

The Whole Journey Candida Cleanse Protocol

Welcome to The Whole Journey Candida Cleanse

These pages hold our “rock star” diet and supplement plan that we have been using and refining for years. It breaks down which supplements to take, when to take them, and how to take them. Remember to always check with your health care practitioner when it comes to supplements. Within this document you will be able to customize the cleanse for yourself as well as to figure out how to take yourself from Phase 1 to Phase 2 so that you can kick candida for good!

Everyone doing the candida cleanse will be at different levels. I want you to be patient with yourself. Maybe you feel pretty good and are being proactive, or maybe you are sick and tired of being sick and tired. Respect wherever you are. I want you to honor and respect your body above all else. You are not trying to win or do this perfectly. You are trying to get in tune and in harmony with your own body. Take notes on what resonates with you and your particular health situation. You will be customizing this cleanse based on your current state of health, background, history, and goals.

Most likely you will go through a spectrum of emotions. Please know that so many others have been there and have successfully kicked candida for good and changed their lives. You will, too.

I want you to know, I have been there. I have a lot of compassion for how you are feeling and with what you are going through. I had very bad candida. My dad, bless his heart, was in pharmaceuticals for 42 years. I was raised on antibiotics. When we sneezed, we got antibiotics instead of a tissue. **I had to do this candida cleanse three times until I finally figured out this stubborn organism.** This is why I have carefully constructed this cleanse to set you up to be successful, (the first time!), balanced, and as comfortable and satisfied as possible as you embark on this very important journey ahead. You have made an exceptional commitment to yourself and your future. My highest wish for you is that this is finishing work. You will become your own best doctor and never go back to the way that you were. Obviously, I am just a guide. What you put into the program, you will get out of it, so please give this your all.

I know you are busy. Respect yourself and set yourself up with success by creating the time, energy, and space to go through this cleanse, and to create a different relationship with your body. Honor it, respect it, and stop beating your body up for what it is not doing for you. You can do this!!! Plan for it to be hard but visualize how amazing you'll feel when you get past it. Good luck on your candida cleanse journey.

Note: Links are provided throughout this protocol (in navy blue print) to help you order the correct supplements and supplies for the cleanse. A Quick Links page is also included in the cleanse for easy reference.

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Preparation for the Candida Cleanse

Diving In

You are about to embark on a total health makeover. Before starting the actual candida cleanse, however, there are several steps to take to set yourself up for success:

1. Test and evaluate your current level of health with the **at-home saliva test** and with **pH testing**.
2. Familiarize yourself with the aspects of the cleanse and review the **Frequently Asked Questions**.
3. Obtain the supplements/supplies needed for the cleanse.
4. Plan menu(s) and shop for those items.

pH Testing

Candida is an opportunistic infection, so other things have to be off in order for this organism to live, thrive, and survive in your body. We are going to approach this comprehensively from all angles. You may have been suffering from viruses, or parasites, or heavy metals, or have liver issues, or many other kinds of health challenges. As you improve gut health, you improve heart health and hormonal health, and as you improve the liver, you improve hormonal health. One way to accomplish those goals is to get pH balanced. **You can improve the health of the entire body when the pH is balanced.** It is one of the best ways to control cellular inflammation, and so much of candida and the issues that we are dealing with in modern society are because of cellular inflammation.

For six days you are going to test the pH of your **saliva** with pH strips before you brush your teeth and before you eat or drink anything. See the pH test sheet. (You can order [pH strips](#) online or get them in any health food store in the supplement section. Please see Quick Links for ordering.) Record the results on the accompanying pH sheet, which you will print out and keep in the bathroom along with a pen. The lower the pH number (yellow), the more acidic you are. The higher the number (green), the more alkaline you are.

You will also test your first and second morning **urine** with pH strips. If your body is working correctly, during the first four hours of sleep, acid will be pulled out of the joints, your liver will flush, and your body will put that acid in a holding tank behind the heart to be eliminated the next morning when you have a bowel movement or when you urinate.

Many clients say that they forget or don't really want to record the second morning urine. They often ask if this second urine recording is necessary. But we absolutely need the second reading. If you are sleeping well (an important part of this equation), then you are going to be pulling acid out of the body, and you are going to eliminate it. The second morning urine should be better, showing a higher and more alkaline number than the first reading. This is how we know that we are progressing.

A lot of times when you have candida, your pH is very screwy. It is up and down and all over the place. When your pH starts alkalizing, you know that you are healing and are starting to kick candida. If you want to know more about balancing pH, we have amazing blogs regarding acid and alkaline balance on our [website](#).

You will test your pH again at the end of the cleanse. Depending on your results, you will start titrating off the cleanse at six weeks, or you might need 8-10 weeks. You will need to customize the program for yourself.

Simple at-home candida test

This is a simple, foolproof way to see how bad your candida is. (Please follow the instructions on the accompanying handout.) This test measures whether or not you have candida by simply observing whether your saliva will sink or float in water. I am relatively sure that your saliva will not float on top. If the saliva sinks to the bottom, you have a lot of work to do in terms of getting rid of candida and cleaning up the gut. But don't fret; you can do it. I find this test to be very effective and have been using it for eight years in my private practice.

pH Testing

Balancing your pH is a simple way to improve the health of your entire body. It will assist in cancer prevention, weight loss, reduction of inflammation, improved heart and bone health, and better energy levels. We are looking to see how acidic or alkaline your body chemistry is. The blood pH never changes, which is why we are looking at urine and saliva pH to see how hard your body may or may not be working to maintain the blood pH. Keep this sheet, along with a pen, in the bathroom for six days to note your pH balance.

Name: _____ Test Start Date: _____

Upon waking, test your saliva with the pHydration paper. Wet the end of a pHydration test strip with your saliva before brushing your teeth, drinking, or eating. Note the color change, and write down the corresponding pH number on the appropriate blank below. The pH should fall between 6.8 and 7.2. The lower the number (yellow), the more acidic you are. The higher the number (green), the more alkaline you are.

1st Saliva:

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____

After testing your saliva, test your first urine of the morning between 5-8 a.m., even if you go back to bed. This is urine that has been stored in your bladder during the night and is ready to be eliminated when you get up. Urinate on a clean strip of the pHydration paper, note the color change, and write down the corresponding pH number. If your body has efficiently eliminated excess acid during the first four hours of sleep, this reading should be more acidic than your second reading. This number, compared with the second urine reading, will let you know if your body is doing efficient, clean-up work during sleep to remove acid from the joints. **Remember, the lower the number (yellow), the more acidic you are. The higher the number (green), the more alkaline you are.**

1st Urine:

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____

Next, test your second morning urine (before eating if at all possible). This number should be the pH of your second urine after you have eliminated the acid load from the day before (first urine). The acids should be gone the second time you go to the bathroom, so your urine pH should ideally read from around 6.8 to 7.2. This second reading is very important because it indicates what your body chemistry is like during the day.

2nd Urine:

Day 1 _____ Day 2 _____ Day 3 _____ Day 4 _____ Day 5 _____ Day 6 _____

Simple At-Home Candida Test

We are always exposed to candida, and it is always living in our guts in yeast form. We just don't want it to overgrow, or to morph into the fungal form. Try this simple test to see if you have candida. If the saliva test sounds crazy to you, here is more [information on candida](#) along with a visual of the spit test, so you can see exactly what you are looking for.

- For six days, when you wake up in the morning (and before you brush your teeth or eat or drink anything), fill a clear glass halfway with room temperature water.
- Next work up a dime-sized amount of saliva and spit it into the glass of water.
- Check the water every 15 minutes or so for up to 45 minutes. You don't have to sit there and stare at it.
- If you have a candida yeast infection, you will see strings (like legs) traveling down into the water from the saliva floating on top, OR "cloudy" saliva will sink to the bottom of the glass, OR cloudy specks will seem to be suspended in the water. Write down your results.
- If there are no strings (legs) and the saliva is still floating after at least one hour, you are probably free of candida.

See the picture below for guidance.

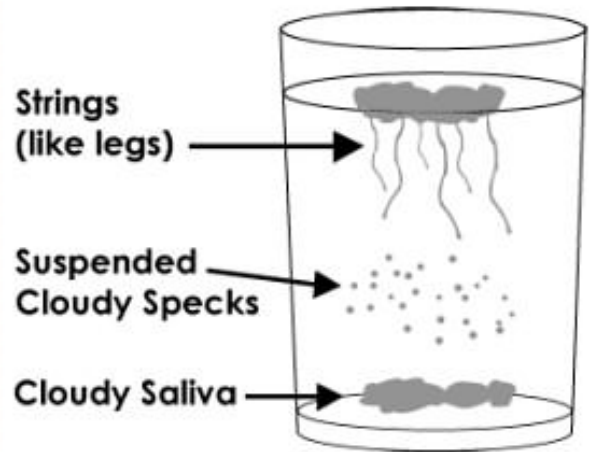


Image via holistichelp.net

Take the saliva test for six days and record your results below:

Date and Results:

Date and Results:

Date and Results:

Date and Results:

Date and Results:

Date and Results:

A standard and universally accepted questionnaire was developed by Dr. William G. Crook, M.D. and author of *The Yeast Connection*. It is used to help you and your doctor determine the level of yeast infection in your body. It can be a real eye-opener, as most people don't realize that the symptoms they are suffering with are yeast-related. Click on this link to take the [long questionnaire](#) and click on yeast tests.

The Candida Cleanse Diet

The importance of the diet is crucial to the success of the cleanse. Let's talk about the diet and cheating. Nothing about The Whole Journey is about denial and willpower **except for** the candida cleanse. You have to starve this organism. If you cheat on this cleanse during the first week, you'll be fueling the fire and will end up feeling worse. Do your best not to cheat on this diet. It is only 6-8 weeks of your life, but you can do it. Take one day at a time.

Foods to Avoid

Raisins, dried fruit, or sugars of any kind are not allowed. It's boring I know, but we are going to prevent cancer and balance our hormones. You may have a little withdrawal from the lack of sugar, but you are probably going to feel better than you ever have in your life. You really need to watch salad dressing and condiments as they usually have sugar in them.

We are also going gluten free during the cleanse, which means no wheat, gluten, or semolina. Don't worry if you aren't already gluten free. We are going to focus on what you can have and not on what you can't have.

Foods made with yeast are out; even Paleo bread is out (plus, it doesn't taste very good anyway). If you are a bread person and you crave it, you can substitute with brown rice tortillas. You can also use [Paleo Wraps](#), [Pure Wraps](#), almond flour, coconut flour (my favorite), and quinoa flour, but those of you who have been grain-free or Paleo, should not consume these.

Fried foods are out unless you do a light fry on your own with coconut oil.

The only fruits allowed are green apples (because they are lowest in sugar), pomegranates, all berries, lemons, limes, and avocados. They all must be organic.

The hardest part of this cleanse for most people is to cut out fermented foods and alcohol. Fermented foods and vinegar are not allowed on my cleanse. A lot of practitioners allow apple cider vinegar (ACV) on the candida cleanse, but I find that we want to cut out and remove all fermentation, even though I know fermentation in and of itself can be good and healthy. You can't plant flowers in a junkyard. After you eliminate candida, fermented foods can be reintroduced and will be good for you.

Candida feeds off fermentation, so we must avoid all forms of fermentation including apple cider vinegar. If this is interesting to you, look up Otto Warburg. He won a Nobel Prize for his cancer research (and how candida can be the root cause of cancer, allowing it to survive off fermentation). Even though fermented foods can be health-supporting and into their diet health-promoting, I want to exclude them on the cleanse. We are trying to restore respiratory cell energy or oxygen to the cell lining of the intestinal tract. We want to breathe new life in there. But for now, fermented miso soup, raw sauerkraut, sourdough bread, vinegar, soy sauce, Bragg's amino acids, and alcohol are **totally off limits**. I know this will be hard for you, but it is a small price to pay in order to have lifelong health.

If your pH is really acidic, then avoid tomatoes for the first two weeks because they can be acid-forming. If your pH is within range, then you can have tomatoes from the start.

Exclude mold-containing foods like mushrooms. Peanuts and pistachios are not allowed, as they are the nuts highest in mold. All other nuts and seeds in moderation are okay.

Do not combine fruit and grains together for the rest of your life!!! We have been doing that forever with blueberries in our oatmeal and banana in cereal. They compete for digestion; the carbs cut off the fruit, and the fruit has to wait. While the fruit is waiting to digest, it putrefies and creates bloating, gas, and fermentation.

All dairy products are out. You may be able to add in high-quality raw milk midway through the program for those of you that can digest it well. Raw milk has a pathogen-based killing system that can rebuild and heal the GI tract and could help those with skin issues, psoriasis, eczema, allergies, and asthma. Coconut yogurt is not allowed. You can have a little goat cheese, but I prefer it to be raw and have it only 2 or 3 times a week maximum. Goat cheese is preferred since it will digest in 20 minutes, whereas cheese from a cow can take up to eight hours to digest.

Consume only organic animal meats and eggs. We don't need to counteract our efforts by buying mainstream animal products that have been fed additives and shot with the antibiotics and hormones (exactly what we are trying to avoid). Eat clean animal protein whenever possible.

Vital Farms is the recommended brand of pastured, non-GMO eggs to buy. They come from Austin, TX, and you can find them in most Whole Foods stores in the states. Some farmer's markets may sell pastured eggs, as well. It is important to buy pastured eggs, because then you know that the chickens ate bugs, worms, flies, and grass (what chickens should be eating) and not GMO corn or soy. You are eating what the animal eats, and that is very important.

Coffee is not allowed. Only green tea is permitted on the cleanse. Coffee forces the release of cortisol, the stress hormone, which thins the lining of the gut. Plus, coffee can be very acidic. Tecchino, herbal coffee, is not allowed either, since it has gluten and some barley in it. Dandy Blend is a gluten-free, herbal coffee you can have. White tea is fine, as well as dandelion tea, too. Mighty Leaf is a good brand of tea.

What to Eat

Eat as much garlic as you can stand. For those of you who have sensitive digestion, eat it cooked. Garlic is so amazing in terms of being an antiviral and antiseptic, and it is helpful with killing candida and strengthening the immune system. Dark-liquid stevia can be used for a sweetener. Sweet Leaf and NuNaturals are good brands. When people are on the cleanse, I suggest putting stevia in everything (chili, meat, salad dressing) because we are so used to foods having a sweet taste. If you can trick your brain into thinking it is getting that desired sweet flavor, then you will be less likely to get the cravings for ice cream and cookies.

For a sweetener, you can also try a little **xylitol**. Eight out of ten people can eat it in small amounts without getting symptoms like bloating, diarrhea, or headache. Xylitol helps kill candida and strengthens the enamel on your teeth, but make sure it's the kind from the birch tree (and not the GMO kind). You can use it cup for cup as a replacement for sugar in some recipes.

When cooking grains, first soak them in water overnight and rinse them when you wake up. This process will remove phytic acid and make them more digestible. The usual ratio of grains to liquid is 1:2, e.g., 1 cup grains to 2 cups liquid. Use kombu like a bay leaf when cooking grains, beans, and soup. It will infuse them with trace minerals. Kombu will also help decrease sugar cravings. This is an example of using food as medicine. You can buy kombu in the Asian section of your health food store or online. If you prefer to not eat grains, you can have acorn squash, butternut squash, sweet potatoes, and yams.

Bone broth is amazing! If you have bone broth on hand, I would love for you to cook your grains in bone broth. Bone broth is made from chicken bones that are cooked for 24 hours. Cooking the bones for such a long period draws the minerals out of the bones. If you are cooking your own broth, try to use the feet, as well, since most of the collagen is found in the feet. Bone broth is going to help you heal 30% faster, especially for those who are immune-compromised, have adrenal fatigue, and/or have leaky gut. Bone broth is your magic healing elixir. Read our blog on **bone broth**.

If you don't want to make it yourself, just order it from our friends at **Pete's Paleo** (5 case minimum). Or, you can also make it yourself (see our TWJ recipe for **Healing Bone Broth**). You can buy bones/feet from farmers' markets or from your grocer or from **US Wellness Meats** (they ship nationwide). **Vital Choice seafood** ships high quality fish nationwide if you can only find farm-raised fish in your area. Both are reasonably priced.

All beans (unless you haven't eaten beans in a long time) are okay except kidney beans. Most people cannot digest the protein structure of kidney beans or their "cousin", great white northern beans. Be sure to add a strip of Kombu to the beans if you are cooking them yourself. If you don't want to cook your own beans, buy the [Eden Organic](#) brand. They have BPA-free cans, and they cook their beans with Kombu! My favorite beans are [adzuki/adzuki](#), [black beans](#), and [garbanzo beans](#). If you buy canned beans, make sure to rinse them especially well and to pop off the shells of garbanzo beans for easier digestion.

All herbal teas are fine to drink, but there is one drink I want everybody to make – our [Turmeric Ginger Lemonade](#). This whole candida cleanse process is about inflammation, and the lemonade is definitely a great tool to help reduce inflammation. The Okinawans, one of the longest living people in the world, use turmeric daily. Turmeric helps control cellular inflammation so well that the Okinawans are measuring 25 years younger in a cellular measurement than they are chronologically. Turmeric helps support the liver so that it can produce its own powerful antioxidant, glutathione peroxidase. This will help with cellular inflammation, which means this cleanse will be more graceful for you and, thereby, reduce detox symptoms.

Aloe Vera juice kills yeast cells. You don't want to go overboard, though. If you feel inflamed, bloated, or constipated, put 1-2 ounces in your smoothie or in a little bit of water before bed for a few weeks. It is very alkaline-forming and will help if you are getting acid reflux and similar issues. Make sure to get a good quality aloe vera.

Proportions of Food (40/10/40/10)

40% leafy greens and vegetables

Getting in our greens and vegetables often creates a challenge. Try drinking your greens by making green juices or purchase [Evolution Essential Greens with Lime](#). Use juice as a snack. When assembling your lunch or dinner plate, half of the plate should be greens or vegetables. A serving of leafy greens or vegetables is the equivalent of 1 cup cooked or 2 cups raw.

10% carbs (root vegetables, legumes, beans, and grains)

You want to limit carbs on the cleanse. If you are really suffering from energy issues, you can have a little more. But as a general rule, have no more than 3 servings/day. Some examples of one serving are one brown rice tortilla, 1/2 cup brown rice, and 1 medium sweet potato. Mary's Gone Sticks and Twigs (curry flavored only) count as a carbohydrate serving.

40% clean animal meat, fish, and eggs

If you don't have any food sensitivities, you don't have to limit eggs. If you are sensitive to eggs, limit them to 4-6/week or omit them completely.

10% seeds and low sugar fruit

Limit the serving of fruit to one/day. However, if you have adrenal fatigue, you may have two servings of fruit to keep your blood sugar stable. This will help glucose actually get into the cell. You can cook your berries or apples to make them more easily digestible for leaky gut. A serving of nuts/seeds would mean about 15 nuts, a palmful of seeds, or a tablespoon of nut butter.

Summary of Diet

Foods to avoid:

- All sugars, sweeteners, and refined carbohydrates: desserts, cakes, and candies; most natural and all artificial sweeteners (sugar, agave, corn syrup, honey, maple syrup, etc.); sweetened products such as breakfast cereals, ketchup, sauces, salad dressings; white rice; common wheat products; and semolina
- Fried foods (unless fried in coconut oil)
- High-glycemic fruits, fruit juice, fruit juice concentrates, and dried fruits
- Foods made with yeast: breads, pastas, crackers, yeast, citric acid, and MSG
- Vinegar and fermented foods like salad dressings, miso soup, and soy sauce
- Alcohol
- Tomatoes (first two weeks) – only if your pH is acidic
- Mold-containing foods like mushrooms, cheese, peanuts, and pistachios
- Pasteurized dairy and fats: milk, cream, and cheese (A minor amount of raw dairy is okay – 2 servings/week)
- Proteins with any antibiotic residue (Buy only organic meat)
- Fruit and grains/carbs combined together
- All caffeine, except for green tea (Caffeine thins the lining of the gut)
- Foods with gluten

Foods to substitute/enjoy:

- Sweeteners: dark liquid stevia and small amounts of xylitol that come from the birch tree (not from corn)
- Gluten-free whole grains (soaked before cooking) such as quinoa, millet, amaranth, buckwheat, and brown rice; sprouted corn tortillas and blue corn taco shells; and brown rice pasta. Substitute or brown rice tortillas for bread.
- All vegetables including sea vegetables
- Fruits: organic green apples, organic berries, lemon, lime, and pomegranates
- Sweet potatoes, yams, and butternut and acorn squash in moderation
- Garlic (eat liberally) or emulsified garlic spread
- Salad dressings made with expeller-pressed oils and lemon juice. We have several candida-friendly dressing recipes on our website.
- Raw nuts (Almonds, cashews, walnuts, and roasted pumpkin seeds are best and should be stored in the fridge)
- Unsweetened coconut or almond milk (All coconut products are okay except for coconut sugar.)
- All beans except for kidney beans (Cook with kombu to assist in breaking down.)
- All organic animal products are okay – eggs, turkey, chicken, wild fish, pork, wild-caught tuna, etc. (This includes whey and goat's whey protein powder.)
- Aloe vera juice (This has been shown to boost the white blood cells' ability to kill yeast cells. Aloe vera also promotes the healing of inflamed areas/pockets in the intestines. Optional: drink 2 ounces before bed. You may mix it with water if you prefer.)
- All herbal teas
- Snacks:
 - Blue corn tortilla chips - in moderation and not made with canola oil or polyunsaturated fats
 - Brown rice cakes in moderation
 - Mary's Gone Crackers Sticks and Twigs (curry flavored only)
 - Organic popcorn made with coconut oil or expeller-pressed olive oil
 - Beanitos (original black bean)

Foods to substitute/enjoy:

40% vegetables, stews, salads, leafy greens (half of your plate at lunch and dinner)
10% root vegetables, legumes, beans, grains (this equals 1/2 cup 3 times a day)
40% meats, poultry, fish, eggs
10% seeds, low-sugar fruits (only 1 serving of fruit per day and 1/4 cup of nuts total)

Please see our Whole Journey [candida-friendly recipes](#) for great meal ideas.

