.

Later in this chapter I will discuss the most common symptoms of Candida yeast infection overgrowth and simple ways to diagnose the severity of your condition.

Yeast infection is a complex condition triggered by more than one factor, which is what makes it very difficult to get under control. This is one of the reasons why doctors still find this chronic condition so hard to eliminate using prescription drugs and over-the-counters. Luckily there is an alternative, the holistic way that tackles the problem from the root and restores the inner environment back into balance. And it's safe, simple and 100% natural.

The Real Cause of Candida Infection

The basic most fundamental truth regarding the vast majority of chronic health conditions, including Candida yeast infection, is that there is no such thing as a single cause.

Similar to other health conditions, Candida yeast infection is an environment that is triggered by several primary factors and secondary factors and the relationship between both. There are factors and co-factors that contribute to the Candida overgrowth, and there are causative agents that aggravate an already compromised yeast infection condition.

There are also life situations, external factors and psychological and mental factors that directly or indirectly form the environment in which Candida gets

out of control and manifests itself in a variety of the common yeast infection symptoms.

Because every health problem is multidimensional, the solution must be multidimensional in order to eradicate the problem from the root. This is one of the reasons why science and conventional medicine fail in treating most Western inflections. Instead of treating the body and health condition as one, as a whole, they tackle the manifestation of the condition or the infected parts (more on that later).

Some of us are more genetically prone to disease than others, but that is not to say that if we have some tendency to develop a condition or a weakness of some sort, there is nothing we can do. Although we cannot change our genetic structure, we can tackle the other parts of the health condition puzzle. We can make a difference, reverse our diseases and regain our health and energy by making affirmative decisions to change our lifestyle, dietary choices and thoughts that lead to poor health, toxic buildup, weak immune system and Candida overgrowth, which promote the majority of all common illnesses. Then we can gain control over our health and inner terrain.

The primary factors that lead to Candida yeast infection overgrowth are:

- Poor Dietary Choices and Compromised Digestion
- Improper Acid-Alkaline Balance and The Lack and/or Imbalance of Digestive Enzymes and Hydrochloric Acid Produced by the Stomach and Pancreas
- Weakened Immune System
- Accumulation of Toxins in the Digestive Tract
- The Loss of Friendly Probiotic Bacteria.

These 5 factors create the perfect environment for Candida to multiply and transform from yeast to fungal form, which can manifest among other symptoms in yeast infection.

Having hormonal imbalance (such as during menstruation), taking antibiotics, prescription medications, steroids and birth control pills can also trigger an onset of yeast infection. Lifestyle factors such as stress, hygiene, sexual activity and even the clothes that you wear can aggravate an already compromised Candida condition.

With that said, let's go into more detail about each of the primary and secondary factors that contribute to Candida yeast infection.

Poor Dietary Choices and Compromised Digestion

A diet high in refined carbohydrates, processed and toxic foods and low in fresh fruit and vegetables affects biochemical processes within the cells, worsens digestion and interferes with the natural toxic elimination process. Furthermore, it also feeds Candida, which thrives on refined carbohydrates such as sugar, white flour and white rice. Add nutritional deficiency to the equation, and Candida is provided with a constant supply of food, the ideal condition for its overgrowth.

Lack of nutrition is another factor. Our body needs to obtain about 40 essential vitamins, minerals and nutrients to enable the cells in our bodies to fully function and remain healthy. These nutrients mostly come from our diet since the body cannot produce them by itself. When we eat more processed foods and less foods with high nutritional value, the immune system declines and becomes less effective since nutrition is highly essential for healthy immune functioning. With a weakened defense system, we make it easier for Candida to multiply.

When our digestion is optimized, it helps in expulsion of yeasts and bacteria. When our digestion system is sluggish due to several factors discussed in later chapters, undigested food and rotten food particles that circle the blood stream and stored in the digestive tract will accelerate many disease symptoms, including Candida overgrowth.

Improper Acid-Alkaline Balance and The Lack and/or Imbalance of Digestive Enzymes and Hydrochloric Acid Produced by the Stomach and Pancreas

In healthy individuals, the stomach and pancreas produce adequate amounts of digestive juices that are responsible for the breakdown of proteins, starches and fats. These juices also create an intestinal environment that hinders the ability of pathogenic organisms to reach the lower intestine. These gastric juices actually destroy the yeast cells.

When the liver is weakened, mainly because of bad nutrition, the production of digestive enzymes and natural acids is also compromised. This allows more yeasts and bad bacteria to enter the intestinal chamber, multiply and create havoc within your body.

Over-acidity in the digestive system, usually due to a diet high in acidic foods, is another major factor. A state of over-acidity causes the blood to become sludgy and thick, creating the ideal environment for Candida overgrowth (more on the acid-alkaline balance later).

Weakened Immune System

When our immune system is weakened due to several factors such as nutritional deficiency, high toxic buildup (heavy metals, chemicals, bacteria, viruses, parasites), stress, lack of sleep or the use of pharmaceutical drugs such as antibiotics and steroids, the body becomes vulnerable to virtually every type of sickness and disease. In this state the body cannot defend itself and cannot control the process of Candida overgrowth as it could if the immune system was at its peak performance.

Candida yeast infection along with other skin infections such as acne, fatigue, allergies, thrush and constant colds are all signs of a weakened immune system.

When the immune capabilities are compromised it allows the Candida a superior foothold within the body. Genetic weakness and the use of certain drugs including steroids, birth control pills, antibiotics and cortisone, along with poor nutrition, prolonged illness, stress, alcohol abuse, smoking, lack of sleep and exercise, all contribute to the weakening of the immune response, creating a domino effect; which aggravates the Candida infection.

Congested Toxins In The Bowels, Kidneys, Blood And Lymph

Our constant exposure to thousands of toxins on a daily basis through the food that we eat, the air that we breathe, the drugs that we take and our poor quality of our water supply all lead to toxic buildup in the blood, lymph, kidneys and colon. This leads to short-term and long-term health conditions. Among them is Candida overgrowth.

You can take thousands of herbs, supplements and over-the-counters to combat your yeast infection, but without cleaning your internal system and your digestive tract in particular, it will be like painting a rusty car, and you will never get rid of Candida.

By the time you have cleansed your internal system, your detoxification process and your immune system will vastly improve, and your digestion will become enhanced. You will feel more energetic and healthier, and your body will be able to fight and kill Candida more effectively.

Loss Of Friendly Bacteria

Our friendly probiotic bacteria that lives in the gastrointestinal tract helps our body in many ways to combat dangerous viruses, yeasts, parasites and bacteria. It enhances the digestion process, breaks down toxins, sugar and fats, has powerful antibiotic properties and most importantly, in our case, it helps to keep Candida under control.

However, probiotic balance is affected by a number of factors including, stress, antibiotics, vermifuges, the contraceptive pill and steroids to name a few. When probiotic numbers decrease, the defense against Candida goes down, and Candida begins to grow out of control.

Stress

Stress invoked by either lack of sleep, emotional issues, anxiety or pressure in your daily routine has been scientifically proven to trigger yeast infection growth due to the following reasons:

- 1) Stress depresses your immune system since at the time of stress your body releases a hormone called cortisol, making your body defenseless against Candida.
- 2) Stress elevates blood sugar levels that feed Candida cells allowing it to overgrow.
- 3) Stress also changes our bacterial internal environment in the gut as it decreases the friendly bacteria and allows Candida to take over.

Hormonal Imbalance

The friendly bacteria in the gut need a balance between estrogen and progesterone and an adequate amount of both for its support. When there is an imbalance between estrogen and progesterone due to birth control pills or hormone replacement therapy or even before your menstrual period, it can interfere with the intestinal flora, thus allowing Candida yeast infection to take control and multiply.

Conditions that trigger hormonal swings, such as puberty, pregnancy, menstruation, PMS and the use of oral contraceptives create a favorable environment for Candidiasis. Females are more susceptible than males because female hormone levels, due to several reasons, are constantly fluctuating. Sustained high levels of estrogen, for example, can compromise the immune system function. Candida overgrowth is also stimulated by the female hormone progesterone, which is at elevated levels during pregnancy.

This is one of the reasons why many women often experience vaginal yeast infection during pregnancy and menstruation. During this time, the body goes through many hormonal fluctuations accompanied by changes in the vaginal acidity (pH levels), which could both contribute to Candida overgrowth.

Antibiotics, Prescription Drugs And Steroids

Antibiotics cause a great deal of damage and havoc to your system, in the long run, that can be difficult to repair. By taking antibiotics you not only eradicate the bacteria that caused the infection to occur, you also destroy the friendly bacteria, practically putting your health in serious risk. You're exposing your body to the dangers of Candida overgrowth, parasite invasion, B-12 deficiencies, nutrients that will not be absorbed, allergies and the overall colon health breakdown.

Antibiotics, drugs and steroids change the environment of the gut and stress the liver, one of the major detoxification organs, thus leading the way to yeast infection overgrowth.

The problems with antibiotics is that even if you don't take them orally, they are found in most dairy and meat products, making your exposure to antibiotics on a daily basis almost inevitable unless you decide to change your diet.

Clothing, Hygiene Products And Moisture

Wearing tight clothes or synthetic fabrics will disallow the vagina or penis area to breathe and make the area over-acidic, thus accelerating the yeast overgrowth process.

Using famous brands of feminine hygiene products can also change the pH level of the vaginal environment, allowing the overgrowth of yeast infection in that area.

Walking, sitting or just staying inside wet clothing such as a bathing suit or underwear can contribute to excess moisture in the penis or vaginal area, triggering yeast infection.

Sexual Activity

Yeast infection, especially in the vaginal or penis area, can be contagious and is more so during sexual activity. Practicing caution and treating your partner's yeast infection prior to having sexual intercourse is an important step to preventing the spread of yeast infection.

Diabetes

Although this is an uncontrollable and mostly genetic factor, diabetes can trigger hormonal fluctuations and thus have a significant impact upon yeast infection overgrowth.

Types Of Yeast Infections

Vaginal yeast infection and yeast infection around the penis area are the most common known Candida-related conditions. Yeast infection can also manifest itself on the skin's surface, in the mouth and throat, urethra, bladder and kidneys, eyes, deep organ tissues, bones, joints and several other parts of the body.

Signs and Symptoms of Genital Yeast Infection

Women

Vaginal yeast infection can be divided into two levels of severity: localized vaginal yeast infection and systemic yeast infection (where the infection has manifested in other parts of the body in addition to the vagina and vulva area).

Localized vaginal yeast infection symptoms are:

- Itching, irritation and burning of the vagina or vulva
- White and abnormal discharge from the vagina
- Pain during sexual intercourse
- Inflammatory redness in the perineum area
- Over-sensitivity and irritation of the pubic hair follicles
- Frequent pain during urination
- Low pelvic aching.

Systemic vaginal yeast infection symptoms are:

- Severe swelling of the vagina characterized by swollen anus and purple color of the vulva
- Pain during urination
- Painful skin cracks due to extreme dryness of the vaginal and vulva areas
- General fatigue and lethargy
- Walking difficulties
- Scratching the area causing bloody exudation
- Bleeding and swelling of hemorrhoid veins
- Difficulties having sexual intercourse.

Important note: Not all vaginal discharges indicate the involvement of yeast infection. There are some discharges that are perfectly normal as they are part of the natural moisture secretion of the vagina.

There are some normal discharges during the menstrual cycle that are yellowish and mucus-like in consistency, and there are normal discharges when sexual arousal occurs. It's only when you seem to have white cottage cheese-like discharge, often accompanied by bread or yeasty odor and several of the symptoms above, that it may indicate a yeast infection.

Men

Many of the symptoms that characterize vaginal yeast infection are not common when it comes to yeast infection among men. However, if you experience any of the following symptoms, it's most likely that you suffer from yeast infection, and it's highly recommended that you schedule an immediate appointment with your family physician.

- Burning sensation and irritation during and after sexual intercourse
- White lesions and red rash in the penis area

A drop of white discharge from the penis.

Other Symptoms of Localized Candidiasis

When candida settles in the mouth, the thrush or candida infection often manifest as a 'dry mouth' feeling, creamy white patches that coat the tongue, tonsils, throat and cheeks and sometimes as pain on swallowing.

Esophageal Candidiasis can cause difficulty swallowing, heartburn, the feeling of pain behind your breastbone and often nausea and vomiting.

There are numerous serious medical problems that can occur when candida becomes systemic and settles in different areas in the body. Among these conditions are: fever, heart murmur, enlargement of the spleen, bleeding disorders, blindness (severe candida infection in the eye area), shock and kidney failure.

When candida overgrowth occurs or is limited to the intestinal tract area (Dysbiosis), there are practically endless of possible symptoms that can take place in this part of the body.

Complications of Candida Yeast Infection

While there are cases of yeast infection that clear up on their own, especially when the yeast is triggered by elevated pH levels in the vagina during menstruation, Candida in general can be quite dangerous if left untreated.

Left untreated and accompanied by the bacteria associated with it, Candida gets into the blood stream and localizes in other parts of your body, which results in many other symptoms such as sinus problems, rashes, joint and chest pain, acne, prostate problems, irritable bowel syndrome and much worse conditions.

Candida needs a warm and moist environment such as the digestive and intestinal tract to thrive. There it covers the intestinal walls and interferes with the normal digestion process and the essential absorption of nutrients from the food that we eat. Yeast cells embed into our mucus membranes feeding themselves from digestive enzymes and absorb undigested food.

This deprivation of nutrients can lead to serious health problems. Among them is the weakening of the immune system, which in turn strengthens the Candida yeast infection, creating a vicious cycle.

Candida also produces more than 75 toxic substances that contaminate the tissues and weaken the immune system, lungs, kidneys, gallbladder, liver and brain.

When acetaldehyde, the main toxic waste of Candida, transforms into ethanol, it can cause a variety of symptoms that range from unpleasant to dangerous: oral thrush, vaginal yeast infection, upper back pain, bloating, diarrhea, constipation, GERD, heartburn, sores in the mouth and anus, brain fog, dental problems, TMJ, migraines, blurred vision, depression, restless leg syndrome, panic attacks, chronic athlete's foot, high cholesterol and asthma.

Candida can cause food intolerance and environmental sensitivities.

As Candida's toxins enter the blood stream as an adverse reaction to these pollutants, they can cause food allergies, food intolerance and environmental sensitivities that in the long run can manifest into more serious conditions that involve the weakening of the immune system.

Candida can cause leaky gut syndrome.

As Candida overgrows, it develops legs called rhizoids that penetrate the gut wall causing inflammation and physical damage to the gut. Combined with impaired biochemical processes, it can result in a condition called leaky gut syndrome. From here Candida enters the blood stream and invades all areas in the body where the immunity is weak. Leaky gut syndrome can eventually lead to all sorts of bowel disorders, food sensitivities, severe allergies and even asthma. Leaky Gut Syndrome is responsible for some of the symptoms of chronic Candida infection such as bloating, pain, heartburn, gas, constant hunger, hemorrhoids, constipation, and liver dysfunction.

Candida can cause allergies and the weakening of the immune system.

The molecules of the antigens that enter the blood stream are very similar to molecules of human tissue, so the immune system is triggered to react; thus allergies occur. The immune system produces antibodies aimed at attacking the antigens, and when it does, it also attacks healthy tissues in the process. This can lead to several health problems due to autoimmune disorders.

Candida can cause vitamin and mineral deficiencies.

Malabsorption of minerals and vitamins can lead to serious health problems.

Candida overgrowth can contribute to nutritional deficiencies of mostly copper, zinc and magnesium that manifest in a myriad of symptoms and disorders.

Candida can affect the nervous system.

The candidotoxin and ethanol, the toxic waste product of Candida, affect the brain that in turn produces other toxins that have been proven to interfere with biochemical processes in the brain. Insomnia, anxiety, poor memory, depression, sluggishness, brain fatigue, mood swings are all connected to the nervous system that is compromised by candida overgrowth.

Candida can cause sepsis.

Candida overgrowth can lead to a dangerous condition called sepsis. Sepsis is a blood infection characterized by fast heart rate, fast breathing and fever. This is a life-threatening condition.

Section Two – Holistic Medicine vs. Conventional Medicine In The Treatment Of Yeast Infection

Natural Medicine vs. Conventional Medicine (The Crucial Differences)

Conventional Medicine

While natural medicine perceives the human body as a complete holistic system unrepeated from nature, conventional medicine treats the body by its separated physical organs.

Conventional medicine has failed to acknowledge the sad truth that man, along with all living creatures, will never be compatible with artificial chemicals, no matter how identical these chemicals may look, feel and smell compared to the natural adversaries (e.g., an orange-flavored beverage vs. a freshly squeezed orange).

Synthetic chemicals cannot be truly or completely absorbed by the body. Because of their artificial form, synthetic chemicals of any kind are incomprehensible to the body. This is why these chemicals cannot enter your system without creating some level of catastrophe.

While holistic medicine's conviction is mainly to restore the body back into a state of inner balance, to increase optimal genetic function and to help the body cleanse and heal itself, conventional medicine focuses its entire efforts on "making the patient comfortable" and by calming the pain with drugs and ointments, which function as patches to the symptoms of the disease.

The Sad Truth Of Yeast Infection Medications And The Medication Trap

The sad truth is that most doctors care more about your money and their status rather than your well-being. Other doctors do care about your health,

but all the while they are fixated on a single stream of scientific thought and empirical research.

These doctors are under monstrous pressure from the drug and pharmaceutical companies to prescribe topical treatments, creams, ointments and antibiotics. The drug and pharmaceutical companies are the main fund providers of yeast infection research, and they have all the interest in the world not to admit that drugs are mostly worthless, harmful and expensive.

The main argument doctors have as to why there isn't a link between diet and yeast infection is that two individuals can eat the same food, yet one will have yeast infection while the other stays clear. They simply ignore the fact that there are other factors involved, and that doesn't mean that a healthy and balanced diet is insignificant to the treatment of yeast infection.

That is why most doctors limit their treatments to the use of drugs and chemicals rather than listen to the voice of nature. Very few doctors have gone through that leap of faith and become more associated with nutrition. Unfortunately, they are rare exceptions.

The truth is we are all aggressively hypnotized on a daily basis. We are kept in a state of fear because it sells more medicine.

The disturbing truth is that the medical establishment and the pharmaceutical companies do not want to find a cure for a disease such as cancer, AIDS or yeast infection. They want to keep on selling drugs that merely alleviate the symptoms to keep you needy so you'll spend more money, and they will make more profit.

One of the fundamental mistakes of Western medicine thinking is its tendency to classify many illnesses as genetic disorders. This approach leads many to believe they are actually born that way with that certain disease, and there is nothing they can do to fix it.

This partly explains why Western medicine has such a pre-designed methodical practice aimed at alleviating the symptoms while ignoring the true cause of the illness.

Ironically enough, by taking medicines and creams for the rest of your life, the Western medicine approach of “there will be no cure” becomes the truth.

The truth is that although we are born with certain genetic tendencies and weaknesses, we do have control over our health and well-being.

By understanding the internal problem that caused the disease, by listening to your body, taking responsibility over your health and making the necessary changes (lifestyle, dietary, hormonal balancing and internal cleansing) we can regain our health and take control over our lives without the cost and side effects of conventional medicine.

It's time to wake up.

What Yeast Infection Treatments Does Conventional Medicine Offer?

The following is a list of several treatments conventional medicine offers as a way of dealing with yeast infection. I have used all of them, but unfortunately none has been able to effectively eliminate my yeast infection and the symptoms involved with yeast infection in the long run. This is mainly because most of these treatments, over-the-counters in particular, are focused on the symptoms of the disease as they provide “patches” rather than addressing the root factors.

There are in fact some antifungal agents that can effectively kill the yeast. There are three caveats to that treatment:

- 1) It works temporarily. Candida yeast infection is a complex condition. To effectively kill it you must neutralize the environment that keeps it alive. Killing the yeast will be like cutting the plant but leaving the roots. It will grow again.
- 2) Candida is a pleomorphic organism, which means it can change form and develop resistance to the antifungal treatment.
- 3) Most antifungal treatments also carry a myriad of side effects, some of which are serious.

Over-The-Counter (OTC) Medications

Most over-the-counter medications are aimed at treating the infection in the affected area to control the multiplication process of the yeast.

There are creams that are inserted using an applicator into the vagina or are spread around the penis area for men. For women there are suppositories to be placed in the vagina that dissolve with body heat to release the active ingredients.

There are also topical creams available that deal with the uncomfortable symptoms of yeast infection such as itching, burning and inflammation.

Although most OTC medications such as Monistat and other similar creams are readily available without a prescription and are inexpensive, easy to use and act fast to relieve the symptoms, treating yeast infection locally using a cream or suppository have clear disadvantages:

- 1) They work temporarily to alleviate the symptoms while increasing the body's resistance to the treatment.
- 2) They cannot provide a solution for systemic yeast infection since, as you know, the yeast lives in many parts of the body besides the visibly infected area.
- 3) They are usually messy and contain oils that break down the latex material in birth control methods such as condoms.
- 4) OTC can cause serious side effects for pregnant women and girls under the age of 12.

Oral Rinses, for example, are only in contact with the yeast cells for a limited period of time and therefore, are the least effective treatment for oral yeast infection or thrush. Even several days after the creamy white patches on the tongue, and tonsils disappear, since the root problem that caused these symptoms to manifest has not been addressed, these symptoms will resurface after a while.

Creams, Ointments and Lotions that are used for skin and nail infections need to be applied one to four times a day for as long as four to five weeks with consistency and persistence. Stopping the treatment early makes the yeast develop resistance to the antifungal agent and the treatment will eventually fail. Moreover, anti-fungal creams and ointments often contain steroids aimed at reducing inflammation. Long term use of steroids can stress the liver, weaken your immune capabilities and aggravate candida infection.

Lozenges also called pastilles, are used to treat oral yeast infections as an alternative to oral rinses. One or two lozenges applied 3-5 daily are usually the recommended treatment. Lozenges should be used several days after candida related symptoms disappear to avoid reoccurrence and the development of drug-resistant strains of Candida. The most widely used medications in lozenges for Candidiasis of the mouth and throat are: Nystatin (Nilstat, Mycostatin, Bio-Statin, Nystex) and clotrimazole (Mycelex). The problem is that the active ingredients of the antifungal are limited to a direct contact with the yeast cells. Therefore, yeast infections in other areas of the body aren't affected by the Lozenges treatment.

Prescription Treatments

If your yeast infection does not respond well to OTC treatments, your doctor may prescribe a more powerful version of the OTC treatment to be taken orally in the form of a pill.

There are several prescription treatments that your doctor may present you with after he or she physically examines the infected area and sends it to a lab to determine the type and severity of your yeast infection and whether you have other types of yeast infection.

It's important to know that most drugs will eventually stop working or make your yeast infection condition even worse.

Here's why:

- 1) The yeast will eventually develop resistance to these drugs, making them ineffective.
- 2) By definition, drugs stress and upset your delicate inner balance, cause damage to the liver and poison your system, leading to a weakened immune system and sluggish elimination organs. This makes your body less defensive against Candida, which can worsen your condition in the long run.

Additionally, most drugs have side effects that range from uncomfortable to serious. Some drugs can cause permanent damage to your system if taken without supervision.

Here are some of the most common prescription medications for yeast infection:

Gynazole

Gynazole, a very potent cream, works fast and effectively and in one dose. Gynazole is applied to the vagina or the penis area and has a texture that is more suitable for these areas than other OTC creams.

The active ingredient in Gynazole is butoconazole. Butoconazole if taken orally, can damage your internal balance and worsen your condition. Exposing your genital areas to that type of ingredient is not, in my opinion, the best choice you can make.

Fluconazole (Diflucan)

Diflucan is a very potent pill that functions as an antifungal. Diflucan is taken orally and in a single dose. It's aimed at killing the Candida yeast and all types of fungus that have invaded your system.

Although the treatment is not messy, is easy to use, and in most cases is taken one time, it works short term as the Candida yeast infection eventually reoccurs. There are also side effects such as allergies and nausea. The pill should not be used by pregnant women.

Ketoconazole (Nizoral)

Nizoral is a stronger pill than the Diflucan and is also taken orally. Nizoral is usually prescribed in combination with antibiotics and is aimed at killing Candida and other fungal forms. Although Nizoral is easy to use, the strong dose can have serious side effects on your liver and can destroy the natural delicate balance of your system. This can lead to a weakened immune system with low capability of defending the body against Candida, an adverse effect that will result in making your condition and symptoms worse in the long run.

Terazol

This is a powerful antifungal cream applied with an applicator and aimed at killing Candida. The cream contains the drug terconazole and can be used in either a 7-day or 3-day dosage. Although Terazol is more potent than other OTC treatments, like most creams it's messy and has several side effects such as muscle pain, headaches, weakness and nausea. Similar to all creams that are applied locally, it will only work in the short term.

Itraconazole (Sporanox) This drug should be taken with food and comes in both oral solution and capsule forms. Blood test should be conducted to check absorption.

Amphotericin B (Fungizone) When other conventional medications and OTCs fail, this drug is often administered intravenously. Similar to other antifungal drugs, it has a myriad of side effects including abdominal pain, nausea, is used chills, vomiting, and diarrhea.

The Holistic Medicine Way

Natural medicine, or holistic medicine, yields to nature and its everlasting laws. It's not preoccupied with diagnosis or cures simply because of the belief that what causes a disease to exist in the human body is the body itself being incomplete. The laws responsible for illness cannot exist in a healthy and complete body. A good allegory to that perception is that darkness cannot exist in the presence of light.

Holistic medicine perceives the body as a whole (body, mind and spirit) and not by the sum of its organs. According to holistic medicine, everything you absorb (attitudes, beliefs, chemicals or food) directly affects your system as a whole in a negative or positive way.

For that reason, holistic medicine aims to avoid any intrusive approaches to healing but rather nourishes the approach of building a strong immune system, increasing the body's functionality and enhancing spiritual and mental strengths and stabilities.

Natural medicine yields to nature and believes in the individual obligation to clean the body from any unnatural residues. A body that is cleansed from any unnatural elements is more harmonized with nature and thus more rejuvenated and vitalized. Unnatural elements can be anything from synthetic unnatural foods, polluted air and water, inadequate exercise, accumulations of toxins in your body and any extreme activity that does not yield to the laws of nature.

A disease occurs every time the body deteriorates when the body is in an imbalance state or disharmony due to excessive toxicity or inadequate nutrition (deficiency of force). The symptoms of the disease can only point out that something is wrong and that the body is in a state of imbalance and danger. Most illnesses occur when the body's cleansing organs cannot remove all the excessive amounts of toxics that get into the cell walls, bones,

hormone receptors, tissues and even cell surfaces. In most cases the moment toxins enter your system that is when the disease begins. When symptoms occur, it's often too late as something has already been damaged.

Natural medicine believes that by allowing the body to conduct its internal cleansing process of removing toxins, also known as detoxification, along with restoring it to a state of balance with the right nutrition, it can result in more than 90% of illnesses healed by the body itself.

Chapter 3 – Diagnosis of Candida Yeast Syndrome

Are You At Risk?

When it comes to yeast infection, there are 3 risk groups involved.

Risk Group 1: Age and Gender

Yeast infection can affect men and women of all ages. Women between the ages of 18 and 45 are more likely to develop yeast infection.



As women become older they are more exposed to yeast infection due to disordered sugar synthesis because of pancreatic problems.

Older people in general are more at risk to develop yeast infection due to compromised perineal hygiene as bending and washing at that age is difficult due to the stiffening of the joints.

Balanitis is the same yeast that causes yeast infection among men and women. This condition is rare among men and is often triggered among men who are severely ill, suffer from diabetes or are heavy smokers or heavy drinkers.

Risk Group 2: Medical Conditions, Family-inherited Conditions and Medications Intake

The intake of birth control pills and most contraceptives, steroids, corticosteroids, antibiotics and most prescription drugs, anesthetics and hormones can all encourage the overgrowth of Candida yeast infection.

Having a mercury amalgam filling (Mercury can travel through the blood to all body parts and tissues and weaken the immune system), having diabetes or

high blood sugar levels can also increase the risk of developing yeast infection.

Having diabetes, metabolic disorders that affect white blood cells, blood diseases, immune system disorders, obesity or chronic hormonal problems in the family history can all contribute to the development of yeast infection.

