



Implementation Protocols and Special Strategies: Candida, Parasites, and Gut Bugs

Transcript

Let's look at **Remove**, let's talk about this in a little bit more detail. Let me just remind you that the information in this presentation is not intended to replace a one on one relationship with a qualified healthcare professional. It's also not medical advice. It's just a sharing from my knowledge and information that I've gathered over the years, research I've done, clinical experience I've had with thousands of patients.

It's my sharing to you and what I recommend that you do is really research, look at your own body, if you are under the care of a medical practitioner, be sure to bounce these ideas off of them before you make major changes to your diet and lifestyle.

Removing the unfriendly gut bugs, **Candida** is one of those.

Candida is a natural inhabitant of your digestive tract but it's also opportunistic and when your good gut flora gets whacked out from antibiotics if you are taking them because of an illness or because you are eating commercially grown meat which is loaded with it; or dairy, loaded with antibiotics or using a lot of the antibacterial soaps and things that can create issues with knocking out your good flora.

Candida is opportunistic. It's a yeast which is a single-celled fungus and it's normal but when it gets out of control and it starts to grow it can change shape and it can create a mycelia which is it creates these little finger-like projections which bore themselves into the lining of your gut making them hard to get rid of.

It gives off toxins that lead to inflammation and lots of symptoms. Know that as you go through a gut healing protocol, which is killing off bad bugs, you might feel worse before you feel better because of something called the *Herxheimer Reaction* as you kill those guys. When that happens I usually recommend people to slow it down, don't go so fast because you are hurting yourself in the process.

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There are also parasites, *Blastocystis Hominis*, *cryptosporidium*, there is any number of these. And when there are parasites in the gut, you can be doing lots of Candida stuff to get rid of the Candida and it doesn't go away because the parasites make it keep happening over and over again.

You can also have an overgrowth of viruses and bacteria, either the normal inhabitants that grow out of control or pathogenic bacteria that take hold like clostridium and other things like that. We have you do the questionnaire to assess your likelihood of Candida, parasites, and bacteria, and then we look at how to get rid of them. There are basically six steps to getting rid of the bad gut bugs; to brooming them out, sweeping them out.

First of all you have to stop eating anything that creates sugar in the gut because they love sugar and this includes refined carbs like white rice, it can include potatoes because they turn to sugar very quickly, white potatoes, alcohol and even fruit juice even if it's fresh squeezed and even some of the sweeter fruits like dried fruits and pineapple and mango and stuff may need to be eliminated for a while to starve these guys. We want to starve them.

We want to take something that kills them like grapefruit seed extract or oregano oil or caprylic acid, there is a whole bunch of them and we are going to talk a little bit more about what some of those are and I'll give you a whole list of antimicrobials. So you want to take something that kills them.

Some people can just starve them by avoiding the sugar and taking probiotics to re-seed the good guys and we can basically crowd out the bad guys. But if the bad guys have taken a stronghold, you've got the Candida that have converted into a mycelia form and they are boring their way in there, just crowding them out with good bacteria is not going to do the trick.

You are going to have to be a little bit more aggressive and that's where some of these protocols come into place. But you also have to take nutrients that heal the lining of the gut because the mycelia from the yeast can damage the lining and that's not going to cause you to produce all the right protective things.

You also want to improve your immune function so that re-infection is less likely. Also you want to manage stress to create an inhospitable environment. These are all the pieces and you can't just pick one of these and expect to get results. I see a lot of this happening, I see a lot of people come and talk to me saying well I've tried the leaky gut protocol, I've tried an anti-Candida protocol and part of it is they are just not doing a complete protocol.

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It's important to do all of these steps and that's why I started off with giving you the general foundational approaches before going into the specifics of getting rid of the gut bugs and healing. It's a lot to take in here. Here is a list of some antimicrobials that can maim or kill bad gut bugs; grapefruit seed extracts, oregano, turmeric, thyme, propolis, fennel, raw pumpkin seeds even.

Virgin coconut oil they have lauric acid which is an amazing antiviral, they have caprylic acid which is an amazing antifungal. Pomegranate juice has been shown to have some antimicrobial properties. Rosemary, golden seal, garlic; all of these have some strong antimicrobial properties. Do you have to take all of them? No. Do I advise you to take all of them? No.

We are going to pick one or two or three that work for you and work well together. If you are a very sensitive person that you just have very strong reactions to supplements and herbs I highly recommend that you don't jump into a formula right away.

That you pick one or two of these and you start to play with them and work with them and see which ones you tolerate, because if you buy a formula and there are three different herbs in there and only one of them doesn't work well for you, you've wasted that whole formula. You can't use it and you even don't know why because you can't isolate which one. So I recommend if you are sensitive that you start out with individual ones.