Note: If you 'cheat' on this cleanse, especially in the first 5-8 days, the yeast will continue to live as it will be in survival mode looking for anything to feed on. If you do this cleanse correctly, you should not have to do it ever again.

Snacks, Desserts, and Eating-Out Tips for the Candida Cleanse

Dessert Ideas

- **Cashew Cake Batter Pudding**
- **Lemon Coconut Cake**
- Frozen raspberries drizzled with warm coconut butter and cacao nibs
- Cooked green apple or berries with stevia and sprinkled with cinnamon and sea salt
- **Dairy-Free Hot Chocolate**
- **Coco-Polo** (dark chocolate-70% cacao)

Tips for Eating Out

- Order clean protein and lots of vegetables (steamed or raw)
- Dress your own salad. Either bring your own or ask for olive oil and lemon juice on the side
- Stay away from bread and eat small amounts of brown rice or quinoa instead. Many restaurants have sweet potatoes, black beans, or hummus. (Or the occasional sweet potato fries might be okay) or you can have 1/2 of a white potato with butter. Many restaurants also have beans as a side
- Create your own meal by combining different sides and appetizers together
- Ask the waiter or manager what kind of oil is being used for cooking. If it's soybean or canola, tell them you are allergic and ask them to cook your food in butter or olive oil to avoid canola oil.
- Order unsweetened iced tea (all herbal teas are fine) and add a squeeze of lemon and a couple drops of dark liquid stevia that you brought from home. If you're drinking water, ask for water without ice. It's better for digestion and don't drink too much liquid with your meals (less than 8oz) so you don't dilute your precious enzymes.
- Chew your food well and become a slow eater.

Snack Suggestions

- Green apple with a small handful of almonds, cashews, pumpkin seeds or 1 teaspoon nut or seed butter
- **Oven-Roasted Kale Chips**
- Green apple with coconut butter and cinnamon
- Whole coconut (Have it opened at the store; drink milk and eat the meat.)
- Guacamole with veggies
- 1-2 hard-boiled egg(s) with olive oil, salt, and pepper and 2 tablespoons hummus
- Roasted seaweed snacks (without canola oil!)
- 2 slices turkey bacon or real bacon and 1/2 sweet potato with coconut oil
- 8 ounces Organic Pastures raw milk (in Phase II only)
- 1 cup bone broth with a peeled green apple (cooked if digestion is slow or especially poor)
- **Breakfast Smoothie Everyone Loves**
- Beanitos Chips with hummus, vinegar-free salsa, guacamole, or Majestic Garlic Spread
- Baked blue corn chips (without canola oil!) in moderation with an above-mentioned dip
- Mary's Gone Crackers Sticks and Twigs (curry flavored only, because they don't contain tamari) along with pesto or guacamole
- Veggies with hummus, pesto, or guacamole
- Organic berries with melted coconut butter
- 1 cup of broth with collagen and ghee
- 2 pieces of turkey (or turkey jerky or salmon jerky) with a green apple
- Avocado blended with collagen on a paleo wrap
- Steamed veggies with ghee and collagen

Candida Cleanse Supplements

Phase 1 (4-6 weeks)

Week 1:

1/2 teaspoon food grade diatomaceous earth

1/2 teaspoon bentonite clay or open 2 capsules Medi-Clay (If you find that you are constipated and/or only having one BM a day, decrease the amount of clay to 1/4 teaspoon.)

Mix in water and drink upon waking. This is your “sludgy cocktail.”

Week 2 to Week 4: (increase the dose)

1 teaspoon food grade diatomaceous earth

1 teaspoon bentonite clay or open 3 capsules Medi-Clay or take a break (If you find that you are constipated, decrease the amount of clay to 1/2 teaspoon.) Mix in water and drink upon waking.

Note: You will not have the DE/BC combination for longer than six weeks (and only one time/year) to avoid the leaching of minerals.

First Four Weeks (probiotic):

Saccharomyces Boulardii (Take 3-4 before bed away from food.) This is a yeast-eating strain of probiotic. If you retest the spit test after 4 weeks and you have not progressed, stay on *saccharomyces boulardii* for another 3 weeks.

Additionally for Weeks 1-4 (16-day anti-fungal rotation)

In addition to the instructions above, you will rotate the following anti-fungals for four days at a time. It is suggested that you write the name of the antifungal on a monthly calendar to keep track of the rotation. You will not take more than one anti-fungal at a time.

Day 1-4: Traditional Medicinals Pau d’Arco tea (3 cups daily)

Day 5-8: Gaia Herbs Olive Leaf Extract (2 with each meal)

Day 9-12: Grapefruit Seed Extract-250 mg (2 with each meal) Look for capsules since the liquid does not taste good.

Day 13-16: Oregano Oil (2 with each meal)

Repeat the 16-day rotation. This rotation will be repeated a minimum of 2 times, but likely 3 or 4 times, depending upon the severity of your candida.

Sludgy Cocktail

First thing in the morning, you will drink a concoction of diatomaceous earth and bentonite clay (yum!). Food grade diatomaceous earth is made up of old tiny fossils. It does not harm the human body. The DE will slice open the exoskeleton of the candida, and the clay will bind to it and draw it out. Mix the DE in water along with the bentonite clay (powdered or liquid bentonite clay, but I prefer Medi-Clay by Premier Research Labs). This is your sludgy cocktail that you will look forward to every morning when you wake up. It doesn’t taste that bad; it is just kind of sludgy. You can squeeze lemon or lime in your sludge if you want. You can have as much lemon and lime as you want on the cleanse. You will need to drink enough water so that the candida will be carried out of your body.

If you find that you are constipated, drink more water. The second thing you can do for constipation is to get ghee (clarified butter) and melt a tablespoon of it in hot water and drink it before bed. You might also want to purchase Triphala, an ayurvedic complex from India. Triphala is a combination of three different fruits that moisten and nourish the lining of the intestines. Take 2-4 Triphala before bed. Vadik Herbs is my favorite brand for quality and can be ordered online. You can also find Planetary Herbs Triphala in the health food store. Start out with two Triphala before bed and see what kind of results you get. You may have to adjust the dosage.

If you are extremely constipated, you need to get the channels of elimination open, or you are going to have a really hard time on the cleanse. Run this by your doctor or look up your current medications to see if there might be interactions. Sometimes when you are cleaning up the intestinal tract where pharmaceuticals can be absorbed, you might end up pulling some of those out, too. Talk to your doctor about taking your medications away from the clay/earth and make sure there are no interactions.

If the “pipes are flowing,” you aren’t backed up, and you are having a bowel movement every day during the first week, you will double the dose to 1 teaspoon of DE and 1 teaspoon bentonite clay in the second week. After one month, you will re-evaluate with a spit test to see if you should continue with the DE/BC for another 1-2 weeks. The DE/BC should be discontinued, regardless of the results of the spit test, after 6 weeks.

Probiotics

Saccharomyces Boulardii (Sac B) is a yeast-eating strain of probiotics. Take 3-4 before bed only. You will repopulate the gut at night and then drink the sludgy cocktail in the morning. The Sac B must be taken away from food (30 minutes before or an hour after) so that it can implant in the lining of the intestines and start killing the candida.

If you suspect parasites or have loose stools or diarrhea, you will need two probiotics, saccharomyces boulardii **AND** a high potency, full-spectrum probiotic like Probiotic 225 by Orthomolecular. Otherwise, you will just need the Sac. B for the duration of the cleanse and will add in the multi-strain probiotic toward the end of the candida cleanse.

Antifungal 16- day rotation

The antifungal rotation is key. Now you are clearing out the periphery layer of candida from the intestinal tract. However, we must also get deep within the layers of intestinal tissue to kick candida for good. As new skin cells come up, you have to go deep within the tissue with antifungals to kill it so that it is truly gone. Candida is a smart, opportunistic organism that wants to stay alive. We have to kill it, or it will morph into something else. This is why we rotate the antifungals.

You will take one antifungal at a time for four days. You can get all of the antifungals at a health food store or order them online. I carefully studied and constructed this 16-day rotation, so be sure to take them in order.

1. Pau d'Arco tea (days 1-4)

Pau d'Arco is an amazing herb from South America. I have it first in the rotation because it supercharges the immune system. It also helps underlying viruses go dormant. Pau d'Arco will be really helpful for those with chronic fatigue, Epstein-Barr, herpes, and HPV. Traditional Medicinals is a good brand to use.

You should consume 3 cups/day, one cup at every meal or sipped throughout the day from a water bottle. For convenience, you may brew one really strong cup in the morning using three tea bags. Then add the tea mixture to two cups of water. Heat and drink 1 cup at each meal. If you would rather sip throughout the day, you can put the three cups of tea into a water bottle and fill it the rest of the way with pure water and drink the entire container before the day is out. If you have an autoimmune condition or an active virus, then use 5 tea bags to make the tea stronger.

If you have been having Pau d'Arco tea regularly in your diet before starting this cleanse, then start with the Olive Leaf Extract and the other antifungals and have the Pau d'Arco for the last leg of the rotation.

2. Olive Leaf Extract (days 5-8)

This is second in rotation because a candida cleanse can be hard on the liver and the kidneys. OLE will take the burden off the kidneys, gallbladder, and liver by strengthening the immune system, again hitting it with a lower dose of antiviral. This is also a great complex for those with insulin sensitivity. Take two with each meal. Gaia Herbs is a good brand.

3. Grapefruit Seed Extract (days 9-12)

Grapefruit Seed Extract is a powerful antioxidant, which helps transport the amino acid, L-carnitine, to support the brain and the muscles. It is also a great antifungal that will give the entire immune system a boost. If you have adrenal fatigue, a form of metabolic devastation, you will feel better with GSE because it is building cellular energy and the mitochondria, the powerhouse of the cell. We are dealing with so much in today's world, so having improved cellular energy is essential. Most of the time GSE is sold in tincture form, which tastes very bad. Look for it in pill form and take 2 with each meal. Grapefruit seed can make other medications ineffective, so check with your doctor and make sure grapefruit seed extract is okay for you to use.

4. Oregano Oil (days 13-16)

Oregano Oil is an antimicrobial and antiparasitic. This cleanse will kill 60-80% of parasites but not all. You may need to do additional customizing. Taking a stool test is the best way to tell if you have parasites or h. pylori.

Repeat this antifungal rotation 2-3 times.

Phase 2 for Gut Healing (after 4-6 weeks on Phase 1)

Now it is time to re-evaluate the effect of Phase 1. Take the saliva test again for three days in a row. Assess if your saliva is sinking less or growing less legs compared to the initial test. If your saliva still sinks or has not improved at all, stay on the DE/BC for another 7-10 days and the antifungals for another 16-day rotation before using Candidid Forte. Otherwise, stop DE/BC and move forward with using Orthomolecular's Candidid Forte. You can also retest your urine and saliva pH, but keep in mind that pH improves gradually.

Candidid Forte or Continued Antifungals

IF your saliva still has legs or sinks, AND you have completed 2-3 rounds of the antifungals (repeating the 16-day rotation 2-3 times = 32 - 48 days) and have discontinued the DE/BC, THEN add Orthomolecular's Candidid Forte and take 1-2 with each meal for 1 month. If your saliva has legs, take 1 with each meal. If your saliva sinks, take 2 with each meal. The Candidid Forte REPLACES your antifungal rotation. If your saliva is still sinking at this point, though, make sure that you have had three full rotations of the antifungals, and then introduce the Candidid Forte. If you have shown improvement on the saliva test, but you still have legs, you are okay to quit the antifungals and move to the Candidid Forte.

IF you already re-ordered more antifungals and still have quite a few left, INSTEAD OF Candidid Forte, you can continue the antifungal rotation as you have been for 15 more days and then reduce by half (so instead of 2 olive leaf with each meal, you would take 1 olive leaf with each meal) for another 15 days (for a total of 30 additional days on the antifungal rotation).

Leaky Gut

For your probiotic, dissolve one sachet of Probiotic 225 (for those who still have legs but have seen some improvement) OR add 2-3 OrthoBiotic capsules (for the sinking saliva). Take the probiotic at night before bed for one month. If your saliva was still sinking and you have more left, you can continue with Sac B (1 at night) along with this probiotic. You don't have to order another bottle of Sac B, though, if you don't have some on hand.

Also to help with leaky gut, you can add EITHER Mucosagen (which is glutamine-based) OR Pure Encapsulation's DGL Plus. Another option for leaky gut is to take Biomatrix Support Mucosa (1-2 with each meal for 4-6 weeks). Choose only one of the above.

Drink bone broth daily to help with leaky gut and/or use collagen from Great Lakes Gelatin (one tablespoon 3 times/day) or Dr. Bernd Friedlander.

Additional Support for Adrenals

Take EITHER Orthomolecular Adaptin All (2 with breakfast, 2 with lunch). Adaptin All is a multivitamin for the chronically stressed and tired person and is also good for those with anxiety. OR, you can take Orthomolecular Mitocore (2 with breakfast, 2 with lunch). If you are really immuno-compromised or worn down, then you can take 3 with breakfast and 3 with lunch. Mitocore is a broad-spectrum multivitamin that has a high concentration of B vitamins, all minerals, and amino acids/antioxidants for cellular energy. PLEASE NOTE, when you start Adaptin All OR Mitocore, stop using Max B-ND, because both supplements have high levels of B vitamins already in them.

You can also use Phosphatidylserine (abbreviated PS) for sleep troubles associated with high nighttime cortisol levels. This will allow for deeper and better REM sleep. Take 1-2 before bed.

After week 8, you will create your 80/20 balance depending upon your progress.

Please see our Quick Links page for a complete listing of supplements.

Quick Links

Outlined below is an alphabetical list of supplements and products that have been recommended throughout this candida cleanse program.

Please continue to visit and be treated by your healthcare professionals including, and without limitation, your physician. Please be sure to inquire about all nutritional supplements with your physician to make certain there are no contraindications with medications, etc. This list is just a guide and is not acting in the capacity of a doctor, psychologist, or other licensed or registered professional. It is not providing health care or medical services and will not diagnose, treat, or cure in any manner whatsoever, any disease, condition, or other physical or mental ailment of the human body. The information received should not be seen as medical or nursing advice and is certainly not meant to take the place of seeing licensed health professionals. Many of these supplements, but not all, should not be taken when pregnant breast feeding. Please check with your doctor. If you have any adverse reaction to a supplement, discontinue using.

[Adapten All](#) (Ortho Molecular)

[Adren-All](#) (Ortho Molecular)

[Aloe](#) (Ortho Molecular)

Aloe Juice (Systemic's AO is the highest quality aloe juice but must be purchased through a practitioner.) The brand, Lily of the Desert can be purchased at a health food store, but it has citric acid.

[Barlean's Olive Leaf Throat Spray](#)

Bentonite Clay - see Medi-Clay

Betaine HCL, Premier - see "HCL, Premier HCL"

[Bone Broth by The Flavor Chef](#)

[Candidid Forte](#) (Ortho Molecular)

[CereVen](#) (Premier Research Labs)

chlorella – **[Quantum Chlorella](#)** (Premier Research Labs)

[Chlorella Manna](#) (HealthForce Nutritionals)

collagen peptide (**[Dr. Bernd Friedlander](#)**)

collagen protein (**[Bulletproof](#)**)

collagen, protein hydrolysate/**[Great Lakes Gelatin](#)** – green container

Concentrated Trace Minerals – see "Trace Minerals"

Desiccated Liver – see "Liver Pills"

[DGL Plus](#) (Pure Encapsulations)

[D-Hist, Natural](#) (Ortho Molecular)

[Diatomaceous Earth](#)

digestive enzymes/ **[Qzyme](#)** (Garden of Life)

digestive enzymes/ **[Orthodigestzyme](#)** (Ortho Molecular)

fish oil – **[Butter Oil/Fermented Cod Liver Oil Blend](#)** (Green Pasture)

fish oil – **[Fermented Cod Liver Oil](#)** (Green Pasture)

[Glutathione, Premier](#) (Premier Research Labs)

[Grapefruit Seed Extract](#) (Pure Encapsulations)

[Grapefruit Seed Extract](#) (Solaray)

[Great Lakes Gelatin](#) – green container

[Gymnema Sylvestre](#) (for blood sugar)

[HCL Activator](#) (Premier Research Labs)

HCL – **[Premier HCL](#)** (same as Betaine HCL)

[InflammabLOX](#) (Ortho Molecular)

[L-Glutamine Powder](#) (Pure Encapsulations)

[L-Theanine](#)

[LifeShield Immunity](#) (New Chapter)

[Liver Pills by Radiant Life](#)

[Liver Pills by Solgar](#)

Quick Links (cont'd)

Magnesium Glycinate (Pure Encapsulations)
Magnesium Oil (Health and Wisdom)
Max Stress B ND (Premier Research Labs)
Medi-Clay (Premier Research Labs)
Melatonin (Ortho Molecular)
Mitocore (Ortho Molecular)
Mucosagen (Ortho Molecular)
multivitamin/**Daily One** (Premier Research Labs)
multivitamin/**Every MAN** (New Chapter)
multivitamin/**Every Woman** (New Chapter)
multivitamin/**Mitocore** (Ortho Molecular)
multivitamin/**Vitamin Code** (Garden of Life)
Natural ZZZs (Ortho Molecular)
Olive Leaf Extract (Gaia Herbs)
Olive Leaf Complex Throat Spray (Barlean's)
Ωzyme (Garden of Life)/digestive enzyme
Oregano Oil (Designs for Health)
Orthobiotic (Ortho Molecular)
Orthodigestzyme (Ortho Molecular)
Pau d'Arco capsules (NOW Foods)
Pau d'Arco Tea (Traditional Medicinals)
PB8/probiotic (Nutrition Now)
pH Strips
Phosphatidylserine, a.k.a. PS (Ortho Molecular)
Probiotic 225 (Ortho Molecular)
Radiant Life Desiccated Liver – see “Liver Pills”
Reacted MultiMin (Ortho Molecular)
Saccharomyces Boulardii (Pure Encapsulations)
Sinatrol (Ortho Molecular)
Solgar Desiccated Liver – see “Liver Pills”
Support Mucosa (Bio Matrix)
Trace Minerals – **ConcenTrace Trace Mineral Drops**
Tranquinol (Premier Research Labs)
Triphala (Vadik Herbs)
US Wellness Meats
Vitamin D – **D3 Serum** (Premier Research Labs)
Wellness Formula (Source Naturals)
WholeMega fish oil (New Chapter)

Other Considerations for the Candida Cleanse

Besides the supplements and the diet for the candida cleanse, there are several other considerations that should be taken into account while on the candida cleanse.

Detoxification

- There are only three ways to detox: through the bowels, through the breath, and through the skin. You need to have two bowel movements a day (preferably) and break a sweat 3-4 times a week so that the toxins are getting out of your body. Yoga and deep breathing are very helpful.
- Get one or two colonics during your yeast flush and potentially a lymphatic cleanse paired with the colonics. If you feel comfortable with colonics, schedule them at the end of the first week and at the end of the second week. You can also have probiotics and wheatgrass implanted for extra effect. Coffee implants will help flush the liver. Your colon hydrotherapist will help you decide what is best for you.
- Drink 2 ounces of aloe vera juice in water daily before bed for a few weeks. This is helpful for constipation and bloating.
- Take a detox bath once/week to pull toxins out of the skin (1/2 cup apple cider vinegar, 1/4 cup clay, and 1/2 cup sea salt).
- Another very simple method for detoxing is to drink warm water, with no lemon or tea, throughout the day for one or two days/week. This will dilate and hydrate your cells and flush your lymphatic system, which is basically our immune system. Your heart pumps blood throughout the body. We have lymph nodes all over our body, but we have nothing to pump or flush our lymphatic system. We have to flush it on our own which is why exercise and sweating are so helpful. Drinking warm water is a very simple, no cost, detox solution.
- Oil pulling is another method of detox that I absolutely love. It comes from India and is safe and very simple. It is a do-it-yourself remedy that pulls bad bacteria out of the body.
- Sit in an infrared sauna. They are very detoxifying and supportive of cellular energy because they heat up the organs from the inside (vs. gym saunas where you are getting heated from the outside). They help tremendously with thyroid health and metabolism.
- Use a tongue scraper

Die-Off

- Most likely, you will experience die-off symptoms that result from the candida leaving your body. These symptoms may include flulike symptoms, headaches, mental fog, achiness, exhaustion, and potentially some skin rashes. These are all normal responses to the beginning of the cleanse.
- If you are cleansing and not going to the bathroom enough, then it comes out through the skin in the form of a rash or itching. A detox bath can help alleviate that symptom. Take warm baths with 1/2 cup apple cider vinegar, 1/4 cup clay, and 1/2 cup sea salt.