Risk Group 3: Lifestyle and Dietary Choices

Everything from wearing tight clothing or clothes made of synthetic materials on a regular basis, using scented sanitary products, leaving your tampon in place for long periods of time, taking bubble baths regularly, swimming in chlorinated pools, not practicing good hygiene (failing to clean and change tooth brushes often and failing to wash the intimate parts regularly) accompanied by poor dietary choices and lack of good nutrition can all assist in the development of yeast infection.

How Is Candida Diagnosed?

Yeast infection, especially when it becomes systemic, is not limited to the area where the symptoms occur, such as the vagina. That is why treating the symptoms with the conventional medicine way will never eliminate the problem because Candida lives not only in the vagina or around the penis area, it lives in the mouth, on the skin and in the intestinal tract. When Candida overgrows, it can find its way to many areas in your system besides the vagina such as the joints, organs, sinuses and other body tissues and it can manifest itself in a variety of other symptoms. That is why self-diagnosis of yeast infection must include a large checklist of symptoms in addition to the common unpleasant symptoms related to the sex organs.

It's true that there are no unequivocal objective tests to verify the existence of Candida infection. Since skin tests, blood tests, muscle testing, radionics, serum antibody complexes and stool analysis are used to detect the presence of Candida and Candida is normally an inhabitant of the gastrointestinal tract and skin even among healthy people, these tests have their many false positives and negatives.

While blood test can show elevated uric acid in the body (the presence of candida has been proven to produce extra amounts of uric acid), normal levels of uric acid are no guarantee that you have no infection.

The Comprehensive Stool and Digestive Analysis (CSDA)

CDSA is a comprehensive set of integrated laboratory tests aimed at evaluating digestion, intestinal environment, absorption and digestion by examining the stool. These tests will diagnose the underlying digestive disorders that serve as triggering factors for Candida infection overgrowth. As a side benefit CDSA will also uncover other digestive ailments that are unrelated to candida such as LGS (Leaky Gut Syndrome) and intestinal bacterial overgrowth.

CSDA information can provide sufficient diagnosis to determine the presence of Candida as well as insights into the factors responsible for Candida infection overgrowth.

Here are two laboratories that perform the CSDA tests:

Diagnos-Techs (1-800-87-TESTS)

* Diagnos-Techs also perform a comprehensive measuring of antibody or the levels of candida antigen in the blood

Great Smokies Diagnostic Laboratory (1-800-522-4762)

Live Cell Microscopy

This is a new test (taking one drop of blood from a fingertip) that provides a reliable and fast visualization of Candida, parasites and bacteria that float freely in the bloodstream. The test is conducted using a microscope attached to a video recorder and monitor. Live cell microscopy can reveal important health data not possible through conventional microscopic tests. Some insurance companies cover this test if advised by a medical doctor.

Measuring Antigen Levels and Immune Assays

This is a laboratory method that I find effective only for confirming the fact that Candida Albicans is a responsible factor in the patient's health condition. The test that measures the levels of antibodies or Candida antigens in the blood can be used as a helpful way to monitor therapy.

Here are two laboratories that perform the antigen levels tests:

Diagnos-Techs (1-800-87-TESTS)

Antibody Assay Laboratory (1-800-522-2611)

Immune Assays

Unlike home tests and symptoms questionnaires which can be subjective, Immune assays are an objective marker for the presence of Candida that enables you to measure the actual level of Candida immune complexes in the blood (the yeast cells, the antigen, bound to immunoglobulin (Ig) antibodies).

The Candida immune assays may test for different types of immunoglobulins : IgG, IgA, and/or IgM. There is a direct relation between the levels of Candida immune complexes, found in the blood, and the amount of Candida in your body. Once candida infection is controlled, the immune complexes disappear quickly.

The Symptom Score Questionnaire

A good alternative to the CSDA and the live-cell microscopy is taking the simple sign, symptoms and high index of suspicion questionnaire.

The following questionnaire is one of the most useful methods that will help you determine the likelihood of your yeast related illness. Further, it will help us determine the phase of your Candidiasis - whether it is localized or systemic.

For every Yes answer, circle the number of points given and add up the total number of points at the end of both tests, comparing your total with the conclusions given.

Test One

1. Have you ever suffered from vaginitis or prostatitis or suffered from other problems affecting your reproductive organs? **25**
2. Does exposure to strong smelling substances provoke or worsen your symptoms? **6**
3. Have you taken specific antibiotics for acne for 1 month or more? **35**
4. Have you ever had athlete's foot, ring worm, 'jock itch' or any other chronic fungus infections of the skin or nails? **20**
5. Are your symptoms worse on moldy days or in damp, moldy places? **20**
6. Have you been pregnant more than once? **5**
7. Have you ever taken steroid medications such as Prednisone or other Cortisone-type drugs? **20**
8. Have you taken, at any time in your life, antibiotics for respiratory or urinary infections for longer than 2 months more than three or four times? **35**

9. Does Tobacco smoke really bother you? **10**

10. Have you taken a general antibiotic drug, even just once in the last six months? **6**

11. Have you been pregnant once? **3**

Total for this section _____

Test Two - Part I

In scoring this section of the test If the symptom does not apply to you at all score a 0. If the symptom is mild or occasional give 3 points, if frequent or severe give 6 points, and if the symptom is extremely severe and/or disabling score 9 points .

Abdominal pain

Diarrhea

Alternating constipation and diarrhea

Bloating

Troublesome vaginal discharge

Persistent vaginal burning or itching

Prostatitis

Impotence

Pain and/or swelling in joints

Fatigue or lethargy

Constipation

Feeling of being 'drained'

Poor memory

Feeling 'spacey' or 'unreal'

Depression

Numbness, burning or tingling

Muscle aches

Muscle weakness

Loss of sexual desire

Endometriosis

Cramps or other menstrual irregularities

Premenstrual tension

Spots in front of eyes

Erratic vision

Total Score for this Section_____ :

Test Two - Part II

In scoring this section of the test if the symptom does not apply to you at all score a 0. If the symptom is mild or occasional give 1 points, if frequent or severe give 2 points, and if the symptom is extremely severe and/or disabling score 3 points .

Wheezing or shortness of breath

Urgency or urinary frequency

Burning on urination

Failing vision

Burning or tearing of eyes

Recurrent infections or fluid in ears

Ear pain or deafness

Pressure above ears or tingling sensation

Itching

Skin rashes

Heartburn

Indigestion

Belching and intestinal gas

Mucus in stools

Hemorrhoids

Dry mouth

Rash or blisters in mouth

Bad breath

Joint swelling or arthritis

Nasal congestion or discharge

Postnasal drip

Nasal itching

Sore or dry throat

Cough

Pain or tightness in chest

Drowsiness

Irritability or jitteriness

Incoordination

Inability to concentrate

Frequent mood swings

Score for this section _____ :

Add up the grand total of all three tests and compare with the results below.

Scores of over 180 in women or 140 in men:

- Yeast-connected health problems, likely Systemic in nature are almost certainly present.

Scores of over 120 in women or 90 in men:

- Localized Candidiasis is very likely.

Scores of over 60 in women or 40 in men:

- Yeast related problems are possibly, contributing to your overall problem

Scores of less than 60 in women or 40 in men:

- Yeast problems are less likely to be at the cause of your symptoms.

Vaginal Yeast Infection Diagnosis

Regardless of how embarrassing it may seem to you as a woman to pay a visit to the gynecologist and discuss your yeast infection, it's in your best interest to schedule an appointment as soon as possible if you have most of the symptoms mentioned above.

Your doctor will first examine the vulva and vagina area suspected to have yeast infection. Your doctor will use a swab to take samples from the genital area and send them to a lab in order to evaluate whether you have other types of infections besides vaginal yeast infection.

Talking to your doctor about your feelings, concerns and the symptoms you have experienced will help him or her better understand the type and severity of your condition and provide the best course of treatment suitable to your individual case and needs.

Simple Home Test To Discover The Severity Of Your Candida

Since conventional medical tests for yeast infection are not always accurate, the best advice is to combine a solid medical diagnosis with a self-diagnosis. The following is a simple and easy-to-use home test for Candida infection:

First thing in the morning and on an empty stomach (no food or liquids allowed), find a clear glass and fill it with mineral or reverse osmosis water. Next, work out a generous amount of saliva and spit into the glass.

Leave the glass of water aside for a period of up to an hour. If you have a mild case of Candida yeast infection, you will see strings in the form of legs that travel down into the water.

If you have a systemic advanced case of Candida yeast infection, you will see your saliva sink to the bottom of the glass.

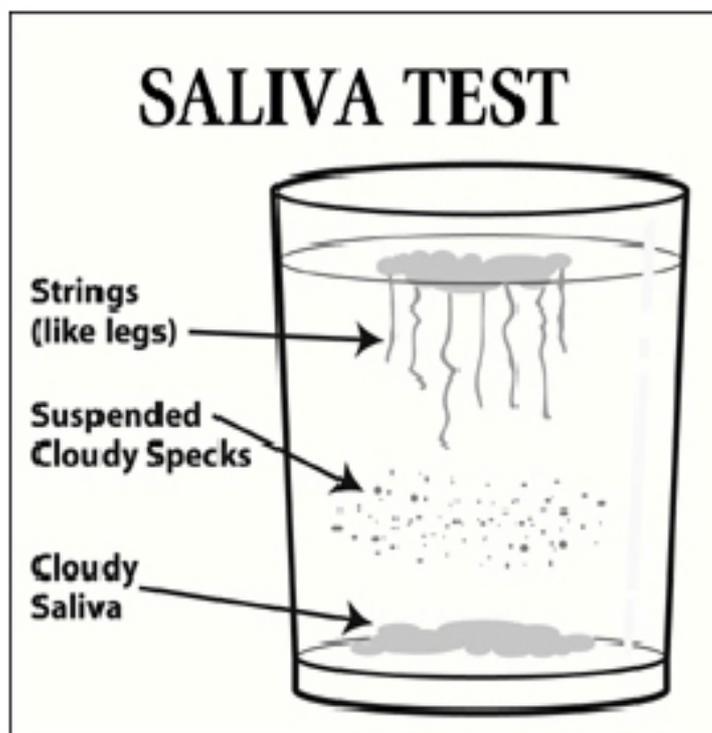


Figure 1: The Saliva Test - Checking The Severity of Candida Infection.

Note: the above is a quick and inexpensive way to determine if your intestinal tract contains excess Candida and if the candida has transformed into a pathogenic form. However, the saliva home test is not 100% accurate. It is highly recommended to pursue other candida infection medical tests as well to achieve a more accurate picture of your condition.

Chapter 4 – The Basic 12-Hour Relief Treatment

Introduction

Since the symptoms of Candida yeast infection can be quite annoying (such as muscle aches, discharge, oral infection, rash, inflammation, burning and swelling), before starting the holistic program to cure yeast infection, our main priority should be to first get relief from these on-the-surface symptoms.



The good news is that there is in fact an easy, safe, very simple and 100%-natural protocol that will eliminate those annoying symptoms in less than 12 hours.

Moreover, the ingredients needed for the following protocol are extremely cheap and are readily accessible. You can easily find them in your fridge or in your local health food store.

Note: The treatment is effective for all types of external candida infection symptoms . If your candida infection is moderate to severe, the treatment should be followed for several days until most symptoms disappear.

Mind you that since the root problem is candida overgrowth in most cases unless you fix the internal problem that's causing the discharge, rash, inflammation and other external candida related symptoms, these symptoms will re-appear after a while.

Now, before we introduce the 12-hour relief treatment for yeast infection, let's discuss the natural items required for the protocol.

Natural Items To Eliminate The Symptoms

Raw Honey

Fine textured crystals characterize raw, pure, unheated and unprocessed honey. Good quality honey does not drip and has smooth texture. Raw honey has proven anti-bacterial, antiviral and antibiotic properties. It's a powerful antioxidant and most important, it has a powerful ability to heal wounds and treat yeast infections.

Yogurt

It's common knowledge that yogurt is good for the digestive and immune system. Yogurt contains friendly probiotic bacteria such as acidophilus and bifidus that aid in digestion and defend your digestive tract from the bad bacteria.

It's important to note that most commercial brands of yogurt are heated to be given longer shelf life and therefore contain little to no friendly bacteria. Even if the yogurt pack says "made with active cultures," these cultures are destroyed in the heating process.

So when seeking yogurt, make sure it's plain, contains no sugar, no additives, no coloring and is not heat-treated. You can find it in most health food stores.

When applied topically, yogurt is just like a vaginal cream. Using a syringe or spatula will deliver some of those good friendly bacteria to the infected area.

Yogurt is also very soothing and relaxing.

Garlic

Garlic, among its many health benefits, is also known to have antimicrobial activity against various types of bacteria and fungi. The inulin found in garlic is a type of fiber that the friendly intestinal bacterium loves.

When applied topically, garlic with its powerful antifungal qualities, can quickly and very effectively fight yeast infection and eradicate all the symptoms associated with it. Important: garlic should be wrapped in cheesecloth when applied to the skin or inserted into the vagina.

Lactobacilli

Douching twice a day using a containing acidophilus (for the purpose of re-establishing the normal vaginal lactobacilli) , can be quite effective for treating vaginal yeast infections. Simply use high quality acidophilus pill or yogurt containing lactobacilli and dissolve in 2 tablespoons of water. Use a syringe and insert into the vagina. Do this twice weekly for moderate to severe vaginal infections.

Iodine

Using Iodine as a douche or topically (you can get the over the counter Betadine at almost any pharmacy), can be quite effective for a wide range of infections. Simply dilute 1 part iodine in 100 parts water and apply twice daily on the infected areas.

Gentian Violet

Beside its ability to stain clothes and being very messy, this dark purple dye was proven to be very powerful against external Candida infections. For women, it's best to soak a tampon in it, insert into the vagina and leave it for several hours. Moderate to severe cases, should continue the treatment for 7 days.

Organic Apple Cider Vinegar Douches

Apple cider vinegar is a powerful antiseptic and antibiotic drink. You should buy only raw and unfiltered apple cider made from organic apples only. Apple cider vinegar will act as a powerful cleanser and will help maintain the acid-alkaline balance in your intestines (if you drink it). It will also restore the natural pH of the vagina or any other infected area if applied locally or by using a douche.

Note: I would recommend buying only the organic kind (Bragg's) and use it in the bath. If you don't have a bath, to restore the natural pH of the vagina, try making a solution with 2 tablespoons of ACV per quart of water .

Important: As a rule, you should be careful using douches. If you feel a burning sensation or mild irritation, stop the use of the ACV.

Why Baking Soda Should Not Be Used

It sounds very logical that baking soda would relieve your yeast infection symptoms. You should not try it, though, since the pH of baking soda is about 8.0, and it will raise the pH of your vagina, making the Candida yeast infection thrive.

Other Natural Items You Can Use

Tea Tree Oil

This pure oil produced from the tea tree is a powerful antifungal agent and is very effective at killing bacteria and almost any type of skin infection penetrating the skin, including yeast infection. It reduces redness, eliminates pus and rejuvenates the skin. Besides being antibacterial, it's antiviral and antiseptic.

Pure certified organic tea tree oil is available at: <http://www.mothenature.com>

Important note: Especially for sensitive skin, it's important not to use a 100% pure concentration of tea tree oil. The maximum concentration recommended is 20% tea tree oil diluted with jojoba oil.

You can find the diluted mixture here:

<http://www.startthehealing.com/essoils.html>.

A woman should apply a few drops on a tampon and insert into the vagina, and a man should use a cotton bud and apply to the infected area.

Boric Acid

Boric acid can be very effective for severe infections. You can use two boric acid pills a day as suppositories, insert gently and let the body heat dissolve it.

Boric acid is a chemical substance that has antifungal and antiviral properties. It is commonly used in various prescription pharmaceutical products and is also available in an over the counter form. It is recommended to use Boric acid as a treatment option for vaginal yeast infections using capsules (by filling size 00 gelatin capsules with boric acid (approximately 600 mg) .

Standard yeast infection treatment is one capsule inserted in the vagina at bedtime for 2 weeks .

Boric acid is perfectly safe if used in capsules as a vaginal suppository. As with any chemical substance boric acid can occasionally cause skin irritation that is why one should test for allergies first.

That said, Boric acid should not be used by mouth (internally), on open wounds, or by children, or pregnant women.

Chickweed Ointment

Chickweed ointment is an all-natural and very effective ointment that can be found in any health food store. It will relieve most of the itching and burning sensation when applied to the affected areas.

Chickweed is a weed you can collect yourself. Squeeze to produce juice, and mix the juice with an ointment base.

Hydrogen Peroxide Douche

Hydrogen peroxide breaks down into oxygen and water when it comes to contact with almost any other substance. All yeast and fungus organisms including *Candida Albicans* are anaerobic in nature (*Candida* cannot survive in the presence of concentrated oxygen). When Hydrogen Peroxide comes in contact with yeast it kills it by tackling the spores with concentrated oxygen.

To douche with hydrogen peroxide, simply mix 1/2 teaspoon of 35% hydrogen peroxide in 500ml of distilled water. Do this daily until symptoms abate.

The 12-Hour Yeast Infection Relief Treatment

The following 12-hour yeast infection relief treatment has already helped thousands of men and women suffering from yeast infection. The treatment can work on mild to severe localized cases of yeast infection and consists of a 4-step process.



Note: The following is only a suggested treatment.

Feel free to be creative and alternate between the natural products mentioned above.

Step 1 (Hour 1)

Item needed: raw unheated honey

Instructions: Take a large amount of raw honey in your hand and spread it over the infected area and saturate for at least 5 minutes. After the 5 minutes have passed, take a bath to clean up. Relief will come almost instantly.

Step 2 (Hour 3)

Items needed: tampon, spatula, plain unheated yogurt

Instructions: Use a small carton of plain, unheated, low-fat yogurt that contains no additives, coloring, fruit or sugar.

For women: Dip the tampon into the yogurt and insert into the vagina, or use a syringe without the needle and squirt some yogurt into the vagina. Leave in for about an hour or more.

For men: Use a spatula to spread the yogurt evenly with your fingers over the surrounding area of the penis and on the penis itself. Leave on for an hour. You will feel great relief with a cooling and soothing sensation from this extremely effective and simple treatment.

Tip for women: Freeze the yogurt inside a plastic tampon applicator or inside each finger of a plastic glove. It will be easier to insert, and the soothing and cooling effect will be greater.

An alternative to yogurt is using acidophilus pills from a natural food store. Simply open up the capsules and powder your vulva or the penis area with the contents, or you can mix with water and then use a syringe to squirt it inside. You can also dip a tampon in it and insert into your vagina.

Step 3 (Hour 7)

Item needed: organic apple cider vinegar (Never use white or simple vinegar)

Solution 1: Apple cider vinegar douche

Try making a solution with 2 tablespoons of apple cider vinegar or the juice of half a lemon per quart of water.

Fill in a douche bag with the solution and apply to the vagina. This will restore the natural pH of the vagina.

Note: Be careful when douching to keep the bag below your pelvis. Make sure you exert only slight pressure. Also, make sure you insert and remove the nozzle slowly to prevent damage to the vaginal walls.

Solution 2: Apple cider vinegar bath

Due to its potency, apple cider vinegar can cause a slight burning sensation on the applied area, so the best external alternative is to add about one-half cup of apple cider vinegar into your lukewarm bathwater and take a nice hot bath.

Soak the infected area for about fifteen or twenty minutes. This will help kill the fungi and restore the natural pH, thus offering fast relief.

Step 4 (Hour 10)

Items needed: raw garlic, cheesecloth

Instructions:

For women: Cut the garlic, put it in the corner of the cheesecloth, tie it up and insert into the vagina. Let the cheesecloth hang out for a minimum of 2 hours.

For men: Cut the garlic and place it along one edge of the cheesecloth. Fold the cheesecloth from the edge over the garlic strip and wrap the folded edge around the penis. Spiral it down to cover additional infected areas surrounding the penis.

Note: You can also put a raw peeled garlic clove into your vagina about a finger's length deep. If you have any worries about losing it, don't. A garlic clove, no matter how small, cannot fit through the cervix. For severe cases use the clove treatment over several nights in a row, replacing the clove with a fresh one each morning.

You will feel a slight burning sensation in the first 5 minutes but after 2 hours, by hour 12, you will feel great relief.

Additional Treatment For Male Yeast Infection

Do the following for 5-7 days:

Each morning and afternoon: Keep the area penis area dry and apply diluted tea tree oil to the affected area . Each night before bed: apply garlic oil to the infected area.

Additionally, you can also use calendula cream, topical vitamin E, silica gel and pure aloe vera gel.

All Natural Herbal Washes

Herbal Wash I

Ingredients:

- 5 drops tea tree oil
- 10 drops echinacea
- 10 drops goldenseal
- 1 tbsp calendula tincture
- 1 pint water

Instructions: Mix the herbs together with the water and apply with cotton balls daily until the infection clears .

Herbal Wash II

Ingredients:

- 1part comfrey
- 1part sage
- 1part raspberry
- 1quart water
- 2tbsp cider vinegar
- ¼part goldenseal
- ¼cup plain, unsweetened yogurt

Instructions:

Mix the herbs together. Store the mixture in a clean, airtight glass jar. After a day, take 4 tbsp of the mixture and add it to a quart of boiling water. Allow the tea to steep for 15-20 minutes, then strain. Leave the tea solution to cool.

After the tea solution temperature has simmered down to body temperature, add the cider vinegar and the unsweetened yogurt. Mix well. Apply the final mixture daily on the infected areas using cotton balls .

Herbal Wash III**Ingredients:**

- 3 tbsp Aloe Vera
- 1 pint water
- 30 drops of Echinacea
- 30 drops goldenseal
- 30 drops calendula

Instructions:

Mix these all of the herbs together with the water. Apply with cotton balls until the infection clears.

External Treatments For Mouth Yeast Infection and Nail Yeast Infection

Note: The following treatments are aimed at **temporarily relieving** the symptoms of oral yeast infection, and nail yeast infection. Mind you that since in most cases, the root problem is candida overgrowth, unless you fix the internal problem that's causing the candida related symptoms, these symptoms will re-appear after a while.

Mouth/Throat Yeast Infection (Oral Thrush)

In the vast majority of cases, oral yeast infection, thrush on the tongue or painful streak down the throat are sure fire signs of a sluggish liver and are very common symptoms of *Candida albicans* overgrowth . By cleansing and rebuilding the organs of elimination (e.g. bowel and liver cleansing), you will tackle the condition from within and the environment that triggers your mouth infection in the first place.

For now, if you suffer from oral yeast infection, consume as much raw, crushed garlic as you can stomach, four to five times a day and hold a tablespoonful of live, acidophilus sugar free yogurt in your mouth for five minutes at least 4 times a day.

Also consider using gentian violet and iodine, until symptoms disappear.

Nail Yeast Infection

Follow these 7 steps to eliminate toenail fungus:

1. Buy dark beer, white vinegar, sachets of acidophilis
2. Get a big tub for the treatment area
3. Add 1 liter of dark beer in room temperature, 1 liter of white vinegar, 60 billion acidophilis bacteria.
4. Soak your feet for 30 minutes morning and night
5. Every 4 days of use, dump the solution and remake a new one.
6. After soaking, to speed the process, use a pumice stone to file down the tip of the nail and the top of it .
7. Do this daily for 30 days until you see normal healthy toenail growth.

Castor Oil Packs: Eliminate Inflammation, Congestion and Accelerate Candida Recovery

Castor bean oil used to be known for its laxative properties but today it is mostly used externally as natural therapy and because of its ability to sink through the skin and have a beneficial influence on the elimination and digestion organs, enhance the lymphatic system, relax the muscles and improve elimination.

Using a castor oil pack, which is placed on the skin, has been proven to relieve pain, promote elimination and help heal the tissues and organs underneath the skin where the castor oil pack is placed.

With regard to candida infection, castor oil can help reduce inflammation, pain, congestion, constipation, and accelerate recovery.

Castor oil pack can also help hormone metabolism if it is placed above your liver area.

Warning: heated castor oil pack should not be used by pregnant/breastfeeding women or during menstruation or when having cancer tumors, ulcers or uterine growths. I always recommend that you consult a naturopathic physician for the optimal frequency of treatment for your specific health problem.

Another note: To maximize its effect, castor oil packs must be used at least 4-5 times a week.

Castor Oil Pack Components

Castor oil

Two sheets of plastic

Heating pad (if indicated)

1 yard cotton or wool flannel

Large old bath towel

3 safety pins

Preparing a Castor Oil Pack

- 1.** Fold flannel into three thicknesses to fit over your whole abdomen.
- 2.** Cut a piece of plastic 1-2 inches larger than flannel.
- 3.** Saturate the flannel with gently heated oil, but not so much that it is drippy. Fold it over and squeeze until it is oozing. Unfold.
- 4.** Place plastic and old towel over flannel to prevent staining of surface you will be lying on.
- 5.** Lie down, placing flannel over abdomen, putting fitted plastic over the flannel.
- 6.** Now wrap the towel under you, around your torso and pin with safety pins.
- 7.** Place a heating pad (low heat) or hot water bottle on top of the towel.
- 8.** Rest for 30-60 minutes. Use visualization, meditation, or just sleep. A good time to use castor oil packs is just before bedtime.
- 9.** When finished, it's best if you don't get up and walk around and be busy (except to go to the bathroom). Try to stay still and relaxed.
- 10.** If you are doing your pack at bedtime, have a zip-lock baggie next to your bed, and a towel to remove any excess oil and protect your bed sheets. Fold the oily pack up and put it into the baggie, then drop it to the floor till morning. In the morning, put it in the refrigerator.
- 11.** If you are not using the pack at bedtime, you can get up and wash the treated area with solution of 3 tablespoons of baking soda to 1 quart of water to remove the oil. Put the pack into the refrigerator.
- 12.** Store the pack in the covered container or baggie in the refrigerator.

Remove it from the refrigerator 1-3 hours before you plan to use it, so that it is at room temperature when you are ready to use it.

Chapter 5 – The Yeast Infection No More™ Quick Results Mini-Program

Introduction To The Yeast Infection No More™ Quick Results Mini-Program

The Yeast infection No More™ System is aimed at individuals who suffer from mild to severe forms of Candida yeast infection. As you already know, the main purpose of the program is to eliminate the root factors that contribute to yeast infection rather than addressing the symptoms.



As such, the Yeast infection No More™ takes time and a certain amount of effort to complete. After years of compromise (poor dietary choices, depriving the body of its nutritional requirements, wrong lifestyle choices, taking harsh and harmful medications, etc.), it's only logical that it will take time for the body to heal, cleanse and rebuild itself and restore its delicate natural balance (an environment where yeast infection cannot exist).

With that said, I get constant e-mails, either from individuals who suffer from mild cases of yeast infection or people with relatively stressful and demanding schedules (such as work-at-home moms, dot-com people, brokers, etc.), asking for a lighter, more convenient program that would better fit their busy lives.

So if you're extremely busy and obviously cannot afford to follow all the protocols mentioned in the Yeast infection No More™ program or if you have very mild yeast infection (You do not have most of the systemic yeast infection symptoms), here is a "Quick Results Mini-Program" I have created especially to suit your needs.

It's relatively short, very practical, simple and easy, and if followed correctly it can yield significant results on your Candida yeast infection condition.

The Yeast Infection No More™ Quick Results Mini-Program

Practice the following protocols for a period of 8-10 weeks.

1. Dietary Guidelines and Enhancing Digestion

Follow the six anti-Candida dietary principles.

2. Immune System Enhancement and Nutritional Supplementation

Take the following supplements each day during the program: Multivitamin, EFA, vitamins A, C, E, Zinc and B-complex, acidophilus, glutamine, Colostrum, chlorella, coconut oil and Thymulus.

3. Detoxing, Parasite Cleansing and Liver Cleansing

Perform a [2-day detox diet](#) or the Ayurveda detoxing program, followed by a [7-day parasite cleanse](#). Follow the five liver detoxification principles.

4. Anti-Candida Protocols

Alternate between the following supplements for a period of 6-8 weeks after you have cleansed your system and performed the parasite cleanse and liver detox – Oregano oil, olive leaf extract, Candigest. Take the Hydrogen Peroxide Therapy.

5. Replenishing and Re-colonizing Friendly Bacteria

Take either of the following probiotic supplements on a daily basis after you have killed Candida: Primal Defense or Rebalanced Health Probiotic Plus. Compliment with prebiotic foods.