And if you are not, if you tend to be okay with formulas then you can go ahead and get started. One of the formulas I like a lot and that I lay out in the 28-day Candida parasite cleanse is something called *Scram*. It used to be Candida and parasite cleanse and they changed the name to *Scram*, like get the heck out of my gut, bugs, move on out, move them out.

And what it contains is a variety of herbs that support the different types of organisms or get rid of the different types of organisms but also some things that support the liver to reduce the effects of some of the die-off reactions. It contains black walnut hull, which is an amazing antiparasitic; wormwood, which is another amazing antiparasitic, it's also somewhat good for funguses; milk thistle and wasabi control the die-off reactions; and enzymes, the protease, amylase, lipase and cellulase to help digest. These are the ones that are in the *Scram*. If this isn't the formula for you then another formula, if you have more of a bacterial overgrowth, that I like is *Allergy Research* has one called *Tricycline* and that has berberine.

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You can always add berberine to the *Scram* if you find that that's necessarily. Berberine is really good for a lot of the bacteria and the viruses. Berberine comes from golden seal, coptis, oregan grape root and bayberry. You can choose a formula if you have one and Dr. Christopher's has a formula, there are a number of formulas.

If you have found a formula that you like, go for it, you may have to try several different formulas or you can put together your own combination with the herbs that we described. Garlic is an amazing one but some people don't tolerate the sulfur, and we'll talk more about that when we talk about the SIBO and the SCD.

This is the dosage, this is what's recommended by *HealthForce*. You start with one VeganCap, on day 2 you go to three, on day 3 you go to six, on day four to eighteen you take 10. It's recommended to take them at night all together. You don't have to; you can do it whatever way works for you. If this is too aggressive, then you can slow it down, you can do three days of one veggie cup and then two days of three and then you can do three days of six.

You can just alternate it however it suits you; just be aware. It's a whole process of conscious eating and conscious supplementation. You want to make sure whenever you are doing a parasite cleanse that you have at least two to three bowel movements a day and if you are not, then it's helpful to add some sort of a formula that helps move your bowels.

HealthForce has an intestinal movement formula but there are others that usually contain a bit of cascara or aloe vera, rhubarb. There is a number of herbs that help to stimulate it. You don't want to do this long term, you don't want to become dependent on them but it's very important during this cleanse phase because you are killing off these guys and you want to eliminate them, you want to poop them out, you don't want to recycle their toxins so it's really important, or you could do enemas or you could do colonics. It's a gentle way to move these guys along.

The other piece that a lot of folks miss when they are doing a parasite cleanse is they don't get rid of the eggs. When you have things growing, whether it's Candida or parasites, they are growing in you, they are laying eggs and that's why the process keeps going along.

You kill off using the *Scram* and other kinds of processes, you get rid of those adults but you don't necessarily get rid of the eggs and so you may feel better for a short period of time and then it all grows back when the eggs mature.

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Taking cloves is a really helpful way to do it. This is something that Hilda Clarke first came up with when she talks about parasite cleansing in terms of cancer treatment and other really serious conditions.

You get fresh whole cloves, you don't get irradiated ones and you don't get them already ground, because the volatile essential oils that help to kill off the eggs do not last more than 48 hours. You want to grind them down and put them in the capsules right away and then put them in a dark place.

So, fresh whole cloves, you want to get some double zero empty capsules, very easy to get, you can get it on Amazon. I got this picture off of Amazon so you can get them there and then there is the device called Cap-M-Quick that makes it really easy to do this because if you sit there with your hand and you try to fill these capsules you can be hours because it's very hard to do.

You use this device, you have a little coffee grinder, get a coffee grinder dedicated to herbs, and you grind them down and fill the capsules. Then you are going to supplement based on this schedule.

So this is the schedule, on day one, you are going to be taking one *Scram* and one clove capsule. On day two you are going to be doing three *Scram* and two cloves. On day three you are going to be 6 *Scram* and 3 cloves and then you are going to stabilize on day four with 10 *Scram* all the way through day 18. But on the cloves you are going to keep increasing every day until you get to 12. You are going to do two days at 12 and then you are going to phase it on down so that you go up to 28 days on the cloves.

So you've finished the killing and you keep going after that to get rid of all those eggs. For some people they then take a break and do the process again especially if they've had long standing long-term process of this and sometimes you need to do it a couple of times. Things get in the way, life happens, you get stressed out, you eat out you get your gut flora disrupted.

It's not a bad idea to do a Candida parasite cleanse every year just as a preventative and twice a year maybe if you've had longstanding problems until it gets cleared up, but oftentimes it's helpful to do this, wait a week, give your body a little break and then do it again just to make sure. So that's that. All of this is laid out in a document on the website, so don't worry if I went fast, you go back and listen to this again and the document on the website explains it.

Okay so we talked about replacing missing enzymes and nutrients, we've talked about this before, lots of living foods that contain enzymes. If you can't eat the whole living foods because of the fiber aggravating, try the juices. The juices have lots of chlorophyll and they are very healing and maybe do them dilute.