Emotional Cleansing

- Embrace the mind/body approach to wellness and consider your Primary Food sources. These are things that nourish you other than food: relationships, career, creativity, spirituality, etc.
- Nourish yourself with walks in nature, naps, reading, journaling, time with friends, doing what makes you happy, etc.
- Remove any unnecessary pressure and focus on the positive.

Exercise

- It is important to exercise on the cleanse. While the heart pumps blood throughout the body, there is nothing to pump the lymph. Yoga and walking are good for lymphatic cleansing, but move in a way that you enjoy to ensure that you get exercise. Dancing is another good exercise.

Sleep

- You will also need extra sleep on this cleanse. Be in bed by 10:00 p.m. and no electronics for an hour before bedtime. This cleanse takes a lot of focus, Honor your energy level.

Remedies for Candida Cleanse Symptoms/Issues

Some typical symptoms of the candida cleanse and suggested remedies are listed below. These are only to be used as a guide and should not replace the advice of a health care practitioner. Do not overdo and try all of the suggestions for any one symptom since many of the supplements will have the same effect. Use the suggested remedies to customize a protocol for yourself. Please see the “Quick Links” page for ordering supplements and products.

Please continue to visit and be treated by your healthcare professionals including, and without limitation, your physician. Please be sure to inquire about all nutritional supplements with your physician to make certain there are no contraindications with medications, etc. This list is just a guide and is not acting in the capacity of a doctor, psychologist, or other licensed or registered professional. It is not providing health care or medical services and will not diagnose, treat, or cure in any manner whatsoever, any disease, condition, or other physical or mental ailment of the human body. The information received should not be seen as medical or nursing advice and is certainly not meant to take the place of seeing licensed health professionals. Many of these supplements, but not all, should not be taken when pregnant breast feeding. Please check with your doctor. If you have any adverse reaction to a supplement, discontinue using.

Adrenal Fatigue

- Be in bed by 10 p.m. (Make it a priority!)
- No technology 30 minutes before bed at least 5 days/week.
- Eliminate sugar and processed carbs.
- Drink plenty of fresh filtered water daily.
- Eat clean animal protein, organic fruits and vegetables, nuts, beans, grains, and legumes.
- Eat protein, carbs, and fat every 2 hours. Eat 6 small meals.
- Upon waking, take 1 tablespoon Max B-ND and then at another time later in the day.
- Take L-Theanine as it calms the brain.
- Take a good multivitamin like Mitocore and adaptogens like Adaptin All. These may be taken together.
- Have collagen (Great Lakes Gelatin, Bulletproof, or Dr. Bernd Friedlander) two to three times/day to heal the gut and to train the body to synthesize protein more efficiently.

Allergy and Sinus Conditions

- Take Orthomolecular Natural D’Hist to decrease histamine response and inflammation.
- Take Orthomolecular Sinatrol (2 capsules mid morning and 2 capsules mid afternoon) for stuffy head/foggy sinus issues.
- Get local bee pollen. Follow the 6-week protocol in The Whole Journey’s [“Using Bee Products” video](#).

Antibiotics (if you have to take one)

- Take the antibiotic about 3 hours away from the probiotic and take 3 Mucosagen daily for 3 weeks.

Cold and Flu-like Symptoms

- Drink lots of bone broth.
- Drink echinacea tea.
- Have zinc lozenges.
- Take two New Chapter’s LifeShield Immunity capsules twice daily for a week.
- Or, take Wellness Formula by Source Naturals (two daily before noon).
- Use Barlean’s Olive Leaf Throat Spray (for sore throats)

Constipation

- Take Triphala by Vadik Herbs. Triphala by Planetary Herbals would be a second choice.
- Melt ghee in hot water and drink.
- Drink 16 ounces lemon water first thing upon waking.
- Read the “Nourishing the Pancreas” handout and consume suggested foods.
- Reduce the amount of bentonite clay.

Detox

- Bath (1 cup apple cider vinegar, 1/2 cup sea salt, and 1/2 cup bentonite clay – one time/week)
- Oil Pulling – Use 1 tablespoon oil (expeller pressed sesame oil or coconut oil) and pull through teeth 15 minutes/day for three weeks
- For skin issues, apply a face mask for deep cleansing (equal parts apple cider vinegar and bentonite clay plus water if you would like).
- Drink 3-4 glasses plain hot water throughout the day to flush the lymphatic system.
- Coffee or wheat grass enemas, colonics, castor oil packs
- Other suggestions: hot yoga, infrared sauna, wheatgrass, colonics, hyperbaric chamber

Emotional Prescription

- Choose to support yourself in loving, joyous ways.
- Set appropriate boundaries with others.
- Make a list of things that feed you other than food and find ways to incorporate them into your day.
- Put yourself first. If you take care of your own needs, there will be more of you to go around.
- Enjoy the journey.
- Read [You Can Heal Your Life](#) by Louise Hay and [The Healing Code](#) by Alex Lloyd.

Headaches

- Take Orthomolecular's InflammabLOX (nature's ibuprofen) – 2 every 3 hours, but no more than 6 in a 24-hour period.
- Have one green drink a day with dandelion greens in it (option to add milk thistle tincture for further liver flush).
- Drink our Ginger Turmeric Lemonade (4-6 ounces every 2-3 hours)
- Drink boiled lemonade. (Recipe: Squeeze 2 whole lemons into 2 cups water. Add lemon rinds. Simmer for 10 minutes. Remove rinds. Drink the first 8 ounces warm, then chill and sip 2-4 ounces every 3-4 hours.)
- Eat grass-fed beef liver (4 ounces daily). Suggested preparation is to sauté with coconut oil.
- Take Desiccated Liver from Radiant Life (2 in the a.m. and 2 in the p.m.)
- Have 2-4 tablespoons daily of our Cilantro Pesto. Add extra basil and lime.
- Maintain the clay and diatomaceous earth (during Phase 1) and the appropriate rotation of antifungals
- Take 800 mg of magnesium glycinate or get it via eating cacao to open up the blood vessels to the brain.
- Take a multi-mineral supplement in the a.m. and p.m.

Heavy Metal Toxicity

- Take Premier Glutathione as outlined in the presentations.
- Take Premier Quantum Chlorella.
- Incorporate our "Cleansing Pesto" into your diet using about 2-3 tablespoons daily for a few weeks in a row.
- Support the liver by eating grass-fed beef liver or taking desiccated liver pills.

Hydration

- Add ConcenTrace Trace Mineral Drops to water (1 drop per ounce, 1 teaspoon per liter, or 1 tablespoon per gallon).
- You may have one 8-ounce unsweetened coconut water per day. Coconut water is like nature's Gatorade.

Leaky Gut

- Take L-glutamine powder.
- Take Mucosagen by Orthomolecular, Premier Research Labs, or Thorne.
- Incorporate ghee into your diet, or melt in warm water and drink.
- Have 1-3 tablespoons/daily of Great Lakes Gelatin (green container) mixed into food or drinks.
- Drink bone broth.
- Use DGL (Orthomolecular).
- Take Support Mucosa by Biomatrix.

Liver/Gallbladder Issues

- Take Orthomolecular's Orthodigestzyme.
- Eat grass-fed beef liver
- Take Radiant Life Dessicated Liver capsules
- Eat 3 cups of raw shredded beets weekly AND eat dandelion greens 2-3x/week (or drink dandelion tea).

Menstrual Pain

- Have a footbath with magnesium oil (Health and Wisdom) – 2 ounces of oil in a gallon of water.
- Take omega-3 fish oil supplements.
- Take B vitamins (like Premier Max Stress B-ND), and you can double the dose.
- Take InflammabLOX by Orthomolecular.

Mood/Energy

- Get Max B-ND by Premier Research Labs and mix 1/2 teaspoon in water 2 times/day. This helps you to feel calm and focused.
- Support your thyroid with kelp or iodine or take Reacted Multimins from Orthomolecular.
- Get Orthomolecular's Mitocore multivitamin for immune issues and depression, OR get Adaptin All if anxiety is a so present.

Overeating/Improper Food Combining/Complicated Meals

- Drink 1 tablespoon ACV in 4 ounces of water (if on phase 2 of the cleanse).
- Take digestive enzymes (1-2, 20 minutes before a meal).
- Drink ginger tea before or after a meal.
- Drink warm water with a pinch of baking soda to neutralize acid.

Sleep and Anxiety

- Have a foot bath with magnesium oil (Health and Wisdom) – 2 ounces of oil in a gallon of water. Or, you can use Magnesium Bath Crystals which helps the body absorb magnesium and helps with sleep issues.
- Take 1 to 2 phosphatidylserine (PS) before bed.
- Take valerian root (nature's Valium) for anxiety.
- Take Tranquinol by Premier Research Labs.
- Take 1-2 mg time-released melatonin.

Skin Issues

- After 4 weeks on the cleanse, you can drink a mixture of 1-3 teaspoons Bragg's ACV (apple cider vinegar), 8-12 ounces water, and 1/4 teaspoon Himalayan Pink Salt.
- Make a few ounces of strong green tea and mix into your face lotion; apply before bed.

Yeast Infection Symptoms

- Get Bifidyn by Source Naturals and take 5 (at one time) every day until the bottle is empty.
- Get Pau d'Arco Capsules and insert 1 capsule vaginally before bed for three nights in a row.
- Get RepHresh (can be purchased at any drug store) and insert vaginally to rebalance pH. There is a more natural version available in some places called Intimore.

Candida Menu Week One

SUNDAY

Dinner & Prep: *Roasted Chicken w/ Roasted Root Veggies & Hearty Crunchy Salad w/ Lemon Avocado Dressing*

- Roast 2 chickens and reserve the second for salads and tostadas on Monday. Make double the crunchy salad but only dress half of it. Save the remainder of the salad for later in the week.
- Boil 6 eggs and reserve for later in the week.
- Make 4-6 cups cooked quinoa and reserve for other meals during the week. Soak quinoa for 1-3 hours before cooking to remove phytic acid. Bonus – cook it in bone broth instead of water. Add kombu.
- Make *Cashew Cake Batter Pudding* to have when a sweet tooth comes along.

MONDAY

Breakfast: brown rice tortilla with one teaspoon almond butter, cinnamon, and sea salt

Lunch: leftover salad mixed with 1/4 cup quinoa, 2 hard-boiled eggs, and tossed with leftover lemon/avocado dressing (or candida-approved salad dressing of your choice)

Dinner: *Chicken and Black Bean Tostadas with Cole Slaw* for those with Hashimotos, use shredded grass-fed beef or ground beef.)

TUESDAY

Breakfast: 2 eggs scrambled with kale, salsa, and avocado. Add turkey sausage for extra protein.

Lunch: 4 oz leftover ground beef (or white fish of choice) with 1/2 sweet potato with ghee or butter and a side salad or side of cooked greens with sliced cucumber

Dinner: *Ground Turkey and Polenta Casserole* and *Sautéed Greens with Garlic and Parsley*

- Omit the parmesan cheese and make sure to purchase a jar of marinara that does not have sugar in it.
- An alternative to making the polenta from scratch is to buy it pre-made in the tube.

WEDNESDAY

Breakfast: *Plant Protein Smoothie*

Lunch: leftover Turkey and Polenta Casserole

Dinner: grilled shrimp served with *Cleansing Cilantro and Oregano Pesto* and *Simple Quinoa*

- Add arugula to the simple quinoa. Make enough pesto to use in recipe for tomorrow.
- Buy peeled and de-veined shrimp, place on skewers, season with salt and pepper and grill until pink all the way through. Serve with the pesto.

THURSDAY

Breakfast: 1/2 cup Bob's Red mill Gluten Free hot cereal with 1 teaspoon melted coconut milk and 1-2 tablespoons *Great Lakes Gelatin* (or 1 scoop protein powder) with sea salt and stevia.

Lunch: *Mayo-Free Albacore Tuna Salad* with a side of leftover *Simple Quinoa*

Dinner: 4-6 ounces broiled or sautéed whitefish (halibut, sea bass, red snapper, or cod) cooked in ghee, butter, or coconut oil. Sprinkle with condiments of choice from healthy condiment list. Serve with a big salad with shredded beets. Make double the amount to eat for lunch the following day.

FRIDAY

Breakfast: green apple with almond butter and 2 eggs fried in ghee

Lunch: leftover fish and salad with 1/2 sweet potato or yam. Use either 1 tablespoon extra virgin olive oil on the salad OR 1 tablespoon ghee/butter on the sweet potato.

Dinner: *Wild Salmon with Rosemary and Garlic Paste*, roasted sweet potatoes, and grilled asparagus.

- Roast extra sweet potatoes to eat next week. Wrap potatoes in foil and roast at 375 for 45 minutes. Double the grilled asparagus to have on Saturday.
- Drizzle asparagus with grapeseed oil and season with salt and pepper; grill on medium heat until slightly charred.

SATURDAY

Breakfast: Scrambled eggs with herbs, turkey bacon and 1/2 cup pinto beans (Cook all turkey bacon to use throughout the following week.)

Lunch: *Mayo-Free Albacore Tuna Salad* with Mary's Gone Crackers Curry Flavored Sticks and Twigs

Dinner: Quinoa Pasta Salad – Cook Quinoa pasta according to directions. Add cooked and chopped asparagus, cherry tomatoes, toasted pine nuts or slivered almonds, roasted red peppers, and chopped fresh basil. Dress with lemon juice, olive oil, salt, and pepper.

Shopping List - Week One

This shopping list does not include any snacks or additional desserts other than what is outlined in the menus. Feel free to add. Keep in mind that you are stocking a pantry, and most of these ingredients you can use for a long time.

Produce

- 2 bulbs garlic
- 1 bunch basil
- 3 bunches cilantro
- 2 bunches oregano
- fingerling potatoes
- 1 bunch carrots
- 2 white onions
- 1 bunch celery
- 1 each of green and red cabbage
- 6 limes
- 12 lemons
- 1 bunch green onions
- 6 avocados
- 3 bunches kale
- 1 bunch spinach or 1 box of pre-washed spinach
- 1 bunch romaine
- 1 small box of washed baby arugula
- 1 fennel bulb
- 3-4 green apples
- 3-4 sweet potatoes
- 1-2 bunches of asparagus
- 1 container fresh salsa (vinegar-free)

Grains / Pastas / Crackers

- 2 packages sprouted corn tortilla
- 1 package brown rice tortillas
- 1 lb polenta or coarse ground cornmeal - OR 2 packages of pre-made polenta in the tube (found near marinara)
- 2 lbs quinoa
- 1 Bob's Red Mill Gluten Free Oats
- Mary's Gone Crackers Curry Sticks and Twigs
- 1 package quinoa or brown rice pasta spirals

Canned / Jarred Goods

- 2 15 oz cans black beans
- 1 can pinto beans
- 4 cans of tuna
- 1 jar marinara (no sugar)
- 1 jar of roasted red peppers raw almond butter

Meat / Poultry / Seafood

- 2 pasture raised or organic chickens
- 1 1/2 lbs of ground turkey
- 1/2 lb ground beef or fish (one serving, lunch)
- turkey breakfast sausage (optional)
- 16 medium or large peeled and deveined shrimp
- 1 1/2 lbs white fish like halibut, red snapper or cod
- 4-6 oz salmon fillets (wild caught)
- 1 package turkey bacon
- 4 containers of chicken bone broth
- [Great Lakes Gelatin](#) or [Bulletproof Collagen](#) (order online)

Dairy / Non- Dairy

- Raw butter or Kerry Gold Irish Butter (use ghee if 100% dairy free)
- 1 dozen pasture raised eggs
- almond milk

Spices / Oils / Condiments / Nuts

- cumin
- thyme
- oregano
- smoked paprika
- Himalayan sea salt
- pepper
- cinnamon
- vanilla
- kelp flakes
- kombu
- stevia liquid drops
- olive oil
- flax oil
- grapeseed oil
- coconut oil
- coconut butter
- pine nuts or slivered almonds
- 1 lb cashews

Candida Menu Week Two

SUNDAY

Breakfast: BLTA – bacon, avocado, tomato, and lettuce wrapped in a brown rice tortilla

Lunch: leftover Quinoa Pasta Salad from Saturday (week one)

Dinner: grilled grass-fed steak (NY Strip is great!), leftover sweet potatoes, and salad

- Season sweet potato with raw or butter from grass-fed cows (Kerry Gold is a great brand.), cinnamon and sea salt.
- Cook extra steak and make an extra big salad to use for lunch on Monday.
- Make the [Farm Fresh Frittata](#) and eat that for breakfast. You can also cut the recipe in half or freeze half of what you make for another week.
- Cook enough quinoa for the week.

MONDAY

Breakfast: Farm Fresh Frittata with vinegar-free salsa

Lunch: leftover salad with chopped steak added to it and 1/2 cup complex carbohydrate of your choice

Dinner: [Red Lentil Soup](#) with [Sautéed Greens with Garlic and Parsley](#) along with a side of 4 ounces white fish, grilled salmon, or shellfish.

TUESDAY

Breakfast: [The Breakfast Smoothie Everyone Loves](#)

Lunch: leftover Red Lentil Soup

Dinner: [Cole Slaw Fish Tacos](#)

WEDNESDAY

Breakfast: [Farm Fresh Frittata](#) with salsa and a side of 1/2 sweet potato/yam

Lunch: brown rice tortilla with avocado, Applegate Farms roasted turkey, oregano, spinach, and cucumber. Add 1 tablespoon hummus or Majestic Garlic Spread (optional).

Dinner: [Italian Pasta Salad](#) along with 4 ounces grilled chicken – add more greens or sprouts (optional)

THURSDAY

Breakfast: quinoa porridge – heat up leftover quinoa with almond milk, cinnamon, a couple drops of stevia, and sliced almonds. Add 1 teaspoon coconut oil and 1-2 tablespoons gelatin or 1 scoop protein powder of choice.

Lunch: leftover Italian Pasta Salad

Dinner: [Grass-Fed Beef Lasagna](#)

FRIDAY

Breakfast: [Farm Fresh Frittata](#) plus a side of 1/2 cup rinsed black beans

Lunch: leftover lasagna

Dinner: Pizza Night! Use brown rice pizza crust, pizza sauce (without sugar), pick your toppings, and have a build-your-own pizza night. We recommend using Applegate Farms pepperoni, nitrate-free sausage, or Applegate prosciutto with arugula and a small amount of Redwood Hill Farms raw goat cheese.

Topping ideas:

- tomatoes, olives, parsley
- arugula, pine nuts, roasted red peppers, red onion, basil

SATURDAY

Breakfast: poached eggs with avocado, tomato, cleansing pesto, and a side of beans seasoned with cumin

Lunch: [Mayo-Free Albacore Tuna Salad](#)

Dinner: [Turkey Chili with Adzuki Beans](#) and a salad or cooked non-starchy vegetable

- Make a double batch of chili and freeze in portions.

Shopping List - Week Two

This shopping list is a continuation from week one. Items that you bought from week one and used during week two are not included in the list below.

Produce

- 2 bulbs garlic
- 1 bunch basil
- 1 bunch cilantro
- 1 bunch parsley
- 1 white onions
- 2 red onions
- 1 shallot
- 1 each of green and red cabbage (don't buy if you have some)
- 2 limes
- 6 lemons
- 4 avocados
- 1 bunch kale
- 1 bunch swiss chard
- 1 bunches spinach or 1 box of pre-washed spinach
- 1 bunch romaine
- 1 fennel bulb
- 1-2 green apples
- 2 zucchini
- 1 cucumber
- 1 container fresh salsa

Grains / Pastas / Crackers

- 2 packages of sprouted corn tortilla
- 1 lb quinoa (don't buy more if you have some)
- 1 package no-boil brown rice lasagna noodles
- 1 package quinoa or brown rice pasta spirals brown rice pizza crusts

Spices / Oils / Condiments / Nuts

- turmeric
- Majestic Garlic Spread or hummus flaxseed
- fresh lemon juice

Frozen

- frozen organic berries

Meat / Poultry / Seafood

- 1 1/2 lbs grass-fed ground beef
- 1 lb grass-fed NY strip (feeds 2 plus leftovers)
- 1 1/2 lbs ground turkey
- 2 chicken breasts
- 1 package Applegate roasted turkey
- 1 package Applegate pepperoni (pizza)
- 1 lb white fish like halibut, red snapper or cod
- 2 containers of chicken bone broth

Dairy / Non- Dairy

- 18 pasture raised eggs
- almond milk (don't buy more if you have some)
- raw goat feta

Canned / Jarred Goods

- 1 15-ounce can black beans
- 1 can garbanzo beans
- 1 can adzuki beans
- 2 cans tuna
- 1 jar marinara (no sugar)
- 1 jar of pizza sauce (no sugar)
- 1 large can of fire-roasted tomatoes

Candida-Friendly Recipes

Roasted Chicken with Root Veggies

Prep Time: 15 minutes

Cook time: 30 minutes

Serves 4

If cooking 2 chickens, add extra cooking time to 45 minutes

1 2.5 lb chicken (preferably pasture raised) 4 cloves garlic chopped finely
1 teaspoon smoked paprika
1 teaspoon sea salt
1/4 cup raw or grass-fed butter semi-melted
1 white onion cut into quarters
6-8 small carrots
6-8 fingerling potatoes
2 stalks celery
1/2 cup chicken broth or water

1. Heat the oven to 500°. Butter a 13×9 baking dish. Soften the butter on the stove and stir in the garlic, salt and the smoked paprika. Loosen the skin from the bird with your fingers and rub the garlic butter mixture in between the skin and the chicken. Rub whatever is left over on the outside of the chicken and sprinkle with sea salt.
2. Place chicken in the baking dish or roasting pan and place the veggies all around the chicken. Sprinkle with salt and pepper and pour a half-cup of chicken broth into the pan and pop the pan into the oven!
3. Bake the chicken for about 30 - 45 minutes. Watch it when it gets close to the end to make sure the skin doesn't burn. You want the skin crispy just not burned.
4. Remove from the oven and let rest for 10 minutes before serving.

