

Implementation Protocols and Special Strategies

**Candida,
Parasites,
and Gut Bugs**

With

Dr. Ritamarie Loscalzo



Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

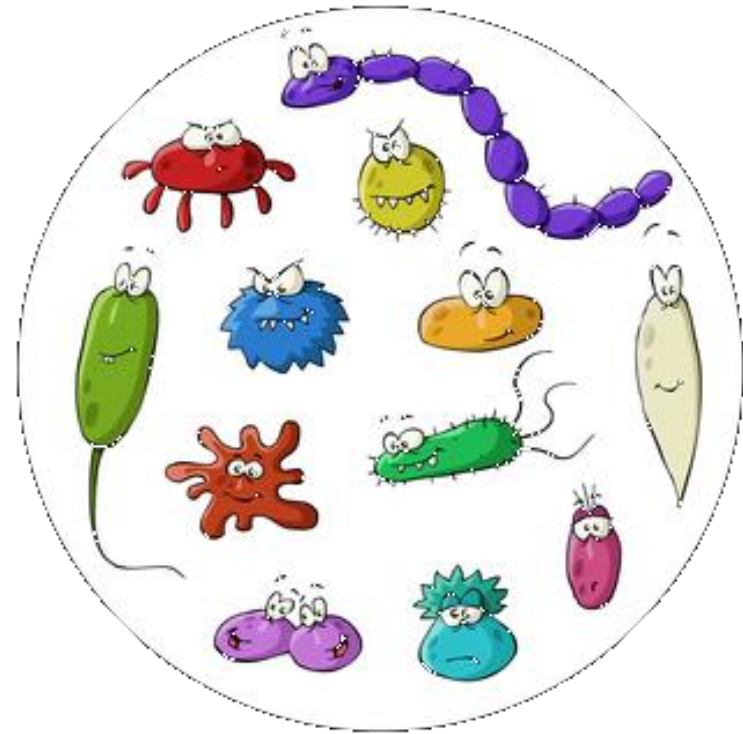
Remove Unfriendly Gut Bugs (Dysbiosis)

- Candida albicans

- ✓ A yeast: a single-celled fungus, normal inhabitant of the human body.
- ✓ In unhealthy conditions:
 - It changes shape and is called a mycelia and can embed into tissues and grow out of control.
 - Gives off toxins that lead to inflammation and lots of symptoms.

- Parasites

- Viruses, bacteria



Questionnaire to assess likelihood of candida, parasites, bacteria

Secrets Of Clearing Out Gut Bugs

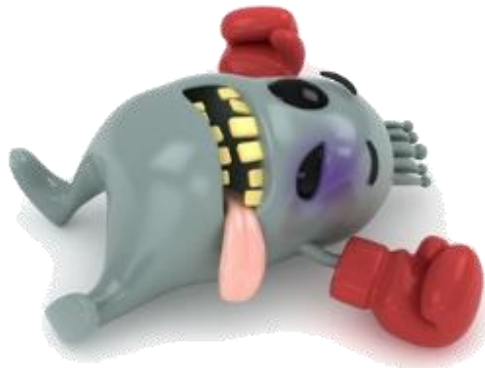
- **Stop eating anything that creates sugar** in the gut -- these critters love sugar including refined carbs, alcohol, and even fruit juice.
- **Take something that 'kills' yeast** like grapefruit seed extract and/or oregano oil.
- **Take probiotics** to reseed the good friendly bacteria.
- **Take nutrients that heal** the lining of the gut, since the mycelia can damage the lining.
- **Improve immune function** so that reinfection is less likely.
- **Manage stress** to create an inhospitable environment.



Antimicrobial Herbs

(these can maim or kill bad gut critters)

- Grapefruit seed extract
- Oregano
- Turmeric
- Thyme
- Propolis
- Fennel
- Raw pumpkin seeds
- Virgin coconut oil
- Pomegranate juice
- Rosemary
- Goldenseal
- Garlic
- Clove oil



28-Day Candida/Parasite Cleanse

■ **HealthForce Nutritionals SCRAM™ ***

- ✓ Cloves
- ✓ Black Walnut Hull
- ✓ Wormwood Herb
- ✓ Milk Thistle Seed Extract
(to control die-off reactions)
- ✓ Wasabi Extract
(to control die-off reactions)
- ✓ Enzymes
(protease, amylase, cellulase, lipase)



- Or choose other similar formula – i.e., Allergy Research Tricycline

SCRAM Dosages

- **Day 1:** One VeganCap™
- **Day 2:** Three VeganCaps™
- **Day 3:** Six VeganCaps™
- **Days 4-18:** Ten VeganCaps™



- ✓ *Ideally, take all at once until the bottle is gone. If you notice detox symptoms like headache, muscle and joint aches, skin rashes, or feeling exhausted... slow down. Take it nice and slow.*
- ✓ *Make sure you are having at least 2-3 bowel movements during this process. If you are not, consider an enema, a colonic, or adding a gentle intestinal movement formula, like **HealthForce Nutritionals Intestinal Movement Formula**.*

Preventing/Eliminating Parasite Eggs: Cloves

Make them fresh, as the volatile oils in cloves deteriorate quickly. Only freshly ground cloves have the medicinal properties to kill parasite eggs.

