



Dr. Ritamarie's

# GRAND. Program

GUT REPAIR & ALKALIZING NUTRITION FOR DIGESTION



## Candida and Parasite Cleanse Protocol

**Candida albicans** is a yeast, a single-celled fungus, that covers everything and is a normal inhabitant of the human body. Under healthy conditions, there is a balance between humans and candida albicans yeast, and candida does not cause problems.

When this balance is tipped, the yeast changes from a round-shaped benign jolly yeast, to an elongated hot-dog shaped invader. This long shape is like a filament. It is called a **mycelia**. It can embed into tissues and grow (colonize) out of control. It then becomes a yeast infection called **Candidiasis-related Complex**.

The embedded mycelia can give off toxins and cause on-going inflammation, which sets the ground work for disease and lots of symptoms.

### Symptoms of Candida-related Complex

The discomfort caused by Candida overgrowth comes in many shapes and forms.

#### Digestive Symptoms

- Bloating and gas
- Diarrhea
- Constipation
- Abdominal pain
- Burning in the esophagus
- Itching and burning in the rectum
- Burping

#### Systemic Symptoms

- Headaches
- Muscle pains
- Fatigue
- Allergy symptoms
- Male and female disorders

#### Central Nervous System Issues

- Depression
- Memory loss
- Focus problems – ADHD
- Balance problems
- Anxiety

Candida infection can also result in systemic symptoms that can be anything including headaches; brain fog and spaciness; muscle pains; fatigue; allergy symptoms; male and female disorders; and central nervous system issues like severe anxiety, depression, and even learning disabilities, especially in children.

## Secrets for Clearing out Candidiasis

1. Stop eating anything that creates sugar in the gut as these critters love sugar. This includes sugar itself (in its many forms) like high fructose corn syrup, agave, maple syrup, honey, molasses, dried fruits, fruit juices, as well as refined carbs and alcohol.
2. Take something that 'kills' yeast like grapefruit seed extract, oregano oil, caprylic acid, berberine containing compounds, and a host of others.
3. Take probiotics to reseed the good friendly bacteria and keep the yeast from returning.
4. Take nutrients that heal the lining of the gut, since the mycelia can damage the gut lining.
5. Take clove supplements along with antimicrobial supplements and continue for at least several weeks after you finish the anti-microbials so as to kill off all the eggs.

## Anti-Microbial Herbs

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

## Simple 28-Day Candida and Parasite Cleanse

*For resistant cases this process may need to be repeated or stronger herbs used.*



**HealthForce Nutritionals SCRAM™** dietary supplement uses the time tested herbs black walnut, cloves, and wormwood to kill unwanted organisms.

\* Milk thistle seed extract and wasabi extract have been added to support the liver and help control die-off reactions.

### **Caution:**

NOT for use during pregnancy, lactation, or if you are trying to become pregnant.

### **Ingredients:**

- Cloves
- Black Walnut Hull
- Wormwood Herb
- Milk Thistle Seed Extract
- Wasabi Extract
- Enzymes (protease, amylase, cellulase, lipase)

### **Scram Dosages:**

Follow "Secrets for Clearing out Candidiasis" suggestions above and take:

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

Ideally, take all at once until the bottle is gone. Depending on your nutritional situation, you may need to consume more or less SCRAM™ and for a different duration of time. If you notice detox symptoms like headache, muscle and joint aches, skin rashes, or feeling exhausted... slow down. Take it nice and slow. Those reactions are likely related to toxins in the cell walls of the organisms being released and not efficiently eliminated.

Make sure you are having at least 2-3 bowel movements during this process. If you are not, consider an enema, a colonic, or adding a gentle intestinal movement formula, like

**HealthForce Nutritionals Intestinal Movement Formula.**

## Preventing/Eliminating Parasite Eggs

In addition to ridding yourself of the adult forms of parasites, you'll want to get rid of the eggs too, so as to prevent them from hatching into adult stage. Fresh clove capsules are highly effective for egg removal. Follow the dosing schedule below the instructions for making the clove capsules.

## Making Your Own Clove Capsules

The volatile oils in cloves deteriorate quickly, which is why it's recommended to make your own capsules, so you can ensure the freshness. It's easy. Here's what you'll need:

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

## Steps For Making Clove Capsules

- Grind your cloves when you are ready to use them or when you are able to put them into the empty capsule shells immediately. Only freshly ground cloves have the medicinal properties to kill parasite eggs. That is why you should purchase fresh cloves and grind them yourself.
- Fill your empty double-zero size capsules with the freshly ground cloves. Store the capsules in an airtight container or plastic baggie for future use.

The Cap-m-Quick system makes the process a breeze:

<https://drritamarie.com/CapMQuick>

Take capsules as directed by the table below:

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

Optionally, you can add *HealthForce Liver Rescue™* to assist detoxification. To improve bowel cleansing, you can add *HealthForce Intestinal Drawing Formula™* and *HealthForce Intestinal Movement Formula™* according to directions on the bottle. If you feel nauseous or lethargic while doing the above protocol, you may need additional detox and elimination support. *HealthForce Liver Rescue™* may help. If it doesn't or you don't have any, decrease the dose of SCRAM.

**Diet Guidelines:** Consume a whole food, plant-based, high-fiber, organic diet with emphasis on fresh, high-water-content foods and large amounts of fresh vegetable juices.