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Candida Cleanse Protocol

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Disclaimer:

The products mentioned in this guide should be used only as directed on the label. Do not use if you are pregnant or nursing. Consult with a physician before use if you have a serious medical condition or use prescription medications. A Doctor's advice should be sought before using this and any supplemental dietary product.

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Candida Cleanse Protocol

Potential Benefits of Cleansing Candida

Candida infections are the most common and persistent fungal infections in the world. They often go undiagnosed, and most people that have a Candida infection are usually unaware of it. If left untreated, Candida infections can lead to various health problems, including:

- Fatigue
- A white coating on your tongue or cheeks, as well as redness and soreness in your mouth —known as “oral thrush”
- Food cravings, especially sugar cravings
- Digestive issues, including gas, bloating, constipation, diarrhea and nausea
- Skin rashes
- Skin and nail fungal infections
- Inflammation
- Joint pain
- Frequent headaches
- Teeth grinding
- Recurring genital or urinary tract infections (UTI)
- Sinus infections

Doing a Candida cleanse can help to relieve these symptoms by getting rid of the Candida infection and restoring Candida populations back to healthy levels. This can lead to more energy, better digestion, enhanced mental clarity, improved skin health, reduced inflammation and much more.



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The 3 Steps to A Candida Cleanse

Getting rid of Candida can be challenging, especially if the infection has persisted for a long period of time. The process of getting rid of Candida, however, is simple and direct. A Candida infection occurs when the population of Candida yeast that normally exists in the body grows out of control. The goal of a Candida cleanse is to reduce the population back to a healthy level.

This is done by:



**Starving
the Candida**



**Killing the overgrown
population of Candida**



**Supplementing with
the right kind of multi
strain probiotics**

We will discuss the process of cleansing Candida in-depth in this guide.



Quick Start Guide to Make the Most of Your Cleanse

It is highly recommended to stick to our protocol to make sure that the Candida cleanse is done correctly.

Candida Cleanse Protocol

- Upon waking in the morning, take 1 serving of the Candida Cleanse tonic diluted in water or tea.
- One hour before lunch take 1-2 Zuma Nutrition Multi-Strain Probiotic Complex capsules. Make sure to wait a minimum of 30 minutes before eating and to take on an empty stomach.
- In the evening, take another 1 serving of the Candida Cleanse tonic diluted in water or tea.
- Dilute the Zuma Nutrition Fulvic Acid & Trace Ocean Minerals in your drinking water to drink throughout the day. You will want to drink this throughout your cleanse to enhance
- detoxification and prevent Candida die-off reactions. One serving can be taken per 12 - 24 ounces of purified water. Make sure this water is chlorine and fluoride free.

Follow the Candida Cleanse Diet as described below. This is one of the most important parts of the cleanse.

-



Candida Cleanse Die Off Symptoms and How to Avoid Them

During a Candida cleanse, it is common to experience Candida die-off symptoms. Dying fungal organisms release toxins and gases that could cause you to feel horrible. Sometimes our bodies can't deal with the toxic overload of all these harmful substances being released in such a short span of time. When this happens, we typically experience die-off symptoms, which may include any of the following:

- Headaches
- Aches and pains
- Skin rashes
- Brain fog
- Food cravings
- Fatigue
- Emotional and neurological disorders
- Anxiety and fatigue
- Phlegm or stuffy nose
- Upset stomach
- Flu-like symptoms, including fever and chills
- Skin breakouts
- Insomnia

Though experiencing die-off symptoms may make you feel like you're getting worse, die-off symptoms are actually a natural effect of detoxification and a positive sign of healing. Thankfully, there are ways to better manage these symptoms as they occur.

One of the best ways to manage die-off symptoms is by using our **Fulvic Acid & Trace Ocean Minerals tonic**. Fulvic acid has a unique ability to chemically bind to toxins and heavy metals, so helping to effectively eliminate them from your body. This means that it binds to the toxins released by parasite die-off and can significantly help to reduce die-off symptoms.