Black Bean And Chicken Tostadas

Prep Time: 15 minutes

Cook Time: 20 minutes

For the bean mixture:

1 15 ounce can black beans, rinsed and drained
1/2 cup shredded chicken (use from roasted chicken)
1 teaspoon cumin
1-2 garlic cloves, chopped

For the slaw:

2 cups shredded cabbage
handful of cilantro chopped
2 green onions, sliced thinly
1 tablespoon fresh lime juice
2 tablespoons olive oil

Extras:

1/2 cup raw cheddar or Daiya cheese
1 fresh avocado
4-6 sprouted corn tortillas or pure coconut wrap vinegar-free salsa

Mash the beans, chicken, cumin and garlic in a bowl and set aside. In a separate bowl, mix the lime juice and olive oil. Toss in the cabbage and mix the cilantro and green onions until coated. Season to taste with salt and pepper.

Heat oven to 375°. Spoon bean mixture and cheese onto each tortilla; cook 5-8 minutes. Top the tostadas with slaw and avocado.

Hearty, Crunchy Salad with Lemon Avocado Dressing

Prep Time: 15 minutes

Serves 4

Salad

1–2 bunches hearty lettuce such as romaine or kale
1/4 red cabbage, shredded
1 fennel, sliced
1 carrot, chopped
1 celery, chopped

Dressing

3 green onions, roughly chopped
2 avocados, peeled and pitted
1/4 cup lemon juice
1/8 teaspoon sea salt
1/8 teaspoon ground black pepper

Blend the dressing and serve over salad.

Make a double batch and eat throughout the week.

Ground Turkey and Polenta Casserole

Prep and cook time: 1 hour

Serves 6-8

2 cups polenta (coarse cornmeal in bulk section) or Bob's Red Mill Polenta
1 24-ounce package chicken bone broth plus 3 cups filtered water (OR six cups water)
3 tablespoons oregano, minced
1 teaspoon thyme, minced
2 teaspoons sea salt
1 1/2 pounds ground turkey
1 yellow onion, chopped
2 tablespoons grapeseed oil
4 cloves garlic, minced
1 small jar marinara
2 tablespoons parmesan, grated

In a large pot, bring broth and water to a boil. Slowly add cornmeal, stir, and turn down to low heat. Continue to stir until thick. Add fresh herbs and sea salt. Set aside.

Preheat oven to 350 degrees. Sauté turkey and onions in oil and cook for five minutes; add garlic. Continue to sauté until meat is golden brown. Spread the turkey mixture in the bottom of a 9x13-inch glass casserole dish. Spread marinara over the turkey, then layer the cooked polenta. Sprinkle parmesan on top along with more fresh herbs, if desired. Bake in oven for 10 minutes.

Sautéed Greens with Garlic and Parsley

Prep Time: 5 minutes

Cook time: 10 minutes or less

Serves 2

1 bunch dark, leafy greens
3 cloves garlic finely chopped 1 glug grapeseed oil
1/2 cup bone broth
1 lemon, juiced and zested
1 handful parsley, chopped

Heat the oil, garlic, and lemon zest in a sauté pan for about 2 minutes. Add the greens and sizzle for a couple more minutes until the greens are ultra bright green. Add the broth and cover. Let steam for 3-5 more minutes. Season with salt, pepper, and a squeeze of lemon. Toss in parsley just before serving.

Simple Quinoa

1 cup quinoa
2 cups pure water
1 3-inch strip of kombu
1 tablespoon coconut oil
1 tablespoon ghee

Rinse quinoa in a strainer if possible. Add quinoa, water, ghee, oil, and kombu to a pot. Bring to a boil and then simmer 20 minutes. Fluff with a fork. Remove kombu. Season and serve.

Mayo-Free Albacore Tuna Salad

Prep time: 15 minutes

Serves 4

2 cans wild-caught albacore tuna in water, drained
1 lemon, juiced
1/2 cup green apple, chopped
1/2 cup celery, chopped
1/4 cup olive oil or flax oil
1 teaspoon sea salt
1 teaspoon kelp flakes fresh ground pepper to taste

Mix all ingredients and serve. Suggestion: Before eating, add chopped walnuts, sunflower seeds, and/or chives. Serve with greens.

Wild Salmon with Rosemary and Garlic Paste

Prep and cook time: 20 minutes

Serves 4

1/4 cup finely chopped fresh rosemary leaves
2 garlic cloves, chopped
1/2 teaspoon black peppercorns
3/4 teaspoon fine sea salt or coarse kosher salt
4 teaspoons grapeseed oil
4 wild-caught salmon fillets, 4-6 ounces each

Preheat oven to 400 degrees. Combine chopped rosemary and the next 4 ingredients in mortar and crush with pestle or blend in mini processor until coarse paste forms. Mix in oil. Rinse the salmon, pat dry with a paper towel, and place on a baking sheet. Rub the mixture over the top of the fish. Position rack in center of oven. Roast the salmon until an instant-read thermometer reaches 130 degrees. Place on platter and serve.

Grass-Fed Beef Lasagna

Prep and cook time: 1 1/2 hours
Serves 8

(option to use zucchini noodles in lieu of brown rice noodles)

1-2 pounds grass-fed beef
6 cloves garlic, minced
3 tablespoons avocado oil, divided
1 large jar marinara sauce
1 yellow onion, diced
2 green zucchini, diced
1 bunch spinach, cut 1-inch julienne-style
1 bunch oregano, chopped
1 box brown rice lasagna (non-boil pasta), broken into pieces
goat cheese, optional

Preheat oven to 350 degrees. Heat a large sauté pan on medium-high. Add grass-fed meat and cook until browned. Add minced garlic and 1 tablespoon avocado oil; combine and cook for 1 minute. Add marinara to meat mixture and simmer on low. In another skillet, sauté yellow onion, zucchini, and mushrooms in 2 tablespoons grapeseed oil for about 5 minutes. Add veggie ingredients to beef-marinara sauce; stir.

Add spinach and oregano to the sauce; stir and heat through.

Oil a 9x13 baking dish. Place a layer of broken lasagna noodles on bottom of baking dish. Layer meat-veggie sauce over the noodles. Dollop with goat cheese if desired. Keep layering until all ingredients are used and finished with sauce. Make sure that noodles are covered with sauce, so that they will cook thoroughly. Cover with foil and bake for an hour.

Note: Try and find lasagna that does not have to be boiled. If pasta does need to be boiled, follow directions on box.

Farm Fresh Frittata

Soak time: 20 minutes
Prep and cook time: 1 hour
Serves 12

1 cup quinoa (soaked in some water with juice from half lemon for 20 minutes, then drained and rinsed)
2 cups water or healing bone broth
1 dozen pastured eggs 1 red pepper, small dice
1 red onion, small dice
1 bunch swiss chard
3 cloves garlic, minced
1 bunch fresh basil, chopped 3 teaspoons sea salt

Put soaked and drained quinoa and 2 cups water in medium sauce pan and bring to boil. Reduce to simmer with lid on until cooked, 10 to 15 minutes. Remove from heat and set aside to cool. In a large mixing bowl, whisk eggs and salt; set aside.

Preheat oven to 375 degrees. Prep all veggies. Rinse and roll swiss chard and make one-inch julienne cuts across swiss chard rolls. In a large sauté pan, sauté the red onion, mushrooms, and red pepper until golden; add garlic for one minute. Add swiss chard and sauté until wilted. Allow to cool down.

Make sure quinoa and veggies are not too hot when adding to eggs. Mix all ingredients in one large bowl. Oil a 9x13 baking dish and pour all ingredients into baking dish. Cover with tin foil and bake for 30 minutes. Check middle and, if it is still liquid, cover casserole and bake at 400 degrees for 10 more minutes. Remove tin foil for the last 5 minutes.

Oven-Roasted Kale Chips

Prep and cook time: 30 minutes

Serves 4

1 bunch kale (the curly-leaf variety works best for this recipe)
1/8 cup grapeseed oil
1/2 teaspoon good quality salt
ground black pepper
1-2 seasonings of your choice: nutritional yeast flakes, garlic powder, red chili flakes, curry powder Italian herbs

Place a large, shallow roasting pan or sheet pan in the oven and pre-heat to 375 degrees.

Rinse kale, and dry completely. Remove stems, and cut into pieces approximately 3-inches wide. In a large bowl, use your hands to combine the kale with the next 3 ingredients. Season to taste with your choice of suggested ingredients, coating kale evenly.

When the oven is up to temperature, carefully put the kale into the hot pan, spreading it out into one layer. It will sizzle. Roast in oven for 10 minutes and then gently stir or turn the leaves. Continue roasting another 5-7 minutes until kale is crisp and dry, but not too brown. Some may be chewy instead of crisp. Serve immediately.

Red Lentil Soup

Prep and cook time: 45 minutes

Serves 10

3-4 cups dried red lentils (can find in bulk section)
3 tablespoons grapeseed oil or ghee (clarified butter)
1 yellow onion, 1/4-inch slices
1 shallot, minced
1 1-inch piece of ginger root, peeled and minced
3 cloves garlic, minced
1 teaspoon turmeric
1 teaspoon cumin
1 teaspoon cinnamon
2-3 teaspoons sea salt
1 24-ounce container of bone broth or chicken stock 5 cups filtered water
2 fresh lemons, juiced

In a stock pot, heat grapeseed oil or ghee; add onions and sauté until translucent. Add shallots, ginger, and garlic and sauté for about a minute, or until the garlic becomes slightly golden. Add all dried spices, combine, and lightly sauté for 1 more minute. Finally, add bone broth, water, lentils, and sea salt. Bring to boil, then reduce heat to simmer with lid slightly ajar. Cook on low for about 20-25 minutes or until all lentils are a gentle orange color. Add lemon juice during the last few minutes of cooking. Taste and add more sea salt if needed.

Cole Slaw Fish Tacos

Prep time: 15 minutes
Cook time: 10 Minutes
Makes about 4-6 tacos

For the fish:

1 large filet of Ling cod or Pacific halibut
2 teaspoons cumin
1 teaspoon garlic, crushed
1 teaspoon Himalayan pink salt

Pat the fish dry with paper towels; season the fish with cumin, garlic, and salt. Fire up the grill to medium and let the fish cook for about 4 minutes each side or until the fish flakes apart easily with a fork.

Slaw topping:

1/4 head green cabbage, finely sliced
1 green onion, sliced
1 handful cilantro, chopped
1 lime, juiced
2-3 tablespoons olive oil salt to taste

Mix everything in a bowl and dress with the lime juice, olive oil, and salt.

Toppings:

corn tortillas
chopped avocado
fresh salsa (vinegar-free to make it candida friendly)

Plant Protein Smoothie

Prep time: 5 minutes
Serves 1

1 cup almond milk, coconut milk, or water
1/2 ripe avocado
2 tablespoons hemp seeds
1 scoop plant-based protein powder
1 large handful kale or spinach

Blend all ingredients in a Vitamix or blender until smooth and well-blended.

Cashew Cake-Batter Pudding

Soaking time: 1 hour
Prep time: 5 minutes
Serves 6

1 heaping cup raw cashews, soaked for one hour and then drained
1 cup pure water (or unsweetened almond milk or coconut water)
1 teaspoon vanilla extract or vanilla bean
3 tablespoons coconut butter (found near the nut butters in the baking aisle of health food stores)
1/2 teaspoon dark-liquid stevia
1/2 teaspoon sea salt

Blend all ingredients together in a food processor. Refrigerate and serve cool. For added pleasure, combine carob or chocolate chips before refrigerating.

Coconut Flour Lemon Cake

Prep and cook time: 1 hour

Makes 16 2-inch servings

1/4 cup coconut oil
6 eggs
1/2 cup coconut milk
6 tablespoons xylitol (natural sweetener)
1 teaspoon vanilla extract
1/2 teaspoon lemon zest
1/2 cup coconut flour
1/2 teaspoon aluminum-free baking powder
1/2 teaspoon salt
1/2 lemon, juiced

Preheat oven to 350 degrees. Measure out coconut oil and place in an 8x8-inch pan. Place pan in oven to melt the coconut oil. Once the coconut oil is melted (probably 2 minutes or less), remove the pan from the oven and let it cool. While coconut oil is melting, whisk the eggs, coconut milk, xylitol, vanilla, and lemon zest together. In a separate bowl, combine coconut flour, baking powder, and salt. Stir the dry ingredients into the wet ingredients.

Once pan with melted coconut oil is cooled enough to handle, carefully swirl the coconut oil around the pan, making sure to grease all sides. Pour the remainder of the coconut oil into the batter and mix until all lumps are gone.

Pour the batter into the greased pan and place on the middle rack of the oven. Bake for 35-40 minutes, until browned on top and a toothpick comes out clean.

Italian Pasta Salad

Prep and cook time: 45 minutes

Serves 6-8

1 box brown rice or quinoa pasta
1 can garbanzo beans, rinsed and drained
1 red onion, chopped
1 cup raw broccoli, chopped
1 4-ounce package feta or goat cheese, crumbled
3/4 cup pine nuts (option to toast them)
10 black olives, pitted and halved
1 teaspoon sea salt
1 teaspoon dried or fresh basil
1 teaspoon dried or fresh parsley
1 teaspoon dried or fresh oregano
1 cup Christa's Healthy Salad Dressing

Boil pasta according to package directions and drain. Place cooked pasta in refrigerator to cool for 20 minutes. Mix all other ingredients together. Combine with pasta and serve.

Christa's Healthy Italian Candida-Friendly Dressing

Prep time: 10 minutes

Makes approximately 1 1/2 cups

1/2 cup flax oil
1/2 cup organic extra virgin olive oil
1/2 cup lemon juice
1 garlic clove, crushed
4 drops of dark-liquid stevia
1 pinch of sea salt
1/2 teaspoon sea veggie flakes (dulse, kelp, or nori)
1 pinch each of basil and oregano

Shake all ingredients in a salad dressing container. Keep refrigerated due to flax oil.

Quick Turkey Chili with Aduki Beans

Prep and cook time: 30 minutes

Serves 4

2 cloves garlic, minced
2 tablespoons grapeseed oil
1/2 cup white onion, chopped
1 can Eden Organic Aduki Beans, drained and rinsed
1 pound ground turkey (free-range, organic)
1 teaspoon ground cumin (or 1 1/2 teaspoon for added heat)
1/2 teaspoon red chili flakes (or 1 teaspoon for added heat)
1 pinch cayenne pepper
3 drops dark-liquid stevia
1 teaspoon ground black pepper
1 cup marinara sauce (without sugar)

Sauté garlic and onions in grapeseed oil for about 3 minutes. Add turkey and cook on medium heat for 5 minutes. Add all spices and sweetener and stir for a few minutes. Add aduki beans and marinara sauce. Let mixture simmer for 5-7 minutes to allow flavors to blend.

The Breakfast Smoothie Everyone Loves

Prep time: 5 minutes

Serves 1

1 cup frozen organic berries
1 cup unsweetened almond or coconut milk
1 scoop protein powder*
1 tablespoon ground flaxseed
1 teaspoon hemp seeds
1 teaspoon raw organic coconut oil

Blend and enjoy!

*Use either egg white, whey, or goat's whey. MRM, Jay Robb, Tera's Whey, and Fit 365 are the best brands, since they are sweetened with stevia and are hormone- and antibiotic-free. If you don't mind the flavor, you can add 1 teaspoon of powdered greens, such as Vitamineral Green, to enhance the nutritional value of your smoothie.

Dairy-Free Hot Chocolate

1 cup unsweetened coconut milk
1 teaspoon alcohol-free vanilla extract
2 teaspoons raw cacao powder
1/4-1/2 teaspoon powdered stevia, to taste
1 pinch Himalayan pink salt (optional)

Mix all ingredients together; heat on stove over medium heat. Bring to a boil and simmer for 3 minutes. Serve.

The additional Candida-Friendly Recipes below can be found on the [website here](#).

Baked Wild Salmon with Leeks

Butternut Squash Soup

Caesar Dressing (remove ACV and add one extra tablespoon of lemon juice)

Caffeine-Free Turmeric Chai Tea (sweetened with stevia and not coconut sugar)

Cashew Coconut "Cream Cheese" Frosting

Chicken Tortilla Soup

Chocolate Pudding Smoothie

Coconut Macadamia Porridge

Collard Green Lunch Wrap

Creamy Coconut Oatmeal (use stevia instead of maple syrup)

Easy Quinoa Vegetable Soup (add a protein)

Gluten-Free Spicy Meatloaf

Healthy Chicken Nuggets

Mediterranean Dressing

Moroccan Lamb

Pan-Seared Asparagus with Crispy Ginger

Potato, Celery, and Cauliflower Soup

Raw Almond Hummus

Savory Golden Gravy

Scrambled Eggs and Greens

Turmeric Ginger Lemonade

Whole Journey Bliss Juice

Wild Salmon with Rosemary and Garlic Paste

Zesty Chicken Stir-Fry (Can use any other animal protein. Use stevia instead of raw honey and sea salt instead of tamari)

Frequently Asked Questions (FAQs) About Symptoms and Remedies

These questions and answers have been compiled from a recent candida cleanse webinar. Key words have been bolded and alphabetized.

Q: Is **acne** related to leaky gut, food sensitivities, and candida?

A: There is absolutely a correlation, but it will take a while to clear up, as it takes a while for the gut to heal. If the mucosal lining is broken, food particles and bacteria can come out the wrong way through the inside of the gut into the blood stream. More often than not, bacteria will push out through the skin causing acne. If you are dealing with skin issues and have been on the cleanse for at least 3 weeks, you can add in raw apple cider vinegar medicinally. Take 1-3 teaspoons of ACV in 8-12 ounces of water along with 1/4 teaspoon Himalayan salt. This will help move the process along a little more quickly. You should add back the strongest probiotic (Probiotic 225 from Orthomolecular) at the end of the cleanse to repopulate good gut bacteria. If the acne does not resolve at the end of the cleanse, get a stool test for parasites and a hormone test through the services of an individual practitioner.

Q: Any tips for **acne**?

A: Please see the question and answer above regarding acne and leaky gut. Also, green tea works wonderfully for acne. You can make green tea very strong and mix a few ounces in with your lotion when you put it on at night. Drinking green tea helps a lot, too.

Q: What if I'm struggling with **adrenal fatigue**?

A: If you are struggling with your adrenals, magnesium will relax and nourish the entire nervous system. Create a ritual at night. Give yourself a footbath. Mix 2 ounces of magnesium oil (by Health and Wisdom) in a gallon of hot water and soak your feet while you're reading or watching TV. Magnesium will get into the feet right away. Or, you could take a bath and use 4 ounces of the magnesium oil in your bath. This is also great for people who have trouble sleeping. One needs to get good sleep because the cleanse is going to take a lot of energy.

Q: I have had a **bitter aftertaste** for over a week. What could cause this?

A: Typically if you have a palette or taste change, it could be a sign that heavy metal toxicity is underneath the candida. The body sometimes produces candida to neutralize the dangerous effects of methyl mercury in order to keep you safe. I would talk to your doctor and get a blood test for metals. If you are still having a bitter aftertaste, you could definitely take chlorella. You could order Premier Chlorella and take 4 twice daily. Temporarily stop the antifungals and just eat according to the candida cleanse diet. Take the Radiant Life liver pills (3 per day) and eat our cleansing pesto (three tablespoons per day).

Q: Can you suggest any remedies for decreasing **bloating and gas**?

A: You can pick up a digestive enzyme that has hydrochloric acid (HCL) and ox bile in it at the health food store or online. Orthomolecular's Orthodigestzyme is my favorite, and taking 1-2 per meal while on the cleanse will help tremendously, especially if you are constipated or have gas. If raw food makes you bloated and gassy, eat mostly cooked food. Bloating and pain with raw food is typically the sign of a parasite.

