

CANDIDA SUPPORT

Supporting a Healthy Balance of Intestinal Flora!

If you suffer from diverse symptoms like fatigue, gas, bloating and brain fog, you may have an overgrowth of yeast, a fungus commonly known as *Candida albicans*, in your gut. *Candida* is present as part of a normal balance of intestinal micro flora. Yet, if *Candida* is allowed to reproduce unchecked, it can create a host of health problems including allergies, sinusitis, bronchitis, arthritis and auto-immune disease that are, in part, due to the 180 chemical byproducts of *Candida* production.

BOTANICAL INGREDIENTS:

All Organic: Garlic, Oregano, Pau d Arco, Cat's Claw, Olive Leaf, Ginger Root



GARLIC

Garlic has powerful antifungal properties to attack *Candida*, while also preserving and boosting the good bacteria in your digestive system. Garlic stimulates the liver and colon, giving it a potent detoxifying effect on the body.



OREGANO

Wild Oregano is one of the most powerful natural antifungals, making oregano an excellent choice antifungal for your *Candida* treatment. Oregano is not only an antifungal, but also has antiviral, antibacterial and anti-inflammatory properties. One study has even shown it to have cancer-preventative properties. Oregano is particularly useful for treating a *Candida* infestation. The *Candida* yeast does not develop resistance to Oregano, whereas some other antifungals may lose effectiveness over time as the *Candida* adapts to them.



PAU D ARCO

Pau D'Arco's effects are two-fold when it comes to *Candida*. Firstly the herb helps to loosen the bowels. Not enough to cause diarrhea, but enough to wash out old fecal matter (see our cleansing page) and expose the *Candida* yeast.

Secondly, Pau D'Arco acts as a powerful antifungal agent. It contains several classes of compounds, lapachol, xyloidone and various naphthaquinones. The most important of these is lapachol, which has been shown to inhibit the growth of *Candida*..



CAT'S CLAW

Cat's Claw contains alkaloids that strengthen your white blood cells, allowing them to attack foreign invaders such as Candida, as well as other fungi, viruses and bacteria. Cat's Claw also has antioxidant properties that combat free radicals in your bloodstream. These are the pesky chemicals that cause aging and disease. Its anti-inflammatory properties can help with gastrointestinal disorders that involve inflammation and it also has a detoxifying effect on the intestinal tract.



OLIVE LEAF

Olive Leaf Extract stimulates your immune system's response to unwelcome invaders like Candida. It has also been shown to help stabilize blood sugar levels – this is important for Candida sufferers because elevated blood sugar levels can feed your yeast overgrowth.

An added bonus for Candida sufferers is that Olive Leaf Extract gives the body a natural energy boost. As anyone who has endured an infestation of Candidiasis knows, low energy levels are one of the primary symptoms of an outbreak.



GINGER ROOT

Ginger has a detoxing on the body by increasing circulation and detoxifying the liver, in addition to stimulating the immune system. It has a positive effect on the digestive system and helps reduce intestinal gas. It also has a soothing effect on any inflammation that the Candida overgrowth may cause in your intestinal tract.

SUGGESTED USE

As a dietary supplement, take 2 capsules three times daily with 15 drops ***Black Walnut Extract***.

Treating Candida takes a comprehensive approach. You will find that making dietary changes and supplementing with probiotics will greatly improve your overall health and can be used on a regular basis. **Antifungals will only be necessary until your Candida is under control**, which depends on the severity of your symptoms and duration of the problem. Track how you feel; as yeast disappears, so do your symptoms.