Other ways to avoid die-off symptoms:

- Drink plenty of water
- Get good quality sleep every night
- Eat a well-balanced & nutritious diet
- Schedule regular massages during your cleanse
- Spend time outside & breathe fresh air



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How to do a Candida Cleanse Safely and Effectively

To do a Candida detox cleanse safely and effectively, you will want to follow these key steps:

1

Cleansing the Colon

The colon, also known as the large bowel or large intestine, is an organ that is an important part of the digestive system. The colon removes water and some nutrients and electrolytes from partially digested food, and sends the remaining waste to the rectum to be eliminated from the body.

The average person stores 5-20 pounds of fecal matter in their colon, and this excess waste can interfere with the effectiveness of a cleanse. It is important when doing a gut cleanse of any kind that you cleanse the colon.

To cleanse the colon, consume a mixture of 1 tablespoon of ground chia seeds in water combined with our **Fulvic Acid & Trace Ocean Minerals tonic**. Chia seeds are rich in dietary fiber and fulvic acid binds to toxins. Together, they help to pull toxins from the gut and smoothly eliminate them.

When cleansing the harmful organisms in your colon, you may incidentally get rid of some of the good bacteria as well. Because of this, it is important to supplement with our **Multi-Strain Probiotic** to replenish your gut bacteria and keep your microbiome in balance. Probiotics are also key to keeping Candida populations in check.

When you have the right balance of gut bacteria, they prevent Candida populations from growing out of control. The ideal balance is 90% good bacteria and 10% bad bacteria. However, when you look at the gut of the average person today, you'll find just the opposite combination, 10% good bacteria and 90% bad bacteria, largely due in part to the over-processed diet many Americans consume. This type of diet tends to starve the good bacteria while feeding the bad. It is incredibly important for gut health, and for cleansing Candida, to restore the optimal balance of bacteria in the gut, and a multi-strain probiotic is one of the best ways to do this.

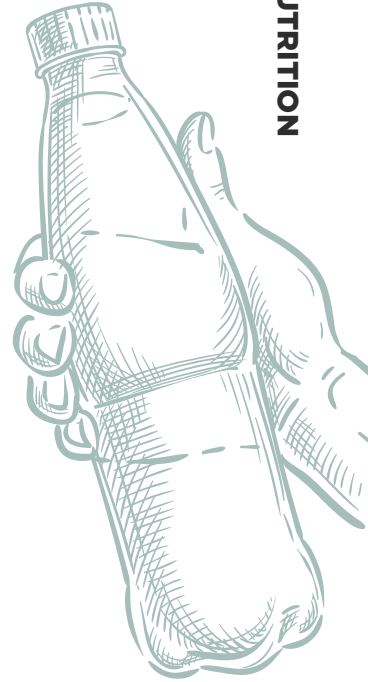
Additional ways you can support colon cleansing:

- Do not overeat
- Avoid toxic chemicals, oxidized oils, and processed sugars
- Eat simple, easily-digested, whole foods, focusing mostly on plant-based foods like fruits and vegetables
- Drink a lot of water
- Move your body



2 Drink Plenty of Water

Drinking a lot of water is one of the most important points for cleansing, as water is the universal flushing agent and hydration is essential for the health and function of every system in the body. Aim to drink anywhere from ½-1 gallon each day. Only drink purified water and avoid unfiltered tap water or bottled water. Consider investing in a reverse osmosis filter for easy access to purified water.



3 How to Know if Your Candida Cleanse is Working

There are many ways to know if your Candida cleanse is working. One of the best ways to tell that your cleanse is working is that you will be eliminating more than usual. Symptoms like bloating and indigestion will also begin to clear. Additionally, you may experience Candida die-off symptoms, such as those mentioned above. As your cleanse continues, you will likely experience a boost of energy, increased mental clarity, and a greater sense of well-being.

4 Post Cleanse

We recommend doing this cleanse every 6 months. Candida populations can easily grow out of control, and this cleanse helps to keep Candida at healthy levels so you can avoid infection and the many symptoms that come from it.

After the cleanse, be mindful of the foods that you are eating, as well as how it is that you are eating. Candida thrive when there is an imbalance in your gut microbiome, and when you consume a diet high in yeast and sugar, especially processed sugar. If we cleanse our bodies of built up toxins, focus on following a healthy diet, and restore the health of our gut microbiome, we can eliminate the internal habitat that allows Candida to flourish.