Q: What is a natural remedy for new **burns**?

A: Raw honey or aloe. You can rub raw honey or fresh cut aloe gel directly on the burn. You can alternate the two, as well.

Q: What if I am still **constipated** in week four?

A: If you are a couple of weeks into the cleanse and are still constipated, cut the amount of clay in half. If that doesn't work, stop the clay altogether. Take 3 tablespoons of olive oil mixed with 3 tablespoons of lemon juice at night before bed and/or 4 ounces of aloe vera juice. If you are taking both, take them at separate times.

Q: I've been experiencing the "slow" problem (**constipation**). How can I get things moving?

A: Get Triphala from your local health food store and take 3-4 at night before bed. Calm by Natural Vitality, a magnesium product, is also okay and usually works. You can also take 3 tablespoons of magnesium (although, not the best use of magnesium) in water before bed, and it should produce results in the morning.

Q: Do trace minerals help with **constipation**?

A: Trace minerals help out greatly with constipation because water can actually hydrate the bowel.

Q: Should we view our candida **die-off** symptoms (headaches, gas, skin breakouts) as a good sign that the cleanse is working? Or do die-off symptoms indicate that we are detoxing too quickly and are overloading our liver? I've read conflicting points of view. I never know whether to be happy or concerned and discouraged when I experience symptom flare-ups.

A: Yes, die-off is a sign that the candida is leaving your body, so it is a measure of progress. It just depends on how much your liver, kidneys, digestive system, lymph, and blood can take to determine the intensity of die-off since everyone has a different current state of health. Die-off symptoms that persist for longer than seven days indicate that you are cleansing too quickly, and your body is having a hard time eliminating the toxins and candida fast enough. This is when colonics and other detoxing suggestions are helpful.

Q: If you don't have **die-off** effects, does that mean that the cleanse is not working and/or yeast may not be your issue?

A: The pH test and spit test are your markers of progress. Just because you don't get die-off doesn't mean the cleanse isn't working. The die-off just depends on how quickly the channels of elimination are flowing. If you are having a couple of bowel movements each day or other organs are strong, then you might not get die-off symptoms.

Q: I didn't get any **die-off** symptoms in the first few weeks, but now I am seeing die-off symptoms in week four. Is there a reason for this?

A: Anything is fair game on the candida cleanse. You don't know how deep into the tissue the candida was lodged. The clay and the earth are sloughing off the periphery layer, and the antifungals are going deep into the intestinal tissue. As you are making the skin cells come to the surface, maybe you are getting a big dump of candida into your system, which causes flulike and die-off symptoms. Do your best to be a good surfer and ride these waves. You can get negative symptoms at any stage, but after one month, about ninety percent of you shouldn't have anymore flulike or die-off symptoms.

Q: For those of us who are lacking in sleep due to workload and little ones waking at night, what do you recommend for an extra boost of **energy** during the day?

A: Doubling the dose of Max Stress B-ND (Premier Research Labs) will help.

Q: The lower lid of my left **eye twitches**. Do you have any remedies?

A: The three go-to things for twitching are magnesium (start there), drink coconut water to get your potassium, and, if it still doesn't go away, take vitamin E as directed on the bottle.

Q: What can we do about very dry **feet and fungus** on toenails?

A: For dry feet that are cracking, take a good fish oil like New Chapter Whole Mega. OR, you can rub your feet in coconut oil and put socks on before bed. For toenail fungus, I'm not an expert on this, but the cleanse usually takes it away. I might also suggest rubbing grapefruit seed extract on the toenail and around it and wear socks before bed.

Q: I am going to try to avoid raw veggies in meals to see if that helps with my **gas**. Should I also stop putting raw veggies (kale and spinach) in my morning smoothie?

A: Yes, have cooked veggies with dinner and eliminate the raw veggies from your shake.

Q: I feel **gassy** after I have a rice protein powder. Should I have it?

A: If something gives you gas, it is off your list. The same goes with raw veggies. If you get gas, then you need to eat cooked veggies.

Q: What can we do for **headaches** instead of acetaminophen or ibuprofen?

A: If your headaches are really bad the first couple of days, you can take ibuprofen, an NSAID (non-steroidal anti-inflammatory drug). Taking too many of these, though, thins the lining of the gut. Needless to say, I don't want you to take them consistently throughout the cleanse. Balancing your pH and having anti-inflammatory food will help. InflammabLOX by Orthomolecular is what I take when I have a headache.

Q: Are neck pain and **inflammation** a sign of detox?

A: I am not sure about neck pain. Could it be from working at the computer? Inflammation is a sign of detox.

Q: What can I do for **jet lag**?

A: Take 1-2 mg time-released melatonin for a week to help with jet lag.

Q: What should I do if I have loose stools and have been struggling with **leaky gut** for a really long time?

A: I would get the heavy hitter probiotic of the nation, Orthomolecular's Probiotic 225. This probiotic comes in sachets and not capsules. Open the sachet and mix in water. Drink this along with your Sac B before bed for 15 days.

Q: I've been drinking the 100% raw coconut water and turmeric ginger tea, but I'm still experiencing **leg cramps**. What can I do for that?

A: Magnesium oil at night will help a lot. Also, taking 100 mg of the supplement phosphatidylserine (PS) before bed could help as well. These will lower nighttime cortisol levels and improve your sleep.

Q: My calves are sore and my **legs hurt**?

A: This could be a sign of dehydration, so make certain you are drinking at least one liter (34 ounces) of water for every 50 pounds of body weight. It can also be a sign of mineral deficiency, usually magnesium. Have 8 ounces of coconut water every day and consider taking a magnesium oil (or magnesium salt) bath a few times a week.

Q: I have a lot of weight to lose, so I am worried about **loose skin**. Do you have any suggestions on what I can use internally and externally to prevent having loose skin?

A: For loose skin, muscle-building exercises are your best bet.

Q: What if I am **losing hair**?

A: As your digestion system improves, your hair should improve. You will learn how to synthesize protein better, and this is important since your hair is mostly made of protein. As you improve the gut and improve the immune system, your body will be able to optimally use all of the nutrients that it is getting. The caveat is, though, with heavy metal toxicity. A lot of times heavy metals are pushed out through the hair. I would suggest that you have a blood test to see if you have metal toxicity.

Q: What can I do about **menstrual pain**?

A: There are three nutrients that are important. Omega-3 fatty acids will slash inflammation for period pain, so take fish oil supplements or eat salmon a couple times a week. Magnesium is also important. Your body needs more magnesium during PMS and during your period. A magnesium oil foot soak will help to alleviate pain. B vitamins are important, as well. If your body gets enough B vitamins, you can cruise right through your period and just have a little fatigue. You could double the dose during PMS week.

Q: I am working with a naturopath to detox metals, and I am taking Detoxosode along with a large list of whole food supplements. I get a very extended stomach after eating and have been constipated. I also have a **metal taste** in my mouth after eating. What can I do?

A: You might want to slow down your candida cleanse while you are cleansing metals because tasting metals is a sign that you are moving through the candida faster than you are moving through the metals. You want to move through the candida and metals at the same time or have the metals dealt with first. I would take only 1/2 teaspoon/each of the clay and earth and cut your antifungal dose in half until the metal taste goes away. This will take at least a week. Eat lots of cilantro and consider other cleansing methods, like strengthening your liver so it can detox more metal. Or, have a colonic if that appeals to you.

Q: What can I do when I feel the early stage of a **migraine**? Does exercise help prevent migraines at the onset or likely worsen? Is Matcha green tea okay, or is it likely to prompt more pain?

A: Our turmeric ginger tea will help your liver to be prompted to make more glutathione, the master antioxidant. That, plus drinking a lot of good quality, mineralized water, will help a lot! The liver pills by Radiant Life or eating grass-fed beef liver can also help. You could also try squeezing lemon juice into a mug and set aside. Boil the lemon rinds for a couple of minutes with water and then add the water to the mug. You get a super influx of lemon juice, which will help flush your liver, too. You may certainly have a few cups of green and Matcha tea, as I don't think they will contribute to a migraine. The little bit of caffeine will act as a vasodilator and open up the blood vessels to allow more blood flow to the brain to cut a headache. Light to moderate exercise should help move lymphatic fluid and get more blood flow to the brain. Intense exercise, however, could actually bring on a migraine in some cases.

Q: What if I have **mood or energy** issues?

A: For mood or energy issues, take some liquid B vitamins to support your liver. We like Max Stress B ND by Premier Research Labs. You can get it online at pureformulas.com. Take 1/2 teaspoon with a little bit of water twice a day.

Q: What is helpful for **nausea** other than ginger tea, colonics, and water?

A: Turmeric, acupuncture, foot massage, and reflexology are good for nausea, as well. Find oddly shaped stones outside and walk on those to help with nausea. Drinking 1/8 teaspoon of baking soda mixed into 1/4 cup of water will also help.

Q: May I use Aleve or Advil on the cleanse for **pain**?

A: You can take a little bit of an anti-inflammatory, Advil or Aleve, but don't take them in excess. Take two a day for three days if you are having detox symptoms or are having pain, but ultimately these NSAIDs (non-steroidal anti-inflammatory drugs) thin out the lining of the GI tract. Following the diet should take away pain because you are getting acid out of the joints, and you are slashing cellular inflammation. Your pain should subside in 2-3 weeks.

Q: I feel like I am having gallbladder attacks, severe **pain**, bloating, and diarrhea that last for four hours. What should I do?

A: You should not be in pain on this cleanse – no pain at all. Discomfort is normal for the first week to the second week depending on how much you need to release and how quickly you are cleansing. But, the detox symptoms should be headaches, mental fog, achiness, sluggishness, and maybe some skin issues; it shouldn't be anything unbearable.

If you are in pain, you'll need to stop and recalibrate. Talk to a doctor or naturopath. The cleanse can be a bit tough on the kidneys, gallbladder, and liver, so we have to evaluate the health of your organ systems as you go. You need to take care of your gallbladder and perhaps do a gallbladder cleanse. Right away take Orthodigestzyme (from Orthomolecular), a digestive enzyme that has ox bile in it. The gallbladder is responsible for secreting bile which helps digest fat. If you are having a gallbladder attack, you are having a hard time digesting fat. If you take an enzyme with ox bile in it for an acute situation like this, take 2 with each meal to help you digest. Remove all fats from your diet for 3 or 4 days and eat lightly steamed vegetables, good quality salt, lots of green drink, and dandelion to flush the liver.

Q: I have a **parasite**. How long does it take to shift the body pH from acidic to alkaline?

A: You won't be able to shift pH as long as you have a parasite. Parasites throw off your pH.

Q: What if our symptoms look like they are related to candida, but we actually have **parasites**?

A: This cleanse will kill a lot of parasites, but a stool test might be in order for you to determine for sure.

Q: I have a **saccharomyces boulardii overgrowth**. I know I need to eliminate grains completely, but what about stone ground corn?

A: You should eliminate all corn as well as grains until your GI tract heals.

Q: Do you have any information on the **sinus** and candida link? What should I use?

A: A lot of people with sinus issues have candida. It is a thickening of the mucosal membrane. In Traditional Chinese Medicine, they look at conditions in the body as being overly damp or overly dry. The sinuses and candida are overly damp conditions that allow fungal like substances to overgrow in the place where we have mucous membranes. In the mouth we get thrush; in the nose we get sinus infections; and in the gut we get candida. When you get rid of candida you dry up that damp condition, and most of the time sinus infections will be a thing of the past. The cleanse is the best way to help sinus issues. If your head is really foggy, Sinatrol is a good product to try.

Q: Could my lack of **sleep** make my pH so acidic?

A: Not sleeping well is definitely a big part of pH. Put 1/8 teaspoon of baking soda in 4 ounces of water and drink that before bed and start taking some phosphatidylserine (PS) along with Natural ZZZ.

Q: I used to **sleep** well and uninterrupted, but now that I am on the cleanse, I wake up once or twice during the night. What can I do?

A: Taking the Sac B at a different time away from food could help. Also, have a snack before bed with a little protein and fat to keep your blood sugar stable and to keep you sleeping at night.

Q: Any suggestions for **sore, slimy, red throat** that I know will lead to a throat and sinus infection? I am taking Sinatrol and going out looking for D-Hist, too.

A: Olive leaf throat spray by Barlean's plus Sinatrol should do the trick!

Q: What is good for **stomachaches**?

A: Baking soda in water is very alkaline forming, so if you get a stomachache, you could mix 1/8 teaspoon baking soda in 1/4 cup of water for drinking, and it will neutralize acidic poisons and shift your pH back to normal immediately.

Q: I have been "eliminating" very well on the cleanse, and I've noticed great improvement with my digestion. However, whenever I eat amaranth, it appears **undigested** in my stools even though my stomach feels fine. Is it normal to see amaranth (or quinoa) pass in this way? Or is it a sign that my body cannot handle it?

A: My first question would be to ask if you are chewing your food well. Practice chewing 20 times for each bite until your food is liquid. This practice is better than taking digestive enzymes and will help you absorb your nutrients better. I believe it is normal to see these tiny grains undigested because they are high in fiber. If you chew them REALLY well and you still see the grains in your stool, then you might want to take a break from the grains.

Q: Do you have any advice for chronic bacterial **vaginosis**?

A: I'd suggest before or after sex to take 1-2 of the probiotic Bifidyn by Source Naturals. It helps build the good bacteria in the vagina and, therefore, can prevent vaginosis. During the candida cleanse, I would add in Bifidyn at 3/day for about 3 weeks with the Sac B. For acute symptoms, get Pau d'Arco tincture. Purchase a douche at the drugstore, empty the douche, fill with pure water, and include about 4-6 drops of the tincture. Douche with that to keep the vaginosis under control.

Q: I am losing too much **weight**. If my bowel movements float, does that mean I am not digesting fat?

A: If your poop floats, it isn't necessarily indicative that you are not digesting your fat. It is indicative of malabsorption in general. Try Orthomolecular's Orthodigestzyme, a full spectrum enzyme. Take 2 with every meal to make sure you absorb your nutrients, and that will help you to stop losing weight. Beef up your protein and carbs a little bit. Add in sweet potatoes and even a little bit of white potatoes to stop the weight loss.

Q: If I am having **yeast infection-type symptoms**, what can I do?

A: If you are having yeast infections, you can use Bifidyn. You could also get Pau d'Arco capsules and insert one vaginally before bed for three nights in a row. You don't have to open it since the body heat will break down the gelatin capsule at night, and your body will eliminate it the next day. This will put an antifungal and anti-yeast directly on the source.

FAQs About Supplements and Medications

These questions and answers have been compiled from a recent candida cleanse webinar. Key words have been bolded and alphabetized.

Q: Is it okay to take **acetaminophen and/or ibuprofen** for my rheumatoid pain on the candida cleanse?

A: I think it is better to not use those aids as they thin the lining of the gut. Inflammabloc by Orthomolecular and fish oil are great anti-inflammatories. Also, you can incorporate more ginger and turmeric in your diet.

Q: **Acidophilus** makes me have brain fog. Should I take it?

A: Acidophilus is not allowed during this cleanse. Acidophilus can make candida worse if you are just taking it as a single strain. Acidophilus is a main strain probiotic, and the other probiotics recommended in the cleanse offer more balance.

Q: For additional **adrenal support**, may we take both Adaptin All and PS (phosphatidylserine)?

A: Yes, you can take both Adaptin All and PS together.

Q: May I take **adrenal support supplements** while I am on an antidepressant?

A: Yes, you may. There is no interaction for the supplements I recommend which are Orthomolecular's Adaptin All and adaptogenic herbs for the brain.

Q: May I use **Aleve or Advil** on the cleanse for pain?

A: You can take a little bit of an anti-inflammatory, Advil or Aleve, but don't take them in excess. Take two a day for three days if you are having detox symptoms or are having pain, but ultimately these NSAIDs (non-steroidal anti-inflammatory drugs) thin out the lining of the GI tract. Following the diet should take away pain because you are getting acid out of the joints, and you are slashing cellular inflammation. Your pain should subside in 2-3 weeks.

Q: Is inner, outer, or whole leaf **aloe** the best?

A: Whole leaf is best.

Q: Does **aloe** taken at night need to be away from my probiotic?

A: No, aloe will not kill the probiotic. Antifungals, though, are so powerful that they will kill the probiotics, so take the antifungals away from the probiotics. Nothing else will kill the probiotics.

Q: If I'm drinking a daily shot of **aloe juice** diluted in water, does it matter what time of day I am taking it?

A: Aloe is best at night to alkalize your pH before sleep.

Q: Is it okay if my **aloe juice** (made by Lily of the Desert) has citric acid, a stabilizer, in it?

A: Use what you have. The citric acid in one or two products won't be so harmful. However, you don't want to use a lot of products with citric acid in it.

Q: Is **Amazing Grass** a good brand?

A: Yes, it is a good brand.

Q: Do **antibiotic** nasal sprays cause candida or do just the oral antibiotics kill good bacteria in the gut? If my staph infection test comes back positive, what should I do?

A: Don't worry if you have to take antibiotics. It is better, however, to take the nasal spray and will not terribly impede your progress. It is very important to kill staph infections fast if it is present, which is one bonus to antibiotics.

Q: I ended up having to take **antibiotics** for a sinus infection. Should I start the supplement portion of the cleanse while on antibiotics?

A: Yes, but take the Sac B four hours away from the antibiotic. Everything else should be fine, and the immune system will be strengthened. I have found that sinus infections seem to be connected to candida, so once you heal from candida, you hopefully shouldn't get sinus infections anymore.

Q: May I take diatomaceous earth and the bentonite clay while on **antidepressants**?

A: My experience has been that the DE and clay do not affect the antidepressants, but it is always a good idea to check with your doctor. Antidepressants can kill good flora (bacteria) in the GI tract. This cleanse is very helpful for moods and a sense of well-being since the gut and brain are inextricably connected.

Q: How critical is it that we go in order with the **antifungals** (Pau d'Arco for the first 4 days, then olive leaf extract next 4 days, etc.)? I ask because I've run out of certain supplements but not others, and I am waiting on shipment. Does it matter which order we take them as long as we take each for 4 days in a row?

A: At the beginning of the cleanse, the order is important. However, if you had already been drinking Pau d'Arco tea regularly before starting the cleanse, start your rotation with the next antifungal. Once you have been through one or two rotations of the antifungals, the order is not as critical. Also, it is okay to go down to three or two of the antifungals as you run out.

Q: How much time constitutes "**away from food**"? That is, how long do I need to wait after taking the Sac B before eating?

A: "Away from food" means 30 minutes before the meal or an hour after.

Q: I bought Nature's Sunshine Australia Hydrated **Bentonite**. Is that okay, and how much should I use?

A: Yes, use one teaspoon of liquid clay for the first week, and then if you are not constipated, increase it to two teaspoons for the next three weeks. Adjust the dose down if constipation occurs.

Q: What are your favorite **brands of supplements**?

A: My favorite brands are Orthomolecular, Premier Research Labs, Systemic, Green Pasture, Inno-Vita, New Chapter, Health Force, Thorne, Vadik Herbs, and Megafood.

Q: Is everyone supposed to transition to **Candidid Forte** for phase two? Or, is that only for people who see no improvement after three rounds of antifungals?

A: Candidid Forte is only for people who still have legs or sinking saliva when they do the spit test. If you do have legs/sinking, you can continue on with your antifungal rotation for one more rotation, but if you've run out of your antifungals, you can switch to Candidid Forte. It is a great product because it has a different composition of herbs and makes it easier to "finish off" the job and therefore, keeps the number of supplements being used to a minimum.

Q: How long should we stay on **Candidid Forte**?

A: Stay on Candidid Forte for about 3-4 weeks pending spit test results.

Q: What do you think of liquid **chlorophyll**? Is it beneficial or not really necessary?

A: I think liquid chlorophyll is great, but in my opinion, it's better just to get chlorophyll from eating your greens.

Q: Is **chlorella** safe to give directly to a baby? I nursed my 7 month old for 6 months, and I am pretty sure he got yeast through breastfeeding.

A: Definitely do not give chlorella directly to a baby. Chlorella's job is to clean the breast milk. By the way, if you are pregnant or breastfeeding, you should not be on the candida cleanse. However, you can follow the diet.

Q: Is Aztec Secret Indian Healing **Clay** okay to use for the "sludgy cocktail"?

A: Yes. I also mix that clay with apple cider vinegar and give myself a cleansing facial once a week, which you can do/try, also, at anytime during the cleanse. Just don't leave it on for more than 10 minutes.

Q: If you are having **collagen** instead of the broth, how much should I have per day?

A: You can have three tablespoons per day at 3 different times of the day if you have adrenal fatigue. The collagen is going to train your system to absorb nutrients better, to synthesize protein, and to balance hormones.

Q: Does the **diatomaceous earth/bentonite clay** mixture interfere with the absorption of any medicines that are taken in the a.m.?

A: It could interfere. Take your medications away from drinking the mixture (either 30 minutes before drinking the mixture or one hour after).

Q: Why can't we continue **DE (diatomaceous earth)** after the cleanse?

A: It is very harsh on the body, and the liver has to process it. After it does its job, you don't need it anymore.