6. Stress Control, Sleep Optimization and Exercise

Follow at least one [stress control](#) protocol on a daily basis, [exercise](#) regularly and make sure you get at least 7 hours of quality sleep. Follow the [sleep optimization](#) tips.

7. Hygiene, Clothing and Sex Precautions

Follow the [hygiene guidelines](#), clothing guidelines and sex precautions on a daily basis.

Chapter 6 – The Holistic Yeast Infection No More™ System

This chapter is divided into three sections.

Section One introduces the 5-step holistic Yeast

Infection No More™ System. Section Two

outlines the protocols that need to be completed

throughout the program (stress control, sleep

optimization, exercise and hygiene). Section Three outlines the maintenance

and prevention part of the program.



Introduction To The Holistic Yeast Infection System

The Yeast infection No More™ System is a proven self-applied system that has been developed, polished and perfected over 7 years of intensive research through my own personal voyage as well as speaking with countless yeast infection sufferers, naturopaths, nutritionists, herbalists and homeopaths.

The Yeast infection No More™ System is aimed at eliminating the root factors that create the environment in which yeast infection can thrive without the costs and side effects of OTC and conventional drugs. It uses a multi-dimensional combination of protocols in a specific order. It's not only 100% natural but is also safe and extremely effective.

Most of the items needed to complete the program can be easily found in your home, local supermarket or health food store. Few of the items can be ordered online.

The dietary changes, detox and parasite cleansing, supplementation (the basic and specific anti-Candida supplementation) as well as flooding your system with probiotics are the building stones of the Yeast infection No More™ System.

Stress control, exercise, sleep optimization and hygiene are also important protocols that should be conducted throughout the program.

In most cases, skipping phases or doing only part of the program will yield little or short-term results. Don't do it!

The only way to permanently eradicate Candida yeast infection is by neutralizing the environment that keeps it alive and thriving. Implementing all of the essential steps in the program in the order they appear is all it takes to achieve permanent freedom from Candida and its associated symptoms.

If you're sick and tired of the conventional approach that only scratches the surface of your condition, if you're frustrated with the costs and side effects of drugs and over-the-counters, and if you feel it's time to take control over your health and well-being, then read the rest of this chapter carefully. Then apply the steps in the order they appear. It will be the last solution you'll ever need, and even better – you'll feel relieved, energized, vibrant, young, healthy and alive as you have never felt before. Guaranteed!

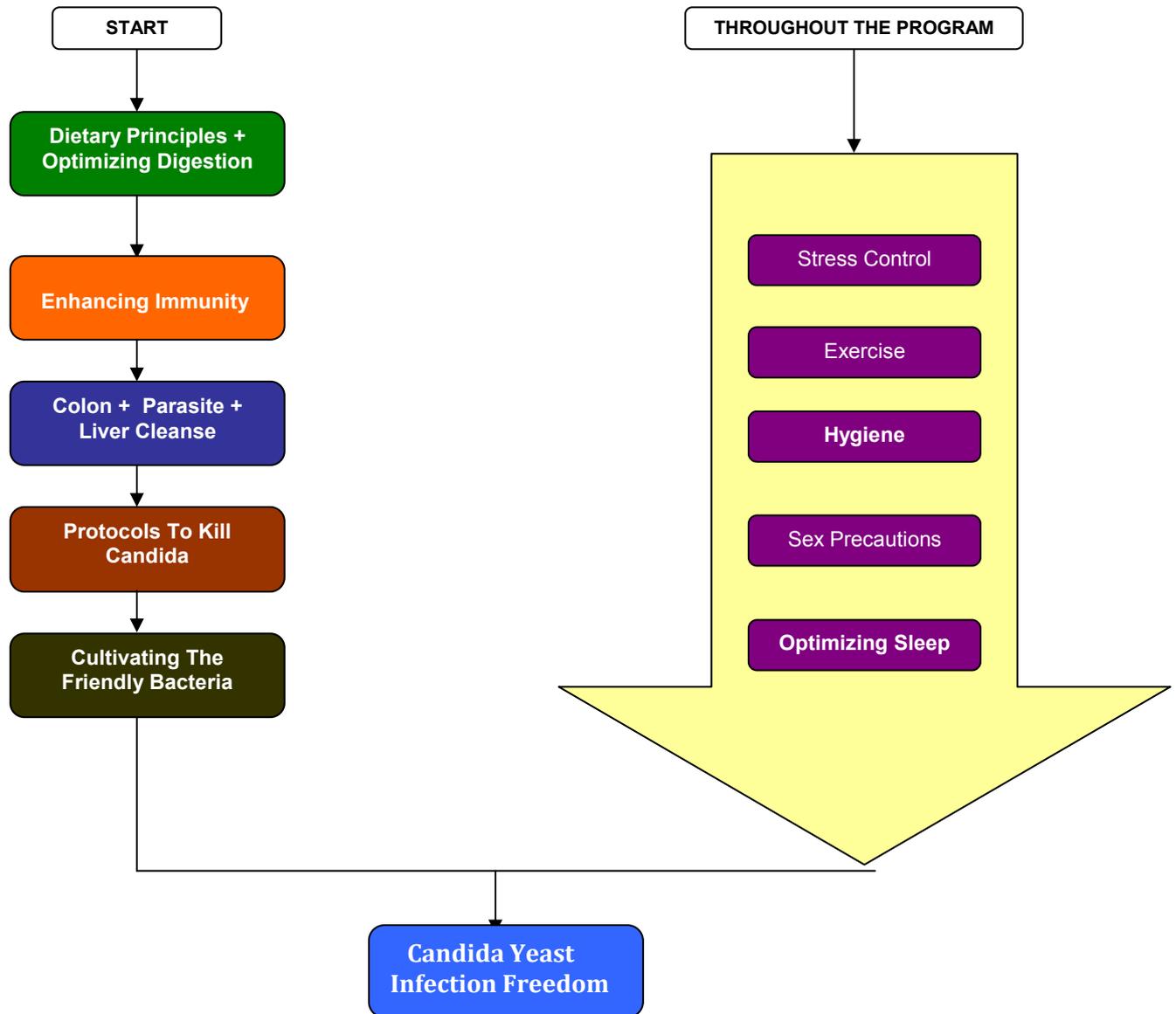
Figure 2: Yeast infection No More™ Holistic Candida Solution (Basic Principles)

Figure 2 shows the basic principles of the Yeast infection No More™ holistic system. As you can see, you need to follow a certain combination of protocols in a specific order to achieve yeast infection freedom.

Simply follow the 5 steps on the left and throughout the program implement the protocols on the right, and your yeast infection condition, as well as all the symptoms associated with it, will become a thing of the past.

Section One – The 5-Step Yeast Infection No More™ System

Step 1: Candida Control Diet And Optimizing Digestion (Six Principles)

Since Candida constantly changes form and lives not only where the yeast infection occurs (vagina, penis area, etc.) but also in the blood, digestive tract and in the mouth, Candida cannot be simply killed. In order to successfully



eliminate Candida yeast infection, we must change the internal environment that causes it to overgrow and the blood cells to become pleomorphic.

The first and one of the most important measures we should take to achieve a Candida-free environment (where all symptoms of yeast infection cease to exist) is by changing our diet.

There are 6 dietary principles you must follow.

The first principle deals with eliminating foods that feed Candida. Candida yeast infection feeds on sugar, gluten grains, processed foods, mucus-forming foods and all refined carbohydrates. By eliminating or strictly minimizing the consumption of these foods, we deprive Candida from its food supply that helps it to multiply.

The second principle involves the consumption of anti-Candida foods. By consuming healthy, hormone-balancing, cleansing and nutritious foods, we will first help the body cleanse itself and normalize hormonal production. We will also build a stronger immune system to help the body defend itself against Candida, parasites and other fungi.

The third principle deals with the acid-alkaline balance. When the blood becomes acidic, blood cells become sticky and start to “morph” into harmful

pathogens. This makes the ideal environment for Candida yeast infection to multiply. Therefore, to achieve a Candida-free environment, our blood must have an alkaline pH, which starts with eating more alkaline-forming foods and minimizing acidic foods.

Striving to consume at least 75% raw food is the fourth dietary principle.

Avoiding all known or suspected food allergens is the fifth dietary principle.

Optimal digestion is the sixth important principle of our new anti-Candida dietary plan. If food is not completely digested, the partially digested particles enter the blood stream and feed Candida and other parasites. Therefore, ensuring effective digestion should be one of our primary concerns.

Adhering to these six principles is guaranteed to make a dramatic impact on your yeast infection symptoms as well as on your overall health and well-being.

Dietary Principle #1 – Candida Aggravating Foods

Minimizing Toxic Foods Or Foods That Contribute To Hormonal Imbalance (Candida-Aggravating Foods)

Conventional Dairy Products

Dairy products (especially cow's milk) are probably one the most notorious yeast infection-aggravating products you can find. They cause allergies, create heavy mucus, and they clog your digestive tracts as they become like glue once they enter your bowels. Dairy products are loaded with hormones injected to the animals in order to increase their capacity to produce milk. Dairy products are filled with antibiotics, which is destructive to your body and hormonal balance.

In fact, humans are the only species that drink the milk of other species. The problem is that we cannot digest the milk as calves do. Our digestion system is built differently. We cannot process the protein in milk either. This often leads to multiple types of allergic reactions, mucus buildup and digestion problems that manifest themselves as yeast infection.

Milk is also pasteurized, a process that converts the sugar in milk into beta-lactose, which absorbs faster in the blood and has a similar effect on your body as sugar (see sugar). The pasteurization process also makes the calcium in milk insoluble. And yes, milk can cause bad teeth and osteoporosis, no matter what you may have grown up to believe.

What to avoid: milk and cheese, products that have lactose, milk proteins, whey protein and dry skim milk powder.

Great substitute: sesame seed butter. This is ground whole sesame seeds (not the regular Tahini), a wonderful source of protein and calcium containing more than 1100 mg of calcium per 100 g.

Good alternatives to dairy products also include nut/seed milks (sesame seeds, almonds, pumpkin seeds etc. excluding cashews and peanuts).

Soy products can also serve as an alternative but should be consumed sparingly because excessive consumption has been linked to thyroid problems.

Goat and sheep's milk products are also excellent alternatives, preferably if milk is not pasteurized. It's advisable, however, to make an allergy and an elimination diet test before switching to goat or sheep products.

White Sugar – The Sweet Poison

Sugar is one of Candida's most favorable foods.

Processed sugar is a sugar cane that has been stripped of its essential fiber and nutrients. It has no protein, no calcium and no fat.

White sugar is a 100% chemical element unrecognized by your body. It practically robs your body of vitamins and minerals. When consumed, white sugar causes blood sugar levels to increase dramatically and quickly. The pancreas produces extra amounts of insulin to help the body metabolize the glucose in the sugar. This extra insulin quickly causes low blood sugar levels, which results in low energy and fatigue. In over-consumption of sugar, this process can also lead to diabetes.

But that's not all. When sugar is consumed, the body also produces other androgenic hormones to metabolize the glucose. These extra androgenic hormones stress the liver and create hormonal imbalance, which may lead to yeast infection. Furthermore, the liver converts sugar into long-chain fats that pollute your blood and may certainly aggravate yeast infection.

Sugar can also damage the immune system (compromising the defense against bacteria), produce an acidic stomach environment (ideal for Candida), cause food allergies (One of the allergy symptoms is yeast infection), increase the size of the liver (disrupts it from filtering toxins and used hormones), and encourages bad bacteria development in the colon. This means more stress on the organs of elimination, more toxins and more yeast infection.

If you forget anything you ever read here, I urge you to remember this: Stay away from white sugar, and eliminate it entirely from your diet ... period. Eliminate it even if you don't have yeast infection. Your body will reward you twice as much.

Tip: From now on, make it your duty to make sure every product you intend to consume does not contain white sugar. That includes all sodas and sweetened fruit drinks. You need to recognize various terms for sugar including the more common ones: • sucrose • fructose • maltose • lactose • glycogen • glucose • mannitol • sorbitol • galactose • monosaccharide • polysaccharide

Also, make sure you strictly avoid all artificial sweeteners.

Stevia is a wonderful substitute for sugar and ten times sweeter. While it won't encourage Candida overgrowth it doesn't have any healing properties.

White Flour, White Rice And Refined, Puffed Or Extruded Grains (Any Type Of Cereals, Puffed Rice And Bran)

These ingredients, once refined, are peeled out of their precious and nutritious pulp filled with vitamins and minerals. These foods become a glue-like stretchy substance. They clog your digestive tracts, resulting in toxic buildup, polluting your blood and contributing to Candida growth.

Refined carbohydrates are also similar in their chemical structure to sugar, thus cause the same reaction. Extra insulin -> extra male hormones that contribute to yeast infection.

Substitutes: brown rice (preferably long version and organic), whole rye.

Once you make the transition to whole products, I guarantee your yeast infection condition and well-being in general will change for the better.

Gluten Grains

Rye, wheat, barley, bran and corn contain Alkylresorcinols which are compounds that appear to act as a toxin implicated in many pathological processes, including the death of red blood cells, as well as liver and kidney damage.

These gluten grains also contain Lectins, chemical substances that activate your immune system, contribute to inflammatory problems and hormonal imbalance. Grains in general are acid forming, leach calcium, contribute to constipation and are addictive.

Substitutes: whole non-gluten grains (amaranth, quinoa, buckwheat) taken in moderation.

High Glycemic Index Foods

The glycemic index consists of a scale from 1 to 100 and stands for the ability of different carbohydrates to increase your blood sugar level and insulin and thus aggravate candida infection.

70 or higher = High glycemic index food

56-69 = Medium glycemic index food

0-55 = Low glycemic food

As a rule of thumb, try choosing foods with the lowest glycemic index (as long as these foods are not part of the candida sinners group) while minimizing high glycemic index foods or at least taking these foods in very small portions. For example: whole wheat bread scores 72, rye flour scores 64, while apples score only 38. Green vegetables have a glycemic index score of less than 10.

Additional tips for lowering your glycemic index are to avoid overcooking your carbohydrates as it causes the fiber to break down and always choose whole foods with the hull or skin attached.

Hydrogenated Oils And Partly Hydrogenated Oils

Hydrogenated oils are changed molecular oils (Hydrogenation keeps oils and fats from going rancid). The result is a twisted fatty acid that your body doesn't recognize as such and acts as pure poison.

Hydrogenated oils once inside your system can:

- Clog your liver, spleen, muscles and kidneys and create a dangerous toxic buildup (because they increase fatty deposits), thus contributing to yeast infection.
- Disrupt the electrical flow responsible for heartbeat, cell division, nerve functions and mental balance.

Hydrogenated oil is found in margarine, donuts, muffins, salad dressing, candy, cakes, soups, breads, fried foods, mayonnaise, hydrogenated and partly hydrogenated soybean oil, vegetable oil and in most processed foods.

Great substitute: pure extra virgin olive oil

Red Meat and Fatty Meat

Red meat (beef, pork) consists of very harmful toxins (uric acid and steroids). Its hard-to-digest protein causes lots of digestion problems and allergies that develop into yeast infection. It takes a lot of time for meat to pass through the human GI tract, which is significantly longer than that of animals, providing it plenty of time (also in high temperatures) to rot in your system. This results in the aggravation of Candida as toxins are excreted into your blood.

Red meat also contains antibiotics, harmful hormones and diseases the animal may have had, resulting in a disruption of hormonal balance and blood intoxication.

If you can, eliminate red meat completely from your diet. If you feel you have to consume meat, go for organic meat, which is slow-cooked, and consume only small portions at a time. Complement it with lots of fiber foods to ease its digestion (high alkaline-forming, non-starchy vegetables) but certainly not every day.

Substitutes: organic chicken, organic fish

Egg Whites

Egg whites can cause allergy problems as they are binding elements (used to bind ingredients in a cake). Egg whites clog your system, are mucus-forming (similar to milk) and have refined carbohydrates. The body also naturally defends itself from the egg protein as it enters the blood stream, leading to allergic reactions and yeast infection aggravation.

Wheat Products And Yeasty Foods (Yeast, Beer, Mushrooms, Yeast Extract, Vinegar)

Many individuals are allergic to gluten found in wheat products (flour, pasta, bread, etc.). Wheat itself, even without the gluten intolerance factor, is known to cause digestive problems due to its gluey nature.

Wheat and yeast are foods that Candida thrives on.

Baker's yeast, brewer's yeast, Engevita, torula, and any other nutritional yeast and all baked goods raised with yeast such as breads, rolls, crackers, bagels and pastries should also be eliminated.

Mushrooms and yeast-related foods are suspected of encouraging the colonization and overgrowth of Candida and fungal infection.

Vinegar is made with a yeast culture and should also be eliminated. Foods that contain vinegar include white vinegar, red wine vinegar, balsamic vinegar, mayonnaise, commercial salad dressing, ketchup, steak sauce, Worcestershire sauce, BBQ sauce, shrimp sauce, soy sauce, mustard, pickles, pickled vegetables, green olives, relishes, horseradish, mincemeat and chili sauce.

Note: an exception to all vinegars (red, white, balsamic) is **Organic Apple Cider Vinegar** (Bragg's), which is in fact alkaline forming and is the only vinegar that helps regulate the body's acid/alkaline balance.

ACV also has anti-fungal, anti-bacterial, and anti-viral properties and can benefit a long list of conditions such as: digestion and circulatory disorders, infections, fatigue, allergies and arthritis.

However, due to biochemical individuality, some people are allergic to ACV while in some cases it has no effect whatsoever. Regardless of its spectacular health effects, apple cider vinegar is still considered a controversial food when it comes to treating Candidiasis and the consensus is to avoid ACV for candida.

I personally would recommend taking no more than 1 tablespoon a day.

Processed Foods And Preserved Or Fermented Foods

Simplicity is one of the basic keys to an optimal yeast infection diet, and for that matter, any healthy balanced diet. Make it a habit to look at the list of ingredients of every product you buy. If you don't recognize what the ingredient is or if it doesn't sound natural, don't eat it. That includes all the e-numbers, additives, etc. Avoid pickles, corn, ready-packed meals, preserved, fermented canned food and TV dinners, which usually contain a large list of unidentified chemicals.

Alcohol

Alcohol in most forms is toxic to your body. It can cause liver dysfunction, Candida and slow metabolism. Minimize the intake of alcohol.

Caffeine

Caffeine is known to over-stimulate the production of hormones, leading to hormonal imbalance – one of the factors that contribute to Candida overgrowth.

Why Daily Fat Consumption Should Be Limited

While essential fatty acids are crucial to your health, regardless of whether it is a good or bad fat, consuming too much fat can have a serious negative effect on your yeast infection condition.

Most nutritional experts agree that ingesting too much fat (more than 25% of your total daily calorie intake) can cause tremendous blood sugar swings which trigger excessive insulin production. Consuming too much fat of any kind on a daily basis, increases blood fat levels ('hyperlipidemia'), prevents the cells from effectively carrying oxygen, sugar and nutrients to your cells and coats the insulin receptors in your cells.

This ensures your blood sugar levels remain high, forcing the pancreas to produce more insulin to bring the blood sugar levels down. The liver responds by expelling the fat from your bloodstream but the excessive insulin causes blood sugar levels to crash. This in turn causes the blood sugar levels to rise again (an emergency response from the adrenalin glands).

The large amounts of sugar in the blood stream encourage candida overgrowth. Moreover, the extra insulin produced by the pancreas places stress on the liver and hinders its capacity to balance hormones, clear toxins and fight inflammation.

Note: I always advocate a ratio of 2 parts omega-3 oils (fish, flax, hemp) to 1-part omega 6-oils (olive, soybean, sesame, safflower) and omega-9 oils.

Fish should be taken in moderation and the same goes for avocados, most types of vegetable oils, nuts and seeds, which are high in Omega 6, and are also acids forming (with the exception of avocados).

Fat intake should make up no more than 25% of one's total calorie intake.

The recommended intake for polyunsaturated fats, Omega-3 and Omega-6, is 5%-10% of one's total calories. Taking too much flaxseed oil for example can overload the liver with fats. If you follow the recommended intake of no more than 25% of daily calories from fat you are within safe and healthy dosages.

Dietary Principle #2 – Candida Friendly Foods and Healing Foods

Consuming Lots Of Cleansing And Hormone-Balancing Foods (Anti-Candida Foods)

Fruits

Fruits are excellent cleansers and are loaded with vitamins and minerals. Fruits are also easily digested. Strive to diversify your fruit consumption. Eat fruits separately to help digestion. Strive to eat fruit on an empty stomach, and **never peel the skin off** when you can eat it. Avoid cooking fruits, as it will cause the fruit sugar to become more dangerous to your system.

Warning: If a fruit is especially sweet like bananas, melons, oranges, star fruit and other tropical fruits, it will feed the yeast, regardless of its relatively low glycemic index. Even though most sweet fruit will not boost your blood sugar levels, in my experience with thousands of clients, taking sweet fruit will hinder healing and encourage candida overgrowth. I would personally limit the intake of fruits to a maximum of 1 serving per day.

Note: In severe cases of Candida infection, I recommend **total exclusion of all fruit** from your diet until symptoms abate. (Typically within 3-4 months after beginning your anti-Candida therapy).

Avocados, lemons and limes are an exception to that rule. White grapefruit, nonsweet pears, blackberries, blueberries and raspberries can also be taken occasionally.

The following fruit should be excluded from your diet regardless of the severity of your Candida infection: frozen, canned and dried fruit, apricots and melons (especially cantaloupe).

Sprouts

Sprouts fit the definition of super foods; they are highly nutritious, super cleansers, loaded with vitamins, easily digested and contain lots of enzymes.

The longer you sprout them, the more potent sprouts become (Their nutritional value and enzyme content increase). Regardless of their high nutritional potency sprouts should be enjoyed in moderation, so that anti-nutrients are not consumed in levels that may be potentially toxic. You can grow a variety of sprouts and enjoy a myriad of balanced nutritional benefits.

A wise decision would be to grow your own sprouts as you'll be provided with a daily dose of fresh nutritional sources from your own hands with hardly any expenses. If you decide to buy sprouts, make sure they are fresh because they can be toxic when spoiled.

Sprouted lentils are a fantastic source of protein, and combined with long brown rice, they make the perfect complete protein meal.

Non-Starchy Vegetables

As with sprouts, non-starchy vegetables such as green pepper, collards, cucumber, celery, all types of lettuce (excluding iceberg), cauliflower, broccoli, Brussels sprouts, cabbage and spinach can also be consumed with no limit whatsoever. Non-starchy vegetables are a great source for stable energy as they provide complex carbohydrates, which burn slowly and gradually.

Non-Gluten Grains

Whole non-gluten grains are great nutritional sources for protein. They are low in fat, good sources of fiber and are loaded with vitamins and minerals. Non-gluten grains are: rice, buckwheat, millet, quinoa and amaranth.

As a rule, since grains are also acid forming, leach calcium and contribute to constipation you should incorporate whole non-gluten grains into your diet in a strictly moderate fashion, meaning you should consume a maximum of 2 servings daily.

Whole Rice

You are already aware of the danger linked to any type of refined carbohydrates, and rice is no exception. The ground rule would be to choose only **whole rice** (brown rice), preferably the organic long version and not the round sushi version.

Similar to beans, rice should be soaked in water overnight before cooking. The cooking should be long and slow to make the rice easier to digest.

Beans

Beans are also a great source for clean protein. However, their type of protein can also put stress on your digestive system. To prevent that, beans should be sprouted, soaked in water overnight and cooked very long and slow in lower temperatures to remove potential gases and make their proteins more easily digested.

Raw Nuts

Nuts such as almonds, pine nuts, pecans and Brazil nuts contain fatty acid (good for the skin), highly valuable nutrients and minerals. They are a wonderful source of digestible protein. Nuts should be consumed in small quantities because of their protein density, which can put a burden on your digestive system. To prevent a paste-like substance from forming in the bowels, nuts should also be eaten with fiber-rich foods.

Nuts should only be eaten raw, hand-peeled (Brazil nuts), stored in a cool place and eaten fresh.

Herbs And Leaves

Herbs and salad leaves, especially parsley, contain lots of quality minerals and vitamins. They are also great sources of chlorophyll, the blood life of every plant. Herbs also contain a huge variety of antioxidants that help the body in its war against free radicals, parasites and Candida.

Great and nutritious herbs are parsley, fennel, basil, coriander, thyme, dandelion, oregano and mint.

Garlic

Garlic can help yeast infection both externally and internally. First of all, garlic is an excellent blood cleanser and also functions as a powerful antibiotic (without the side effects and harmful effects of conventional antibiotics).

Garlic, if eaten raw and crushed (needs to be chopped to activate its powerful ingredients), has a powerful medicinal effect on the body. Its antiseptic properties can purify your blood. It can also lower cholesterol, prevent dangerous blood clots and reduce blood pressure.

Garlic has anti-microbial activity against various types of bacteria and fungi. The inulin found in garlic is a type of fiber that the friendly intestinal bacterium loves. It's no wonder that it has been acclaimed as a powerful yeast infection treatment.

Garlic can also be applied locally on the yeast infection. Its cleansing and antibiotic qualities can help reduce the yeast infection spots.

Warning: Avoid using garlic both externally and internally if you're allergic to it. Even if you don't have allergies to garlic, use it with moderation and caution, especially when applied externally on the skin. Garlic lowers blood pressure so if you suffer from low blood pressure do not consume excessively and if you are on anticoagulants consult your doctor before taking garlic therapeutically.

Seeds

Sunflower seeds, sesame seeds and **pumpkin seeds (also rich in zinc)** are great sources of fatty acids. They contain lots of enzymes that are good for digestion, and they are rich in minerals.

Lean Range Fed Meat or Wild Meat

Red meat can be eaten in moderation as long as you go for range fed/organic beef, which is free of petrochemicals, hormones, fumigants, and fungicides. Also, make sure you choose the leaner parts of the meat and trim off any visible fat before eating. Another alternative is wild game meat, which is low in fat (about 15%-20% fat).

Make sure you do not cook your meat at high temperatures. Animal fat oxidizes if heated to a high temperature and this creates unstable free radical molecules in the fat.

Fish

Unless it's organic, most fish, which used to be the ideal source of clean and balanced protein, are now almost unsafe to consume because of mercury and other toxic metals found in our oceans and lakes.

However, cold water fish such as tuna and salmon (highly beneficial for their essential fatty acids) can and even should be consumed, but in moderation as a condiment and preferably in their raw form (sashimi).

Wheatgrass, Barley green juice, Aloe Vera Juice

Wheatgrass is considered a super food, and it can practically perform miracles on your yeast infection condition if taken on a daily basis or even just several times a week.

Its ability to purify the blood, detoxify the liver and cleanse the colon make wheatgrass highly essential for the treatment of yeast infection.

The chlorophyll in wheatgrass helps the skin stay healthy, as it's antiseptic, anti-inflammatory and antioxidant. It heals open wounds in your body, accelerates the re-growth of tissues, helps to purify the liver, reduces pain from inflammation and kills bacteria and fungi.

Wheatgrass should be squeezed and taken each morning on an empty stomach.

Other healing green juices that you can drink are: **barley green juice and Aloe Vera juice.**

Water

Drink lots of filtered or mineral water daily.

Drinking at least 2 liters of filtered or mineral water a day (or until your urine is transparent) is mandatory for effective daily cleansing and detoxifying.

Water will speed up the healing process, and when several drops of lemon or cayenne pepper are added, the cleansing effect will intensify.

Water flushes out toxins from the body through the primary organs of elimination, thus preventing toxic buildup that aggravates yeast infection.

Large quantities of purified water will thoroughly cleanse your kidneys, help discharge waste and prevent the formation of stones in the kidneys.

Weakened kidneys will burden the liver and cause toxic buildup that may lead to yeast infection.

Water also makes the skin look toned and consistent. It moisturizes the skin and helps it look more vibrant and healthy.

Each morning drink a glass of pure water with one squeezed organic lemon followed by two tablespoons of extra virgin olive oil. This will strengthen the liver, stimulate it to purge itself and ensure it functions properly.

Dietary Principle #3 - Alkaline Acid Balance

Maintaining Healthy Alkaline-Acid Balance

For the human body to function at its best, it has to have an internal chemistry balance of alkaline with a pH of 7.0-8.0.

