

CANDIDA

What It Is
What It Does &

What You Can Do



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THANK YOU



Thank you for purchasing Purely Holistic Candida Cleanse. We are confident our supplement will help you conquer your Candida problem. In addition, we have put together a guide which aims to help you understand how Candida interacts with your body, and what this means for you on your cleansing journey.

We have also put together advice and guidance for the cleansing process to help you make the most of the supplement, and experience the greatest success in your cleanse. You are free to take as much or as little of this advice as you wish, and you may refer to the guide at any time for ideas and inspiration.





LEGAL STUFF!

Before we get started on the Candida Cleanse we have to make you aware of the usual legal disclaimers.

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This booklet is for informational advice only and is not intended as a replacement for medical advice. We always advise consulting a medical professional.

Before using the Purely Candida Cleanse please read the label fully as it may not be suitable for you depending on allergies, pregnancy and age.

Ok that's the boring legal stuff out of the way let's get down to helping you rid yourself of your Candida symptoms.





WHAT IS CANDIDA?

Candida is a type of fungus, or yeast, which exists naturally in our bodies. Because candida is always present, it is rarely harmful, but has the potential to bloom under certain conditions.

If you experience a fall in your immune system, have stomach disruptions, or even use antibiotics, conditions can be created for Candida to thrive within your body. A bloom in Candida levels is called Candidiasis.

It is only when Candida levels get out of balance that it can become a problem, causing conditions like athlete's foot and thrush, as well as a host of other problematic symptoms. Restoring candida levels to their natural balance is essential for health.

Candida thrives thanks to its love of sugars, specifically glucose, maltose and sucrose, which are present in bread, beer and other alcohol, and sweet treats. Eating these can encourage the bloom in Candida levels and ***make the situation worse***.

Many people panic when they first read about Candida, as blooms are associated with serious conditions like diabetes and HIV. However, it is not necessary to have these conditions to experience problems with Candida. If you are worried about diabetes or HIV or are displaying other symptoms of these conditions, consult your doctor immediately. If not, other factors can be significant enough to cause the problem.





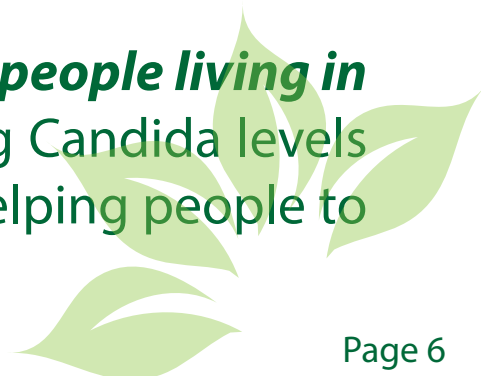
WHAT DOES CANDIDA DO?



Even if you do not experience athlete's foot or thrush, you may experience headaches, fatigue, abdominal pain and even behavioral symptoms like attention deficit and depression, which can be especially hard to identify.

This is because in consuming the sugars it loves, Candida produces nearly ***eighty different byproducts, many of which are harmful to the human host.*** These include uric acid, which can ***cause joint pain and gout,*** and chemical compounds like acetaldehyde, a potentially carcinogenic chemical that ***fogs the brain*** and is one of the active contributors to the hangover.

As such, ***high levels of Candida can see people living in a hungover state all the time.*** Reducing Candida levels and restoring balance can lift the fog, helping people to live fuller, happier and healthier lives.





WHAT CAN I DO ABOUT IT?

Reducing the intake of bread, beer, and foods containing high levels of sugar can help to cut off the food supply Candida thrives on.

This includes things we might consider healthy, like fruits, and high carbohydrate foods like potatoes and pasta, which transform into sugars once digested in the gut.

Stress raises blood sugar levels and lowers the immune system, so making lifestyle and attitude changes that **reduce stress can also help to change the conditions in which Candida thrive.**

Increasing fibre intake is also helpful, as this will **help flush through the gut and take Candida with it**, accelerating the move toward balance.

Probiotics are also useful, as these include live friendly bacteria that help the gut to digest food. Fungus and bacteria compete with one another for resources, so **increasing the number of bacteria present and reduce the levels of Candida and restore balance.**

Anti-fungal medication can be used, but should only be used in chronic cases. Individuals are not seeking to eliminate Candida entirely- this leaves space for bacterial infections to encroach. Rather, they are looking to restore Candida to normal levels and enjoy a balanced gut flora.