Q: How do we know when to stop the **DE and clay** (sludgy cocktail)?

A: After you have been on the clay and the earth for 30 days, retest your spit and pH for 3 days. If the legs in the spit test are 50% better than your original spit tests, and if the pH of the second urine has climbed by .3 or more, you can stop the clay/earth. If not, you will need another one-to-two weeks on the sludgy cocktail.

Q: I woke up in the middle of the night feeling hungry. Is it all right that I ate an hour before my **DE/BC** sludgy cocktail?

A: Yes, that is totally fine.

Q: What is the impact of the **earth and clay** for someone who doesn't have candida? Would they still experience die-off symptoms?

A: No, one wouldn't experience die-off symptoms if one doesn't have candida. If you do the spit test and it doesn't sink to the bottom, you really shouldn't be doing the DE. A little bit of clay is helpful a couple times each year to pull out toxins from the intestinal tract. But, if you don't have candida, don't do the DE and cut the anti-fungal dosages in half just to give your immune system a boost.

Q: What is your opinion about using **digestive enzymes and betaine HCL**?

A: Digestive enzymes are catalysts that will help you digest your food and deliver the nutrients for better absorbance. If you have had stomach troubles or are over fifty, adding in betaine HCL (and pepsin) is a good idea because HCL helps us detoxify and breakdown our food. You don't want to stay on enzymes and/or betaine HCL for too long however, because you will train your body that it no longer needs to produce them on its own.

Q: What if I react to **glutamine**?

A: Don't use it.

Q: May I take **grapefruit seed extract** while on antidepressants?

A: In eight years of working with clients, I have never had anyone have an adverse reaction. But, I would remove the grapefruit seed extract from the rotation to err on the side of caution.

Q: As we are trying to heal the gut, would the **Great Lakes Gelatin** be a good substitute for the bone broth?

A: Yes, the gelatin is a great alternative to the broth. Mix one tablespoon of the gelatin in your food three times/day.

Q: If I have been previously taking **Green Pasture Fermented Cod Liver Oil/Butter Oil** blend, do I need to go off it for the first part of the cleanse since it is fermented?

A: Stay on the Green Pasture CLO/BO. It is great stuff. It is okay that it is fermented because it is fish oil.

Q: Could you recommend an **herbal immunity booster**/support?

A: Purchase Wellness Formula by Source Naturals or New Chapter Life Shield Immunity OR both if you are really having issues. Take 1-2 capsules two times per day.

Q: I have ordered **Inflamma-blox** from the supplement list you posted, and I found that it has turmeric. In the past, I have had stomach burning whenever I have had formulas containing turmeric.

A: Inflammablox is a very balanced formula and shouldn't hurt your stomach. If it bothers you, take it with food.

Q: Do you have to avoid **iodine** for **Hashimoto's**?

A: You can still use liquid trace minerals, as there are only trace amounts of iodine. You can use the Himalayan salt or Celtic sea salt, since those do not have any iodine in them. Avoid using sea vegetables or additional iodine, however.

Q: What is the dose for **Mitocore**?

A: The **Mitocore** dose is typically 2 at breakfast and 2 at lunch. For the really immuno-compromised and worn down, take 3 at breakfast, lunch and dinner.

Q: How soon after taking my **Lamisil** antifungal can I take my Sac B to avoid them interacting with each other?

A: Take them about 3 hours away from each other.

Q: What dosage do you suggest for the Radiant Life **Liver pills**? The bottle says 6 pills per serving.

A: I would suggest 3 Radiant Life liver pills per day, which would be the equivalent of 4 ounces of beef liver eaten in a week.

Q: Are the dessicated **liver pills** from Solgar okay, or should we only get the dessicated liver pills from Radiant Life? What's the dosing or how many milligrams we should take?

A: I like Radiant Liver the most, but if you already have Solgar, you can take those. The Radiant Life dose is 3/day, which would be the equivalent of 4 ounces of beef liver eaten in a week.

Q: If I end up making my own **liver pills**, do I still swallow them whole or should I chew them?

A: That would be your choice. Personally, I gag on them and can't chew them, so I cut them small enough to swallow like a pill. Or, just take the Radiant Life Liver pills.

Q: How much **magnesium** is safe?

A: The dosage of 400 mg of magnesium glycinate is safe, but you could go up to 800 mg for a little while if needed for added stress and muscle tension or leg cramps (for up to two weeks). Health and Wisdom is my favorite brand of magnesium oil and Premier Research Labs is my favorite brand of oral magnesium.

Q: I intended to purchase the Max Stress Vitamin you talked about and ended up with **Max B-ND**. Is this okay?

A: Max Stress B Nano Detox is the same thing. Premier Research Labs recently changed the name of the product.

Q: Should I get liquid or pill form for the **Max Stress B** Nanoplex from Premier Labs?

A: It only comes in liquid.

Q: May I take **Max Stress B** forever, or will I get too much?

A: Yes, you can take it indefinitely, but you might want to get your level of vitamin B12 tested at your next doctor appointment. Since we are such a stressed-out society, I like to check clients' vitamin B levels. Eighty percent of the time they are low. You do not have to take high doses of vitamin B forever. If you are eating healthy food, you might just take it in times of stress. You can increase it if you know you are going to have a crazy week ahead or when something is going on in your personal life.

Q: Should I take **Max Stress B** with my other vitamins or take them at a different time?

A: It is no problem to take Max Stress B with other vitamins,

Q: Is it okay that **Max Stress B** has yeast-derived B vitamins?

A: The benefits of Max Stress B far outweigh the risks. You will be supporting the brain, liver, and give you usable B vitamins, so don't worry about the yeast being a minor violation.

Q: What do you think of **Mega Food Balanced B Complex**?

A: This is a great complex and will help those struggling with energy.

Q: Which antifungal helps with **melasma**?

A: GSE (grapefruit seed extract) diluted with water and placed topically before bed will help.

Q: What do you think of **MSM** (methyl sulfonyl methane, an organic sulfur)? Is it a good product to add in?

A: Sure, MSM is great. However, you can get the same benefits from cauliflower, Brussels sprouts, and cabbage if you prefer to get it through food.

Q: May we also take a **multivitamin with B vitamins and minerals**?

A: You may, but make sure it is from a good food-based source. We like Premier Research Labs' Daily One, Orthomolecular's Mitocore, Vitamin Code by Garden of Life, and the New Chapter brands of multivitamins.

Q: I have the liquid form of **oregano oil**. How many drops should I take?

A: Take the equivalent of 500mg.

Q: If we are still not sure if we have candida since the spit test results are inconsistent, could we try **Pau d'Arco** to see if we get die-off symptoms?

A: Absolutely! Pau d'Arco is also an antiviral and will help your immune system. Go through your 4-day rotation of Pau d'Arco and see what happens. If you don't think that you have candida and you still want to go through the cleanse, you can leave off the DE/BC (diatomaceous earth/bentonite clay) and cut antifungals in half, and it will reboot your entire immune system.

Q: Once we finish phase one and our two or three rounds of antifungals, DE, clay, and Sac B, do we stop with ALL of those things when we switch to **phase 2**?

A: Yes, stop all of them when you switch to the new phase of supplements.

Q: If one has shown improvement after phase 1, can we still continue with antifungals in **phase 2**?

A: Yes you can, but you don't have to. Phase Two is for healing the GI lining. If you don't want to buy another product, and if you already have a supply of the antifungals, you can stay on them for another 7-10 days. Do the spit test again after that. If you just repurchased antifungals, don't worry about getting the Candidid Forte. You can just cut your antifungals in half for the last phase of the cleanse.

Q: I am confused by **Phase Two (gut healing)**.

A: You will take one multi-strain probiotic (either Orthobiotic or Probiotic 225 by Orthomolecular) and one supplement for healing the mucosal GI lining (like Mucosagen by Orthomolecular) for a full 30 days. You will potentially take Candidid Forte if your saliva still grows legs. If you take the Candidid Forte, you will take 1-3 capsules/day for 21 days, concurrently while taking with the other two supplements

Q: What is the dosage recommendation for **PS (phosphatidylserene)**?

A: Take one before bed. If you are a really bad sleeper, then take two. If you feel like you get a second wind after dinner, take one after dinner and one before bed. I don't want you to get that second wind. This way we are making sure that your cortisol is not high, and you get a good night sleep.

Q: Where can I buy **Sac B**?

A: You can various brands of Sac B at pureformulas.com. We like the Orthomolecular brand, and you can purchase it at pureformulas.com, as well. You can also find the Jarrow brand of Sac B in health food stores. It's not as good as Orthomolecular, but it will suffice.

Q: I increased my **Sac B** to four capsules last night before bed and had loose stools shortly after. Is this a normal reaction?

A: It's all normal as you rebalance and cleanse. Stay at 4 capsules for a few nights, and then you should level out. Improvement may or may not be linear for the first three weeks on the cleanse, but it should be after that. Your bowels should be good by then.

Q: When I take **Saccharomyces Boulardii** probiotic before bed, I feel like a war is going on in my body, and I get really "out of it." Is it possible to be allergic to Sac B or perhaps to a filler? (I use OrthoMolecular.) Do people sometimes have a negative reaction to Sac B other than die-off?

A: While I have not heard that clients have had reactions to Sac B or that Sac B affected their sleep, anything is possible. Take a 3-day break from Sac B to see if that helps. If so, you should take a break from probiotics for the duration of the cleanse and just repopulate when we are finishing up and doing the "gut sealing" in phase two.

Q: Are four capsules better than three for **Sac B**? I wasn't sure what to take when I saw your recommended 3-4 dosage.

A: It depends on your size and the level of your candida. If your saliva sank for more than one day, four capsules will be better.

Q: I ordered another bottle of **Sac B** and will have to go 5 days without it until it arrives. Should I wait for the order or buy more somewhere else?

A: It is okay to wait.

Q: Is the Jarrow brand of **Sac B** okay to use?

A: Yes, that is fine.

Q: What if I have **saccharomyces boulardii** in my stool sample from a parasite test?

A: In this case, you do not want to take the Sac B supplement when on the cleanse. You would want to take PB8, which is found in the refrigerated section of the health food store. PB8 is a multi-strain probiotic minus the Sac B.

Q: Is there any way to test children for candida? Also, is it all right for them to be on the candida diet and take **Sac B**?

A: Children can do the spit test, too. For kids, just open up one Sac B capsule and put into their food. Honestly, if you just feed them foods that strengthen the mucosal lining, then the candida should take care of itself.

Q: Should one take **Sinatrol** at night or in the a.m.?

A: I would take two at mid morning and two at mid afternoon but not at night.

Q: If we were taking other other **supplements** prior to the cleanse, should we continue for now or discontinue?

A: That is totally up to you. For the cleanse your concern is with the diet, the candida supplements, the sludgy cocktail, and the antifungals. If you are taking other supplements or working with another practitioner, talk to them. There is nothing wrong with taking the supplements, but just make sure there isn't added yeast and that they are working for you.

Q: Should I use the L-glutamine, slippery elm, and marshmallow root **supplements (gut healing)** during the cleanse instead of at the end of the cleanse?

A: I love that L-glutamine is in Mucosagen by Orthomolecular. L-glutamine heals the lining of the gut. Slippery elm and marshmallow root are GI anti-inflammatories. You can take those (I would choose either slippery elm or marshmallow root, not both) and/or Mucosagen during the cleanse to cut GI inflammation. Do this if you have severe bloating and intestinal pain. If not, to save some money and excessive pill-taking, you can wait to use those supplements to heal the lining of the gut at phase 2 of the cleanse.

Q: I am taking a **synthetic thyroid** and found out there is corn, sodium laurel sulfate, sucrose, and FDC blue dye #2 on the inactive ingredient list. What can I do?

A: It is unfortunate there is corn in a medication like that. Also, I can't understand why they have to put a foaming agent (sodium laurel sulfate) or dyes in your thyroid medication. My suggestion is to see if you can find a naturopath or a functional medicine doctor who will put you on something natural like Armour thyroid. Armour is a naturally compounded thyroid glandular, and it is much easier to wean off once you strengthen the thyroid.

Q: I know you recommended Orthomolecular's Orthodigestzyme, but I have **Thorne BPP** (betaine, pepsin, and pancreatin). May I use this product instead?

A: Thorne is awesome. They are another favorite brand of mine. The enzymes in their product are all good!

Q: Is there a difference between **trace minerals** and electrolytes?

A: Electrolytes (basically just potassium and sodium) will help you retain your water. There are up to 84 different essential trace minerals that have a myriad of functions in the body. Trace minerals are a little more complicated. If you drink coconut water each day, it doesn't necessarily mean you are getting all of your minerals for the day.

Q: Do **trace minerals** help with constipation?

A: Trace minerals help out greatly with constipation because water can actually hydrate the bowel.

Q: What do I do about my **thyroid medications** while on the cleanse?

A: I am not here to control any medications you may have already been taking. Stay on them and talk to your doctor to make sure everything is okay. You may want to get your thyroid rechecked after the cleanse since your thyroid could be working better.

Q: I have ordered Inflammablox from the supplement list you posted, and I found that it has **turmeric**. In the past, I have had stomach burning whenever I have had formulas containing turmeric.

A: Inflammablox is a very balanced formula and shouldn't hurt your stomach. If it bothers you, take it with food.

Q: Is there a specific probiotic for **vaginal yeast infections**?

A: For yeast infections, order the probiotic called Bifidyn by Source Naturals. It is a specific strain of probiotics that will recolonize vaginal flora. Take 5 capsules once a day until the bottle is finished. You can do this regardless of whether you are cleansing from candida or not. Also, you can insert one capsule of pau d'arco into your vagina, as well, to kill the yeast/fungus that causes the infection for three nights in a row.

Q: Is **vitamin C** okay on the cleanse?

A: Yes, but just make sure the supplement is food-based. New Chapter, MegaFood, and Premier Research Labs all have good quality vitamin C. The best way to get vitamin C using food as medicine is to incorporate camu camu powder on your food or in your smoothies. You can find that in the superfood section of your health food store tour.

Q: What **vitamin E** supplement (that does not contain wheat germ) is okay for people with Hashimoto's?

A: Orthomolecular's vitamin E is great. For those with Hashimoto's, you also want to take selenium, and you can get that through Ortho Molecular as well. Or, you can just eat lots of shellfish, Brazil nuts, and pastured eggs.

FAQs About Detoxing, Exercising, and Testing

Detoxing

Q: Are Epsom salt and baking soda **baths** good for cleansing?

A: Epsom salt baths are great, but I'm not sure about baking soda baths.

Q: Where can I find info about **coffee enemas**?

A: www.naturalnews.com/coffee_enema.html

Q: Can you give any tips for efficient **coffee enemas**? I get the jitters from 2 tablespoons of coffee.

A: If you are that sensitive to coffee and you get the jitters, you could either not do the coffee enemas or do them first thing in the morning.

Q: How do you cool the coffee efficiently for a **coffee enema**?

A: Just brew it and let it sit out or put it in the refrigerator until it comes to room temperature.

Q: Should I get a **colonic** when I just start the cleanse, or should I schedule one after I've been on the cleanse for a week?

A: If your digestion is "flowing" very well, and you are having two bowel movements per day, schedule the colonic at the end of the first week. If you are having less bowel movements than that, schedule a colonic for the beginning of the cleanse.

Q: I have mixed feelings and feel a little nervous about going to my second **colonic** appointment. Should I go?

A: I think if you feel nervous about something you shouldn't do it. I personally feel like there is nothing to fear in regard to colonics. I have been having them personally for many years and have recommended them to at least 400-500 clients. There has never been a problem. But, I don't want you to go into a situation where you have a lot of fear. There are a lot of other things that you can do to get the pipes flowing.

Q: Is there a specific order for which additives (coffee, probiotics, wheatgrass) we should use at the **colonic** appointments?

A: If your liver is congested (e.g., skin is breaking out, feeling nauseous), start with the coffee at your first and/or second colonic. At your next or last colonic, use wheatgrass mixed with probiotics. If you are bloated and in pain, start with wheatgrass mixed with probiotics at your first colonic and then go to coffee at the next colonic. If you feel just fine when you go to your first colonic, add the wheatgrass and probiotics and add the coffee at another appointment. You would never, though, add in all three at one appointment.

Q: Should one have a **colonic** or a **coffee enema** first?

A: Have the colonic first and the coffee enema later. The coffee enema is to really flush the liver, and the colonic is going to cleanse the entire valve from the sigmoid colon to the transverse colon to the ascending colon. Get that colon nice and clean and then do a coffee enema so that the liver has a clean channel to dump all of that bile and get it out of your body.

Q: Is it smart to just do one **colonic**?

A: Everyone is different. If you feel that you eliminated a lot after one colonic, then you might be good with just one. It is not as if you wasted it if you only had one colonic.

Q: I was constipated after a **colonic**. Should I do another one?

A: If you are getting constipated after a colonic, and you are not having bowel movements for a couple of days at a time (and even if triphala doesn't work), I would get off the clay immediately, and I wouldn't do anymore colonics. If you really want to do another colonic, be certain that you bring wheatgrass with you to implant and nourish the bowels.

Q: Could a **colonic** help with leaky gut?

A: Colonics help some people with leaky gut, and for others, it makes them feel bloated afterwards. If you feel bloated afterwards, then having colonics will not be one of your strategies for detoxing.

Q: Is it ok to skip **colonics**?

A: Yes. Do what you are comfortable with.

Q: Does an **infrared sauna** work like a biomat?

A: They work through different mechanisms, so I wouldn't consider the biomat as detoxifying as an infrared sauna.

Q: Is it okay if I use coconut oil for **oil pulling**?

A: Yes, coconut or sesame.

Q: What **spa** do you recommend for coffee enemas?

A: For the San Diego area, I recommend Bergamot spa on Vulcan Avenue in Leucadia.

Q: Why use **wheatgrass** as an additive for a colonic?

A: If you are doing colonics, wheatgrass hydrates the bowel and will help oxygenate the cells (gets rid of fermentation) while healing the lining of the intestinal tract. If you are having a colonic, bring four ounces of wheatgrass with you and have the clinician add it into the tube. Hold the wheatgrass in as long as you can to get the full benefits.

Exercising

Q: Is it normal to feel completely tanked (weak and dizzy) during strenuous **exercise** a week into the cleanse?

A: Yes it is. I recommend not doing strenuous exercise until week three. At the beginning of the cleanse, your body is dealing with a lot with trying to cleanse, so pushing it past its limits with hard core exercise will be counterproductive. Light exercise, light weights, Pilates, walking, jogging, and yoga are better during the cleanse.

Q: I am **training for a marathon**. Do you think this strenuous exercise during the cleanse is what is making me dizzy?

A: YES! You have to respect and honor your energy level. Your body is going through a lot right now, and it is trying to get out the things that don't belong. Strenuous exercise is going to put an additional stress on your adrenal glands, which is the gas tank of the body. A lot of your energy right now is being devoted to cleansing and to healing. I recommend movement for sure, but gentle yoga, walks, light jogs, light lifting, and some stair climbing. You need to know the point at which exercise is not helpful. You should feel better after exercise and not worse.

Q: I don't want to stop my **training** for a race and lose my endurance. What can I do?

A: The candida cleanse can be a bit rough on the body when one is involved with endurance training. I suggest doing the cleanse at a different time, but if not, then increase your carbohydrate intake by an additional 10% and put maca root in your smoothie daily (as directed on the package). Also, take the desiccated liver to help keep you strong and balanced while training.

Testing

pH

Q: Why do we go with the pH from the first morning urine instead of some other time throughout the day?

A: Your body pulls acid out of the joints during the first four hours of sleeping. The acid load passes through the kidneys and then you release that acid load the first time you urinate. In order to get an accurate result and without the effect of the food we had consumed, this is the best time to test your pH.

Q: How much time should transpire between the first and second urine when testing our pH?

A: One should wait at least 30 minutes. The most important thing is that you release the acid load with the first morning urine. Thirty minutes later, try to urinate again (prior to eating or drinking) and that will help us know what your biochemistry is going to be like throughout the day. We will also know if your body did its appropriate cleanup work the night before, because your second morning urine should be more alkaline than your first morning urine.

Q: My saliva pH test was still low, but my first urine was about 6.4. What does that mean?

A: It depends on what you are comparing it to. A little bit of an improvement in pH is huge. There is a tenfold difference between 6.0 and 6.1 and another tenfold difference between 6.1 and 6.2. This means you are 20 times better if your pH goes up to 6.2 from 6.0.

Q: Is 6 a terrible pH?

A: No, but ideally, you want it to be between 6.8 and 7.2 at the end of this cleanse. Don't worry about it at the beginning of the cleanse. It is just giving you a baseline.

Q: How long does it take to get the pH right? Could it take longer if you are on antidepressants?

A: This will vary with the level of the severity of your candida or if you have parasites. And yes, it could take longer if you are on antidepressants.

Q: I started the cleanse but did not have the pH paper. Do I need to wait and start again when I get the pH strips?

A: No need to start again. Just test your pH when the strips come in and go from there.

Q: What do I do if my spit still sinks and my pH is acidic after a month?