- Fresh whole cloves, not irradiated
- Double-zero “00” empty capsules
- **Cap-M-Quick** – a device that makes it easy to fill capsules
- Grinder



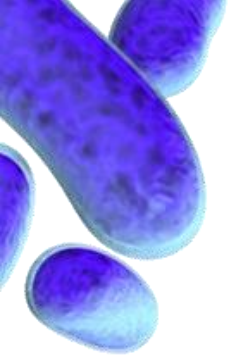
Candida/Parasite Cleanse Supplement Schedule

Day	# to Take SCRAM	# to Take Cloves	Day	# to Take SCRAM	# to Take Cloves
1	1 <input type="checkbox"/>	1 <input type="checkbox"/>	15	10 <input type="checkbox"/>	9 <input type="checkbox"/>
2	3 <input type="checkbox"/>	2 <input type="checkbox"/>	16	10 <input type="checkbox"/>	8 <input type="checkbox"/>
3	6 <input type="checkbox"/>	3 <input type="checkbox"/>	17	10 <input type="checkbox"/>	7 <input type="checkbox"/>
4	10 <input type="checkbox"/>	4 <input type="checkbox"/>	18	10 <input type="checkbox"/>	6 <input type="checkbox"/>
5	10 <input type="checkbox"/>	5 <input type="checkbox"/>	19		5 <input type="checkbox"/>
6	10 <input type="checkbox"/>	6 <input type="checkbox"/>	20		4 <input type="checkbox"/>
7	10 <input type="checkbox"/>	7 <input type="checkbox"/>	21		3 <input type="checkbox"/>
8	10 <input type="checkbox"/>	8 <input type="checkbox"/>	22		3 <input type="checkbox"/>
9	10 <input type="checkbox"/>	9 <input type="checkbox"/>	23		3 <input type="checkbox"/>
10	10 <input type="checkbox"/>	10 <input type="checkbox"/>	24		3 <input type="checkbox"/>
11	10 <input type="checkbox"/>	12 <input type="checkbox"/>	25		3 <input type="checkbox"/>
12	10 <input type="checkbox"/>	12 <input type="checkbox"/>	26		2 <input type="checkbox"/>
13	10 <input type="checkbox"/>	11 <input type="checkbox"/>	27		1 <input type="checkbox"/>
14	10 <input type="checkbox"/>	10 <input type="checkbox"/>	28		1 <input type="checkbox"/>

Replace Missing Enzymes and Nutrients

- **Raw and living foods** contain enzymes
- Take **digestive enzymes** with all cooked or complex raw foods
- **Greens, fresh fruits, and vegetables** are nutrient dense foods
- **Green juices, sea vegetables, and microalgae** are the most nutrient dense of all
- Nutritive **herbs and supplements** as needed





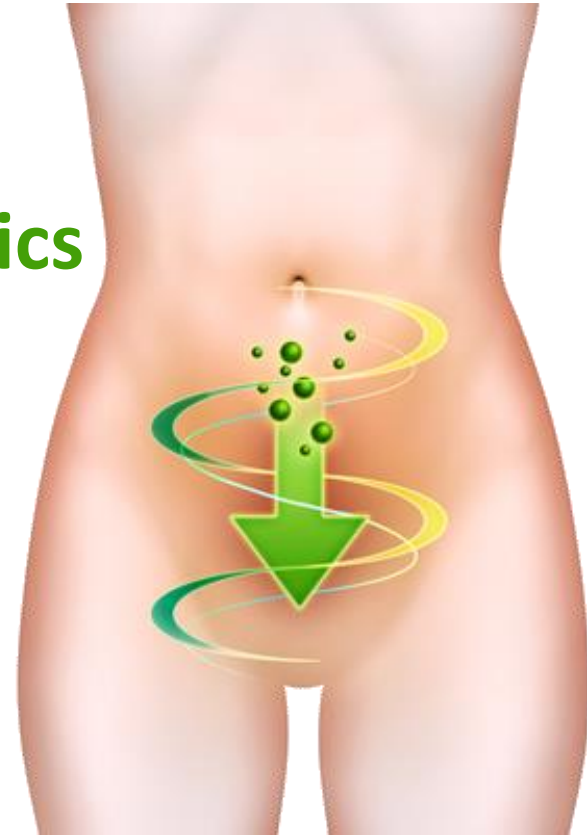
Reinoculate

■ Put back normal flora with probiotics

- ✓ Lactobacillus
- ✓ Bifidus
- ✓ Saccharomyces boulardii
- ✓ L. Sporogenes
- ✓ Mixed strains

■ Feed the normal flora with prebiotics

- ✓ Fructooligosaccharides
- ✓ Inulin



Probiotics to Reinoculate Your Gut



- Kimchi
- Sauerkraut
- Coconut kefir
- Seed yogurt
- Kombucha
- Rejuvalec
- Miso
- Supplements

Food Sources Of Prebiotics



- Dandelion Root
- Wild yam
- Jerusalem artichokes
- Chicory root
- Jicama root
- Burdock root
- Onions
- Garlic
- Leeks
- Asparagus
- Yacón