CHANGING YOUR DIET

It is important to cut out fruit, foods with added sugar, most starchy vegetables, and caffeine.

This can be difficult, looking for Paleo recipes can help identify high protein, nutritious meals and salads that use fresh vegetables with meats and a variety of spices and oils to bring interesting flavors to the table at mealtimes.

Equally, for advice on avoiding sugary foods, which is essential to deprive the Candida of its food source, it is useful to consult the Glycemic Foods index for **high glycemic foods to avoid. These include white bread and bagels, cornflakes and most cereals** including apparently healthy foods like bran flakes and oatmeal. White rice and pasta are also out, as is pumpkin.

Be sure to avoid anything over 55. After six weeks, you can begin introducing foods with values in the 60s, and after the course of treatment is finished, you can experiment with foods in the 70s.

Foods that naturally contain probiotics, friendly bacteria that will fight the Candida, include Yogurt, Kefir, and many fermented foods like sauerkraut and kimchi. It is important to note that you should avoid colorful flavored yogurts and stick to plain – the high sugar content of tastier yogurts is more damaging than the friendly bacteria are beneficial.

The good news is the Purely Holistic Candida Cleanse also contains probiotics – we tried to think of everything.



CHANGING YOUR LIFESTYLE

Several behaviors can also help to reduce Candida levels, and the good news is that these behaviors also help to reduce stress and anxiety, which can contribute to a compromised immune system.

Regular exercise is essential for overall health and longevity, but it also helps to maintain the body's natural balances. Even going for a brisk walk for forty minutes a day will help to increase circulation and stir the body to begin fighting back.

Proper exfoliation is also important.

Candida can exist on the skin and this can lead to increased ingestion, which can tip the balance inside the gut. Scrubbing the skin can remove as much as 15% of the Candida present during a bloom, and can allow the immune system to focus solely on fixing the internal levels.

The sauna is also an invaluable tool. The sauna raises the body temperature and causes profuse sweating, which helps to rid the body of toxins and increases circulation. Increasing the temperature also creates an environment hostile to Candida, which slows growth.

Contrast showers, or taking a hot shower and then turning it to cold, is a refreshing and exciting way to invigorate the body and increase the response of the lymphatic system, which is the important first line of defense in the immune system responsible for destroying old and abnormal cells, including Candida.





HOW DOES THE SUPPLEMENT WORK?

Fortunately for our customers, we have used our understanding of Candida to create one of the most comprehensive supplement profiles possible, containing everything the body needs to overcome a Candida bloom, derived from natural sources.

Here, we will break down exactly what is in Purely Holistic Candida Cleanse, why it is there, and what it will do to help free individuals from the negative effects of Candida.

Oregano Leaf Extract – the oil from the oregano leaf is prevents the growth of new Candida and kills existing Candida, according to a study conducted in 2010.

Caprylic Acid – Caprylic acid is a fatty acid found in coconut oil, shown to have antifungal effects. The compound is used in dairies and breweries as a sanitizing agent thanks to these properties. Ingestion helps to reduce Candida levels.

L.Acidophilus – L. acidophilus is a probiotic bacteria found in dairy products like Yogurt, and has been found to successfully aid in the reduction of yeast infections.



HOW DOES THE SUPPLEMENT WORK?

Cellulase & Protease – Protease and Cellulase are live enzymes that eat the cell wall of Candida, breaking it down without the Candida becoming resistant. Both are necessary because the cell wall is made up of plant-like fiber (destroyed by the cellulase) with underlying animal proteins (destroyed by the protease).

Aloe Vera gel – Aloe Vera gel is a powerful medicinal compound found in the center of the aloe leaf, and is used for the treatment of stomach and bowel diseases, ulcers and inflammation. This can help to repair breaks in the mucus lining of the stomach wall that can cause Candida blooms to take hold, as well as smoothing out the effects of the other active ingredients.

Arabinogalactan – Arbinogalactan is a probiotic microbial gum found in larch trees, and has been used in supplements since the 1970s. It promotes the activity of fecal bacteria enzymes, encouraging them to process food. In this context, it acts as a call to arms to the stomach bacteria, rallying it to take back the gut from a Candida bloom.



HOW DOES THE SUPPLEMENT WORK?

Anise Seed – Anise is a famous and highly sought after spice used for flavoring food, but its oil is also highly effective in slowing or even stopping the growth of Candida fungus and other harmful microbes, as seen in research by the universities of Mississippi, Zagreb and Mosul.