A: Keep taking Sac B, and if your pH is still really acidic, you can add a little bit of apple cider vinegar. After 3-4 weeks on the cleanse, you can have raw ACV. To remove acidity, put 1-3 teaspoons of ACV in your water and drink at night. The body will dump more acid at night, and you should be more alkaline the next day.

Q: I have a parasite. How long does it take to shift the body pH from acidic to alkaline?

A: You won't be able to shift pH as long as you have a parasite. Parasites throw off your pH.

Spit Test

Q: If your spit grows a little bit of legs but doesn't sink to the bottom, is candida an issue?

A: I think that your yeast is a little out of balance, and that you will be able to reverse it relatively quickly. It may only take you three weeks on the clay and earth instead of a month.

Q: Does it make a difference if the spit test is performed in tap water vs. filtered water? I was just wondering if the chemicals in the water could affect the results? We have hard water and fluoride.

A: The spit test in tap water is fine, but the water should be room temperature.

Q: I have gone from non-sinking saliva back to legs and sinking. The only thing I think I could do is to remove the apple from my morning juice. Am I moving backward?

A: The candida cleanse is not a linear process. Please do not judge the progress until you have gone 6-8 weeks on the cleanse. The legs and sinking saliva do not mean that you have backtracked. However, you can try taking that apple out of your morning juice and use a lemon instead to cut back on sugar a little bit more. Make sure to take an average of 3 days of spit testing to make sure you are getting a proper result.

Q: I have seen no improvement in my spit. Should I cut out my servings of fruit and nuts?

A: If you are not seeing any improvement, you can try eating less fruit and less nuts, but it just makes your diet that much more restrictive and boring. Once you can add in raw milk, you could use that as a snack instead of almond butter. Raw milk has a perfect blend of protein, carbs, and fat.

Q: What do I do if my spit still sinks and my pH is acidic after a month?

A: Keep taking Sac B, and if your pH is still really acidic, you can add a little bit of apple cider vinegar. After 3-4 weeks on the cleanse, you can have raw ACV. To remove acidity, put 1-3 teaspoons of ACV in your water and drink at night. The body will dump more acid at night, and you should be more alkaline the next day.

Q: What do I make of the spit and legs being far worse at week four than they were from the start?

A: You could be getting another new wave of die-off. I know it can be frustrating to spend a lot of time, energy, and money on something and to feel like you aren't getting results. However, I am sure that you all will get benefits to varying degrees as you keep going. You can customize and dig deeper to figure out why candida is not going away. Some people just need to strengthen the mucosal body and populate with probiotics. Or, maybe you need to shut off the stress response. If you shut off the stress response, your body can heal infection more quickly. There are a lot of different ways to look at that.

Other Testing

Q: If we suspect we have **Hashimoto's**, is there a specific **test** and treatment for it?

A: You would test TPO or thyroid peroxidase to "diagnose" an autoimmune thyroid condition. Read our [blog on the thyroid](#), and it will answer everything you need to know and more! . Any MD should be able to test for this. Otherwise, you need a new doctor!

Q: What kind of **tests** do you ask for if you suspect that you have leaky gut, parasites, metals, etc.?

A: If you want to work with someone in your area, you want to look for an integrative doctor, a naturopathic doctor, a functional medicine doctor, or someone certified in functional diagnostic nutrition (FDN). When checking for metals, I like to run a complete metal profile, looking not just for mercury, but also for lead, cadmium, uranium and nickel. For leaky gut, there are blood tests and saliva tests. Ask for an intestinal permeability test. For parasites, be sure to ask for a full spectrum GI pathogen test since most M.D.s will just

test for a couple of parasites. Look for ova and parasites. Ova would mean the eggs where the parasite is just developing. I always test someone for H. Pylori when they have stomach ulcers or have a propensity for them. For H. Pylori, there is a breath test, blood test, or stool test. I usually run 2 out of the 3 tests to rule it out. When H. Pylori is present, it is one of the only times I will recommend that someone use antibiotics. If you have H. Pylori and you have a partner, they need to be treated, too. It is passed back and forth through saliva.

FAQs About Food, Eating, and Cooking for the Diet

Q: How do we eat for **adrenal support**?

A: Eat six meals a day every 2 hours.

Q: Why is there a limit on **almond butter** during the cleanse, and what is the suggested serving?

A: Good question. Nuts and seeds can gather something called aspergillus niger, a microscopic black mold. So, while we don't have to worry about them from day-to-day, we should limit them on the cleanse to two servings a day. A serving is 1 tablespoon of nut butter or 1 small handful of nuts/seeds. This recommendation is a safe bet to not feed candida or mold at all.

Q: May I have a green **apple** and one cup of **carrot** juice?

A: No, that is too much sugar. Use an apple, carrot, or beet in a green juice and consider that the sweet part.

Q: May we have **arrowroot**?

A: Yes

Q: May I have grilled **artichokes**?

A: Artichokes with butter or olive oil are great.

Q: May I have **bacon** on the cleanse?

A: The bacon should be fresh, smoke-free, and nitrate-free, unless it is naturally smoked.

Q: Are **beets** and **jicama** allowed on the cleanse?

A: Yes beets and jicama are allowed on the cleanse in small amounts.

Q: How much is a serving of **berries**?

A: 1 cup

Q: Is Bear Mountain **Bison** meat okay? I researched it, and the animals are grass fed throughout life.

A: Totally great!

Q: Are organic **blue corn tortilla chips** with sunflower oil OK?

A: Yes, but avoid blue corn chips with canola oil.

Q: Does one need to sip **bone broth** plain in order to receive its health benefits? Or, is it just as healing for the gut when you use it in other ways, like to cook quinoa or to pour some over a fish before baking it?

A: You can use it any way you like. To heal faster from adrenal fatigue and leaky gut, we like to have people drink it like a tea once daily along with sea salt and coconut oil or ghee mixed in.

Q: Does **bottled water** have trace minerals?

A: It depends on where you get it. You need to know the source. If you are getting reverse-osmosis, purified

water, then there are probably no trace minerals. However, if it comes from a spring, you are probably getting the minerals. In my research, I found three trustworthy sources that reported that 40% of bottled water is just tap water.

Q: Are we allowed to have grass-fed beef **butter**? I had a healer tell me the butter would be better for healing the leaky gut

A: Absolutely!!! Butter and ghee are both awesome for leaky gut.

Q: Are we allowed to have homemade raw organic **butter**?

A: Yes

Q: What is the difference between **cacao** and **cocoa**?

A: Raw cacao is packed with nutrients, the highest being magnesium. Having 1.4 ounces/day will lower stress hormone levels and help with dopamine levels, a neurotransmitter in the brain. Cocoa is processed and is acid forming, not alkaline forming.

Q: Are **cacao** beans allowed on the cleanse?

A: Yes in moderation. It is one of the foods highest in magnesium and nourishes the nervous system. Try our cashew cake batter pudding along with some cacao nibs.

Q: There is a recipe for Dairy-Free Hot Chocolate on the website. Does raw **cacao** powder have any caffeine in it?

A: Raw cacao has caffeine in it, so the hot chocolate will contain some.

Q: Where can I get **cacao** powder?

A: Whole Foods and most health food stores have cacao powder, or you can find good brands like Sunfood or Navitas Naturals online at Amazon.

Q: You mentioned having three complex **carbohydrates** a day (basically one with each meal). Does the one fruit count as one of your carbs, or is the fruit in addition to your three carbs?

A: Fruit, for purposes of the cleanse, won't count as a carb. Have three complex carbs and one serving of fruit each day.

Q: When you encourage us to consume protein, fat, and **carbohydrates** with every meal, can you please specify what carbs you are referring to? Do you mean vegetables?

A: When I say carbs, I actually mean complex carbs like brown rice, quinoa, black beans, and sweet potatoes. While you are correct that veggies are carbs, the complex carbs are the ones that slow down the digestion of the meal to make it nice and steady and even, and thereby creating a "safe" environment for your blood sugar.

Q: Do you need to spread out all of your servings of **carbohydrates**, or can you eat them all in one serving?

A: Every now and then you can eat them all together. To balance your hormones and to recover from adrenal fatigue and metabolic devastation, it is best to spread out your servings of carbs through the day. This will slow the release of glucose throughout the day into your system.

Q: What do you think of **chia seeds**?

A: I think chia seeds are fantastic. Three tablespoons a day on your foods or in your smoothie will hydrate the bowels. They are also high in fiber, and getting enough of the right kind of fiber will pull out excess estrogen from the system. We get an excess of estrogen in our diets from a variety of sources: eating animals that were

shot with hormones; xenoestrogen from bath and body products; from plastic bottles; and phytoestrogens from eating non-fermented soy. Therefore, it is important to remove the overabundance of estrogen.

Q: What if I can't find a **chicken broth** at the store without sugar?

A: You could try fish bone stock, but you won't get collagen from it.

Q: The cashew cake batter pudding recipe says to add **chocolate** or carob chips. Can we really have that?

A: You can add raw cacao nibs but not chocolate or carob chips.

Q: May I eat **chocolate sweetened with xylitol** from the birch tree?

A: Xylitol or stevia-sweetened chocolate (cacao) is okay in small amounts. Chocolate is high in magnesium but will thin the lining of the gut when taken in high amounts.

Q: Are we allowed to have dried **coconut**, coconut flakes, coconut chips, etc. on the candida diet?

A: Yes, as long as they don't have any added sugar.

Q: May we use **coconut aminos**?

A: Coconut aminos are not allowed because they are fermented.

Q: Does **coconut flour** count as a carb?

A: No, it counts as a fat.

Q: Would **coconut oil** melted in water work the same as ghee?

A: Ghee is better for constipation, but coconut oil is good, too, and will boost metabolism.

Q: Is **coconut yogurt** allowed?

A: Coconut yogurt is not allowed on the cleanse.

Q: For healing the adrenals, what would **eating six small balanced meals** a day look like?

A: Our presentation has sample meal plans. Another idea is to have bone broth as a snack between meals for a pick-me-up. I would add a little coconut oil or a scoop of gelatin to the broth. That would be your protein and fat, and you could add a piece of fruit for your sugar.

Q: When I am **eating out**, what are the lesser evils – gluten, soy, or vinegar/sugar in salad dressing?

A: You will have to personally figure this out based on how you feel. Everyone has different sensitivities. If you have bloating, gas, or pain from gluten, then that is not the lesser of the evils. Every now and then a cheat is okay because it keeps you mindful of what you are eating and the effects of it. If you need to go out to have a meal, bless it and eat it. Eating out on the cleanse will be rather boring. Choose turkey, grilled or broiled chicken or fish, or grilled steak (preferably grass-fed). You can also have steamed vegetables; 1/2 sweet potato, or brown rice; and beans. Have a salad with olive oil and lemon.

Q: Is **edamame** okay if it's non-GMO?

A: Edamame is not allowed. Even though it's non-GMO, it is not fermented, and so the naturally occurring toxins and thyroid blockers are still present.

Q: Do you have alternative breakfast recipe ideas for those of us who are **egg-free**?

A: You can stick to smoothies, a quinoa bowl, gluten-free oatmeal, and almond butter and cinnamon on a brown rice tortilla (my personal favorite). If you need savory, make a wrap of brown rice tortilla, turkey bacon, and avocado and add a slather of Majestic Garlic spread.

Q: I have **eggs** in my fridge that say “free roaming.” Does that mean they are pastured?

A: No, you can use those eggs, of course, but then look for pasture-raised eggs. The package will say that specifically on the carton. Pasture-raised eggs are a few levels above free-roaming.

Q: The **eggs** I get are hormone and antibiotic-free and pasteurized. Do they still need to be organic?

A: You want to buy **pasture-raised eggs**. This means the chickens were allowed to roam free and eat a healthier diet. They have a ton more vitamins and minerals than regular eggs. You can often find them at farmer’s markets. The Vital Farms brand can be found at Jimbo’s and Whole Foods.

Q: How can you get your source of **electrolytes** without getting iodine?

A: Coconut water is a good source of electrolytes and does not have iodine.

Q: There is **erythritol** in the coconut ice cream. Is that okay?

A: My only hesitation would be if the erythritol were coming from genetically modified corn. By the way, coconut ice cream is not allowed until midway through the second phase or after the cleanse.

Q: May we have **fermented foods** while still on the antifungals?

A: No, it’s better to use probiotics while using antifungals. You can resume fermented foods once the yeast is in balance.

Q: When can we incorporate more **fruit** into our diets? Is there a maximum number for fruit as we transition off the cleanse?

A: As for fruit, test it out once you get through phase two. If fruit makes your symptoms worse, then keep the sugar low. Start off with adding one piece to your daily diet. You really shouldn’t eat more than two servings of fruit per day anyway; three is the absolute max.

Q: Is it okay to **freeze the fresh juice** that I make to save time?

A: Sure, you can freeze juice. There is nothing wrong with that and will keep the enzymes intact. Some of the nutrients will be compromised, but less-compromised juice is better than no juice at all. Use glass mason jars for freezing and leave a little space at the top for expansion. You can google for more information on freezing juice.

Q: What is Majestic **Garlic spread**, and where can I find it?

A: It is emulsified garlic spread, and it is very delicious and better than mayo. You might not be able to find the Majestic Garlic brand in your store, but look for emulsified garlic at your health food stores or farmer’s markets.

Q: Do we need to have both **gelatin and bone broth**, or should we just pick one?

A: It is okay to just pick one. You could alternate by having a smoothie with the gelatin and have the bone broth to drink. About a 1/2 cup of broth, if it is gelatinous, is a serving. Don’t waste that good stuff by putting it in the microwave; heat it up on the stove. Add some water to thin it out.

Q: For people who don’t do well with **grains**, are quinoa and amaranth considered alternatives? Are they more digestible?

A: Yes they are more digestible, and they don’t promote an overproduction of insulin. However, I would like you to soak the grains for 1-3 hours before cooking. If you have a lot of problems with grains, soak them overnight. Or, you can just leave them out of the diet and replace with root vegetables, sweet potatoes, yams, acorn squash, or butternut squash.

Q: What counts as a serving of **greens**?

A: One cup cooked or two cups raw constitutes a serving of greens. Eat at least two servings of leafy greens every single day.

Q: What do you do if you don't get in your **greens**?

A: An easy way to get in your greens is to drink green juice! You can get one at a juice bar or make some of our TWJ green juice recipes. Our favorite is Emerald Bliss, but you are only allowed one green apple instead of two while on the cleanse. Our Sweet Green Juice is another good juice for the cleanse but use either the apple or the carrot and not both. If you are not into juicing at all, you can purchase Evolution Essential Greens in the refrigerator section of most health food stores.

Q: May I have a green apple and one cup of carrot juice in a day?

A: No that is too much sugar. For sweetening **green juices**, use an apple, carrot, or beet but not more than one. If you have leaky gut, you will probably feel better with the juice.

Q: Should I worry about the **greens** at restaurants not being organic?

A: No, there are levels to this whole candida cleanse experience, and I don't want to make you crazy. Choose wise options when you can, but you have to go out in the world and live your life. If you can find organic offerings in restaurants, that is fantastic, and continue to control what you eat in your house.

Q: Is **guar gum** okay on the cleanse?

A: Yes, in moderation

Q: Is **Spry gum** okay on the cleanse?

A: Yes, and so is Xylichew.

Q: Are fresh or dry **herbs** better?

A: I prefer fresh, but it just depends where you get the dry spices. I love Spice Hunter since they go above and beyond to find nutrient-rich spices. Spice Hunter can be found in health food stores.

Q: How do we eat like this during the **holidays**?

A: To ensure more success with the cleanse, try to start your candida cleanse before the holidays so that you will be into your 80-20 balance by then.

Q: May I have the So Delicious Coconut Milk sugar-free, non-dairy frozen dessert (**ice cream**)?

A: The So Delicious Coconut Milk frozen dessert is not okay while you are on the cleanse. Even though it is sugar free, it is sweetened with agave nectar. However, So Delicious Coconut ice-cream is okay after the cleanse in moderation. The product review site on thewholejourney.com has a section for low-glycemic sweets or natural sweeteners. You may have these sweet treats when you come off the cleanse.

Q: May I have **kefir**?

A: If you find a good kefir with no sugar, you can add it into your diet during week 4 or 5.

Q: May I eat **lamb or pork** on the cleanse?

A: Eat pasture-raised, high quality lamb and pork only.

Q: If **lemon or lime** isn't organic, will it still be alkaline forming in our body or does it become acidic?

A: They still become alkaline. The skin on these fruits is so thick that citrus growers really don't need to use that many pesticides on lemon or lime trees.

Q: I have been getting raw, grass-fed sheep and goat **liver**, cutting them into small, pill-sized pieces, and freezing them. Is it okay if I take a few of those a day?

A: Yes, as long as it is of high quality. It is a great idea to freeze them and take a few a day.

Q: Is **liver** okay on the cleanse?

A: Yes, but make sure it's of high quality.

Q: I ordered the Fit 365 Meal Replacement Shake that is recommended. It has **Lo Han Guo** fruit extract as an additional sweetener along with xylitol. Is that okay during the candida cleanse?

A: Lo Han Guo is totally okay. I just didn't mention it as a sweetener because it's so hard to find. Enjoy the powder. I think it's wonderful!

Q: Are cacao powder and **maca** okay in smoothies on the cleanse?

A: Both are great, and for those of you who lack energy or think your hormones are imbalanced (goes hand-in-hand with candida), then a teaspoon of maca in a smoothie 3-4 times a week will be powerful for you. Maca is a great adaptogen to take for about 4-5 weeks a few times per year, but do not stay on it always. It boosts and balances the pituitary gland, which helps with hormonal balance (estrogen and testosterone). I like the powder by Navitas Naturals.

Q: I know **maca** is great for boosting energy, libido, and balancing hormones. I just read how sometimes eating it raw can cause digestive upsets. What is your take on this?

A: The only kind of maca that I know about is raw, and I haven't heard it to be hard on the stomach.

Q: May I do the cleanse with less **meat**?

A: Yes, you can use meat as a condiment as long as you are satisfied.

Q: What should I do if I don't feel well after eating **nuts**?

A: If you don't feel well after eating nuts, don't eat them. One person's medicine is another person's poison.

Q: I just purchased **pine nuts** for the cilantro pesto. They are not organic, and they are also processed in facility with milk, wheat, and soy. Is that okay?

A: Absolutely. If you can follow the cleanse about 90% of the time, you will get good results. I don't want the stress of the cleanse to cause you to backtrack. The adrenals are important, and when we are stressed and releasing excess cortisol, the lining of the gut will become thinner. I want you to try to relax as much as possible on the cleanse.

Q: I went shopping for the menu plan and found pre-cooked **polenta**, but it has tartaric acid, ascorbic acid, and beta carotene as additives. Are these acceptable for the cleanse?

A: You can use it this time, but see if you can find polenta in the bulk section the next time you shop and make it yourself. The precooked polenta has preservatives to extend shelf life.

Q: Is **pork** okay on the cleanse?

A: Yes, if it is of high quality.

Q: What are good **portions** for bread, and baked goods?

A: I would have to discourage you from eating bread and baked goods on the cleanse. If you make a baked good like our "Lemon Cake," then one 3" slice is a serving and counts as a serving of one carbohydrate.

Q: May I eat **potatoes** on the cleanse?

A: Eat only 1/2 of a medium potato at a sitting, and it would count as one of your three carbs for the day. I would suggest limiting your white potato intake to only two or three times/week.

Q: Are Kevita **probiotic beverages** allowed on the cleanse?

A: No, they are not allowed on the cleanse.

Q: Aren't all **protein powders** highly processed food?

A: The powders I recommend will only be of the highest quality and very minimally and naturally processed.

Q: May I have fruit with plant-based **protein powders**?

A: Avoid combining grains and fruits as a general rule of food combining. Some plant-based protein powders have brown rice protein or pea protein. If you do combine the powder in a smoothie or mix into something else, consider taking an enzyme or drink some apple cider vinegar to ward off the combustion/fermentation process. But just a reminder, you will not have apple cider vinegar during the first phase of the cleanse.

Q: May I use **psyllium** in my smoothie, or do you suggest something else?

A: Put chia seeds in your smoothie instead of psyllium. Chia seeds will cause less gas and be less harsh.

Q: May I have **pumpkin seed** protein with fruit?

A: Yes, this is okay because pumpkin seed is a fat and not a carb.

Q: May we have sprouted **pumpkin seed butter**?

A: Yes

Q: Can you please provide basic instructions for how to cook **quinoa** with bone broth and kombu?

A: First, soak the quinoa along with some lemon juice for 1-3 hours before cooking. Drain and rinse. Put 1 part quinoa, 2 parts liquid (bone broth), and one inch of kombu in a pot. Kombu won't make it salty, but it will add a ton of minerals. Bring to a boil and then simmer over medium heat until the liquid is almost absorbed (about 20 minutes). Turn off the heat and fluff with a fork. Remove the kombu and enjoy.

Q: Is **iodized sea salt** okay to use?

A: Yes, iodized sea salt is acceptable.

Q: May I use Real Salt and Himalayan pink **salt** interchangeably?

A: Yes you may use them both.

Q: May we have organic **sesame tahini**?

A: Yes

Q: May I have **sparkling water**?