If you are still not tolerating it then perk up when I talk about the specific carbohydrates a little bit later they may be certain ones that you are going to have to remove. You are going to take digestive enzymes with all your cooked or complex raw food meals. And in fact during the process of healing I recommend that you just take digestive enzymes with every meal just to be safe.

You may take one with a light meal, you may take up to three or four with a really heavy-duty big complex meal. If you eat a Thanksgiving meal take four or five because that's a really big heavy-duty complex meal, at least for most people. It wasn't for me, I just go easy on it but I watch what people eat and it's amazing.

Lots of fresh fruits and vegetables, sometimes people need to be off all of the fresh fruits in order to get the bacteria under control, the Candida under control temporarily. But it's also related to blood sugar so you may not have to do it for long term but it really helps to do that phase one diet as Dr. Cousins talks about which is not just good for diabetes, it's good for getting rid of Candida and overgrowths.

Then green juices, sea vegetables, micro algae, they are so nutrient dense so start to incorporate those. You can get some blue-green algae powder, you can get some sea vegetables, kelp or kelp powder, very inexpensively through places like *Maine Coast Sea Vegetables* or *Mendocino Sea Vegetables*, highly reputable places.

Don't just go to the Asian markets and pick out sea vegetables that say product of Japan. It may not be the best quality. You want to make sure that they are done through reputable companies. I love Ryan Drum who has the most delicious Premium Kelp at *BC Kelp*; beautiful and pristine and just lovely. And then nutritional herbs and supplements as needed and we are going to talk more about that.

Reinoculate, let's get the good bugs back into your gut. You can put the good stuff in with *lactobacillus*, *bifidus*, *saccharomyces boulardii* that's not a normal inhabitant of the gut but it's a competitor, it causes competitive inhibition of the bad guys and allows the good bacteria to grow, *L.Sporogenes*, and mixed strains.

What I find when I do stool analysis with people is that a lot of people are low in bifidus, a lot, because most of the supplements that are out there are really good in lactobacillus but not so good in bifidus but it may be the opposite for you. The thing about this is if you get an overgrowth, even these good guys if they translocate into your small intestines they can create some problems.

Sometimes people cannot just take high levels of probiotics because they end up staying in the small intestine and there is a number of reasons for it we'll talk about when we talk about SIBO in a bit. And then you want to feed the normal flora with prebiotics, fructooligosaccharides and inulin.

Again, some people can't tolerate those and the specific carbohydrate or the FODMAPs diet. People are sensitive to those particular types of sacharrides and sugars, cannot take these. So if you take probiotics and you take some fructooligosaccharides or you get a formula that has it built in and you feel lousy when you take it you just may have a FODMAP sensitivity and you can't take it.

You'll understand what the FODMAPs are in a bit when I explain that. It's important for you to be aware of your body and if you are taking something that I've put in a protocol and I've said this should be good for you, and it's not, don't keep taking it. Understand that it's your body giving you a message that this isn't the right thing right now.

I love with **Reinoculate** to use real food so making kimchi and sauerkraut, so easy to do and there are recipes in your guide. Coconut kefir, again, really easy to do or buy, there are so many. Inner Eco is a really cool probiotic supplement that's actually just coconut kefir in a bottle. I one time, I've told this story before, drank the whole bottle on the way home from the store, didn't pay attention to how much was in there, it was like oh, look at the ingredient this is awesome stuff.

I started drinking it on the way home and I drank it like a beverage, 16 ounces, I drank almost the whole thing. I got home, I'm looking at it and I realized I just drank almost 3 trillion organisms which is a lot by the way. I discovered that that bottle that I didn't even pay attention to the price, I thought it was like a \$3 or \$4 bottle of Kombucha was \$16.

So I had just downed \$16 worth of 3 trillion organisms and my gut was kind of happy but at the same time there was a little chaos going on there for a few hours; so coconut kefir, you can make that yourself. Kombucha, which is a big mushroom which is fermented, some people don't tolerate it.

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Rejuvelac, which is actually wheat berries that you can do it with non-wheat like millet or quinoa but it used to be done a lot at Anne Wigmore, in the Hippocrates centers. I know that modern day Hippocrates now that Dr. Clement doesn't use the rejuvelac because he thinks it's hard to get it non-contaminated but I put it on there for completeness.

And then Miso which, is fermented either soy paste or fermented chickpea or rice, there is a number of them. I like South River Miso, which is a chickpea miso, very nice, very light. You can add it to soups and you can add it to sauces, dressings, all kinds of things and it's really nice probiotic supplement.

Prebiotics feed the good bacteria, they generally don't feed the bad bacteria but if you've got an overgrowth of the good bacteria in the wrong place these guys can feed it. So if you've got SIBO, generally speaking these foods may not be tolerated. Dandelion, wild yam, Jerusalem Artichoke, chicory, jicama, burdock, onion, garlic and yacon.