Our internal chemistry functions best in the above alkaline condition. When the cells are healthy, they have an alkaline balance of 7.0-8.0. A diseased cell has an alkaline of below 7.0.

The body as a byproduct of metabolism normally produces acid, but our body cannot produce alkaline. It's our responsibility to provide the body with alkaline from outside sources, mainly from food.

However, there are foods that are basically acidic, and there are foods that are alkaline-forming. When we consume acidic foods, the body must neutralize them with alkaline. If it cannot find any alkaline, the body uses the alkaline in the cells to do the job, and when these cells become acidic, they develop diseases.

In a state of over-acidity, the body also borrows alkaline such as magnesium and calcium from vital organs, resulting in that organ being damaged. The body enters a state of stress and imbalance that can lead to a variety of infections and complications, including skin problems such as yeast infection.

A state of over-acidity causes the blood to become sludgy and thick, creating the ideal environment for Candida growth.

The conclusion is simple: In order to maintain a healthy balanced body and prevent over-acidity and toxicity that lead to Candida overgrowth, you must consume lots of alkaline-forming foods while minimizing acidic foods.

The typical American-Western diet consists mainly of highly acidic products such as eggs, dairy, meat and artificial sweeteners while it's deprived of alkaline-producing foods such as olive oil, fruits and vegetables.

Drugs are also acid-forming materials, which can lead to an over-acidic environment very quickly.

A stable, alkaline-pH body environment will help the body resist disease. A healthy diet consists of high alkaline-producing foods that allow the body to keep sufficient alkaline reserves to balance an acid environment and stay healthy.

I recommend testing your body alkaline levels and acidity levels with pH strips. Test your urine. If your urinary pH fluctuates between 6.0 and 6.5 in the morning and between 6.5 and 7.0 in the evening, your body is functioning within a healthy range. The pH's of your urine between meals should be kept in the basic range – pH 7.0-8.5.

Alkaline forming Foods You Should Incorporate Into Your Diet

Non-starchy low sugar vegetable and low sugar vegetable juices, olive oil, lemons, limes, wheatgrass, asparagus, onions, parsley, raw spinach, broccoli, garlic .

Acid-Forming Foods You Should Minimize In Your Diet

Homogenized milk (You should have thrown it away already), blackberries, cranberries, prunes, beef, pork, shellfish, cheese, ice cream, pecans, cashews, white rice, corn, buckwheat, rye and of course white sugar and artificial sweeteners.

Stress and negative thoughts also cause an acid environment. The stress control plan gives a comprehensive solution to that problem.

Dietary Principle #4 – Raw Food

Consuming At Least 75% Raw Food

What are enzymes?

Enzymes are special protein molecules that participate in the body's metabolic process. Enzymes are partly responsible for getting rid of toxic waste, purifying the blood and digesting food.

Enzymes are extremely vital for our well-being. They are the ultimate power workers found in the liver, stomach, pancreas and the wall of the small intestine, helping vitamins and minerals to be absorbed into our system. Foods with great nutritional values along with vitamin supplements are useless without enzymes if the body will not absorb their nutritional value.

Many foods contain high amounts of these precious enzymes. However, by cooking, frying or heating these foods at high temperatures (heating foods above 116°F), the enzymes are killed. The result: food is not digested properly, and vitamins and minerals are not absorbed well by the body. This leads to accumulated toxic waste the body can't get rid of and causes a variety of health disorders—Candida overgrowth is just one of them.

Enzymes are also vital to the healing process. Without enzymes the body will work harder to heal itself, digest and assimilate nutrients.

Cooked food has hardly any enzymes left. This causes the direct enlargement of the pancreas that is over-stimulated. That leads to a myriad of digestive problems. Eating cooked food, we get fewer nutrients and more free radicals, meaning more toxins and more yeast infection.

Cooking also destroys vitamins, minerals and fiber (which leads to more toxic buildup) and increases the bowel transient time. Cooked food creates acid, is harder to digest and offers less nutritional value while raw food is basically alkalizing and more beneficial.

Digestive Leukocytes

Various researches have shown a strong link between enzyme-deficient foods and the weakening of the immune system. It is known that leukocytes, the white blood cells, increase when the body needs to defend itself from what it sees as a threat.

While most incidents when leukocytes increase are due to inflammation, allergic reaction or infection, it has been confirmed that there are incidents when an elevation of white blood cells happens after ingesting food. This phenomenon, also referred to as digestive leukocytes, occurs when we digest food with lower quantities of enzymes.

Therefore, consuming cooked foods, preserved, canned, fried or foods heated beyond 116°F can lead to the mobilization of the immune system (by sending white blood cells) to handle the enzyme deficiency and help digestion.

Eating enzyme-deficient foods can actually weaken the immune system and simulate a state of illness. Each time we eat raw food and plant-based digestive enzymes, we prevent this process from happening.

Raw-Food Diet

What is a raw-food diet?

A raw-food diet is built on the principle of consuming about 75-80% raw, live and uncooked food. The food should also be unprocessed in any way, plant-based and preferably organic.

Note: You don't have to start calculating percentages. During a raw-food diet, simply eat one cooked (not grilled or fried) meal per day and make sure all the rest of the food you consume is 100% raw. I usually eat whole brown rice for lunch (seldom with sashimi) and keep the rest live and fresh.

A raw-food diet menu should consist of fresh low sugar vegetables, seeds, beans, seaweeds, nuts and non-gluten grains. Freshly made vegetable juices can also be part of the plan. There are practically endless varieties of mouth-watering foods bursting with flavor and zest that you can prepare from these endless natural raw materials.

The idea behind the raw-food diet is that raw and living foods have lots of these vital enzymes compared to cooked or heated foods, thus raw foods, with their high quantities of enzymes, are digested more effectively. They help the body get rid of toxins, and their vitamins and minerals absorb better in our system.

Moreover, cooked foods leave a residue of undigested protein and carbohydrates that clog your system and build into toxins—clogging that will later be translated into candida infection.

A raw-food diet increases energy, accelerates the healing process, rebuilds healthy tissue and invigorates your body.

Unlike fasting, detoxification is slower during a raw-food diet. The cleansing is gentler, and the vegetables contain lots of fiber, which help sweep up toxic buildup and mucus from the bowel without the need for the extra help of enemas or bentonite/flaxseed shakes and the like. Moreover, a raw-food diet (especially the pure form of vegetables) is far more demanding and challenging than a short juicing fast. I find my craving for other types of solid foods during a raw-food diet plan are more intense than on regular juice fasts.

There are many techniques in growing and preparing raw-food meals like sprouting seeds, soaking nuts and preparing vegetable and fruit juice combinations. There are specific instructions on how to dice and blend food to make sure the vitamins and minerals are preserved.

The great believers and worshipers of the raw-food diet report high levels of energy, enhanced digestion, dramatic weight loss, fewer candida infection symptoms, and more radiant skin.

Dietary Principle #5 – Food Allergens

Avoid all known or suspected food allergens

Another common finding in patients with yeast infections are food allergies. Some individuals have a weakened immune system as a direct result of consuming foods that their immune system have come to regard as allergens. Leaving food allergies in an undetected state can be the root cause of many illnesses and chronic conditions. Eliminating foods that your immune system regards as 'foreign allergens' has lead, in many instances, to significantly improving or completely clearing Candida infections.

What are food allergies?

There are many foods that are known to trigger an allergic reaction. Among the popular ones are gluten grains such as wheat, corn, peanuts, dairy, soy products and eggs.

Food allergies are often inherited. The majority of food allergies are the result of interactions between white blood cells, ingested food, the digestive tract and immunoglobulins (food specific antibodies).

An allergic reaction to food happens when your body identifies a certain food as an invader to your system. Your immune system is alarmed to attack the invader and neutralize it in order to remove it from your body, thus causing the allergy symptoms.

There are two kinds of allergy reactions to food:

- 1) Delayed: make up 90% of food allergies. The allergy reaction can occur up to 4 days after the specific food was ingested.
- 2) Immediate: make up 10% of allergy reactions to food. The allergy reaction occurs from seconds to a few hours after the specific food was ingested.

Because the allergic reaction process involves lots of toxins that have to be evacuated by your elimination organs such as the liver and the kidneys, an extra "toxic stress" is placed on the body. This in turn weakens the liver and immune system, leading to the aggravation of Candida.

Detecting Food Allergies

Elimination Diet

This is in fact the most accurate way to detect food allergies. To effectively conduct an elimination-challenge diet, one must go through a 3-week period of a hypoallergenic diet, eliminating all common allergenic foods.

For that period of time you must consume 75% raw foods (fresh alkaline forming low sugar vegetables, nuts, seeds) along with non-gluten grains. You can also include soups, smoothies and salads as long as they don't contain any Candida aggravating ingredients.

After the period is over, the eliminated foods are incorporated one by one thus detecting the ones that are causing typical allergy symptoms.

The pulse test

Another effective way to know if you have an allergy to a certain food item is simply to test all that goes into your mouth one by one. An efficient way to do so is to list all the regular foods in your menu including supplements and herbs and use the pulse test on each one.

This allergy test is rather simple but proven to be very effective.

- 1) Get into a relaxed state and check the pulse at your wrist. Write the number down and then eat the chosen food.
- 2) Be sure to stay relaxed so your pulse won't increase. Wait at least 30 minutes (you can lie down and read a book).
- 3) Check your pulse again; if it increases by more than 8 beats per minute, you are likely to be allergic to this food. That also means that you should not test any more foods that day (as the tests won't be effective).

If the food was found as one that causes you allergies, simply eliminate it from your diet.

Note: Test one food at a time as the pulse test works best on an empty stomach. Stay clear from drinks such as caffeine and all other stimulants.

Home testing kits

Skin tests – These are commonly employed by allergists but are designed to detect immediate reactions to foods. This drawback makes skin tests far less effective than the elimination diet since they cannot identify 90% of food allergies, which are delayed.

Blood tests – These tests measure antibodies in the blood directed at specific foods. The most common blood tests are the RAST (radio allergo-sorbent test) and the ELISA (enzyme-linked-immunosorbent assay). The latter is my preferable test as it determines both IgE and IgG mediated food allergies. Taking a single drop of blood in a laboratory or at home will allow you to test up to 100 foods.

Note: the simplest most effective way of treating food allergies is through avoidance of allergenic foods throughout the program for a period of 8 weeks until symptoms are alleviated.

Dietary Principle #6 – Optimizing Digestion

Optimizing Digestion By Adopting Correct Eating Habits

The when, how and why you eat are significantly important to the way your system digests your food. Optimal digestion is by far more important than the quality of your food. The way you chew your food, the way you combine the foods that you eat, the environment you choose for eating and the timing are all important factors determining the success of the digestion process.

It has been proven that eating beyond our body's needs, gulping food and consuming the wrong food combinations along with eating when there's no real hunger all lead to poor digestion and create large amounts of sticky and gluey mucus.

Incomplete digestion can lead to a myriad of disorders and illnesses such as Candida yeast infection.

Before we get down to details, the rule of thumb for optimal health is always "Respect thy bowels." Following is a list of the most crucial eating principles for optimal digestion.

Don't drink when you're eating.

Drinking water is important, but it should be done between meals and not with the meals. Drinking while eating can dilute the digestive juices, which are so crucial for digestion. Adopt a habit of drinking little doses before and after you eat. Only when consuming rough foods or foods with little or no water, may you drink slightly to make it go smoothly into your body.

Combine your foods correctly.

To make it simple, let's divide the food into two main groups: the high-protein, hard-to-digest concentrated foods like meat, eggs, cheese, grains, legumes, nuts and starches and the low-protein, high-water and easily digested non-concentrated foods like fruits and vegetables.

Here are the guidelines for combining food properly:

Bad Combinations

- Avoid mixing concentrated food together. It will put stress on the digestive system. Instead eat 1 type per meal.
- Avoid fruits with concentrated foods. The concentrated foods will slow the digestive process of the fruit, resulting in ill symptoms such as toxication and gas.
- Avoid mixing cooked vegetables with fruit.
- Avoid mixing starchy vegetables with fruit.

Good Combinations

- Eat raw vegetables with concentrated foods. These foods go well together because of the high fiber and low sugar found in vegetables.
-

Chew your food correctly.

Your food must be chewed into a soft mush before it's swallowed. Chew your food slowly and with ease. Mix the food with as much saliva as you can, and make sure you chop it into as many pieces as possible if the food can't be turned into a mush.

Don't exercise right after a meal.

It's never a good idea to exercise immediately after you've finished a meal. When you do physical activity after a meal, the body rushes the blood towards your muscles from your digestive system. As a result, your digestive system stops digesting until you stop your activity. That leads to all the troubles mentioned already. After a meal give your body enough time to completely digest the food before you rush to the gym.

Choose the right time, place and mood.

Although it's not always possible, you must strive to find the least distracting and least noisy place for you to eat your meals. When you eat, try to focus on your meal and savor it. That includes not watching TV either. Any distractions from your meal will come at the expense of your digestion quality. It's also very important not to be in a state of stress or be upset when you eat. The nerves have a significant impact on your digestion system, and in a stressful state your digestion will be far less effective.

Eat smaller portions of meals throughout the day and complete your evening meal before 8:00 pm.

Avoid Microwaves and Never Overcook Your Food

Microwaves can seriously deplete foods of their nutrients and enzymes, create radiation, can cause problems with individuals with weakened immune system, and increase the risk of cancer, migraines, dizziness, and environmental sensitivities.

Avoid Overcooking! Do not char or burn your food. The less you cook most foods, the more enzymes, vitamins and minerals are preserved.

Get your bowels moving.

Regular bowel movements are important when suffering from yeast infection.

You can improve peristalsis by:

- Drinking at least 8 glasses of water a day
- Increasing fiber intake from fruit and vegetables
- Exercising
- Taking one tablespoon of extra virgin olive oil accompanied by juice from half a lemon on an empty stomach
- Consuming oat bran while avoiding all refined carbohydrates.

Communicate with your body.

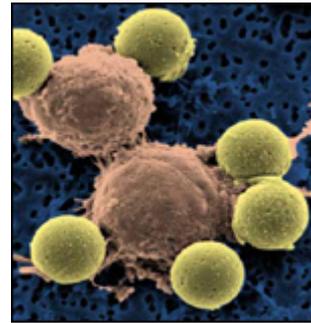
This is one of the most important issues with your digestion and well-being in general. It may sound odd to you, but you must learn to hear what your body has to say to you. No, this is not a typo or a joke. Your body tries to communicate with you all the time in various ways. Believe it or not, you're already familiar with some of these ways. Everybody is familiar with the sound their stomach makes when they're hungry. Yeast infection, as mentioned previously, is another means of communication your body uses to inform you that you need to change something in your lifestyle.

You must learn to identify real hunger from temptation, conditioning, boredom or the need for excitement and satisfaction. When you feel "hungry," ask yourself if you really *are* hungry, or is it just your mind fooling you? Learn to listen and communicate with your body, and it will gratefully reward you.

Step 2: Enhancing Immunity and Nutritional Supplementation

The Immune System

One of the most important defense mechanisms our body has against infections, toxins and disease is the immune system. The immune system mechanism is very complex and it involves the lymphatic tissues, several types of white cells, the thymus gland and antibodies produced by the white cells. These white cells protect us from all foreign matters, fungi, infections, viruses, parasites and cancer.



Recurrent infections, including chronic candidiasis are almost always characterized by a weakened or depressed immunity. While natural immunity is an inborn protection, infections can compromise the immune abilities of the body and vice versa, a weakened immune system can make the body susceptible to candida infection. This can lead a candidiasis patient to get stuck in a vicious cycle: lack of nutrition or the use of antibiotics can depress the immune system and allow candida albicans to overgrow. When candida gets out of control it can rob the body of vital nutrition. That is why supporting your immune system if you have candidiasis is a must.

As with every condition, there is no magic bullet when it comes to enhancing immunity. To optimize your body's natural immunity you must **maintain a positive balance between immune system supporters and immune system suppressors.**

Immune Supporters and Suppressors

The most important **immune system supporters** are healthy well-balanced diet (a diet low in fat and refined carbohydrates, chemical free and based on whole foods, whole grains, alkaline forming low-starch vegetables, lots of purified or mineral water, dietary enzymes and herbal nutrients such as garlic and antioxidant vitamins and minerals) along with positive stress free emotional and spiritual attitude.

Among the more prominent **immune suppressors** are: poor diet resulting in nutrition deficiency, diet rich in refined carbohydrates and chemicals, high fat diet, drinking tap water, alcohol intake, taking prescription drugs (alcohol and prescription drugs deplete the body of Zinc and B Vitamins thus indirectly compromise your immunity), overeating, lack of physical activity, lack of sleep and stress.

Diet and Immune Function

Poor diet (lacks vital nutrients) that is high in cholesterol, fat, chemicals and sugar can have a direct negative impact on our immunity.

A chemical free diet low in fat and refined carbohydrates (sugar has been shown to adversely affect the immune system), and based on whole foods, whole grains, beans, nuts, seeds, alkaline forming low-starch vegetables, lots of purified or mineral water, dietary enzymes and herbal nutrients such as garlic, and antioxidant vitamins and minerals is the first step in boosting immunity. (See nutritional supplementation and immune system in this section)

Lifestyle, Mood, Stress and Immune Function

Obesity, heavy smoking, lack of sleep, irregular meals and heavy alcohol intake can significantly compromise your immune function. Bad mood, negative attitude, depression, frustration and anger along with lack of physical activity and continuous stress can also greatly suppress immunity.

If you can work on becoming more happy and upbeat, if you can inject more laughter into your life, if you can control your anger and stress and work on adopting a positive emotional attitude toward life, you will not only greatly enhance your immune system (which can help fight Candida), you will also enjoy greater quality of life and better health.

The **Second Section of Chapter 6** goes a long way toward ensuring optimal positive attitude, exercising, sleep optimization and stress free life.

Boosting Thymus Gland Function

Building optimum Thymus gland function is a very important method for ensuring a healthy immune function. The thymus gland is the largest gland of the immune system and is responsible for many immune system functions. It's safe to say that its health practically determines the state of the immune system.

There is often a direct link between Candida infection and compromised thymus gland function. The thymus gland is responsible of the production of T lymphocytes, the white blood cell responsible for cell-mediated immunity- the immune system function that protects against Candida Albicans, other fungi, viruses and bacteria. The thymus gland is also responsible for the release of several hormones that regulate numerous immune functions. (These hormones levels are usually low among individuals that suffer from infections, AIDS and cancer).

To optimize Thymus gland function we need to:

1. Ensure proper production of thymic hormones. This can be achieved by consuming nutrients such as: B vitamins, Zinc and Vitamin C as deficiencies in any of these nutrients can result in a compromised production of immune beneficial hormones. (See Nutritional Supplementation and Immune Function)
2. Prevent the Shrinkage of the Thymus: the dietary intake of Zinc, Vitamin E and Vitamin C will take care of that. (See Nutritional Supplementation and Immune Function)
3. Take Thymus Extracts to Enhance Thymus Function: The daily intake of Thymulus can significantly improve thymus function. (See Nutritional Supplementation and Immune Function).

Nutritional Supplementation and Immune Function

Why do we need supplementary vitamins and minerals?

I wish I could tell you that eating healthy and consuming lots of alkaline foods and enzyme-rich raw foods will provide your body with all the vitamins and minerals it needs to fight yeast infection and other diseases. Unfortunately, this is not the case. The techniques we use to grow, preserve and prepare our food have lowered the quality of our food significantly.



Grains are not sprouted anymore. Oils are hydrogenated and refined, and instead of the rich natural minerals of the soil that the body requires, poor minerals are fertilized into the ground where plants grow.

As a result, most of our plants contain little or no minerals. Plants are polluted with pesticides and herbicides including our water. These toxic chemicals strip them of their vital nutrients.

Due to that fact, it's almost impossible to get all the vitamins and minerals our body needs from the food that we eat.

As you already know, three of the primary factors contributing to yeast infection are weakened immune system (where the body becomes defenseless against infections such as Candida yeast infection), hormonal imbalance and toxic buildup.

Now that you have altered your dietary habits and optimized your digestion, it's time to compliment your body with the essential vitamins, minerals and special supplements to boost your immune system capabilities to give your body the "force" (energy) it needs to properly get rid of toxins and fight Candida, normalize hormonal production and help the body heal and rebuild itself from within.

The following is a list of supplements specifically designed for individuals with yeast infection condition. They will enhance your immune system, compliment your body with the missing vitamins and minerals required to fight free radicals and speed up the healing process of wounds and infections.

Take these supplements on a daily basis, and you'll quickly be amazed by the new energy and vibrancy that enters your life. These supplements will significantly improve your yeast infection symptoms, boost your mental abilities and make you a happier and much healthier person physically and emotionally.

The following supplements can be found either online or in any health food store.

Essential Fatty Acids And Yeast Infection

One of the main causes for hormonal imbalance in the human body is insufficient level of prostaglandins, which are chemicals that help regulate hormones as they communicate between hormones and human cells. The more hormones your body produces (during menstruation, for example), the more it needs prostaglandins to stabilize and regulate these hormones. The only problem is that the body cannot manufacture sufficient amounts of prostaglandins without the proper raw materials.

These raw materials are the essential fatty acids (EFA).

EFA's also support the immune and nervous system.

EFA's are found in flax oil, cold water fish such as salmon or tuna, sunflower seeds, soybean, borage, walnut and safflower oil.

Omega-3, omega-6, and omega-9 are the essential fatty acids your body needs to produce the critical prostaglandins. However, it's not enough that you consume foods rich in EFA like salmon and flax oil and walnuts, you need to have the proper balance of these EFA's in order for your body to effectively produce these prostaglandins.

Because a typical Western diet (even a healthy diet) is rich in omega-6 and omega-9 (olive oil, canola oil) but poor in omega-3, you'll obviously need to balance your EFA intake by consuming more cold fish oil, walnuts and flax oil that are rich in omega-3. The recommended ratio is 2 times omega-3 than omega-6 and omega-9 combined.

However, there is a limit to how much walnuts, cod liver oil or salmon you can consume (causes calcium deficiency, contains mercury and other heavy metals) to ensure a proper balance.

Taking EFA supplements will ensure your body will have all the raw materials it needs to produce the necessary prostaglandins that will stabilize your hormones.

The only one I recommend, having experienced it myself, is the Total EFA-Vegetarian (liquid) Formula. It's an excellent source for EFA. The magic 3 oils (flax, borage and primrose) are cold-processed, organic and kept in a dark bottle unexposed to oxygen, heat or sunlight.

Recommended amount per day: 2 to 4 tablespoons.

Important: The Total EFA comes in a gel cap formula and a liquid vegetarian formula. Be sure to buy the liquid formula as it's far more superior. Also, be sure to keep the bottle refrigerated at all times.

Available at: <http://www.bodybuilding.com/store/sun/efa.html>

Borage Oil

Adding extra amount of Borage oil to the Total EFA blend, to ensure proper GLA intake and the production of anti-inflammatory hormones, has yield tremendously positive results with some individuals especially among women who go through painful PMS symptoms.

You can find Borage Liquid Gold by Health From the Sun's at:

<http://www.vitacost.com/>

Colostrum

Colostrum is one of the best and most effective supplements to support the immune system. With the help of 36 different immune elements, colostrum boosts and regulates the immune system and fights infections in the gut like no other supplement available.

Lactoferrin, found in Immunecare Colostrum, has great anti-bacterial, antifungal and anti-viral properties.

Colostrum has been found to be very effective at treating leaky gut syndrome, which Candida overgrowth can cause. Note that without treating your leaky gut syndrome, your chances of getting rid of yeast infection are slim.

Colostrum is available from <http://www.immunecare.co.uk/>.

Note: if you are lactose intolerant you can try the other brand:

<http://immunecare.co.uk/product1.html> - LACTASE

The above product contains both lactase and protease enzymes which help break the Lactose in milk and thus prevent the typical problems associated with dairy consumption.

Probiotics

You should always make sure your bowels are well established with friendly intestinal flora (probiotics) to keep them away from parasites and Candida. Throughout the program take probiotic bacteria to support good digestion, enhance your immune system and increase your resistance to infection.

Vitamin A

Needed for healthy teeth, gums, bones, skin, hair and nails, vitamin A helps your skin to get rid of the extra old skin cells so it will have room for new skin cell growth. Taking it also prevents night blindness, enhances immunity and protects against infections of the kidneys and yeast infections. It's naturally found in eggs, liver and milk.

Its derivative is beta carotene that boosts the immune system and is found in vegetables high in beta-carotene such as carrots, oranges, peaches,

tangerines and mangoes. Beta-carotene is also found in dark leafy vegetables. The body naturally produces vitamin A from beta carotene.

Unless you know for a fact that your body lacks the ability to transform beta carotene into vitamin A, avoid taking vitamin A as a supplement as it can be toxic on certain levels. Eat lots of rich beta carotene foods instead.

If you do need to take vitamin A, it's available at:

<http://www.mothenature.com>

B-Complex Vitamins

B-1 (thiamin), B-2 (riboflavin), B-3 (niacin), B-5 (pantothenic acid), B-6 (pyridoxine)

These vitamins are mainly responsible for healthy nerves, skin, eyes and metabolizing and digesting food, which is essential in controlling yeast infection. It's naturally found in bee pollen and royal jelly.

<http://www.stakich.com>

The recommended amount per day is 50 mg each (1 capsule of vitamin B-complex).

Vitamin C

A powerful antioxidant that protects the essential fatty acids, vitamin C also speeds up the healing process and enhances thymus function. It also neutralizes toxics and reduces stress.

Vitamin C is naturally found in red bell peppers, oranges, lemons, watermelons, kiwi, strawberries, green leafy vegetables, broccoli and parsley.

You can provide yourself with vitamin C simply by eating organic citrus fruit or strawberries in the morning. Squeezing organic lemon juice and diluting it with

water cannot only provide a high quality of vitamin C, it also cleanses your system when taken on an empty stomach.

The recommended amount per day is 1000 mg.

Vitamin E

One of the most powerful antioxidants available, protecting the body from free radicals and from polyunsaturated fats to become oxidized, vitamin E helps repair skin damage, speeds up the healing process and enhances thymus function.

Naturally found in avocados, carrots, celery, leek, lettuce, parsnip sweet potatoes, Brussels sprouts, cabbage and spinach, whole wheat flour, whole wheat bran, whole grain cereals, oatmeal, soy beans, legumes, raw unadulterated honey, bee pollen, sprouted seeds and sweet potatoes.

The recommended daily amount is at least 400 IU in the form of natural, dry d-alpha tocopherol.

Available at:

<http://www.mothenature.com>

Zinc

Needed for the absorption of vitamin A in the blood, zinc heals wounds, helps form skin collagen, boosts the immune system and helps utilize vitamin E.

Zinc is also found in legumes, soybeans, whole grains, sunflower seeds and pumpkin seeds.

The recommended amount per day is 50 mg as more can be poisonous.

Available at:

<http://www.mothenature.com>

Coconut Oil

Coconut oil is extremely beneficial for a yeast infection condition in many ways. Here are some of them:

- Protects the EFAs from oxidizing if you mix it with them
- Stabilizes blood sugar levels
- Helps improve liver function
- Directly fights Candida and other blood pollutants and parasites
- Improves digestion.
- Good advice is to add 3 tablespoons a day to your EFAs.

Extra virgin coconut oil is available at: <http://www.vitaminsandsuch.net>.

Saw Palmetto

Traditionally used to treat prostatic hyperplasia, saw palmetto is an herb that lowers the androgen hormone levels. Thus is very beneficial in the treatment of yeast infection. Take between 200-300 mg a day with food that contains fat.

Note: Saw palmetto is not suitable for women.

There is a fantastic substitute, however, that is specifically manufactured for women and functions exactly as Saw palmetto: It is called **Vitex Fruit** (Chaste Tree Berry) and it contains a very powerful herb called agnus castus.

Take 1-2 capsules a day.

You can find both **Saw palmetto** and **Vitex Fruit** at:

<http://www.mothenature.com>

Blood And Skin Rejuvenator

Especially if you have severe case of candida, this herbal supplement will effectively cleanse and eliminate toxins from your blood and stimulate liver function.

