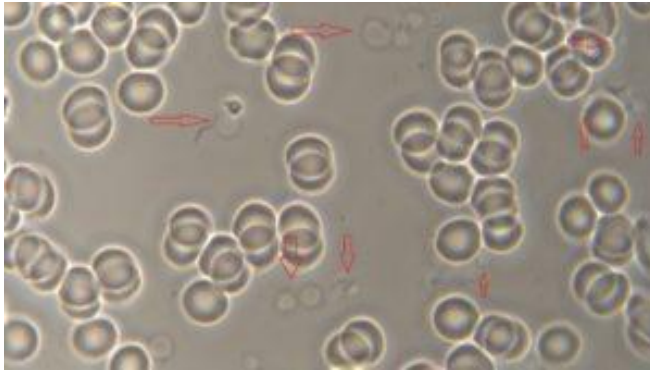


## Watch This Video of a White Blood Cell VERSUS Yeast!



We've talked about yeast, or *candida*, before and how it can [wreak havoc](#) on the health of both [men and women](#). In fact, in my wellness clinic, I've done literally thousands of blood cell tests and I've seen yeast in 100% of them. How crazy is that!

By the way, yeast should NEVER be in the bloodstream, but it is in

100% of the blood tests that I see. So that means you have a yeast problem, everyone you know has a yeast problem, and this problem is caused by [LEAKY GUT](#) and our modern acid diets (and stress, and other environmental toxic factors).

Well today, I want to show you a visual example of just how dangerous it can be and what the body will do to fight it.

This is a video of LIVE microscopic cells from a Live Blood Cell Analysis test in my Wellness Center, and the video is of a white blood cell ATTACKING and engulfing candida. Watch what happens:

CLICK HERE TO WATCH VIDEO: <https://youtu.be/sFZkDM2Dv7U>

Isn't that fascinating?

But here's the scary thing – take a look at all of those other candida cells that remain uneaten at the end of the video. That poor little white blood cell can't eat fast enough.

That's why you have to be really vigilant to prevent the problems that yeast causes once it's in your blood. Problems like:

- Irritable bowel syndrome
- Gas, bloating, diarrhea, and constipation
- Frequent colds or other illnesses
- Headaches/migraines
- Fungus on skin and nails
- Yeast infections
- Itchy skin and other skin issues
- Food allergies or sensitivities
- Frequent fatigue/ chronic fatigue syndrome/ fibromyalgia

## And what feeds yeast? SUGAR!

So first and foremost, if you are dealing with candida, you have to starve it of the food that it loves. You can take all the probiotics in the world but if you're feeding candida its favorite food, you'll still have too much of it.

Think of it this way, if a restaurant owner finds rats in the dumpster out back, what does he do? He sets traps and uses rat poison. But the rats will come back. Why? Because the garbage is still in the dumpster. That's what keeps the rats coming back, no matter HOW much poison is there. You have to clean out the garbage!

So eliminating sugar is most important, but not just sugar.

You want to focus on the big picture, which is what can you do to make your body and your internal terrain more alkaline. If the environment is alkaline, the yeast goes away.

### Here's my protocol for winning the fight against candida:

1. Eliminating sugar is step 1 and most important for this protocol. Fruit is okay in moderation, but I recommend alkaline fruits that are low in sugar like lemons, limes, grapefruit, avocados, coconut, tomato, and pomegranate.



When it comes to sugar-filled fruits, the important thing is that there is a net alkaline effect. If you are making a smoothie and you add a few healthy fats like chia, hemp, coconut oil, and/or raw almond butter, it's okay to add bananas or berries because the fats will **prevent fermentation** of the sugar in the fruit. Removing sugary fruits altogether and having a true green smoothie is an even better choice.

Add all the veggies you like to your smoothie such as cucumbers, celery, and avocados. There should always be a couple of big handfuls of greens like spinach, kale, romaine, and chard. Liquid should be filtered water, almond milk, coconut milk, or coconut water. Most importantly, I would load up the healthy fats (2 to 3 in each smoothie).

2. Next, eliminate anything made with yeast, which is more than you might think:



- Breads and baked goods
- Cereal
- Processed foods
- Fried foods
- Alcoholic beverages
- Aged meats
- Olives
- Vinegars and foods that contain vinegar like salad dressings and pickles (yes, including ACV)

- [Fermented foods](#)
  - Aged cheeses
  - Mushrooms (fungus)
  - Nutritional Yeast
  - Kombucha (sorry folks, this is NOT a health drink)
  - Grains (as they all have the ability to become contaminated with fungal mycotoxins)
3. As always, it's about moderation, not deprivation! Replace sugar-filled foods with other foods you enjoy that will alkalize your body. You can eat boatloads of veggies, low-sugar fruits, and alkaline pseudo-grains like quinoa, and the yeast will have nothing to feed on.
  4. If you are dealing with a fungal yeast issue, a couple of supplements, **olive leaf extract** and **caprylic acid**, work well to kill off yeast.
  5. It is important to restore the friendly bacteria in the gut by taking a good, refrigerated probiotic. Change it up every 30-90 days to give your microbiome alternating strains of bacteria
  6. You also may want to consider taking a good digestive enzyme. When yeast is overrunning the body, digestion gets stressed, and can use some help. Be sure to avoid one with the ingredient CELLULASE, as this is made with aspergillus fungus, a cancer-causing fungus.
  7. Last but not least, alkalize! Take extra servings of [Alkamind Daily Minerals](#) and [Alkamind Daily Greens](#) up to 2 to 3 times daily. This raises the internal pH of your tissues so you can clear the rats out of the dumpster, so to speak.

Want to create an alkaline environment so yeast cannot thrive?

My new book, [\*Get Off Your Acid\*](#): *7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy*, is full of recipes, tips, and ideas to take you from sluggish and in pain to healthy, energetic, and slim.

In this #1 Amazon Best-Seller, I give you 7 steps to get your body alkaline in 7 days! It is easy-to-implement, and cost effective for the body. And as an awesome bonus, you will see the fat MELT away!