A: Sparkling water is allowed in moderation (1-2 times/week), and only if it doesn't make you bloated or give you gas. Carbonated beverages can thin the GI mucosal lining.

Q: Does **stevia** need to be dark? The one I have is clear.

A: It doesn't need to be, but the dark is better. You can use the white powdered or clear liquid stevia if that's what you have. The dark stevia hasn't been processed.

Q: Is **stevia** safe for children and pregnant mothers? What about **xylitol**?

A: Stevia is definitely safe for anybody, and dark liquid stevia is the best form. I would suggest testing out xylitol on your children in a small amount first. If they handle it with no digestive upset at all, then it should be okay.

Q: Are Two Moms in the Raw products good, on-the-go **snacks**?

A: When you are off the cleanse, these products are definitely an upgrade. However, they do sweeten with agave, which we discourage the use of. Their cereal and crackers, however, do not have agave. I think it is great that Starbucks has Two Moms in the Raw products for people looking for a healthier snack.

Q: May I have **sunflower or safflower oil**?

A: Yes, in small amounts. They both have high omega-6 fatty acids, and they are used in a lot of chips.

Q: Why is **sunflower oil** okay? I thought it was highly inflammatory like all other vegetable oils.

A: We prefer no sunflower or safflower oil. However, if you are going to eat chips or something from the store made with vegetable oil, sunflower and safflower oils are much less offensive than canola or soybean oil. You are correct that the polyunsaturated fatty acid oils are pro-inflammatory, so choose in moderation.

Q: May I have **sushi** on the cleanse?

A: Yes, you may have sushi. Get raw fish, nori, brown rice, and avocado but no soy sauce. A little wasabi would be okay. For sushi, it is all about the quality of the fish. They give you some ginger when you have sushi, because ginger improves the HCL function. The more HCL you have, the more you can kill parasites. If you feel like you might be vulnerable or not sure about the fish, eat some of that pickled ginger. It does have sugar in it, but I would rather you kill any potential pathogens than worry about the sugar.

Q: I had a **black chai tea** by accident. Is that okay?

A: Try not to have black tea. It thins the lining of the gut over time. But if you had one, I wouldn't worry about it. I would say that you should limit black tea to only one per week if not at all. While on the cleanse, you want to take away 95-100% of things that could cause any harm and be counterproductive to your efforts.

Q: Is Celestial Seasonings Bengal Spice **tea** allowed?

A: Yes, it is allowed, and it is a great sweet treat to have after dinner. It is a caffeine-free chai tea and found in health food stores. You could add unsweetened coconut milk to make it thick for a treat.

Q: When it comes to drinking **tea**, as long as it's caffeine-free we don't have to worry, correct?

A: Yes, and a little caffeine from green or white tea is okay, too.

Q: Do **Thai restaurants** really put sugar in everything?

A: Yes, it is true that Thai food is heavy on the sugar. However, you can make your own Thai food. Watch my grocery store tour. When I am in the Asian section I point out the Thai Kitchen products. They have pre-made green curry and red curry. When you mix curry with coconut milk, you can make a Thai meal in maybe 25 minutes. My recipe, Christa's Green Curry with Shrimp, is on the website and in the cookbook. I learned how to make that recipe in Thailand, and there is no sugar in it.

Q: if I have a pH of 6, so should I avoid **tomatoes**? Or, is it okay to bring them back into my diet after a certain amount of time?

A: You can add in tomatoes after week two. I would say, though, that anyone in the 5 pH range should hold off on tomatoes.

Q: How can I manage eating on the cleanse while on **vacation**?

A: There are many items you can take with you to help you succeed on the cleanse. Bring brown rice tortillas, hard-boiled eggs, unsweetened coconut milk, green apples and berries, protein powder, raw nuts and seeds, cut veggies, and hummus. Find out where the nearest health food store is. The app, Foodtripping , will let you know where any health food store is wherever you are. When eating out, have salad with olive oil and lemon, broiled or grilled animal protein, steamed veggies, and an occasional half of a baked potato with butter.

Q: May we use **Vega One** nutritional shake? There are four flavors. Which one would be best?

A: Yes, any flavor is okay, but because of the pea protein, do not combine the shake with fruit.

Q: May I put **vinegar** in my salad dressing?

A: You are free to put apple cider vinegar in your salad dressing once you are in the second phase. Apple cider vinegar is the only vinegar that is alkaline forming and improves HCL function. All other vinegars are not that great.

Q: What can I make with **wakame**?

A: You can put wakame in salads, and you can use it in miso soup.

Q: Is **wheatgrass** gluten-free?

A: Yes, it is just like buckwheat.

Q: Is **white rice flour** okay?

A: No, it will feed candida.

Q: What about **xylitol**? Is it really safe to consume?

A: Xylitol actually challenges candida. It is a sugar alcohol, and it comes from a plant, the birch tree, and is a healthier alternative to sugar as long as it doesn't give you diarrhea. About 10% of people cannot digest it or can't take it. If that is you, don't use it. If not, xylitol actually helps people to have success on the cleanse by giving them something sweet in their diet. Again, if it doesn't resonate with you, use stevia.

Q: There is **yeast extract** in my chicken broth. Is that okay?

A: Yeast extract is not allowed.

General Questions About the Cleanse & Other Miscellaneous Questions

These questions and answers have been compiled from a past candida cleanse webinar. Key words have been bolded and alphabetized.

General Cleanse Questions

Q: When does the **80/20 rule** begin?

A: The 80/20 rule begins either at the end of week 6 or week 8 depending on your results and when you started phase 2.

Q: Does the **20%** include things we are generally not supposed to have (assuming no food allergy) like gluten, processed dairy, desserts containing sugar, and Thai food? Or, are we supposed to stay away from those nearly 100% of the time?

A: I would love for you to avoid gluten, pasteurized dairy, and sugar as much as possible, but yes, those will be included in your 20%. Please have no worries if something looks really good at a party. Take enzymes, bless the food, enjoy the social aspect, and eat it without guilt.

Q: How many **bowel movements** should we have per day?

A: One should have two or more bowel movements each day.

Q: How does one know that **candida** is being cleared?

A: There are many signs: the skin gets clearer; your energy is better; digestive issues have decreased; you start to feel really good about having a healthy body; etc. Don't do the spit test every day. Wait for about a month and then look at your spit over three days. You should be about 50% better than your original spit test and your pH should have improved.

Q: Would it be safe to do this **candida cleanse** again in six months?

A: You should only have to do this cleanse once. If, for some reason, you want to do it again, don't use the clay/earth combo twice in one year, as it will deplete you.

Q: My husband has completed the spit test and also has **candida**. Is candida contagious, and can he reinfect me?

A: Systemic candida cannot be communicated, but if your partner has bad candida and your vaginal flora is imbalanced, then you can get a yeast infection. However, you will be stronger after going through the candida cleanse, so getting a yeast infection is unlikely. The same goes for saliva.

Q: Should the candida cleanse and a healthy lifestyle balance out my **hormones**? I haven't been nursing my son for 3 months now, and I still don't have a normal menstrual cycle.

A: Yes it should balance your hormones and help with getting your cycle back. If not, work on boosting your adrenal glands, and then I'd suggest having a hormone panel run.

Q: Do we begin adding in fermented foods and the 80/20 diet in **Phase 2**? Or, do we add those in after we've completed a month (or however long) in phase 2?

A: Yes, you can add fermented foods in Phase 2, and if you have marked improvement in saliva, then you can work the 80/20 balance into your diet after you have been on the cleanse for either 6 to 8 weeks, depending upon when you started phase 2.

Q: We want to get **pregnant** as soon as possible. At what point would you say we are "safe" to start trying?

A: I would say to start trying about three weeks **AFTER** you finish the cleanse. Both you and your husband/partner should take Mitocore by Orthomolecular as your multivitamin.

Other Miscellaneous Questions

Q: I am taking my temperature, and it is 97 degrees consistently. I am unable to lose weight and am tired. Can you give me some guidance about **metabolic derangement**?

A: You want your temperature to be at 97.4 or above throughout the day, not just in the a.m., to know that your thyroid is working. If you are unable to lose weight and you are tired, you need to strengthen the pituitary gland. Oysters are the single best food for the thyroid and the pituitary gland and help you make testosterone. If you like oysters, go for it. Also, eat every couple of hours and take your temperature after every meal. It will vary. If your temperature climbs into the range of 98 or 99 (98.6 being perfect), then that meal worked for you. This is bio-individuality. This cleanse is a general cleanse and a general diet. Some of you will have to tweak the diet based on your needs. Some may do better with a vegetarian-type diet, and others may do better with more of a Paleo diet and having no grains. Taking your temperature is a really great and inexpensive way to know if a meal worked for you.

Q: How do our **tonsils** play into our health, and what if they were removed at a young age?

A: Tonsils are our first immune organs, since they are right there in the throat. The tonsils catch bacteria and other things and helps to prevent the bacteria from going into the body. This is helpful for the body, therefore, as it doesn't have to process the bacteria. It's not ideal to remove an immune organ, but it is common. If you don't have them, there is no harm and no foul. You can improve your immune system in so many other ways, like with what we are doing here on the candida cleanse.

Q: If a whole house **water filtration system** is too costly, are there brands of tap, shower, and bath water filters that are just as effective and can be attached to the faucets directly?

A: Please check out this website for water filters: <http://purewaterfreedom.com/osc/fluoride-filters-c-16.html>

Q: Do **water filters** take out chlorine, too?

A: Some water filters, but not all, take out chlorine. You will have to do some research. I know Reverse Osmosis and Alumina technology filters remove chlorine as well as fluoride.

Q: What is your suggested baseline for macro targets for a female who wants to have **weight loss**?

A: I would suggest 40% protein, 30% carbs, and 30% fats for weight loss.

The Acid, Alkaline, and pH Connection

Health is truly a balance among all the systems of the body. The cells of our body are so interconnected that when you improve the balance of any one system, it improves the balance and vitality of the rest of the organ systems. For example, improving cardiovascular health improves digestive function; improving the function of the nervous system will improve the lymphatic system; and possibly most important, when you improve the acid/alkaline balance of the body, you simultaneously improve every other system in the body. Finding balance begins in our bloodstream, and balance will repair injuries, reduce inflammation, burn fat, build strong bones (reversing osteoporosis), and increase energy and vitality.

In order to function properly, the blood and other body fluids must maintain a very narrow acid/alkaline balance, which is measured by the pH factor (potential hydrogen). The range of pH is from 0-14 (very acidic to very alkaline). A pH below 7.0 is in the acid range and above 7 is in the alkaline range. Keep in mind, when and if you test your pH, that there is a tenfold difference between each number. For example, a pH of 5.0 is 10 times more acidic than a pH of 6.0. Blood pH does not shift easily. The pH of our blood is between 7.25 and 7.45, and if the blood's pH falls below or above that range, the body cannot function properly. A tremendous amount of energy is expended to maintain pH levels by pulling from the body's alkaline mineral reserves. This causes deficiencies and health disorders.

The symptoms of an overly acidic body are weight gain, decreased energy, inflammation, increased toxins, mental fog, heartburn, digestive issues, acid reflux/GERD, cancer, gingivitis, and osteopenia/osteoporosis. When we maintain proper pH levels, injuries heal faster and health challenges improve more quickly. When we have pH balance, the body is oxygenated and therefore can detoxify and heal itself. If cells are energized in this way, we develop a strong immunity to diseases and a significantly lower propensity for cancer.

The Standard American Diet is an overly processed diet full of acid-forming foods such as “polluted” meat, pasteurized dairy, genetically-modified modern wheat, foods with chemical additives, artificial sweeteners, high fructose corn syrup, and sugar. Stress is also a huge contributing factor to an overly acid condition. Nine out of ten times, my clients are acidic and need to incorporate more alkaline-forming foods into their diet and stress-relieving activities into their lives to gain the results they desire, namely weight loss, increased energy, and decreased inflammation. However, those are not the only benefits one receives from tending to pH balance. Moving toward alkalinity promotes better overall organ function, allows for the release of toxins, improves mental clarity, and affords natural weight loss. It also profoundly improves digestion, eliminates heartburn and acid reflux, and is a valuable safeguard against cancer.

The best way to maintain optimal pH levels and optimal vitality is through what we eat and drink and how we react to stress. For the diet, if you follow, at least, an 80/20 rule (80% alkaline-forming foods and no more than 20% acidic foods), you should experience all the benefits that body balance has to offer. Have a look at the following lists to see where you might be able to increase your alkaline-forming foods and reduce your intake of acidic foods. Keep in mind that the foods must be organic because ALL pesticides are very acidic.

Alkaline Forming

Dairy: acidophilus, high quality whey, raw kefir/yogurt (without added sugar)

Fruits: apples, apricots, avocados, bananas, berries, cantaloupes, cherries, currants, dates, figs, grapes, grapefruits, guavas, lemons, limes, mangoes, melons, nectarines, oranges, papayas, passion fruits, peaches, pears, persimmons, pineapples, raisins, strawberries, tangerines

Vegetables: bamboo shoots, green beans, lima beans, string beans, sprouts, beets, broccoli, cabbage, carrots, celery, cauliflower, chard, chicory, chives, collard greens, cucumber, dandelion greens, dill, dulse, eggplant, endive, escarole, kale, garlic, leeks, legumes, lettuce, okra, onions, parsley, parsnips, sweet potato/yam, bell peppers, white potatoes, pumpkin, radish, rutabaga, turnips, watercress

Nuts: almonds, chestnuts, coconuts

Miscellaneous: ginger, honey, kelp, alfalfa, clover, mint, sage, green tea, quinoa, flaxseed, pumpkin seeds, all seaweed/sea veggies

Minerals: calcium, magnesium, potassium, manganese

Acid Forming

Grains: all white flour products, buckwheat, wheat, corn, barley, oats, rye

Dairy: butter, eggs, cheese, cottage cheese, cream, ice cream, custards, milk

Fruits: jams/anything preserved, cranberries, pomegranates, olives

Vegetables: artichokes, asparagus, garbanzo beans

Animal Protein: all to varying degrees (But, this doesn't mean that animal protein is bad for you.)

Nuts: peanuts, pistachios, walnuts, macadamias

Miscellaneous: alcohol, brine, coffee, cocoa/chocolate, candy, many dressings (because of the vinegar), drugs, jams/jellies, mayonnaise, some spices, soda, lack of sleep, stress, worry

Recommendations for Balancing Your pH

There are many small changes you can make that will have a profound and positive effect on your pH and health. These changes do not have to be considered a sacrifice, but, instead, can be viewed as upgrades.

- Switch your vinegar to apple cider vinegar (ACV). It is very alkalizing, whereas all other vinegars are acidic.
- Lime is more alkalizing than lemon, so use that in the water you drink throughout the day or in your cooking whenever possible.
- Eat brown rice instead of white rice.
- Eat raspberries (highly alkalizing) rather than cranberries are very acidic.
- Eat an abundance of garlic. It has a positive effect on alkalinity and is easy to add to many dishes.
- Most importantly, boost your consumption of green leafy vegetables. Greens is the food missing most in the modern American diet. Green leafies include kale, collard greens, dandelion greens, bok choy, arugula, spinach, mixed field greens, etc. Simply by incorporating two servings of leafy green vegetables in your diet on a daily basis, you will be well on your way finding pH balance. You can easily get an abundance of vegetables into your system by drinking green juices.
- Drink green tea instead of coffee.
- Incorporate sea vegetables (the most alkalizing food), pumpkin seeds, and ginger into your diet. Sprinkle kelp and/or dulse flakes on your soups, salads, eggs, etc.
- Drink alkaline water.
- Drink a cup of water mixed with 1 tablespoon apple cider vinegar and 1/4 teaspoon pink salt before bed.
- Reduce stress. Learn to meditate, do yoga, and breathe deeply.

Biliary Health – the Liver and the Gallbladder

The gallbladder is a mysterious organ, and its purpose is one that many people don't really understand. Gallbladder surgery is one of the most common surgeries performed in the US. Many of these surgeries could be avoided by properly nourishing this vital organ. We wanted to write a blog specific to this special organ because we DO need it, every single time we eat.

The gallbladder is a pear-shaped muscular organ that sits right next to the liver. It is a storage tank for bile. Bile is made in the liver by liver cells and is sent through tiny ducts or canals to the small intestine and to the gallbladder. The gallbladder stores bile to have it available in larger quantities for secretion when a meal is eaten. The ingestion of food, especially fats, causes the release of a hormone, cholecystokinin (CCK), which in turn signals the relaxation of the valve in the gallbladder and allows the bile to enter the small intestine. It also signals the contraction of the gallbladder which squirts the concentrated liquid bile into the small intestine where its job is to emulsify or break down fat.

Bile is composed of cholic acid, which has the ability to react and break down both water and fat molecules, thus creating the emulsification process. After breaking down the fats into smaller pieces, the pancreatic enzyme lipase can act more efficiently due to the larger surface area of the fat. Bile also acts as a key factor in the absorption process of fat-soluble vitamins such as A, D, E, and K.

Proper fat digestion relies on several factors such as healthy bile production from the liver. The symphony of a healthy-functioning gallbladder, bile flow, pancreatic function, and hormone balance all contribute to a healthy functioning liver, gallbladder, and system overall.

The interaction between the liver and gallbladder is significant. Not only does the liver produce the bile needed for the breaking down of fats, but this bile is a very powerful antioxidant which helps to remove toxins from the liver. In a sense, it is a "give-give" relationship. The liver filters toxins (bacteria, viruses, drugs, and other foreign substances the body doesn't want) and sends them out via the bile. The pathway of departure is from the liver through the bile ducts and into the gallbladder or directly into the small intestine, where it joins waste matter and leaves through the colon with the feces. A healthy liver produces about 1-1 1/2 quarts of bile daily. If you have gallbladder problems, you would do well to consistently cleanse your liver and your entire GI tract. We love colonics and coffee enemas for this reason. A common symptom of a sluggish gallbladder is constipation.

So what are the most effective ways to promote gallbladder health? Diet, diet, and diet. See below for things to avoid and things to consume to support this organ.

Things to reduce or avoid for gallbladder health:

- Reduce sodium.
- Reduce cholesterol-rich foods such as red meats, dairy products, and eggs.
- Reduce foods known to be common allergens such as gluten-containing grains, soy products, corn, and peanuts.
- Avoid large meals especially before bedtime. Try not to eat within three hours before bedtime.
- Avoid hydrogenated fats and oils.

Tips for supporting the liver and gallbladder:

- Eat foods that promote bile formation such as raw shredded beets, organic apples, and ginger.
- Eat bitter foods such as dandelion greens and other dark leafy greens. Bitters stimulate the flow of bile in the gallbladder, thereby helping us digest fats. Try adding them in salads or even eating a few leaves while preparing meals so that the bile is ready to emulsify whatever fat you consume.
- Take fish oil capsules. They contain omega-3 oils which are known to block cholesterol formation in bile.
- Eat foods rich in vitamin C such as papaya, red bell peppers, strawberries, oranges, and lemons.
- Drink at least 8 glasses of mineralized water a day. We recommend 1 liter per 50 pounds of body weight.
- Support the pancreas by stabilizing blood sugar.
- Increase antioxidants: raw cacao, açai berries, blueberries, prunes, pomegranates, kale, Brussels sprouts, beets, and red bell peppers.
- Eat foods high in minerals (copper, zinc, selenium and potassium) such as: squash, avocados, shellfish, and spinach.
- Eat foods rich in pyridoxal, folate, and cobalamin. These are three effective nutrients that support the liver's biochemical pathways. (see below):
 - Pyridoxal-rich foods: potatoes, bananas, garbanzo beans, and chicken breast.
 - Folate-rich foods: beef liver, spinach, and asparagus.
 - Cobalamin-rich foods: trout, salmon, beef, clams, and oysters.
- Manage your stress with breathing, yoga, and regular exercise.

The Liver Tincture

This is a powerful detoxing combination of herbs that purifies the blood, contains high antioxidant values, nourishes and aids in rebuilding the liver, helps to level the hormones, and stimulates the digestive system. You can purchase the following herbs formulated for this [*special liver tincture*](#) online.

Herbs

Indian gooseberry/amalaki turmeric
ginger
dandelion leaf
licorice root
burdock root
milk thistle seed
hawthorn berries
ginseng root
astragalus root
St. John's Wort

Directions:

Fill a clean glass canning jar 1/3 full with the dried herbs. Add vodka up to one inch from the top. Screw the lid on tightly and store in a cool, dark place. Shake 3-7 times a week. The tincture needs to sit for at least 2-6 weeks. Strain tincture and pour into a colored glass bottle; close the lid tightly. Alcohol tinctures will last 2-3 years. Tinctures need to be kept in a cool, dark place such as a cabinet. (Why use vodka? Water rolls off the liver, but alcohol goes straight to it and takes the herbs with it.)

To support and regenerate the liver, take one dropper full (1/2 teaspoon) 3 times a day for 3 to 6 months.

Liver and gallbladder cleansing juice recipe

3 kale leaves
1 handful dandelion greens
3 stalks celery
1 handful parsley
1 large beet
1 one-once section of ginger (peeled)
2 green apples
1 cucumber
2 lemons