Available at: <http://www.blessedherbs.com/>

Milk Thistle

Milk thistle is known to protect and regenerate the liver. It can cleanse and regenerate a clogged and overburdened liver and strengthen it. One of the tasks of the liver is to cleanse the blood and normalize hormonal production. Giving your liver a boost with milk thistle will enable it to effectively cleanse the blood and eliminate skin problems such as acne, psoriasis, eczema and yeast infection.

Dandelion Root

Dandelion root is a popular and effective herbal remedy. Dandelion root will strengthen the entire body, especially the liver and gallbladder; reduce inflammation and aid in digestion.

To boost your system with the powerful properties of dandelion, you can drink it in the form of tea.

Chlorella

Chlorella contains natural digestive enzymes and an abundant amount of chlorophyll. Taking chlorella will significantly improve your digestive system. It will help remove heavy metals from your body, speed up the healing process of infections and wounds, alkalize your system, boost the friendly bacteria and help the cleansing process of the bowels.

Without a doubt, chlorella is a must supplement for fighting yeast infection.

<http://www.mercola.com/chlorella/index.htm>

L-Glutamine

Glutamine is commonly taken to restore the immune system and repair cells in the body, heal intestinal mucus and help fight infections and fungus overgrowth. It is also helpful for those Candida cases where leaky gut syndrome has been identified. You should take one teaspoon of L-Glutamine powder twice daily on an empty stomach through the program .

Note: within the white glutamine powders, there are differences. Most of the cheaper L-Glutamine on the shelves comes from shellfish that may contain heavy metals such as lead, arsenic or mercury . The best L-Glutamine in the world comes from a fermentation process of beets. Beets are fermented with probiotic cultures. This yields the best quality, purity and results. It's all vegan, and free from impurities, heavy metals and micro toxins.

Thymulus

Taking 2 capsules daily of Thymulus (an excellent Thymus gland Extract that enhances immune function by improving thymus gland activity), will provide the body with 750mg of crude polypeptide fractions.

Available here:

<http://www.enzy.com/go/EnzymaticTherapy/productDetail.aspx?alias=EnzymaticTherapy&tabalias=productDetail&partcode=04006&sc=True>

Step 3: Internal Cleansing and Liver Detoxification

Congratulations for getting so far. Now it's time to lay the foundation for killing Candida: cleansing and re-generating your bowels and kidneys. This step involves a 3-day juice cleansing followed by a 7-day parasite cleanse alongside a heavy metal cleanse and a liver detoxification protocol.

Why Cleanse?

A good cleansing program will not only release you from many disease symptoms (which manifest themselves as chronic pain, hair loss and skin disorders such as yeast infection), it will give you mental clarity and a serious boost of energy and freedom from many negative thoughts and feelings.



When the digestive system becomes sluggish and over-toxic, it becomes weak and far less efficient. Toxic bowels lead to blood intoxication and a sluggish liver. A weak and sluggish liver that is incapable of handling the over-acidity and toxic overload will release toxins to other parts of the body such as the kidneys, heart, brain, skin, lymph, etc. The result is disease symptoms related to the organ where toxins have chosen to settle. Before any disease such as yeast infection can be permanently overcome, these toxins must be removed.

A deep cleansing program will eventually help the body release toxins from the liver, kidneys and lymphatic system. If followed by a liver purge, it will strengthen and boost the function of these vital organs of elimination, resulting in a more balanced and effective internal system capable of self-healing and handling many conditions such as yeast infection.

The easiest and cheapest way to cleanse the colon, blood and lymphatic systems is by conducting a series of juice cleansings combined with several detox stimulation techniques.

Cleansing And Yeast Infection

Yeast infection, as well as many other body disorders and illnesses, responds remarkably well to the process of cleansing as eventually most symptoms associated with the disease practically banish.

The 3-day juice cleansing is a crucial step in the Yeast infection No More™ System. You will cleanse and rebuild the organs of elimination, lay the groundwork for eliminating Candida, help your body expel accumulated toxins and normalize hormone production.

Note: If you have moderate to severe Candida Infection, the best choice would be to combine the juice cleansing session with the excellent colon cleansing kit available here: <http://www.BlessedHerbs.com>



What Is Fasting?

Fasting is a simple technique where one refrains from consuming any foods or specific types of foods for a certain period of time, which allows the body to recover and heal itself. It's a fact that our bodies have the powerful ability to heal themselves.

When we consume food, our body is busy digesting, processing, analyzing and assimilating. When we go through stressful periods or participate in physical activity, the body is unable to focus on evacuating toxins that have entered and are being stored in our system. When we fast, our body will automatically concentrate its energy on eliminating poisons and cleaning our system; it will recover and heal itself from the various disorders and afflictions it may have.

The principle is simple – we let the body rejuvenate and heal itself through the power of not eating.

Why Should You Fast?

Our body is limited in its ability to evacuate and eliminate vast amounts of accumulated toxic chemicals and foreign materials that were either inhaled, created through stress and anxiety or entered through our system with toxic foods we consumed. These toxic metals and other pollutants are hazardous to our health as they circle the blood stored in our tissues and vital organs. These poisons create a significant burden on our elimination organs such as the intestines, kidneys and liver.

As soon as these toxins enter our system, our body is in fact already in a state of disease. When our body isn't able to handle the amount of toxins circling the blood accumulated in a certain organ, we become sick.

Because a sick person's system is loaded with all kinds of toxins (different types of metals, medication, metabolic waste, etc.), the body searches for

emergency ways to discharge itself from these poisons. Often the organ the body chooses to expel its waste through becomes afflicted with symptoms of a disease relevant to its nature.

If the body tries to evacuate poisons from the lungs, you may catch a cold. If it evacuates toxins through your feet, you get athlete's foot. There are various symptoms of overload toxic buildup such as headaches, stuffy nose, allergies, confusion, diarrhea and of course yeast infection.

The skin is an alternative way for the body to discharge itself from the overload of poisons. It's believed that chronic diseases develop once the body enters a state of extreme intoxication where organs are partly or completely destroyed beyond repair.

Fasting is an excellent solution that relieves the body from stored toxics and allows it to strengthen, heal and fortify itself. Eventually, the fast will clean the bloodstream, cells, tissues and internal organs in general to prepare them for the extreme process of healing.

Types Of Fasting

Many types of diets are also referred to as fasts although they aren't particularly so. Fasting in the strict sense of the word is simply avoiding any type of food. In that sense juice cleansing or apple/cucumber cleansing are not fasts but mono-diets.

However, for starters these diets are a great way for newbies to get their feet wet and practically experience fasting. These mono-diets can also function as preliminary stages prior to liver flushing or water fasting but not as a replacement.

With that said, unlike apple or cucumber fasts, juice cleansing is a lot more beneficial. It not only expels accumulated toxins from your body and allows it to rest (Unlike mono-diets, the digestive system rests during liquid fasts), but it also allows more intense cleansing while supporting the body with a variety of

nutrients that supply energy and vitality – unlike mono-diets that are limited in their nutrient supply to the certain fruit or vegetable consumed.

That is why I always prefer juice cleansing to mono-diets.

Water fasting is very effective when it comes to healing severe or chronic diseases, yet it's not recommended for inexperienced fasters and cannot be combined with regular daily activities. It's always recommended to start a juice fast plan and "slip" into a water fast to make cleansing and body reactions less intense.

Fasts that are under a week are considered short fasts. While a 1-day fast, if done regularly each week, can strengthen the immune system and credit you with vigor and vitality, 3-day fasts will give your body a real opportunity to "get to work" and make general "arrangements" in your "house." In 3-day fasts (including juice fasts) the body will be grateful as it's given time to thoroughly cleanse your system out of years of accumulated toxic waste.

General Fasting Guidelines

Finding The Time And Place

The ideal time for fasting is a time of relaxation when you are not placed under a lot of pressure or stress or required to invest a lot of energy. That is why a vacation is an excellent and effective time for fasting.

Bear in mind that healing will not happen if you spend your fasting during emotional or mental stress. A fasting period must be a time to save your energies. You must also make sure you fast in a place where there are minimum to no distractions.

Another important factor to consider is the weather. Transition seasons are best for fasting, whereas fasting in cold weather would be ill-advised as the body temperature in times of fasting is low due to a lack of calories, and it will be easier to get cold when temperatures are low.

I usually conduct my fasting sessions either from Friday till Monday and on the warm holiday seasons.

What To Eat Before The Fast

Fasting is a challenge as you prepare your body for the extreme transition between solid foods and liquids. You must also prepare yourself mentally for the change.

Pre-Juice Cleansing Diet

An effective pre-juice fasting diet would span over a period of at least 3 days before the actual fast. An optimal pre-juice cleansing will consist of salads, juices and fruits. You should avoid consuming refined carbohydrates, bread, dairy products, fish and any kind of meat. It's also important to drink a lot of water.

On the first day of your pre-juice cleansing diet, you should eat cooked vegetables in addition to raw salads, fruits and juices. On the second day you should stick to plain raw salads and raw fruits and drink plenty of juices. On the third day it's recommended that you eat only fruits and juices.

Be sure to follow the guidelines for optimal digestion.

Another option is to have the mono-diets as your pre-fast diets. You can have one day of strictly eating apples and two days of only grapes. You can replace the apples or grapes with sprouts and achieve even greater results as all these types of foods are very effective cleansers.

Fast-Breaking Diet

Our hunger instinct is extremely powerful, and it can be deceiving. Breaking the fast in time, especially longer than 3-day fasts, is an instinct you'll develop as you get more experienced with fasting. It's very important to really feel and know when the time is the optimal time to stop fasting. It's also very hard to guess. You must not only know when to stop, but you must also know how.

Jumping to Burger King and having a Whopper at a time when your liver, kidneys, heart and bowels are in a very sensitive state can cause a stress that may even be fatal. You don't want to stretch the fasting period beyond your needs either. You must control your ego here.

The rule of thumb is to listen to yourself, and listen to your needs. Try to distinguish between a false hunger drive and a real craving for food. The main difference between the two is that hunger is more gradual and starts as mere curiosity with thoughts of food and develops slowly. False hunger is more like a temporary panic attack. This is not hunger; it's your mind fooling you. When you get hungry, you'll know it. Trust me on this.

The gradual craving for food has typical forms such as cheating a little bit and developing a curiosity for food-related subjects, etc. If it's your first long fast, it's recommended to stop the fast at that point.

Followed by the gradual cravings for food is real hunger. When you experience it you'll know. When it comes you must always stop. Otherwise, you're simply starving yourself.

When you break the fast, start by consuming foods rich in water (lemons, limes, cucumbers). Then you can work up to rich protein nut milks. You can start eating soups and plenty of non-starchy vegetables and some whole non gluten grains. 24 hours later you can start eating fats and grains as normal.

Important Guidelines

Eat like a baby in small doses, and eat slowly.

Stimulate the digestive glands by adding celery and clover to your menu.

Broaden your menu with green leaf salads with avocado, tamari and sesame seed dressing (Tahini).

Eat nuts in small quantities only.

You should you broaden your menu only after 2 or 3 days with whole grains and cooked vegetables (broccoli, potatoes, beans).

Tips For A Successful Fast

- Take an Epsom salt bath.
- Meditate.
- Turn off the TV.
- Go for walks by yourself.
- Close your cell phone.
- Limit your conversations with people.
- Get a good night's sleep.

Three-Day Juice Cleanse

Introduction

Juice cleanse is a liquid diet consisting of only vegetables, fruit juice, other liquids and water. The juice extracted from raw fruits and vegetables is rich in phytochemicals, alkaline elements, vitamins, minerals, enzymes and natural sugars all absorbed directly into the bloodstream. It requires no effort from the digestive system.

When you do juice cleansing, you mix a lot of different concentrated and powerful fruits and vegetables such as carrots, parsley, celery, green peppers, lemon, etc., into one glass. By doing that you allow the digestion system to easily absorb most of that vegetable/fruit value.

Juice cleansing is much safer and easier than water fasting because it supports the body nutritionally as it gently and safely cleanses and detoxifies it, allowing it to focus entirely on healing itself. Only after you have practically cleansed years of toxic buildup may you take a step forward and start a water fast, which is far more intense.

Juice cleansing operates on two levels. It expels accumulated toxins from your body, and it supports it with a variety of nutrients that supply energy and vitality. Juice cleansing supplies the body with sufficient nutrition and calories, giving you enough energy to go to work, study or whatever. Although you don't really need to change anything in your routine while on a juice cleansing, I recommend that you strive to relax during this time and refrain as much as you can from hard physical activity.

Juice cleansing has freed individuals from most diseases, even chronic diseases such as leukemia, arthritis, high cancer, high blood pressure, liver and kidney disorders, skin infections and yeast infection.

During juice cleansing a lot of metabolic changes occur, and a great quantity of toxins are being released from the colon, bladder, liver, kidneys, lungs and

skin. The lymph and blood are detoxified. By the third day of your juice cleansing, you'll lose cravings for food, and your digestive system will be in rest, allowing your colon to expel years of disease-causing toxic buildup.

If you find it really hard when on the first 3-day juice cleansing, you may incorporate slices of banana or avocado into your juicing routine, though it's not recommended as it will slow down the healing process.

As for how much you should drink, I can only say drink as much as you please; however, you must minimize acidic and high-sugar fruit juices. They can require the pancreas to produce excessive levels of insulin, which may lead to yeast infection.

One last recommendation: Strive to buy certified organic fruits and vegetables instead of regular ones. Vegetables, especially leafy ones, that are not organic contain a high value of pesticides that would also absorb into your system (see also "Cleaning Your Vegetables And Fruits"). Also, make your own juices. By no means should you replace freshly squeezed juices with pasteurized juice or V8 bottled juices.

The Holy Grail Of The Yeast Infection No More™ Juicing Plan

The only way to maximize the effect of a juice cleansing on your candida condition is by following the guidelines below to the best of your ability.

Consume as many "green" drinks as possible while minimizing fruit and starchy or sugary vegetables. Don't forget wheatgrass.

Drink a lot of water (not tap) and herb teas while minimizing nut milks.

If you must, take only water-soluble vitamins. Take your EFAs and Primal Defense daily, but don't take any minerals.

It's crucial to stimulate the organs of elimination and help them discharge toxins during the fast (liver, kidneys, lungs, intestines and skin).

It's crucial to prevent the re-absorption of toxins into your blood by using daily enemas and drinking bentonite shakes.

Follow the [stress control](#) and [sleep optimization](#) plans.

Cleaning Your Vegetables And Fruits

Vegetables and fruit that are not organic usually contain high levels of bacteria, pesticides and parasites. Some vegetables and fruit are more available in their organic form than others. For example, it's much easier to find organic carrots in a local supermarket or health food store than it's to find organic beets or celery.

Agricultural chemicals are hard to get rid of. Some chemicals are even found in organic vegetables. With the proper means and techniques, however, it's possible to clean vegetables from some of their chemicals and parasites.

The most common method is using 4 teaspoons of salt and lemon juice in a sink full of cold water. The vegetables are then soaked with the water and rinsed. You can also put your vegetables in boiling water. It will kill most of the germs, but this method isn't suitable for the more fragile vegetables such as lettuce.

Basic Juice Blends

Fruit Combinations

- Watermelon, grapefruit
- Apple, watermelon
- Apple, pear, pineapple
- Apple, grape
- Apple, cranberry
- Apple, pear
- Pear, yam
- Watermelon, lemon
- Pineapple, sweet potato

Important: Due to high amounts of sugar found in fruit, yeast infection sufferers should limit the intake of fruit juices to a maximum of 1 serving per day. If you have severe candida infection, **fruit juices should be avoided.** Lemons and limes are an exception to that rule.

Carrot combinations

- Carrot, beet
- Carrot, beet, green pepper
- Carrot, beet, green pepper, parsley
- Carrot, cabbage
- Carrot, spinach
- Carrot, apple, alfalfa sprouts
- Carrot, spinach, kale, red pepper
- Carrot, celery, cilantro, garlic
- Carrot, parsley, cucumber, radish
- Carrot, mango
- Carrot, apple, ginger
- Carrot, celery stick, potato, radish, beet

Important: Carrots and beets supply you with a lot of energy and vitality. However, due to a high sugar quantity found in carrots and beets, yeast infection sufferers should limit the intake of carrot and beet cocktails to a maximum of 1 serving per day. If you have severe candida infection, **carrot combinations should be avoided.**

Warning: Never take beet juice alone. Always mix it with other fruits or vegetables. Beet is a very powerful cleanser, and if taken alone it may cause healing symptoms to become highly intense.

Green combinations

- Celery, spinach
- Celery, spinach, tomato
- Celery, spinach, tomato, cabbage
- Celery, spinach, tomato, cabbage, lemon
- Celery, spinach, tomato, cabbage, dill, garlic
- Celery, spinach, tomato, cabbage, cayenne, dill, ginger
- Celery, fennel (anise), cucumber
- Tomato, cabbage, garlic, lemon
- Lettuce, cabbage, celery, lemon
- Lettuce, spinach, cucumber
- Lemon, radish, beet, slice of Spanish onion, sweet potato, celery
-

Note: Green vegetable combinations are excellent nerve tonics, detoxifiers and blood cleansers. One drink of green combination a day will provide you with more than enough.

There is virtually **no limit** on green vegetable juices intake. I usually drink between 1 to 2 liters of green juice daily when I am on a juicing fast.

Wheatgrass – The King Of Greens

Wheatgrass is probably the most powerful juice available on earth. It has tons of chlorophyll, the green pigment found in plants (also called the blood of the plants) that has great healing powers.

Wheatgrass cleans the colon, alkalizes the blood, heals wounds, purges the liver, increases enzyme activity and has lots of vitamin E and antioxidants.

The recommended serving is 2 ounces daily on an empty stomach. Don't drink too much or too soon. It can lead to hyper-detoxification, which can result in nausea.

Other Liquids

Besides juices and water, there are several healthier options to choose from. You can drink herb teas or nut milks, for example.

Herb Teas

Herb teas are made of freshly cut dried herbs known for their culinary and medicinal values. They contain no caffeine and are highly therapeutic. Some herb teas will assist you with nausea and your appetite. Some will supply minerals and vitamins, and some like comfrey are very nutritional. There is almost no limit to how much herb tea you should drink during the fast.

Examples of therapeutic and nutritional herb teas are parsley, peppermint, cloves, alfalfa, comfrey, capsicum, chamomile, rose hips and kelp.

To stimulate digestion use clove, cinnamon, nutmeg.

To stimulate the bowels use licorice, cascara sagrada.

Liver cleansing herbs: dandelion, burdock, yellow dock root (available separately or in the daily detox tea package at: <http://www.mothenature.com>)

Rich in magnesium: kelp, parsley, garlic, peppermint

Rich in vitamin C: oregano, comfrey, rose hips, strawberry leaves

Rich in calcium: dandelion, chamomile, kelp

Nut Milks

Nut milks are great appetite breakers, and they are usually good for long fasts (more than 2 weeks) when some people's appetites develop to uncomfortable

levels. Almond and sesame milks are very efficient at breaking an appetite for protein. They are good as pre-fast diets, especially for beginners.

Mix these nuts with a teaspoon of honey and a cup of water once in two days only when you're on long juice cleansing and when you start feeling a craving for food. These nut milks are extremely high in protein and fat and are very nutritious.

Avoid cashews as they form a cashew purée (considered a breach of a fast), and their fat may slow down the detoxification process.

Note About Protein And Fasting

Protein exists in every plant on earth. It's nothing but a myth that good sources of protein can only be found in rich protein foods such as meat and cheese. Nut milks as well as wheatgrass powder can be good sources of protein during a fast but should be taken sparingly. In a detoxifying process, protein is not needed. You can practically live without protein for extended periods of time. However, an abnormal craving for rich protein foods during a fast is a dead giveaway that it's time to end the fast.

Apple Cider Vinegar

This is a powerful antiseptic and antibiotic drink. You should buy only raw and unfiltered apple cider made from organic apples only. This drink will act as a powerful cleanser and will help maintain the acid-alkaline balance in your intestines. Add one tablespoon to a glass of water each morning on an empty stomach.

Digestive Enzymes

To improve the breakup of plaque that builds in the bowels, take digestive enzymes on a daily basis. I recommend: Garden of Life Omega Zyme Caplets. Available on the web at <http://www.vitaminsandsuch.com/>

Take the enzymes in the morning accompanied by a slice of fresh ginger with plenty of purified water.

Water

Whatever you do, don't forget water. Water is a powerful cleanser that flushes all kinds of liquids from your bladder and kidneys and digestive tracts. Water is extremely nourishing and also contains lots of valuable minerals.

It's highly important to drink only pure water. No tap water is allowed. These waters are polluted in ways that make it a global problem. Avoid using distilled water also. This water is dead water. Try to avoid drinking spring water, which *is* what it's named after – spring water. It's not pure like most of our lakes and rivers. Stick with filtered or mineral water.

Mixing lemon juice in water also has a laxative effect that stimulates the digestive system. Squeeze half a lemon into warm water. Drink your citrus blend immediately after rising in the morning and before having the bentonite clay and flaxseed shake.

During The Juice Cleanse

What To Look Out For During Juicing

Be on the alert for any allergy symptoms. If you have diabetes or low blood sugar, refrain from sweet juices as you do with sweet foods. These are healing symptoms that may be similar to the symptoms of flu (fever, yeast infection, muscle aches, weakness, bronchitis, asthma). Bear in mind that this is simply the reaction of your body to the vast amount of toxins that now circle your blood stream before they are expelled. Wherever these toxics pass, the organ they're passing through will show the symptoms of that organ-related disease. If they are trying to get out through your lungs, you'll get asthma, through your skin and you'll get rashes and yeast infection. But don't panic. These healing events are short-lived, and the more intense they are, the better your reward is afterwards.

Important note: If your symptoms are truly extreme (for example, if you have a very high fever), it may be time to break the fast. By consuming food, you'll dilute the toxics in your blood stream and feel at ease.

How To Drink Your Juices

Especially when it comes to vegetable and fruit juices, it's highly recommended to "chew" your drink and warm it in your mouth so it will reach your body's temperature. Your juice will get mixed with saliva, which will assist your body in absorbing all the nutrients found in the juice.

Also, leave your vegetables outside your fridge for half an hour before you juice them. It will help the enzymes work even better.

Exercise

Exercise is always advisable. It provides oxygen to the skin cells, and by increasing the flow of blood, it also shortens the healing process of the skin and cleans it from within.

During fasting and detox diet, it's important to get involved in some exercise activity.

Aerobic exercises such as swimming, walking, jumping on a trampoline and biking are the best because they require an effort from the respiratory system without too much stress and energy. Thus the lungs increase their activity and expel toxins. The lymphatic system also removes waste.

Yoga is another exercise that is very effective in releasing toxins, oxygenating the blood and relieving accumulated tension.

Note: Do not participate in a very extreme physical activity. You must keep in mind that you're on a strict diet, and it can cause fatigue and nausea. This includes running, jogging, weightlifting, etc.

Helping The Organs Of Elimination Remove Toxins

Liver

The liver is an important detoxifier. During a fast it neutralizes and filters toxins coming from other parts of the body as well as expelling its own. However, it's not busy processing newly digested food. This is the time to let the liver rest and clean itself. You can use juices such as wheatgrass, dandelion, parsley, lemon and grapefruit and add a tablespoon of olive oil to squeezed lemon juice to stimulate the gall bladder to release bile.

Cara sagrada and black cohosh are great as cold compresses on the liver and gallbladder.

You can also visit your masseuse and allow him or her to physically manipulate the liver to detoxify and pump the liver slowly and gently to release toxins.

Kidneys

The kidneys have the very important role of purifying the blood and eliminating fluid waste. Drinking a lot of purified water during the fast is a real blessing to the kidneys. There are various herbs that can assist in kidney cleansing and help remove stones (parsley and gravel root, to name a few).

Cranberry, wheatgrass, cucumber and asparagus are also effective kidney cleansers. Taking vitamin C can aid in kidney infections if there are any.

Colon

The colon's main function is to eliminate waste. In fasting there is still waste buildup in the colon pockets, and as they begin to empty, they contain a variety of toxins and acids. Unless these are eliminated, they will be reabsorbed into your colon, resulting in many ill symptoms such as allergies and headaches.

Using enemas, flaxseeds and bentonite shakes will help the colon expel most of its toxins.

Wheatgrass and peppermint act as colon healers, whereas cascara sagrada and mandrake help with the expulsion of toxins.

Juices from apples and carrots serve as great laxatives. Practicing deep breathing may also help to regulate the elimination of toxins and help to heal the colon.

Lungs

The lungs absorb and eliminate a great deal of toxins from the air you breathe each minute. Deep breathing techniques will help the lungs eliminate pollutants much more effectively.

Yoga breathing strategies such as nostril breathing can really aid the process. Drinking alacampange and comfrey herb teas combined with mild aerobic exercise can also help.

Skin

The skin, the largest organ in your body, is where toxins are being expelled all the time. You should treat it with the respect it deserves. While fasting, it's advisable to indulge your skin – brush it, clean it and scrub it to help it expel and eliminate toxins more effectively.

Make sure your skin breathes during fasting by avoiding synthetic clothing. Take short sun baths (Don't burn yourself). Take daily Epsom salt baths and steam baths to accelerate toxic elimination. Rub vitamin E and aloe vera on the skin to prevent dryness.

Keeping A Diary

Good advice while on a fast is to observe your thoughts and feelings during a period without the occupation of eating and digesting. A diary will externalize

your deepest feelings, and you'll be able to follow changes in your attitude, notice your weak moments and differentiate between real physical hunger and pure boredom or temptation being only mental stimulations.

You'll be able to observe and educate yourself from your fasting behavior. Note in your diary your interest in food and your anger about not having a "real meal." Usually when real anger attacks you, it's a sign that the fast needs to end.

Vitamin And Mineral Supplements During The Fast

Vitamins and supplements are solid food and thus are a breach in your fast if taken. Besides, you don't need vitamins during a fast as the highly nutritional juices (especially if organic) supply your body with almost everything it needs, and more, for that period of time. Vitamins can also disturb the delicate chemistry balance in your system.

The only vitamins you are allowed to take are water-soluble vitamins such as vitamin C.

Preventing Re-Absorption Of Toxins Into The Blood Stream

Fiber and Fasting

Taking fiber during fasting can slow down the healing process of the body because it stimulates the digestive system to work. By consuming only juice without fiber during your fast, you allow your system to rest and intensify the healing process.

However, without fiber, which is essential for sweeping toxins out of your body, toxins will not be expelled through the colon properly and may reabsorb into the blood. The following methods solve that problem.

Enemas

No matter what negative associations the enema might stir in your mind, doing an enema once a day during a fast is not only compulsory but also very relaxing and even an enjoyable experience once you get used to it.

Enemas are simply meant to rinse your colon with water. Enemas are not intrusive. They are cheap and are done in the comfort of your own home. Enemas are, in a way, an idea of taking responsibility and treating your inside organs with respect. You must help your body discharge accumulated waste that it cannot expel by itself during the fast because there is no bulk of food to help the colon discharge the waste.

One of the reasons why you should pre-fast with raw vegetarian food is that it makes your stool soft and fiber-rich, which is far easier than a flush using water.

There are several types of enemas, I recommend using the water bag enema.

The Process

- 1) Rinse the enema bag and fill it with lukewarm purified water. A mixture of salt and baking soda can be used to stimulate the immune system. About 1 teaspoon is enough.
- 2) Hang the bladder about three feet above the floor. This height makes the ideal water pressure.
- 3) Use a lubricant gel to lubricate the enema tip and anus.
- 4) You can lay on your side in a comfortable way or simply position yourself on the toilet. However, the optimal position, in my opinion and proven to be the most effective, is simply lying on the bathroom floor head down with your buttocks up.
- 5) Relax and plant the enema tip fully into the anus and keep a steady flow of water in. It's normal to feel slight cramps; however, if it doesn't feel comfortable, close the tap temporarily, relax and go again.
- 6) Repeat the process for several times until the enema bag is empty.

Good advice is to massage your abdomen during the process. This will help the enema fluid enter deeply into the colon.

Special Enemas

Depending on your purpose, you can add various mixtures into your enema water to make the procedure more beneficial. For example, you can add wheatgrass to your water, which can be very effective in stimulating the liver to purge itself and can alkalinize the colon. You can add acidophilus to re-establish the friendly bacteria or add vinegar to maintain the proper pH in the colon.