Black Walnut Hulls Powder – Black Walnut Hulls have several active effects thanks to their high tannin levels. The powder helps to dry up and stabilize stomach mucus, as well as being toxic to parasitic worms and curing diphtheria. It is an all-round agent for stomach health.

Wormwood Leaf Powder – Wormwood leaf powder has long been used to restore health and balance to the gut, as a remedy for gall bladder and liver disease, and many digestive disorders. It's chemical composition and active ingredient thujone help to protect against harmful organisms.

Reishi Mushroom – The primary effect of Reishi Mushrooms is to boost the immune system. In almost all cases of Candida bloom, a compromised or suppressed immune system has opened the door to the problem. The mushroom contains over 36 different active compounds that have pro-immune, anti-cancer and anti-inflammatory effects.



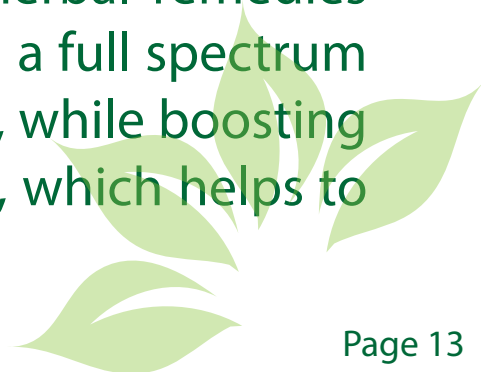


TAKING THE SUPPLEMENT



We have provided you with a two month supply of the Purely Holistic Candida Cleanse. What's more, our capsules contain an impressive 630mg of the active ingredients, blended together to create a gentle but powerful agent against Candida, while promoting the robustness and health of the stomach and gut. Simply take two a day, and your body will have everything it needs to fight and defeat a Candida bloom. However we would always recommend you cut back on sugar and follow our other tips as we discussed earlier.

By combining antifungals, probiotics, herbal remedies and beneficial enzymes, we are creating a full spectrum approach to optimizing stomach health, while boosting the immune system for the whole body, which helps to prevent recurrence.





DARKEST BEFORE THE DAWN: BE PREPARED FOR THE EFFECTS DIE OFF

As the supplement starts to take effect, the Candida will be destroyed. While it is dead, it is not yet gone, and this in itself can cause some temporary disruption and side effects.

This die-off, known as the Herxheimer reaction, can flood the body with toxins for a short period of up to a week.

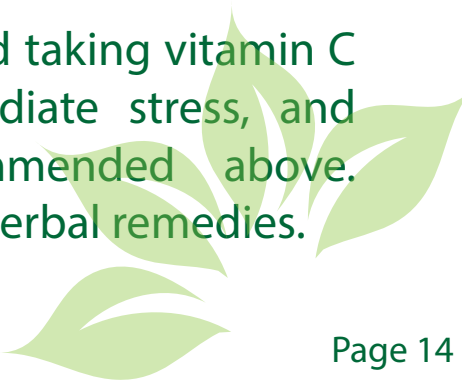
Although this may not feel like it, it is good news, it means the supplement is working.

In addition to the obvious stomach pain and gas, these side effects include things like headaches and fever, nausea and sweating. In some cases it can even create rashes, muscle and joint pain and even swollen glands, as the lymph nodes do their best to fight the threat.

The most important thing to do is to drink plenty of water and ingest fibre to activate the metabolism and speed the process of flushing these toxins out of the body.

While reducing antifungals can reduce the symptoms, it is not wise to come off them altogether, as this will simply allow them to begin to thrive again, and may even become more resistant as a result. Stay strong, and you'll soon feel better than ever.

In order to mediate the effects, we recommend taking vitamin C supplements, getting plenty of rest to mediate stress, and maintaining the lifestyle changes recommended above. Molybdenum and Milk Thistle are also helpful herbal remedies.





THINGS TO REMEMBER

- Drink plenty of water
- Take Purely Holistic Candida Cleanse supplements regularly, consistently and at the right times
- Eat plenty of fiber
- Eat probiotics like yogurt or kefir
- Cut out high carb and sugary foods
Be prepared for die-off
- Modulate anti-fungal use if symptoms become severe
- Exercise, exfoliate, and get plenty of rest
- Manage stress levels
- Consult your doctor if symptoms persist

We hope this guide has helped you to understand Candida, it's causes, effects and treatment, and we look forward to helping you restore your natural balance with
Purely Holistic Candida Cleanse.