Believe it or not, 2 tablespoons of coffee (organic, fully caffeinated) when taken into the distal sigmoid colon only, can significantly accelerate the detoxification and cleansing of the liver and gallbladder and is especially beneficial before conducting a liver flush.

You can get an enema bag at: <http://www.optimalhealthnetwork.com>.

Psyllium, Flaxseeds And Bentonite Shakes

Psyllium and bentonite are known as excellent colon cleansers. They create a bulk of fluids as they go through the intestinal tract. They absorb and sweep food materials from blocked areas as they move.

Colon cleansers will help you get rid of tons of food debris, which may be accumulated inside your colon. These powders should be consumed with lots of water so it will soften the bulk and prevent it from becoming too hard, which would make it difficult to pass through the intestine.

Bentonite clay and flaxseeds as a mixed shake also aid the colon cleansing process. The bentonite-flaxseed shake acts as a laxative in absorbing and binding toxins, such as pesticides, to form a gel and carry it out of the colon. Flaxseeds alone also absorb water.

How To Make The Shake

Mix one tablespoon of liquid bentonite with one tablespoon of ground flaxseed/psyllium in a glass of water. Take it in the morning immediately so you don't end up with a glass full of gel.

Intestinal Bacteria Replacement

Hormones, antibiotics, drugs and other toxins have a devastating effect on the friendly intestinal bacteria that is so essential in helping the body fight Candida, absorb vital minerals and vitamins, get rid of the toxics accumulated due to constipation and maintain the proper pH in your GI tract.

During fasting, large amounts of toxins are being expelled from the lymph glands that also affect the survival of the beneficial bacteria. The use of an enema also depletes the friendly bacteria.

Therefore, it's mandatory that during fasting, you must make an effort to re-establish the friendly intestinal bacteria. The solution is quite simple. Take 2 capsules of acidophilus and bifidus together with one tablespoon of goat milk yogurt, and mix them together along with a half cup of warm water. Add this blend to the enema kit, and make an effort to keep the mixture inside your colon for at least 10 minutes.

By incorporating this procedure into your daily enema routine, you ensure the friendly bacteria will thrive during your fast.

Warning about Electrolytes

As with beneficial bacteria, you want to ensure that your electrolytes are balanced before and after performing an enema or a liver flush. An electrolyte is a solution or substance that carries electric charges. They exist in the blood as acids, bases, and salts (such as sodium, calcium, potassium, chlorine, magnesium, and bicarbonate). The salts or electrolytes in our bodily fluids allow our nervous system to function properly .

As such, it is imperative to replace the electrolytes after an enema or a liver flush.

This can be done by drinking liquids such as Pedialyte, Gatorade or a glass of water with sea salts.

Choosing A Juicer

When searching for a juicer, besides obvious factors such as quality and price, you must take into consideration another highly important factor. Your juicer of choice must be operated on low speeds so it will not damage the juice by having it absorb too much oxygen, heat up the juice and deplete it of most of its vital fragile nutrients.

While most juicers operate on high speeds from 1,000 to 24,000 rpm's (rounds per minute), low rpm speeds will ensure the preservation of the quality nutrients without destroying the natural flavor of the fruit or vegetable.

A juicer can easily be cleaned and is not limited to juicing only. Certain fruits or vegetables are also important elements you should consider when choosing your juicer.

I found the Omega Model 8003/8005 to be the only cost-effective juicer having all the above qualities and more.

It juices all types of fruits, vegetables, wheatgrass and even other solid foods such as coffee beans, pasta and nut butters. It has built-in "reverse" that prevents clogging, turns at a slow 80 rpm's, prevents heat from building up and is very easy to clean.

You can find out more on the Omega Model 8003/8005 juicer at:

<http://www.wheatgrasskit.com>.

Colonics

A colonic is a cleansing procedure where water is introduced through the rectum to clean and flush out toxins from the colon. A typical colonic session may last from forty-five minutes to an hour. This is best done under the supervision of a colon therapist, an expert in colonic. This may also be called a colonic irrigation, colonic hydrotherapy or colon irrigation. The Colonic Procedure After completion and examination of your complete health history checkup and consultation by the hydrotherapist, you wear a hospital gown and lie down, face-up on the treatment table.

The therapist inserts a disposable speculum, which is connected by a long disposable plastic hose to the colon hydrotherapy unit, into your anus. The therapist slowly releases warm and filtered water into the colon. The water causes your colon muscles to contract. This is peristalsis. This causes the feces to be pushed out from your colon through the hose and collected in a closed waste system for disposal .

There could be some discomfort or a weird sensation in the abdomen during the therapy. The therapist massages in and around the abdominal region during the therapy to facilitate the process. The therapist could comment on the color of the feces, although no smell would come out of the closed system. After the session, you may use the toilet to pass any residual water and stools.

Side Effects

Common side effects of a colonic may include nausea and fatigue for several hours. There may be a risk of perforation of the abdominal wall. Careful monitoring is required to reduce the possibility of complications like electrolyte imbalance and heart failure due to excessive absorption of water.

People that should NOT have Colonics

People that have or are being checked for specific medical conditions like ulcerative colitis, diverticular disease, Crohn's disease, blood vessel disease, severe hemorrhoids, heart disease, congestive heart failure, gastrointestinal cancer, abdominal hernia, severe anemia, or intestinal tumors should not have a colonic. You should refrain from having a colonic if you have undergone any recent surgery of the colon. Pregnant women should not have a colonic as it could stimulate uterine contractions. Preparation for a Colonic Before the colonic, drink plenty of fluids and eat only lightly.

After a Colonic

After the colonic, eat very light foods. I also recommend that you eat probiotic foods to restore the good bacteria in your gut. Avoid raw vegetables for few days.

Heavy Metal Cleanse

Heavy Metals, Mercury and Candida

The existence of harmful chemicals and toxic metals in our environment, in the medicines that we take, in the food that we eat and even in our dental fillings, creates a huge challenge for our body to effectively rid itself from these toxins resulting in a vicious cycle that manifests itself in a variety of symptoms and health problems, among them is candida albicans overgrowth that causes the symptoms of yeast infection to appear.

Chemical and toxic metal build up inside the body can also lead to hormonal imbalance, genetic alterations, the weakening of the immune system, poor elimination, slower healing process, skin problems, allergies and nerve and brain damage .

The presence of heavy metals in the body (lead, silver, mercury) coming from food, the air that we breathe, medicines and dental fillings (contain 50% amalgam), create an acidic and anaerobic (lacks oxygen) environment that encourages candida yeast overgrowth .

When there is toxic metal overload in the intestines, the intestinal lining produces extra mucus to block metals from being absorbed into the blood stream. The problem is that this mucus creates an environment, which lacks oxygen, thus encourages bacteria and fungi like organisms such as candida yeast to grow out of control.

Moreover, candida binds to heavy metals (even in your amalgam fillings) and overgrows as the body performs a desperate attempt to protect itself against heavy metal poisoning. Heavy metals tend to sink and settle within your body and because of their weight can be extremely difficult to remove .

Mercury in particular can alter biological functions in the brain, nerve tissue, spinal ganglia, anterior pituitary, adrenal medulla, liver, kidney, spleen, lungs,

heart and intestinal lymph glands. These altered biological functions can lead to a myriad of health problems including: Candidiasis, fibromyalgia, Alzheimer's and even cancer. Mercury can also cause a disruption of enzyme systems, disruption of electron transfers ,and autoimmune reactions.

Heavy Metal Testing

For individuals who suffer from acute metal toxicity, urine, blood and stool tests analysis have shown to be accurate. However, for the vast majority of candida sufferers (who have mild to moderate heavy metal poisoning), These tests are mostly inconclusive. Since hair analysis is also inconclusive, the best methods for testing the functioning of your organs ,allergies and heavy metal toxicities are kinesiology tests and electrical readouts.

Chelation

Chelation therapy is the process of administering a chelating agent (a man-made amino acid) called EDTA, DMPS, or DMSA into the veins, in cases of heavy metal poisoning. The chelating agent can latch onto or bind these metals, creating a compound that is carried out of your body through the urine and other detoxification pathways.

For Chelation therapy consult your local naturopaths or integrative MDs.

You can also take foot detoxification baths (heavy metals are eliminated through the pores of your feet) .

Lugols Iodine Foot Rub

Rub 2-4 drops of Lugols Iodine on your feet. This will enhance heavy metal detoxification. Keep applying the iodine to your feet for several days. This is a powerful yet cheap detoxification process for heavy metals that you can do in the privacy of your own home.

Supplements For Heavy Metal Detxing

The following are supplements and herbs that enhance heavy metal detoxification: Pectisol, N'acetyl Cysteine (NAC), Colloidal Mineral Supplement, Garlic, Sun Chlorella, Selenium, Cilantro.

The Healing Crisis and How To Survive It

Every mild cleansing phase such as altering your diet and taking herbal supplements or extreme sessions such the parasite cleanse, 3 day juicing or the liver flush, can and may trigger a healing crisis in which detoxing or die off symptoms manifest. The healing crisis is a natural part of the elimination process on the path to yeast infection freedom, when the body works to regenerate itself and expel waste products through all elimination channels.

When bacteria or parasites die during the cleaning process, these microorganisms release toxins and ammonia. The liver releases stored toxins into the blood stream that also promote to the familiar healing crisis symptoms.

The more intense the cleanse the faster toxins are released into bloodstream and the worse you are going to feel.

Here are the most common detoxification related symptoms: Headaches, fever, whiteheads and acne cysts, diarrhea, weakness, irritability, mental depression and nausea.

What every must realize is that once you start improving your diet and lifestyle and begin any detoxification process, **things are naturally bound to get worse before your condition gets better.**

The intensity of the detoxing symptoms as well as the healing process depend on several individual factors: your skin type, the severity of your candida condition, your previous lifestyle, the condition of your elimination organs, how much toxins are stored in your system, your energy levels, allergy to certain foods and how effectively your body reacts to the program.

There are in fact several stages for detoxing in which toxins are being expelled gradually and in different levels from your system.

There are also three stages of healing you want to become aware of: At first the body starts to clean up, and rebuild the vital internal organs. This stage depletes energy from your body, which can lead to feeling weak and tired.

My advice is that you sleep and rest as much as possible throughout this stage. The second phase is catabolism: the body starts removing waste material, undigested food, chemicals and hormones residues and releases them into the blood and lymph. During this phase your condition may get worse and you also start experiencing the familiar detoxing symptoms discussed above. Gradually these symptoms will abate and your skin condition will slowly improve. The final stage is anabolism: the body starts building new tissues and replacing old tissues. This usually causes your energy levels to increase significantly.

The two most important rules during detoxification are: to rest as much as possible during the 3 stages (this will accelerate the healing process) and to accept the detoxification process as a natural part of healing. Be happy with it. Embrace it.

While recovery time varies from one person to another (since it depends on numerous individual factors), it usually takes approx 8-16 weeks for the healing crisis to end and for the detoxing symptoms to abate.

Getting Rid Of Parasites – One-Week Program

No cleansing protocol is complete without killing the parasites that inhabit your system.

Parasites are living organisms that eat, lay eggs and secrete toxins into your blood stream. They live off the food you supply them with (especially sugar). They grow healthy and fat and may remain in your body for decades without you even knowing it.

These parasites reproduce inside your body, feeding themselves from minerals like calcium. They eat essential protein and damage your lungs, joints, nervous system and liver. This results in many illnesses such as severe allergies, arthritis, anemia, digestive problems, Candida yeast infection and more.

Some parasites can grow up to 15 inches long, inhabit your digestive tract and secrete toxins that create toxic overload.

The most effective and natural way I have found to eradicate parasites is by taking wormwood, cloves, black walnut and garlic herbs daily for the whole week. This will kill most parasites.

Note: as parasites secrete ammonia (which is a powerful toxic), you might feel slightly ill in the process, but don't panic. It's only temporary.

An excellent black walnut and wormwood tincture is available at:

<http://www.vitacost.com>.

Note: Start small; take about 5 to 10 drops of black walnut tincture in water. Take a few capsules of wormwood, and a few capsules of ground cloves. Take them all on an empty stomach 2 to 3 times a day. Increase the dose a little each day for six days.

Other good alternatives for killing parasites are consuming plenty of raw garlic. Just be careful. Garlic can encourage a life of solitude. Raw pumpkin

seeds are also a good source and contain fatty acids that help in parasite eradication.

Due to its tremendous nutritional value, **coconut oil** is also highly effective for killing parasites. It should be added to your menu even if you experience no symptoms of parasites.

A good quality extra virgin coconut oil is available at:

<http://www.vitaminsandsuch.net>.

Throughout the week, make sure you adhere to the 6 dietary principles outlined in Step1.

Liver Detoxification

The liver is a remarkably complex and important organ when it comes to maintaining overall health. This is especially true when it comes to Candida patients. Maintaining a healthy liver by promoting liver detoxification is one of the most crucial factors in the successful overall treatment of Candida.

Since the liver is responsible for the production of physiological substances essential for the immune system, and is also one of the major producers of the lymph and helps removing cellular debris, yeast and viruses from the body (with the help of white blood cells), compromised liver function or liver damage can suppress the immune system and trigger Candidiasis.

Improving liver function and enhancing liver detoxification involves 5 protocols:

1. Following a healthful balanced low-fat diet based on whole grains, beans, nuts, seeds and non-starchy vegetables. The diet outlined in **Step 1** will provide the liver with the essential nutrients it needs, including super foods such as garlic and onions that improve its function, while avoiding foods such as refined carbohydrates, hydrogenated oils, alcohol and saturated fats that compromise the liver.

2. Taking high-potency minerals and vitamins. The minerals and supplements outlined in **Step 2** such as the antioxidants and B vitamins will protect the liver from damage and help with toxic elimination.

3. Fasting. The 3-day juice fasting outlined in **Step 3** will greatly enhance liver detoxification and help remove heavy metals and other toxic compounds.

4. Taking specific supplements to protect the liver. This can be achieved by taking the following:

Silymarin

This is a group of flavonoid compounds extracted from milk thistle. These compounds protect the liver from damage (using their highly potent antioxidant properties) and promote liver detoxification -by preventing the depletion of glutathione and even increasing its content by up to 35% (The greater the content of glutathione in the liver, the greater the liver's ability to detoxify).

Recommended daily dosage: 80mg- 200 mg

Available at: <http://www.mothenature.com>

Choline, Betaine and Cysteine (Lipotropic Agents)

These nutrients promote the flow of fat and bile from the liver, improve liver metabolism and function, and enhance liver detoxification.

Recommended daily dosage: 1000mg Choline and 1000mg Cysteine

Available at: <http://www.mothenature.com>

5. Liver Flushing. This is a classic liver cleansing protocol used by alternative medicine practitioners to detoxify harmful chemicals and debris out of the liver.

If you suffer from moderate to severe candida infection, this protocol might be helpful. See Appendix 4 – Liver Flush, for more details.

Step 4: Kill Candida Using Specific Anti-Yeast Supplements

After you have completed the bowel cleanse and performed the 7-day parasite cleanse in conjunction with the dietary and supplementation protocols, you have practically neutralized the Candida yeast infection environment, making Candida dormant. This is the perfect timing to kill Candida once and for all.



By failing to do this part, you're actually allowing the remaining yeast cells to reset themselves and the yeast to return.

After you have killed Candida, you should also take the necessary precautions to prevent its re-overgrowth. This can be done by maintaining the dietary protocols and keeping the bad bacteria in control by colonizing your system with friendly probiotic bacteria on a daily basis.

There are several supplements you can take that are naturally and specifically designed for killing Candida, parasites and other fungi you may have stored in your system.

Here are three of the most effective protocols to kill the remaining Candida.

Protocol #1 – Olive Leaf Extract and Oregano Oil

This protocol involves adding olive leaf extract or oregano oil along with garlic and ginger root to your diet. These ingredients are powerful antifungal agents that if taken with persistence, will ultimately kill Candida.

Olive leaf extract will eradicate Candida and kill any residual bacteria you may have in your gut including parasites. Olive leaf extract is also a very potent antioxidant and will also help prevent the spiking of blood sugar levels that feed Candida.

You should take 1000 mg to 2000 mg of olive leaf extract daily on an empty stomach.

Oil of oregano is one of the most powerful anti-Candida supplements. It can kill all forms of bacteria, fungi and yeasts. Since oil of oregano is very potent, mix 1 part of oil of oregano to 5 parts olive oil. A few drops are all you'll ever need. You can use oil of oregano to blend salads.

Caution: You should experiment with your doses of oil of oregano.

If you have a severe case of Candida, you should start slowly with the doses. Otherwise, you might experience a die-off effect of the Candida and parasites, which can manifest in flu-like symptoms, allergies, fever and nausea.

Olive leaf and oil of oregano from North American Herb & Spice are available at: <http://www.mothenature.com>

Protocol #2 – Caprylic Acid

Caprylic acid, or calcium-magnesium caprylate, is another powerful anti-Candida and antifungal agent. Here you should also start gradually and slowly and experiment with the dose to prevent the die-off effect.

For 7 days you can safely take up to 500 mg daily. Try to identify your reaction to the dose. If after 7 days all is well, increase the dose up to 1 gram a day. Do this for about 3 weeks until you have raised the daily dose to 3 grams.

Protocol #3 – SF-722 by Thorne Research

Along with Candigest (see below), one of the most effective candida killers is SF-722 by Thorne Research. The active ingredient 10-Undecenoic acid from the castor bean has been proven to be extremely effective against all types of candida infections. There are two doctors who are well-known for eliminating systemic candida and they use this.

Protocol #4 – Candigest

This is in fact one of my most recommended anti-Candida supplements. It's called Candigest. Extremely potent, it has no die-off effect since the cellulase enzymes found in Candigest actually digest the cellulose (what Candida is largely made of) and kill the yeast without the die-off effect.

Candigest contains no antifungals, will not stimulate the yeast to produce toxins and will eradicate most systemic yeast infections with all its associated symptoms in less than 30 days.

Candigest comes in the form of capsules. You should take 4 capsules daily (2 before breakfast and two at bedtime).

The best advice is to buy Candigest Plus, which also contains an enzyme called protease that will digest the interior cell of Candida as well, and it supports the beneficial bacteria.

Candigest Plus is available at: <http://www.immunecare.co.uk>

Rotating The Anti-Fungals

Olive leaf extract, oregano oil and Candigest are very potent and should be taken only after the second cleansing protocol and for no more than 2-3 weeks in a row each.

Olive leaf extract should be taken between 1000 mg to up to 2000 mg a day.

Straight oil of oregano oil is more potent so you want to cut the oil with olive or some other type of oil: 1 part oil of oregano to 5-10 parts olive oil. You should take a few drops daily.

The basic rule of thumb is to experiment with the doses since these herbs are extremely potent.

The idea behind taking the anti-yeast supplements for only 2-3 weeks each, is that these herbs like most medicinal herbs, work in cycles. After 2-3 weeks they stop working. If you do not rotate the anti-fungals, you will develop an allergy to the herbs causing more harm than good.

It is recommended to take oregano oil for 2-3 weeks. Take a break for 2 weeks and then take the Olive leaf extract for 2 weeks. Take a break for 2 weeks and so on. Do that for a period of no longer than 8 weeks in total.

After 8 weeks, take the **SF-722** for 14-30 days.

Candigest is another powerful and sophisticated supplement: it actually digests the cellulose (what Candida is largely made of) and kills the yeast without the die-off effect.

Taking four capsules of Candigest per day (two in the morning, an hour before breakfast, and two at bedtime, at least two hours after eating) will produce profound improvements in 30 days.

The time required for maximum benefit varies because we each have:

- Different candida severities
- Different levels of immune strength
- Different levels of healthy probiotics
- Varying levels of stress

It is recommended to take candigest for a period of 30-60 days.

Olive leaf and oil of oregano from North American Herb & Spice are available at: <http://www.mothenature.com>

Candigest is available at: <http://www.immunecare.co.uk/>

Hydrogen Peroxide Therapy For Killing Candida

All yeast and fungus organisms including Candida Albicans are anaerobic in nature. This simply means that Candida cannot survive in the presence of concentrated oxygen. When Hydrogen Peroxide comes in contact with yeast it kills it. This occurs as the Hydrogen Peroxide releases into oxygen and water and tackles the spores with concentrated oxygen.

Since the common 3% Hydrogen Peroxide, found in most pharmacies contains a variety of potentially harmful contaminants and must not be taken internally, to deliver the oxygen safely without causing damage, you can use 35% Food Grade Hydrogen Peroxide. This is a completely pure, flavored (can be swallowed without developing a regurgitating reaction), safe pharmaceutical grade product yet highly effective in both localized Candidiasis and Systemic Candidiasis.

LiquiDaily Oxy Aloe is an excellent product that increases oxygen to the living system of the body while providing the health and healing benefits of both aloe vera and Tahitian noni. **LiquiDaily Oxy Aloe** contains pure food grade stabilized oxygen and should be taken daily for a period of 6 weeks.

Instructions: for the first two weeks, Take one ounce of LiquiDaily Oxy Aloe three times per day on an empty stomach (important- the presence of natural bacteria in foods can cause nausea as it accelerates the foaming of the Hydrogen Peroxide).

After two weeks, increase the dosage to 2 ounces, three times per day, on an empty stomach. Over the last two weeks, increase the dosage to 6 ounces, three times per day, on an empty stomach.

For severe Candida infection, wait 30 days and repeat the above process again. You can find LiquiDaily Oxy Aloe here: <http://www.phoenixnutritionals.com/ldo.html>

CandiZyme - Breaking the Candida Cell Walls

CandiZyme by Renew Life is an excellent product, which contains very high doses of both cellulase and protease. These enzymes can break down the cell wall of Candida (Chitin). Since not all anti-fungals can break down this wall, these enzymes allow the anti-fungals to kill candida more effectively.

<http://www.renewlife.com/>

Step 5: Replenishing And Re-Colonizing The Friendly Bacteria

By now you have successfully changed your diet, alkalized your system, enhanced your natural immune abilities, cleansed your bowels and kidneys and killed Candida. Now that you're Candida-free, all you need to do is flood your system with the good friendly bacteria.

You need to re-introduce the probiotics bacteria to your body to keep a balanced bacteria environment in your intestine and to prevent the resurfacing of Candida.



Probiotics

You should always make sure your bowels are well established with friendly intestinal flora (probiotics) to keep them away from parasites and Candida. Many studies have proven that flora supplements are not only essential to your overall health but are also crucial in fighting yeast infection symptoms.

Friendly bacteria often needs to be re-established in your bowels due to chlorinated water you may be drinking, alcohol, drugs and cigarette smoke.

The term *probiotic* means “for life” in ancient Greek. These friendly bacteria are cultured in a laboratory and are aimed at rebalancing the flora in your digestive system. These probiotic microorganisms pass through your system as they are still alive and inhabit your intestines. The probiotic bacteria also support good digestion, enhance your immune system, increase your resistance to infection, prevent the bad bacteria from multiplying and produce natural side effects – free antibiotics that can fight destructive organisms such as Candida.

Important Note About Yogurt

Although eating yogurt, according to popular belief, seems like the right solution for that purpose, allow me to break this myth for you. The vast majority of industrial yogurts are heated. Yes, heating gives yogurt longer shelf life. The problem is that the heating process kills all the friendly bacteria. The majority of brands that carry the label “made with active cultures” are misleading since all yogurts are made with active cultures, but most of them contain little to no bacteria due to the heating process.

To get the friendly bacteria from yogurt, strive to find one that is not heated, contains no sugar, additives or coloring, and even then you will have to eat plenty of it to get the required probiotic amount.

Effectively re-establishing the friendly bacteria requires certain conditions:

- 1) You need to have the right pH level environment in your colon as too acidic of an environment may simply kill the friendly bacteria. You can achieve that by consuming lots of high-alkaline foods (see the alkaline diet section).
- 2) To effectively help probiotics survive the journey through stomach acids to the intestines, you need to include prebiotic foods in your diet to help the friendly bacteria grow.
- 3) You must find the right probiotic supplement. When you search for a probiotic supplement, look for a supplement containing large quantities of lacto bifidus and a supplement containing high doses of acidophilus balanced with lacto bifidus.

There are 2 ideal whole food probiotic supplements that address these critical conditions.

Option #1: Primal Defense

Primal Defense is a whole food probiotic blend that contains 14 strains of plant-based soil organisms. As we already know, probiotics are important

because they, among other benefits, help the growth of friendly bacteria and contribute to a healthy intestinal lining.

When healthy, beneficial bacteria populate your intestinal lining. They can fight unwelcome organisms like Candida that pollute your blood and deprive your body of essential nutrients.

Our soil has been sterilized with pesticides and herbicides that destroy most bacteria, and agricultural chemicals are responsible for destroying much of the beneficial bacteria in our bodies. Taking Primal Defense daily is a wise decision as it can seriously help the friendly bacteria to grow.

Primal Defense should be taken daily in addition to prebiotic foods as it contains the most powerful organisms that help establish the ideal environment for probiotics to flourish. Start by taking 2 capsules a day.

Available at: <http://www.mothenature.com>

Option #2: Ultimate Probiotic 4 Billion

Another excellent probiotic is Ultimate Probiotic 4 Billion.

Each tablet has a patented gel barrier that protects the capsule from contact with the acid fluids in your stomach, ensuring better absorption of the delicate probiotic organisms inside the capsule.

This supplement delivers an unparalleled amount of probiotic organisms into your system, providing better digestion, defense against yeast and parasites, enhanced immune abilities and more energy and vitality.

Available at: <http://www.achilleshealthmart.com>

Prebiotics

Supplying live bacteria to the digestive system is not as easy as it seems. No one can guarantee the bacteria's survival as they pass through the digestive enzymes and stomach acids in your intestines.

That is why it's so important to combine a quality probiotic supplement with prebiotic foods.

It has been proven that the friendly bacteria that thrive in your digestive system are able to do so because they feed themselves from certain nutrients found in certain foods. These particular foods can actually help the growth of the friendly bacteria. They are called prebiotics.

Prebiotic carbohydrates, also known as fructooligosaccharides (FOS), are found in foods such as Jerusalem artichoke, tomatoes, asparagus, leeks, garlic, onions, honey and bananas. These prebiotic foods should be combined with quality probiotic supplements to establish the ideal conditions for the beneficial friendly bacteria to thrive and help the digestive system effectively expel its own toxics.

Section Two – During The Program – Stress Control, Sleep Optimization, Exercise, Sex Precautions And Hygiene

Stress And Yeast Infection

Recent studies have clearly shown a strong link between stress and yeast infection. Although stress does not directly cause yeast infection and Candida, it may be combined with other factors (such as bad diet, toxic buildup, loss of friendly bacteria, genetic tendencies, etc.) to significantly aggravate yeast infection.



In stressful situations, the healing ability of the immune system decreases significantly, which results in a much slower healing process. Stress depresses your immune system since at the time of stress your body releases a hormone called cortisol, making your body defenseless against Candida.

Stress elevates blood sugar levels, thus feeding Candida cells and allowing it to overgrow.

Stress also changes our bacterial internal environment in the gut as it decreases the friendly bacteria, thus allowing Candida to take over.

In order to keep a Candida-free environment, it's highly advisable to use all means to control stress and avoid stressful situations.

Stress cannot be totally eliminated as it's part of human nature and modern life, but it can be significantly reduced and monitored by developing stress mind control and relaxation techniques that will help you deal with those harmful and extreme stressful situations – the byproducts of a modern social environment.

You must understand that stress is only a result of your own perceptions of events and the way you react to these perceptions. Changing our perceptions of things and taming our minds to react differently, thus getting rid of the stressful threat can control most if not all stressful situations.

This chapter offers various techniques proven to be highly effective in reducing stress and developing a positive attitude – important in maintaining a complete and balanced hormonal functioning and yeast-free environment.

Besides incorporating these stress control guidelines into your daily routine, it's crucial that you learn how to enjoy a quality sleep.

As you will see later on, there is a scientific link between sleep deprivation, insomnia and yeast infection, and I have provided a well-structured sleep optimization plan that will ensure you get to sleep and stay asleep for a sufficient quality of time. This will have great impact on your yeast infection condition.

As for the stress control plan, I encourage you to practice at least one of the following relaxation techniques on a daily basis. Some of these techniques and tips may sound slightly off the wall at first, but trust me, once you practice them with devotion and conviction, you'll be completely amazed at how well your yeast infection condition has improved as well as your mental and spiritual well-being.

The Wonders Of Meditation And Correct Breathing

Meditation is the general term for the practice of quieting the mind and opening it to various states of consciousness. The main goal of meditation is to suspend all thoughts in order to achieve a silent state of mind that ultimately leads to the meditative state.

Meditation aims both at achieving higher knowledge as well as a state of utter relaxation and mental hygiene. In a meditative state we reach a powerful

conscious state of identifying our immortal soul and our individual self and its relation to the cosmic spirit, also referred to as intuitive enlightenment.

This enlightenment is based on the unity between our individual self and the spirit of the cosmos, where the ego is dissolved and the core of one's existence becomes clear and vivid. In meditation, the individual experiences an inner piece of mind and a sense of floating with the course of nature, also referred to as Tao.

The daily practice of meditation can yield great rewards to the body and soul.

Meditation can protect the individual from stress, which is an integral part of modern existence, and help us deal with the overwhelming changes and challenges of modern life.

Meditators have reported a significant improvement in their health, self-mastery and tranquility.

Scientific researchers who studied the effects of meditation have shown a state of relaxed muscles and lowered blood pressure during meditation, resulting in reduced buildup, stress and tension.

Brain waves exhibited slow patterns in meditators' EEG tests in comparison to ordinary states of sleeping or walking.

The regular practice of meditation relaxes the cardiovascular, musculoskeletal, glandular, digestive and nervous systems.

Meditation also promotes the healing process and increases strength, energy and vitality.

Some stressful situations can be quite devastating to our health, causing a great deal of disharmony and imbalance in our body. All yoga techniques are aimed at controlling the way we react to stressful situations. By practicing only the postures and nothing else, you can still achieve more relaxation and harmony.

I have gone through great changes through my own experience with meditation. My self-awareness and self-acceptance have dramatically increased. I've become more relaxed and more at peace with my surroundings. I've learned to identify negative emotions resulting from stressful situations and control the way I react towards them. I have become more attached to myself and have developed a powerful positive thinking and attitude towards life.

How To Meditate

There are various meditation traditions, but they all share two basic techniques:

- Focusing on your breathing
- Using mantra (which is a word or a phrase repeated in order to enter a meditative state that quiets and elevates the mind).

Note that to actually succeed in meditation, you have to be willing to practice it regularly on a daily basis. Several minutes a day are all you need to achieve dramatic control over your anxiety and relax your body and soul. You'll feel stronger, more coordinated, younger and healthier. You'll develop personal equilibrium and inner peace of mind.

General Guidelines For Meditation

I have found that the ideal time to meditate is either early in the morning or just before going to bed.

Find a place with no distractions, someplace quiet and comfortable. Wear comfortable clothing, and make sure you sit or lie in a comfortable place like your favorite sofa.

The type of posture you choose is up to you. What is important is that you'll feel totally relaxed and comfortable. My favorite posture is named the corpse posture, or Savasana, where you lie flat on your back outstretching your legs. Make your feet fall outwards, and make your arms lie alongside your body.

Your palms must be turned up and your fingers curled. I usually place thin cushions behind my neck.

Meditation Through Breathing

Why Breathing?

When the body is in a state of stress, breathing becomes short and rapid, and there is an increase in heartbeat rate. When breathing is incorrect (breathing shallowly with your upper lungs only or breathing rapidly), it causes you to breathe your own carbon dioxide and get less oxygen into your blood stream. This enters the body into a state of stress. When your breathing is rapid, the body presumes you are in a state of suffocating, leading to anxiety and even panic attacks.

Correct deep breathing is also essential on a cellular level. The more oxygen you give your cells, the healthier you will become.

You must learn to breathe correctly using the optimal breathing exercises. The correct breathing will ensure you will get more oxygen into your blood stream, and it will calm your mind and help cells remove toxins more effectively. Correct breathing incorporated into daily meditations is a serious life changer.

How To Breathe Correctly

Correct breathing is deep breathing. When we are asleep, we breathe deeply in a natural way; thus correct breathing must simulate sleep. When you inhale, you must fill your lungs gradually – first the lower part of your lungs, then the middle, and only then should you fill the upper part. The opposite goes when exhaling. You first empty the upper part, then middle and only then the lower part of your lungs. Breathing must be through your nostrils and not your mouth.

Inhaling

Inhalation must be done in a continuous flow divided into three parts, each smoothly connected to the other.

When you inhale, you must first push your stomach forward. Try and concentrate on your stomach first. Then you should let your ribcage extend, and only then should you lift the chest and collarbone up.

Exhaling

Automatically let the collarbone and your ribs expel the air out. Then you should slightly push your stomach in to let go of any air left in your lungs.

Breathing Exercises

Nostril Breathing

The following exercises should be conducted several times a day:

- Close your right nostril with your thumb and breathe out through your left nostril.
- Slowly inhale through your left nostril to the count of 4.
- Close both of your nostrils and hold your breath for 16 seconds.
- Follow the same procedure with your left nostril closed.
- Close your right nostril and exhale from the left.

Abdominal Breathing

- Lie down on your back, relax and start breathing in through your nose.
- Exhale through your mouth.
- When you inhale, try to focus on your breathing, and take the air slowly from your abdomen.
- Do this exercise for at least 15 minutes.

Meditation Through Imagination

- Close your eyes and try to become aware of your breathing. You can achieve that by focusing on the sound of your breathing as you inhale and exhale or by listening to your heart rate.
- Try to concentrate your thoughts strictly on your breathing, but allow your thoughts to come and go at will. Don't fight them. All types of thoughts will go through your mind as you breathe. Remember, these are only thoughts. Don't let them distract you.
- Make sure you exhale only when your lungs are completely empty.
- Your breathing will become smooth and quiet. You will notice you breathe in even rhythms.
- Try to gradually listen to sounds that are further away than your body. You can try listening to the sound of the wind or trees outside your window.
- Take it even further and imagine listening to more distant sounds like the ocean. Imagine you are lying on a beach, and try to feel the gentle touch of the sand and breeze on your face.
- Imagine there is a hole in your back where all the tension drains away, or imagine a gentle stream of water that runs through your body and purifies it. Imagine the water filling every part of your body and then flowing away through your fingers and toes.

Meditation Through Mantra

- Start the mantra technique with exercising and regulating your breathing.
- Choose a word or phrase (preferably a meaningless one like “hmmmmmm....” It’s known that meaningless words are less thought distracting).
- Close your eyes and breathe naturally for 1 minute before you start repeating your mantra.
- Become aware of your breathing, and begin to repeat your mantra out loud.
- Allow your thoughts to come and go at will.
- Repeat your mantra for 15 to 20 minutes. In most cases you’ll enter a state of deep relaxation.
- When you’re finished, slowly and gradually change your posture and return to full awareness.

The Importance of Laughter

Laughter, besides being a powerful brain, respiratory and hormonal system stimulator, is also very effective at lowering blood pressure, lessening depression and of course is an excellent stress reducer.

Laughter is the simplest way to feel good and release accumulated tension. Sigmund Freud referred to laughter as a very safe way of releasing anxiety, anger, fear, aggression and tension.

The most important thing with laughter (in regards to yeast infection) is that it significantly decreases stress-related hormones (like cortisol, which depresses the immune system).

Also, while decreasing the stress hormones, laughter releases hormones such as endorphins and neurotransmitters that make us feel good, that in a way prevent us from falling into a state of anxiety. Laughter reduces stress in a way that stimulates the body's natural built-in mechanism aimed at improving your health.

To conclude, laughter is a remarkably effective tool in reducing stress and improving your well-being, resulting in the acceleration of the healing process and hormonal balance that leads to a yeast infection-controlled environment.

No matter how gloomy you may feel, laughter should be “exercised” on a daily basis as it will yield remarkable results. If you think about it, it's not much of a challenge. Go see a funny movie, read funny e-mails, think of crazy situations you were part of, or even fake laughter. It will almost have the same effect.

Try to laugh out loud at least several times each day (the longer and deeper the better). The results on your yeast infection symptoms as well as on your well-being will surprise you.

The Magical Powers Of Exercise

As we already know, stress puts your body in a state where great tension builds up in the muscles. Exercise can relieve that tension, especially intense aerobic exercise. Intense and regular aerobic exercise also increases endorphins and neurotransmitters that naturally help your body to become more relaxed.

Regular exercise incorporated into your lifestyle like aerobic dancing, fast walking, swimming, running and cycling will keep your stress levels low and help you cope better with stressful situations. It's not recommended participating in typically competitive sporting activities such as tennis or basketball as they also contribute to elevating stress.

Exercise can also help reduce yeast infection symptoms and improve immune abilities because of the following:

- Exercise improves the functionality of your internal organs, which helps your body remove toxins more effectively and more quickly.
- Exercise rebalances your hormones, which maintains a regular production of sebum and reduces the chances of yeast infection.
- Exercise improves digestion.
- Most importantly, exercise improves the functioning of all organs including the organs of elimination. This helps the body discharge waste more effectively.
- Make it a daily habit to walk in the fresh air, ride your bicycle, swim, jog or wrestle.

Here are a few tips to help you get started:

- Consult your doctor to determine what type of exercise is suitable for you.
- Prevent the spreading of bacteria on your skin while exercising by cleansing your face and taking a full shower before exercising, and make sure your skin is dry. For the same reason, make sure your skin is always dry during exercise (by

taking a towel with you), and take a good shower immediately after exercising.

- Avoid wearing makeup while exercising to prevent the growth of bacteria.
- Wear only clean, loose and natural clothing (like cotton) to allow your skin to breathe.
- Always wash your clothes and towel after you exercise.
- Purchase a good quality athletic gear (shoes, socks, and clothing) according to the type of exercise you intend to participate in.
- Start slowly. Every smart exercise program begins with the first step and builds up gradually. It is highly advisable to incorporate a routine of stretching, a warm-up, and a cool-down. Look at your exercise experience as a journey toward strengthening your muscles and allowing your cardiovascular system to build stamina.
- Diversify as much as possible. Always alternate between exercises that are suitable for you, thus providing your body with a complete workout. Your exercise routine will also become less boring.
- Always make sure you are well hydrated during exercise. Water will keep your fluid levels topped off and will also provide your body the fuel it needs to rip the best rewards from your exercise.
- Join a health club. This will keep you sharp and motivated. Trust me. You will meet other like-minded people that share the same interests who could also act as exercise partners. Exercise partners will help boost up your motivation and inspire you. Partners will also make your exercise experience far more enjoyable.

The Exciting World Of Photography

Photography is an exciting and fascinating world. I am speaking of the emotional and mental experience and not just the technical stuff.

Taking pictures of the world, including your loved ones, wildlife, nature and even still objects can have a profound impact on the ability to distract and divert you from stressful situations.

Taking pictures is a very relaxing, almost meditative action.

The simple action of looking through a lens and “controlling reality” using all sorts of techniques (lighting and filters among them) will give you a whole new perspective of the world – and of yourself as well. It will gradually reduce your selfish thoughts and petty conceptions of the world as you start to appreciate the fact that you are part of the world, that you are alive and healthy.

You don't have to study photography to take pictures, but the technical elements and the ability to self-compose a quality shot contribute a lot to the quality of your photos and to the emotional experience.

I urge you to consider studying photography part-time, or at least go out twice a week and start shooting pictures of the world. It will provide a wonderful way for you to occupy your conscious mind and to divert it from harmful, stressful thoughts. Just try it. You will never regret it.

Stress Control Through Mind Techniques

The following is a mental stress reduction plan aimed at controlling the way you perceive and react to stressful situations. The plan is divided into powerful steps listed in chronological order from the easiest to implement to the most challenging. Although I do recommend following all the steps in their natural order, you could implement only several of these steps and incorporate them into your life, which can have a great impact on the way you react to stress and on your overall well-being.

Make a list of your stress triggers.

The best way to begin your personal battle with stress is to identify its sources. You must seek and find what triggers your anxiety and stress. You are likely to find that many of these physical, mental and emotional triggers are completely dependent on your point of view, and you must either learn to change your perspective or alter your behavior as you enter a state of stress if you wish to control it.

Many extreme events in our lives can lead to a stressful situation such as a job layoff, relocation to a new environment, broken marriage, death of a close friend and so on. However, the daily events of our lives seem to have a greater stress impact than the great tragic ones. A demanding job, a hostile boss, troubles in our marriage, credit debts and so on can lead to much greater anxiety and stress.

The practical step that will help you identify those daily hassles that trigger stress would be to make a list of all situations that make you nervous, angry or frustrated. Dig deep down and try to find out why a specific situation makes you stressful. Does it remind you of an unhappy incident in your past? What specifically makes you stressful about that situation?

The goal here is to clearly identify your stress triggers so you can later control and reduce them.

Identify your reactions to stress and observe yourself from the outside.

There are many researchers claiming that stress, when repressed long enough, can contribute to cancer and other chronic diseases. There are various ways in which we express our stress – grinding teeth, overeating, under-eating, rage, swinging our feet, increased heart rate, waking in the middle of the night, etc.

If you make an effort to reduce your stress triggers, you'll also notice how these symptoms suddenly evaporate. Many times we are not capable of realizing we are in fact in a state of stress. It's important to make a list of all your personal-related stress symptoms and identify them once they appear so you'll be able to make all the necessary action to reduce stress as you experience it.

However, it's not enough to identify the symptoms of your reaction to stress. In order to make a change, you need to temporarily get out of your skin and observe your thoughts from the outside. I know it's hard, but try to act as a witness reporting the behavior of a man in a scene of "crime." The man in the scene of the crime is your thought at the time of stress. Imagine the man is about to perform a crime, and only you can prevent it. The point is, your thoughts create your reality, and you can choose to let your thoughts (at the time of stress) get out of control and commit a "crime" (getting you into a stressful situation and all its related implications), or you can simply choose to prevent the "crime" by altering or redesigning your thoughts. If you cannot change the circumstances, why not change your point of view. The next time you realize you are in a state of stress (according to the list of symptoms you created earlier), observe your thoughts from the outside and ask yourself how you can change them.

Confront and neutralize your stress.

Anxiety triggers many stressful situations – the fear that we may not be able to accomplish our duties and tasks. To overcome that you must set priorities and

plan your tasks ahead of time according to importance, limitations and deadlines.

Strive to accomplish one task at a time; don't try to finish all your assignments at once. Always plan ahead and make sure you set realistic goals as well as realistic deadlines as much as possible.

If you know well ahead that the freeway to your desired location will be bumper to bumper all the way, you can either avoid driving this freeway, choose a more optimal time of day, choose an alternative freeway, choose an alternative location or give up the idea for that day.

If you're consumed by feelings of guilt and remorse because of something you might have done in your past, try to confront that feeling by either facing the source of your guilt (if possible), or if you can't face the source of guilt, change your perception of the past. Yes, the past can be changed. Alter your past, learn from your mistakes and move on. It's that simple.

The point is to become more flexible, more reasonable and more practical. If you know a situation is potentially stressful, take action to avoid it. This will be enough in most cases to reduce stress. If you can't avoid it, be creative and try to figure out a way to take a positive approach that will diffuse the tension.

Convert negative “self-talk” into positive.

There are many self-talk thoughts that run through your mind at potentially stressful situations. Below is an example:

“Lines drive me crazy. If this line doesn't move in the next 2 minutes, I swear to God I will do something drastic,” or “What? It's 10 p.m. already? I will never finish that essay. What am I gonna do? It has to be turned in tomorrow. I will never make it. I'm dead.”

You must learn to diffuse these self-talk thoughts by simply replacing the negative thought with a positive thought. Identify those thoughts when they attack, and strive to find at least one aspect within the external stressful

situation that can be programmed and converted to positive. You can always find one.

Incorporate recreation into your life.

To find the right balance between working and playing is almost critical to your mental health and overall well-being. It's also a great way to eliminate various stress triggers that arise from having little or no time to diffuse tension and to relax. There are many ways you can balance your work with recreational activities that can calm the mind and diffuse stress.

Set up a special time each day for your hobbies. If you don't have a hobby, create one. Spend more time with your family, communicate with them and share your thoughts as well as your fears. Each day invest an hour to fulfill your spiritual needs, whether it's writing, reading, meditating or any other creative activity that is emotionally and spiritually fulfilling.

It's also important to get fully detached from your work and other subjects that may concern you several hours before you go to bed. It will ensure a good night's sleep and a balanced mind.

Don't repress your stress; talk about it.

Make sure you don't keep all your anger inside. This is critical. Repression is a dangerous stress creator, and you must learn not to succumb to it. Learn to converse and talk about what's bothering you. When you communicate with others about your thoughts and feelings that lead you to anger and stress, try to be honest and direct. Do it gently and calmly.

Don't be aggressive or hostile. Share your feelings with others about yourself and your relationships with them. It will help you understand many stress-related aspects about yourself. It will also help you drain the tension that may have been accumulated between you and the external sources of tension. It will also help you prevent future potential stress situations.

Detach yourself from negative aspects.

Perhaps the most effective approach to external condition changes is developing a detached mind. Many of us have the tendency to have our state of minds and emotional being constantly fluctuated and changed from optimal (happiness, contentment, appreciation and satisfaction) to worse (anger, depression, hostility and stress), depending on external changes. By developing a detached mind, you will accept the positive warmth and great things in life while detaching from the negative aspects by simply allowing it to enter your system and be drained out of it without any effect on your well-being.

There is a great logic in detachment, and it's practical too – once you understand the futility of changing your state of mind or your mental condition in response to negative external changes. Instead of getting angry and stressed because of an external event, strive to alter your point of view. Accept the good things as they come, and alter your perspective on the negative things. Let them flow through you without harm. Remember, a problem is first of all a viewpoint, a perception. Change the perception, and you no longer have a problem.

If a person gets angry with you or expresses selfish behavior, remember that it's not his words that can harm you; it's your view of his words. You have the right to change your point of view. Nobody can take that from you. Change it and let negativity evaporate.

Accept things as they are.

Strive to accept things that cannot be changed as things that cannot be changed. This sounds simple, yet many of us have a huge tendency to fight windmills or at least get angry and frustrated when we realize there is nothing we can do that will change the way things are. Nobody likes to feel helpless. We all have a control addiction to some degree.

Getting out of that control fixation is probably one the most mentally challenging tasks you'll have to face if you wish to conquer fear and stress. It would be wise to stop wasting mental and emotional energy on unalterable things in your life and the lives of others. It's a great way to reduce many stressful situations that may rise simply from that unhealthy attitude.

Sleep Optimization Plan

Sleep is a natural state of rest when we temporarily lose our consciousness of the world. Sleep is also a building process when the body restores its energy supplies that have been depleted through the day's activities. In sleep the body rejuvenates and repairs itself. It rebuilds its muscle tissues and regenerates body cells. Heartbeat and breathing are slower during sleep; the body's temperature lowers, and muscles relax.



The Link Between Sleep Deprivation, Insomnia And Yeast Infection

A good night's sleep functions as a mini-fast where the body starts the process of nourishing skin cells and eliminating a buildup of toxins and metabolizing free radicals. Having inadequate sleep can slow down the toxic elimination process and lead to more blood toxic buildup.

A good night's sleep lessens anxiety and reduces stress as muscles relax, and we feel we have taken "time off" from the turmoil of modern life. Inadequate sleep can have an opposite effect as our muscles feel tense, and we feel our accumulated stress has not been properly diffused. As we already know, stress can aggravate yeast infection.

When we get insufficient sleep, our hormone levels increase, which can also contribute to yeast infection.

Keep in mind that most of your sleep disorders, if you have them, will magically fade away once you regulate your diet and go through the fasting and detoxification processes that will strengthen and cleanse your system. You will notice that you need less hours of sleep, yet you wake up refreshed and more vital than before.

Recommended sleeping time is 11 p.m. to 7 a.m. (approximately 8 consecutive hours in full darkness).

My Sleep Optimization Plan

Below is my sleep optimization plan; it takes some practice, but it WORKS!

1. Avoid eating heavy meals right before bed. If you really feel hungry, try to satisfy yourself with fruit. Digestion takes time, so you should stop eating at least 4 hours before going to bed.
2. Avoid activities that may provoke anxiety before going to bed. Make sure you go to bed with a clear mind. Whenever you can, avoid taking your work home with you.
3. Make sure your bedroom is as dark, comfortable, warm and quiet as possible. Try to eliminate any noisy objects from your bedroom. Also, unplug any electrical equipment you may have in your room before sleeping.
4. Exercise regularly. It will dramatically improve your sleeping cycle. However, you should NOT exercise 3 hours before going to bed, as it will keep you awake.
5. Avoid caffeine, alcohol and other stimulating drinks before going to bed. Alcohol stimulates the production of the hormone noradrenalin, which is a natural stimulant.
6. Strive to go to bed as early as possible. The proven optimal sleeping hours are from 11:00 p.m. to 7:00 a.m.
7. Use a dawn simulator instead of an alarm clock – by far an unnatural way of waking. Available at: <http://www.serenityhealth.com>
8. Quit or minimize your smoking. Smoking elevates blood pressure and increases heart rate, which can damage your sleeping ability.
9. Take a cup of chamomile tea before going to bed. Chamomile tea contains a natural sedative and is the perfect drink for dealing with anxiety, stress and sleeping disorders (see notes on chamomile).

10. Take a shower, or even better, a bath just before sleeping.
11. Expose yourself to the sun (natural light) during each day for 10 minutes). It has been proven that the more natural light you are exposed to during the day, the better you will sleep during the night.
12. Sleep naked to allow your skin to breathe.

Notes on Chamomile

I have found chamomile tea to be simply the best drink you can have to reduce stress, anxiety and help you sleep well. For 400 years it has been used by Europeans to treat insomnia, nervous stomach, back pain and more.

Chamomile tea can be purchased in tea bags. I regularly drink at least 2 cups a day, and it has been like a magic spell. It's a real lifesaver when it comes to controlling stressful situations and sleep problems.

The chamomile flowers contain natural sedatives, which tremendously help in relaxation.

However, due to its effect, it's not recommended to drink more than 4 cups a day. It's nevertheless a crucial ingredient to have in every home, especially if you suffer from stress, anxiety and sleep deprivation, which can all manifest in yeast infection.

I urge you to go and buy some chamomile tea now if you don't already have it at home.

Hygiene, Sex Precautions And Lifestyle Recommendations: Tackling The External Candida Environment

Tackling yeast infection from the inside by neutralizing the environment that encourages Candida overgrowth, killing Candida and flooding our system with probiotics, is more than enough, in the vast majority of cases, to keep Candida under control and prevent yeast infection.

With that said, there is also an external environment that can provoke yeast infection. Practicing poor hygiene and making the wrong daily choices in regards to clothing and washing can increase the risk of making our external environment more prone to yeast infection.

The good news is that adopting the following simple and easy daily guidelines is all you will need to dramatically eliminate the risk of provoking the re-occurrence of yeast infection.

Hygiene Recommendations

Daily washing of your genital area is highly important. Use hypoallergenic, non-perfumed and non-irrigative soap. Make sure you rinse well and pat dry your vaginal or penis area. Take short, not long baths, and clean your tub before you use it. Use a clean washcloth.

For women: Change your feminine pads and tampons as frequently as possible.

Always use the simplest toilet paper – no colors or perfumes.

The actual direction of wiping your genital areas is significant. You should always wipe yourself from the genital area to the direction of the anus and not the opposite way around. Doing so will prevent the bacteria in the anus area

to be transferred to the genital area and thus increasing the chance of an infection.

Avoid dirty sinks, toilets or bathtubs.

For women: Stay away from perfumed feminine hygiene products. Products like sprays can raise the acidity levels of your vagina, thus increasing the chance of having yeast infection.

Staying dry is also important to prevent yeast infection from reoccurring. Make sure you pat yourself dry immediately after bathing or swimming. Again, use a clean washcloth. You can also use a blow dryer.

Avoid smoked filled rooms or areas high in air pollution

Stay clear from moldy leaves or weeds in the yard or garden.

Clothing

Always wear breathable clothes. Choose light colored (preferably white) bathing suits over dark. Wear cotton instead of nylon and other synthetic fabrics.

Especially in the summertime, avoid tight clothes like jeans.

Always wash your clothes, especially your underwear. Use an unscented detergent to prevent allergies, skin sensitivities and irritation in the genital area, which can lead to infection.

Sex Precautions

Candida Albicans can be transmitted through sexual contact. Women and well as men can carry Candida yeast inside and around their genitals. Wearing a condom can prevent many transmissions. Oral sex as well as kissing can transfer yeast infections.

Here are several guidelines that can help eliminate or at least minimize the change or transmitting Candida infection between partners:

- Immediately after sexual intercourse, gargle with antibacterial mouthwash or sea salt water.
- Wash yourself right after having sexual intercourse
- Women can insert boric acid capsules or garlic wrapped in cheesecloth into the vagina right after sexual intercourse to kill the yeast.
- Change bed sheets a few times per week and the next day after each sex act.

For women: It seems that arousal plays a significant part when it comes to enjoying sex. Women that have sexual intercourse when they are “dry,” feel pain upon penetration and are not properly aroused (using their own natural lubricants). This can increase the chance of irritation in the vaginal area, which can lead to yeast infection.

- Make it a rule to avoid intercourse unless you are fully aroused
- Use a good quality lubricant like K-Y jelly to complement
- Do not use vaginal suppositories or douche during the menstrual cycle.
- Never begin your Candida treatment during PMS or a week before blood flow begins.

Section Three – How to Prevent Yeast Infections And Maintain A Candida-Free Environment

By now, the vast majority of your Candida yeast infection symptoms have been eliminated, your health has dramatically improved, and you feel energized, rejuvenated and fortified.

Nevertheless, it's now even more important to maintain the results you have achieved (having a Candida-free environment) by taking action and incorporating the following guidelines into your future schedule.

Dietary Guidelines

- Try to minimize toxic foods, processed foods, yeasty foods, foods that contribute to hormonal imbalance and refined carbohydrates.
- Consume lots of fresh fruit, green leafy vegetables, nuts and seeds.
- Minimize acidic foods and consume plenty of alkaline-forming foods.
- Drink plenty of filtered, mineral or reverse osmosis water.
- Drink lots of herb and green tea.
- Adhere to the optimized digestion principles.

Supplementation Guidelines

- Take your EFAs, coconut oil and a good multivitamin on a daily basis.
- Take Primal Defense in conjunction with prebiotic foods on a daily basis.

Cleansing And Liver Optimization Guidelines

- Perform a 3-day juice cleansing at least twice a year.
- Cleanse your liver at least once a year.

The liver performs hundreds of functions that keep the body healthy. A malfunctioning liver could contribute to digestive problems, weakened immune system, toxic buildup, hormonal imbalance and Candida yeast overgrowth.

By cleansing the liver and removing gallstones from the liver and gallbladder through liver flushing, your digestion will dramatically improve, which is the foundation of your overall health. Allergies, rashes, headaches, acne and even shoulder or upper back pain will disappear, and you'll enjoy a dramatic increase in well-being and vitality.

Cleansing the liver can be done through the classic liver flush protocol. I also recommend the following product as an alternative: Nature's Secret® Ultimate Liver Cleanse™ with milk thistle.

Stress Control And Sleep Optimization Guidelines

- Practice stress control techniques to maintain a strong immune system.
- Follow the sleep optimization plan to maintain a balanced system.

Hygiene Guidelines

Adhere to the hygiene and lifestyle guidelines with persistence.

Conclusion

Candida yeast infection is first and foremost an internal problem. Yeast infection and all its associated symptoms are in fact warning signals from your body of a deep inner imbalance.



Having Candida overgrowth is a compromised internal condition that can result from poor dietary choices, sluggish digestion, drugs, steroids and antibiotic intake, stress, hormonal imbalance, weakened immune system or poor hygiene.

You must first acknowledge that yeast infection is an internal condition and not an external disease that can be wiped off by using creams and lotions (or using drugs that tackle the symptoms, work in the short term and cause side effects). Listen to your body and take responsibility for your health and well-being, and you can pave the way to a lifetime of freedom from Candida yeast infection.

By adopting simple dietary changes, optimizing digestion, taking the necessary supplements, exercising, controlling stress and practicing good hygiene, you are fixing the internal problem that's causing your yeast infection to appear in the first place, instead of just masking the symptoms.

Achieving a well-balanced system takes some effort, but it's the greatest gift you can ever give yourself. A clean, detoxified and hormonally balanced body means a happy body – free from most diseases and afflictions. Completing this holistic system will give you freedom not only from Candida yeast infection but also from many other conditions you might have if you don't take those obligatory steps to allow your body to heal itself from the inside. You'll feel younger, stronger, fortified, energized and more in control than you've ever felt in your life.

I hope this book has provided you with the educational information, guidance and motivation to grab the bull by its horns and regain control of your health and your future.

I wish you all the happiness, love and success. Here's to a happier, healthier you!

Appendix 1 – Complimentary Treatments For Yeast Infection

Aromatherapy

In aromatherapy we use essential oils, which are the aromatic extracts of flowers, plants, woods and herbs for medicinal purposes. Essential oils have been used for thousands of years to balance the body's systems and to selectively stimulate and fortify each of its organs to function better. Essential oils also help the body heal itself more effectively.

Essential oils are very complex in their molecular structure. They are natural, safe to use and antiseptic. Essential oils can have significant effect on both the body and the mind.

There are many formulations of essential oils, some specifically aimed at treating yeast infection. They can all be found in most health food and online stores.

The best essential oil formula for yeast infection is the anti-yeast or antifungal formula containing the following essential oils: echinacea, garlic, marigold, black walnut and grapefruit seed.

Women can apply a few drops from the formula on a tampon and insert into the vagina.

Both men and women can apply a few drops on the soles of their feet, the arch of the feet in particular, so it will penetrate into the cell membranes and into the blood stream. Massage gently twice a day.

Other Ways To Use Essential Oil To Treat Yeast Infection:

- **Vaporization:** Add a few drops of essential oil formula to a small dish with water.
- **Inhalation:** Add a few drop of essential oil formula to a bowl with hot water, and inhale the vapors.
- **Bath:** Add a few drops of essential oil to a bath of lukewarm water, and soak for ten minutes.
- **Massage:** Apply several drops of essential oil with a carrier oil such as apricot kernel, almond, peanut, olive, pecan, evening primrose, sesame or walnut and massage your feet and joints. Do not use mineral oil as a carrier oil.

Important notes:

- Essential oils should be used externally only.
- Do not use essential oils without consulting your doctor, especially if you're pregnant or epileptic.
- Do not take essential oils in conjunction with homeopathy treatment without consulting your doctor.
- Keeping a 70% raw and alkalized diet is important during the use of aromatherapy. Drinking at least 8 glasses of water per day is also important for the success of aromatherapy treatment.

Bone And Joint Massage

Choose a well-known and registered chiropractor or osteopath, and take a bone and joint massage using the following: peanut oil, olive oil, castor oil and cocoa butter. This massage can help stimulate glands and organs related to fungal upsurges.

Lymph Drainage Massage

Choose a qualified masseur or masseuse who is experienced in performing a lymph massage, and ask for a massage specifically for yeast infection.

The lymph system, among its many other functions, is responsible for expelling toxins and fluid drainage. When you have a yeast infection, toxins build up and the flow of lymph is interrupted. This massage can actually keep your lymph flowing freely, clear any obstructions and positively effect the bacterial and yeast balance in your body.

Digestive Massage

Having a sluggish digestive system can contribute to a myriad of ill conditions. Among them is yeast infection overgrowth.

Taking digestive massage, accompanied by Ayurvedic herbal oils and lotions, will help stimulate the digestion system by promoting effective peristalsis (instinctive muscle contractions needed for food to move from the large to the small intestine).

Choose a qualified and trained practitioner. Your masseur or masseuse will focus on the following areas: waist, nose, chin, joints, wrists, neck, ankles and shoulders to help encourage effective bowel movements.

Acupuncture

This ancient medical practice is aimed at controlling pain and fighting many illness symptoms by inserting needles through the skin in specific areas known as energy junctions.

In the basis of this practice lies the perception of an energy force inside the body that interconnects many functions in the body and dozens of energy points that spread all over the body. When a person is ill, the flow of energy is blocked in one or more organs surrounding a specific meridian. Acupuncture will direct energy to the site where the energy is poor to help the ill organ to better defend itself against the illness and balance itself.

A qualified acupuncturist will first run several tests (tongue, pulse, mouth, ulcers, eyes) to initially diagnose your flow of energy and state of health. Then

a series of treatments will be provided specifically aimed for your condition and symptoms.

Homeopathy

This ancient treatment for diseases and chronic conditions, including emotional and mental problems, can be either preventative or a responsive treatment and is based on the concept of treating like with like.

The main idea is to fight the ailment by introducing the body to the same disease producing toxin substance in tiny diluted amounts.

The remedies used in homeopathy are made from animals, plants, chemicals and minerals and are taken under the tongue by droplets.

Homeopathy can improve one's health and help fight yeast infection symptoms and other fungal forms' symptoms by empowering the immune system.

Appendix 2 – Anti-Candida Detoxification Diet

What Is Detoxing?

In a detox diet we simply eliminate foods that are known to be “provocative” (spicy, hot, fatty), toxic and yeast infection-aggravating foods and consume only cleansing foods.



The aim of a detox diet is practically the same as juice cleansing – to allow the body to discharge toxic waste accumulated in the tissues, vital organs and cells and get rid of these stored toxins temporarily through the skin, intestines, liver, lungs, kidneys and lymphatic system.

When we detox, we help rebuild the natural elimination process and restore the acid-alkaline balance.

Juice cleansing is actually another type of detox diet, only it's more extreme and is limited to liquids only. While a juice fast consists of nothing but cleansing elements such as fruits and vegetables in their liquid form, a detox diet includes solid foods. These solid fruits and vegetables are excellent cleansers that help the body expel lots of waste during the detox plan. However, because they are solid foods, the body is not able to thoroughly discharge toxins, rebuild and fortify itself in a radical fashion as it can in a state of a liquid fast.

In a detox diet we need to perform special tasks in addition to the special food restrictions such as taking nutritional supplements, drinking a lot of water, exercising, brushing the skin, doing breathing exercises and taking Epsom salt baths and saunas.

The main purpose of these additional activities is to help the body as it discharges toxins through the main channels of elimination by stimulating these organs so that the detox process will become more effective.

Symptoms While Detoxing

In a detox diet plan you may feel slightly fatigued or less energized, which is why you're required to rest and sleep well during the plan.

As with the juice fast, you may experience disease symptoms during the detox, especially if you have been consuming a lot of food from the "Candida-aggravating foods" list in the past. The symptoms can be anything from headaches, runny nose, bad breath, bloating, weakness, tiredness, nausea and acne.

Mind you, all these symptoms are a good sign that your body is in fact discharging toxins. These symptoms are also temporary and should significantly decrease as soon as your body becomes more balanced and cleansed.

Daily Guidelines During Anti-Candida Detox

- Drink a lot of filtered or spring water, at least a glass per hour. Mix the water with several drops of lemon.
- Drink a lot of daily detox tea.
- Take two tablespoons of extra virgin olive oil on an empty stomach each morning.
- Limit your diet to non-gluten grains, low sugar vegetables, nuts and seeds and herbs.
- Detoxify from toxic metals by adding 2 to 3 cloves of garlic a day to your meals.
- Take a sauna for approximately 20 minutes every other day.
- Brush your skin each morning before taking a bath.
- Exercise each morning and evening.
- Meditate in the morning and before going to bed.

What To Eat During Anti-Candida Detox

Here's a list of recommended super foods that you should acquire for the anti-Candida detox plan:

- Low sugar alkaline forming vegetables
- Sprouts
- Onions
- Garlic
- Non-gluten grains
- Nuts and seeds, raw Brazil nuts, sesame seeds, sunflower seeds, almonds, pumpkin seeds and avocados.
- Wheatgrass

What To Avoid During Anti-Candida Detox

In a detox diet you need to totally refrain from:

- All kinds of meat, dairy products and fish
- All refined carbohydrates
- Processed foods
- White sugar
- Gluten grains
- Caffeine
- Chocolate
- Alcohol
- Tobacco
- Fried or cooked meals. Stir-fry is acceptable but in moderation
- All fruit (except for lemon, lime and avocados)
- Sugary vegetables

Suggested Two-Day Anti-Candida Detox

This is only an outline of my recommended 2-day detox diet. I realize that at first glance the detox diet suggestion may seem a bit extreme and challenging. I'm aware of that, but bear in mind that as you gain more experience and witness an improvement in your yeast infection condition as well as your well-being, things are bound to get easier.

At the beginning you might suffer from slight dizziness, headaches, acne and weakness. All are symptoms indicating your body is detoxifying and reacting well as it thoroughly cleanses itself.

The more you advance through the Yeast Infection No More™ System, the more effective your organs of elimination will become. The detox will be less intense and even fun.

Day 1

- 8:00 a.m. Drink a glass of still mineral water at room temperature with half of a lemon squeezed into it. Take 2 tablespoons of extra virgin olive oil + 3 cloves of raw crushed garlic.
- 8:30 a.m. Skin brushing followed by a warm bath
- 9:00 a.m. Wheatgrass juice
- 9:30 a.m. Glass of filtered or mineral water + daily detox tea
- 10:00 a.m. Handful of sunflower seeds
- 10:30 a.m. Glass of filtered or mineral water
- 11:00 a.m. Handful of walnuts
- 11:30 a.m. Glass of filtered or mineral water + daily detox tea
- 12:00 p.m. Low-sugar vegetable soup
- 12:30 p.m. Glass of filtered or mineral water
- 1:00 p.m. One cucumber
- 1:30 p.m. Glass of filtered or mineral water + daily detox tea
- 2:00 p.m. Handful of sesame seeds
- 2:30 p.m. Glass of filtered or mineral water
- 3:00 p.m. 5 Brazil nuts

- 3:30 p.m. Glass of filtered or mineral water + daily detox tea
- 4:00 p.m. Handful of sunflower seeds
- 5:00 p.m. Glass of filtered or mineral water
- 6:00 p.m. Low-sugar vegetable salad
- 7:00 p.m. Glass of filtered or mineral water
- 8:00 p.m. Meditate. Drink a glass of filtered or mineral water + daily detox tea.
- 9:00 p.m. Glass of filtered or mineral water
- 10:00 p.m. Glass of filtered or mineral water + half of a lemon squeezed in it
- 11:00 p.m. Sleep

Day 2

- 8:00 a.m. Drink a glass of still mineral water at room temperature with half of a lemon squeezed into it. Take 2 tablespoons of extra virgin olive oil + 3 cloves of raw crushed garlic.
- 8:30 a.m. Skin brushing followed by a warm bath
- 9:00 a.m. Wheatgrass juice
- 9:30 a.m. Glass of filtered or mineral water + daily detox tea
- 10:00 a.m. Handful of sunflower seeds
- 10:30 a.m. Glass of filtered or mineral water
- 11:00 a.m. 5 Brazil nuts
- 12:00 p.m. Glass of filtered or mineral water + daily detox tea
- 12:30 p.m. Low-sugar vegetable salad
- 1:00 p.m. Glass of filtered or mineral water
- 1:30 p.m. Handful of sesame seeds
- 2:00 p.m. Glass of filtered or mineral water + daily detox tea
- 2:30 p.m. Handful of walnuts
- 3:00 p.m. Glass of filtered or mineral water
- 3:30 p.m. Two green peppers
- 4:00 p.m. Glass of filtered or mineral water + daily detox tea
- 5:00 p.m. Handful of pumpkin seeds
- 6:00 p.m. Glass of filtered or mineral water

- 7:00 p.m. Low sugar vegetable soup
- 8:00 p.m. Glass of filtered or mineral water + daily detox tea
- 9:00 p.m. Meditate
- 10:00 p.m. Take an Epsom salt bath. Drink a glass of filtered or mineral water + half of a lemon squeezed into it.
- 11:00 p.m. Sleep

Appendix 3 – The Ayurveda Detoxification Program

Ayurveda (yus meaning "life" or "life principle", and the word veda, which refers to a system of "knowledge") is an ancient Indian system of health care that is presently in daily use by millions of people in India, Nepal and Sri Lanka.



This Ayurveda detoxification program should be followed for 7-30 days. The detoxification program consists of 3 elements:

1. Ayurveda Detoxification Diet

- Kitchari (Split yellow mung beans, brown basmati rice, vegetables, ghee, spices)
- Radish soup
- Boiled hot water
- Ginger tea
- Boiled hot water at room temperature

2. Ayurveda Detoxification Herbs

- Detoxification herbal formula

3. Ayurveda Detoxification Lifestyle and Meditation

The Ayurveda Detoxification Diet

Basic Guidelines

- Eat Kitchari and radish soup for breakfast, lunch and dinner on a daily basis. No other food should be eaten.
- Eat small amounts of food often throughout the day. Do not eat too slowly or too rapidly. Avoid big meals.
- Drink between meals or you can sip one cup of ginger tea or hot boiled water with your meal
- Do not talk while chewing your food
- Eat in a calm atmosphere
- Show gratitude to the person who made your meal
- Avoid any distractions while eating.
- Eat only when you're hungry.
- Try to eat organic food as much as possible
- Eat freshly cooked food as it contains maximum life force.
- Eat hot foods and drink hot drinks. Avoid cold foods, cold drinks.
- Avoid caffeine, smoking, alcohol and refined carbohydrates
- Drink ginger tea
- Drink boiled purified or mineral hot water

Kitchari

Kitchari is a medicinal mixture of grains and spices. It is a complete meal aimed at correcting digestive disorders. While some recipes include white basmati rice. I have chosen the healthier alternative of brown basmati rice instead. The combination of brown rice, vegetables and mung beans in kichari represents a perfect combination of life-sustaining protein, fiber and carbohydrates.

Benefits of kitchari

- Stimulates digestive enzymes
- Eliminates toxins deeply embedded within your tissues
- Removes gas and bloating from your abdomen
- Improves your immunity
- Breaks apart toxins
- Unblocks channels within your body
- Removes drowsiness within your mind

Kitchari Recipe

The Kitchari recipe should be cooked fresh every morning and eaten throughout the day.

Ingredients

- 1-cup brown basmati rice (rinsed 7 times)
- 1-cup split yellow mung dhal (rinsed 7 times). Use only split yellow mung dhal and it removes gas instead of causing gas
- 1 green chilli (chopped)
- 1 tablespoon of ghee
- 1 tsp of mustard seeds
- 1 tsp of turmeric, fennel, cumin, coriander powder
- 1 large piece of fresh ginger (finely chopped)
- Pinch of hing (asafoetida)
- 3-4 whole cloves
- 3-4 cardamom pods

- 3 liters of boiled hot water
- 1-2 cups of finely chopped vegetables (Bok choy, pak choy, asparagus, green beans, sweet potato, pumpkin, zucchini, radishes, squash, English spinach, leafy greens)

Preparation of kitchari

Carefully pick over rice to remove any stones. Wash each separately in at least 2 changes of water. Put basmati rice and split yellow mung beans in a bowl. Rub mixture between your hands for 30 seconds. Drain the water and repeat the above action 7 times until the water is clear.

Heat 1 level tablespoon of ghee on medium heat. Add mustard seeds and fry. Add the green chili, fresh ginger root and the other spices and vegetables. The turmeric should be added last. Fry the mixture for one minute.

Now, add the brown basmati rice and split yellow mung beans to the mixture and stir on medium heat for 1 minute. Add 3 liters of boiled hot water, cover and simmer for 30 minutes.

Radish soup

Radish soup is a very powerful toxin eliminator. It burns up toxins, enhances digestion and clears mucus.

Ingredients

- Several chopped radishes
- 1 teaspoon of green chili
- 1 teaspoons of ghee

Preparation of radish soup

1. Heat ghee
2. Stir fry the green chili for 1 minute.
3. Add the chopped radishes and stir-fry for 1 minute
4. Bring 4 cups of water to a boil
5. Add the boiled water to the mixture and turn to low heat. The radish soup should be cooked until cook until it is soft.

The Ayurveda Detoxification Herbs

Take the following powerful detoxification herbal formula that contains nothing but raw, potent herbs will break up and remove toxins deeply embedded within your tissues, organs and cells.

Mix the following herbs together and take 1 teaspoon 3 times a day before each of your meals followed by a quarter glass of warm water:

- Chitrika powder (5 grams)
- Trikatu powder (10 grams)
- Triphala powder (20 grams)
- Guggulu powder (20 grams)
- Guduchi powder (25 grams)

The Ayurveda Detoxification Lifestyle and Meditation

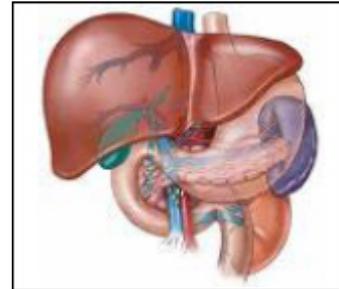
During the Ayurveda detoxification program, it is extremely important to adhere to the following principles as part of your daily routine:

- Avoid air conditioned atmospheres
- Avoid excessive exercise
- Avoid excessive mental and emotional strain
- Avoid sitting or sleeping on hard seats or beds
- Avoid excessive talking
- Avoid alcohol, drugs and smoking cigarettes
- Avoid exposure to loud noise
- Avoid too much exposure to television and computer
- Avoid over working and late nights
- Get fresh air but avoid direct cold winds at all cost
- Get 10 to 20 minutes of sunlight on your whole body
- Shower with warm-hot water
- Go to bed early and wake at sunrise.
- When having bowel movements, sit on the toilet and use a small stool under your feet. Have a complete bowel action.
- Get full physical, mental, and sexual rest
- Scrap your tongue with a tongue scraper from back to front several times a day to remove any white coating on your tongue
- Floss and brush your teeth (you can use baking soda or Neem herbal toothpaste).
- Gargle for one minute using sesame oil and then spit out.
- Wash your body either before dinner or before bed. Never shower directly after eating.
- Meditate for 10 minutes to several hours before going to sleep. While doing so focus follow to where your ill symptoms are the worse in your body. This will self heal all your pains and sufferings.
- Sleep on your left side with your head to the south and feet to the north.

Appendix 4 – Liver And Gallbladder Flush

Introduction

The liver performs hundreds of functions that keep the body healthy. A weakened liver could contribute to digestive problems, weakened immune system, toxic buildup, hormonal imbalance and Candida yeast overgrowth.



By cleansing the liver and removing stones from the liver and gallbladder through liver flushing, your digestion will dramatically improve, which is the foundation of your whole health. Allergies, rashes, headaches, acne and even shoulder or upper back pain will disappear, and you'll enjoy a dramatic increase in well-being and vitality.

Though some people have reported getting rid of stones using only bowel cleanse, it's still not a surefire way of eliminating liver and gallbladder stones and certainly not a substitute for a liver flush.

Only by conducting a liver flush, in addition to your fasting routine, will you be able to cleanse your liver and gallbladder from most stones, crystals, gravel and debris that hinder your body's detoxification and healing.

Unlike the unnecessary gallbladder surgery, a liver flush is a simple, painless, safe and fast procedure that is done at home. It uses cheap ingredients and has no side effects.

Many chronic patients (higher back and shoulder pain, psoriasis) have reported a dramatic change in their well-being after the first liver flush.

A liver flush has a remarkable impact when it comes to yeast infection as it not only cleanses the liver but also improves its functionality. A liver flush also

dramatically improves blood circulation and digestion (one of the secondary factors affecting yeast infection).

I have personally gone through this routine for 7 times with no side effects, and it has yielded surprising results on my yeast infection symptoms. My hair got glossier, and I witnessed a remarkable change over my skin condition.

A liver flush should be conducted twice a year.

Warning

1. Always consult your doctor before attempting the following liver flush procedure. If you fail to do so, you are acting at your own risk.

2. Make sure you are able to tolerate Magnesium Sulfate (Epsom Salt) before you attempt to consume 4 tablespoons. People unable to tolerate Magnesium Sulfate may suffer negative reaction.

3. If you are pregnant or nursing or if you know or suspect you have a compromised liver or gallbladder including gallstones, polyps, shriveled, inflamed or diseased in any way do not attempt this flush.

The flush should only be performed after doing a bowel cleanse and an Antiparasitic Regimen. If these steps are not performed first, the liver cleanse can be a traumatic (and unproductive) experience since the amount of refuse produced by the cleanse can tax the kidneys if they are not clean, and parasites can block the flow of bile, leading to painful pressure.

If directions are followed exactly, the procedure is always painless, even for those well into their 80's, according to Hulda Clark, and that is based on over 500 of her cases. Although the procedure sounds daunting and distasteful, it is quite easy.

The flush will produce a multitude of what looks like balls of lard which contain crystals that are like salt. They are called "stones" but are really crystals encased in cholesterol, fat, and olive oil. Larger stones will also be encased in

the substance and should not produce pain when passed through the bowel. Additionally the Epsom salt will open the bile duct valves so you'll actually feel nothing as a train of stones will travel along the bile ducts like marbles.

Warning about Electrolytes

You want to ensure that your electrolytes are balanced before and after performing an enema or a liver flush. An electrolyte is a solution or substance that carries electric charges. They exist in the blood as acids, bases, and salts (such as sodium, calcium, potassium, chlorine, magnesium, and bicarbonate).

As such, it is imperative to replace the electrolytes during and after the liver flush. This can be done by drinking liquids such as Pedialyte or Gatorade during and after the liver flush.

Alternative to Pedialyte: <http://www.vitacost.com/Alacer-Emergen-C>

Preliminary Steps

1. Make Sure Your Mouth Is Metal Free

Before entering the program you must make sure you have eliminated all dental problems. It is also only recommended that you replace any mercury fillings you may have so your mouth is free of metal. The reason for this is that a toxic mouth can put a lot of stress on the liver, especially after it has been intensively cleansed.

2. Optimize Your Diet – 10 Days Prior to Liver Flushing

For 10 days prior to the liver flush make sure your diet is optimized according to the NSC guidelines. Focus mainly on alkalizing raw vegetables and sprouts. Take your EFAs, extra virgin coconut oil, and lecithin. Take one serving a day of sulfur rich foods such as: broccoli, cabbage, raw garlic , onions, leeks or cauliflower. Your diet should be low on fruit, starch and protein as these will hinder liver detoxification.

3. Soften Your Liver Stones- 7 Days Prior to Liver Flushing

For 7 days prior to the liver flush, take 10,000 to 20,000 mg Malic acid on a daily basis. The Malic acid will soften and breakup liver stones. You can find Malic acid here: <http://www.evitamins.com/>

4. Getting Rid Of Parasites—One-Week Program

According to Dr. Hulda Clark (author of the famous book *The Cure for All Diseases*), an effective liver flush cannot be performed when there is a chance for living parasites inhabiting your body.

Parasites are living organisms that eat, lay eggs and secrete toxins into your blood stream. They live off the food you supply them with (especially sugar). They grow healthy and fat and may remain in your body for decades without you even knowing it.

These parasites reproduce inside your body, feeding themselves from minerals like calcium. They eat essential protein and damage your lungs, joints, nervous system and liver. This results in many illnesses such as severe allergies, arthritis, anemia, digestive problems and more. Some parasites can grow up to 15 inches long, inhabit your digestive tract and secrete toxins that create toxic overload.

Before attempting a liver cleanse, you must kill the parasites that inhabit your body. Otherwise, you'll not be able to get that many stones out, and you'll experience harsh illness symptoms.

The most effective and natural way I have found to eradicate parasites is taking wormwood, cloves, black walnut and garlic herbs daily for the whole week. This will kill most parasites. However, as parasites secrete ammonia (which is a powerful toxic), you might feel slightly ill in the process, but don't panic. It's only for a short while.

An excellent black walnut and wormwood tincture is available at:

<http://www.vitacost.com>.

Other good alternatives for killing parasites are consuming plenty of raw garlic. Just be careful. Garlic can encourage a life of solitude. Raw pumpkin

seeds are also a good source and contain fatty acids that help in parasite eradication.

Due to its tremendous nutritional value, coconut oil is also highly effective for killing parasites. It should be added to your menu even if you experience no symptoms of parasites.

A good quality extra virgin coconut oil is available at:

<http://www.vitaminsandsuch.net>.

It is important to note that during the parasite eradication week, you must focus on the basic principles of the NSC plan (consuming at least 75% raw foods plus whole foods, high alkaline and cleansing foods).

5. Three-Day Apple or Vegetable Juice Cleansing

Before the flush a good practice is to soften and dissolve the gallbladder and liver stones to ensure an easy exit. A 3-day organic apple juice cleansing should do the work fine as well as cleansing your kidneys (also necessary for the flush).

The pectin found in the apples will soften the stones and help their passage through the bile ducts. The apple fast opens and empties the intestines as well, which helps the passage of stones on their way out.

The 3-day apple juice fast is basically a 3-day juicing fast that is limited to apple juice and should be followed by the same guidelines as a regular juice fast including herbal teas and daily enemas, which help the organs of elimination expel toxins.

The purpose of the apple juice fast goes beyond softening the liver and gallbladder stones. The daily enemas (or preferably colonic hydrotherapy) will cleanse the colon, thus preventing the toxins expelled from the liver from getting trapped in a congested colon.

Important: If you suffer from moderate to severe Candida infection, I would recommend conducting a 3 day cleanse based on mostly cucumbers or green leafy low sugar vegetables and no fruit.

One-Day Liver And Gallbladder Flushing

Ingredients:

- ½ cup extra virgin olive oil
- 3 lemons
- 4 tablespoons Epsom salts (available at: <http://www.boots.com>)
- 3 cups water

Practical Steps

The flush is ideal to conduct on a day like a Saturday when you have no work the next day, allowing you to rest.

Break the apple juice fast by having a 100% raw vegetable and fruit breakfast with absolutely no fat added.

Have the same lunch (limited to only raw fruits and vegetables, adding some salt, if desired, to build pressure in the liver), but do not eat after 2 o'clock in the afternoon.

- 2:00 p.m. Mix your Epsom salts in 3 cups water, and pour the mixture into a jar. Leave it in the refrigerator.
- 6:00 p.m. Drink ¾ cup from the mixture, and drink two cups of water afterwards.
- 8:00 p.m. Take another ¾ cup from the mixture.
- 9:45 p.m. Mix half a cup of olive oil with juice from the 3 lemons, and pour the mixture into a jar. Shake it well and store in the fridge. Finish your evening chores, visit the bathroom and get ready for bed.
- 10:00 p.m. Standing up next to your bed, drink the whole olive oil mixture you have made. Sip the mixture slowly for about 5 to 15 minutes and lie down immediately flat on your back with your head up for 20 minutes. You may feel the stones traveling from your liver and gallbladder painlessly. Try to sleep on your left side with your

right hand pulled up to your chest.

Note: Throughout the day it's also recommended to consume between 5 to 9 glasses of the liver detox tea. Some people drink a liver detox tea right after they have taken the citrus and olive oil mix. I personally prefer not to mix those together, but I do drink lots of liver detox tea prior to the lemon/oil mixture (throughout the day).

7:00 a.m. Upon waking (not earlier than 6 a.m.), take a third dose of the Epsom salt mixture. At that stage you should expect diarrhea. Look for greenish stones in your stool. Gallstones will float because they contain cholesterol. You may find some tan-colored floating crystals that are not round in form. These are crystals from the bile ducts.

9:00 a.m. Take your last dose of the Epsom salt mixture, and go back to bed.

11:00 a.m. You may eat your first fresh fruit and vegetables. It's advisable that you start with fresh juices and not solid fruits or vegetables. No less than two hours later you can go back to eating regular foods again, but take it slowly.

Conclusion

At this point you have cleansed your liver, gallbladder and bile ducts and removed a significant amount of stones and residue.

It's highly recommended that after each flush, the colon must be cleansed to ensure there aren't any gallbladder or liver stones trapped inside it. I usually conduct one or two enema routines after each flush to make sure there aren't any residues, which occasionally there are.

Do this procedure twice a year. Also, by taking two tablespoons of extra virgin olive oil each morning, you will ensure your liver performs at its peak performance.

What To Do After Each Liver Flush

It is highly recommended that after each flush, the colon must be cleansed to ensure there aren't any gallbladder or liver stones trapped inside it.

I usually conduct one or two enema routines after each flush to make sure there aren't any residues, which occasionally there are.

Take several Primal Defense capsules to re-balance your system and an electrolyte drink.

Detoxify your liver and build liver function by taking the following herbs: Dandelion Root, Burdock Root, Yellow Duck root, Oregon Grape Root, Milk thistle and Astragalus. They are available on the web at:

<http://www.VitaCost.com>