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Candida Cleanse Diet

The Candida cleanse diet is essential to treating Candida overgrowth. Even if you use anti-fungal herbs, you won't see much success unless you also adjust your diet. You have to take away the foods that are feeding the Candida if you wish to get rid of candida completely.

Candida is a type of yeast, which is a single-celled fungus. Fungi feed on sugar as their primary fuel source, and so, to weaken Candida populations, one needs to stop giving Candida the fuel that allows them to grow. This means that one needs to follow a strict sugar-free diet.

The Candida cleanse diet, sometimes called the Candida diet or the anti-Candida diet, is a low-sugar, anti-inflammatory diet that eliminates added sugars, gluten, alcohol, and foods that can damage gut health. Generally speaking, the anti-Candida diet removes all sources of flour, sugar, and yeast from the diet and encourages lean proteins, healthy fats, low starch vegetables, non-glutinous grains, some low sugar fruits, fermented foods, as well as some herbs and supplements to encourage the process.

12 Principles of the Candida Cleanse Diet

There are many foods that have anti-parasitic properties. When doing a parasite detox, it is recommended to include one (or more) foods that kill parasites with each meal. The most notable anti-parasitic foods to include in a parasite cleanse diet plan include:

Avoid Added Sugars

Added sugars are in a lot of foods, and many times we consume them without realizing it. Because of this, it is very important that you read the labels on foods and check the ingredients for added sugar. Some common foods that often have added sugar include: soda, energy drinks, sports drinks, fruit juices, teas, cereals, yeast breads, sauces, dressings, candy, grain-based desserts, dairy desserts, syrups and toppings. Many processed and packaged foods tend to have added sugars as well. If you are on a Candida cleanse diet, it is best to focus on whole foods in their natural form and to avoid added sugars at all costs.

Eat Low-Starch Vegetables

The best vegetables to eat on a Candida cleanse diet are generally those that are high in micronutrients but relatively low in carbs. These include all leafy greens like lettuce, spinach or kale, as well as anything from the cruciferous family, like broccoli, cauliflower, or cucumber.

Eat Low-Sugar Fruits or No Fruit

When following a Candida cleanse diet, you should aim to avoid most fruits and stick mostly to fruits with low net carbohydrates. Some examples of low net carb fruits include lemons, limes, avocado and berries. You can also include some fruits that have higher net carbs, but also have a larger proportion of fructose, such as apples and pears.

Fruits contain three different types of natural sugars - sucrose, glucose, and fructose. Sucrose and glucose have both been shown to promote Candida albicans biofilm creation, growth, and activity. Fructose, on the other hand, is metabolized more slowly by Candida albicans, and in some cases, has actually been shown to inhibit its growth.

Include Probiotics and Fermented Foods in Your Diet

Probiotic bacteria are one of the most important elements of any Candida cleanse diet. They help to inhibit the growth of the Candida yeast, and also have many benefits to our overall health, including improving digestion, repairing gut health, and boosting immunity. The best way to ensure you get the right strains of beneficial bacteria, and in the right ratios needed to restore balance in the gut microbiome, is by **supplementing with a multi-strain probiotic**. Additionally, eating probiotic-rich foods is beneficial.

Examples of probiotic-rich fermented foods include:



- Yogurt
- Kimchi
- Sauerkraut
- Kombucha
- Kefir
- Pickles
- Miso
- Kvass
- Olives
- Raw Apple Cider Vinegar

When consuming these foods, be sure that they contain live cultures, as these beneficial bacteria can be killed by the pasteurization process. When purchasing one of these products, look for terms like “live cultures,” “probiotic,” “raw,” and “unpasteurized” on the label, as these are good signs that they contain live bacteria.

Avoid Gluten

Gluten is a general name for the proteins found in wheat, rye, barley and triticale - a cross between wheat and rye. New research shows that gluten triggers the production of zonulin, a pro-inflammatory protein that damages the intestinal wall and causes intestinal permeability. Someone suffering from Candidiasis is likely to have impaired gut health. If this is the case, eating gluten is likely to worsen symptoms.

Cut Back on Alcohol

There is a clear and well-established link between alcohol and intestinal permeability. Candida albicans, in its pathogenic hyphal form, can also cause intestinal permeability. If a long-term Candida overgrowth has damaged your gut, then alcohol can make it even worse. While on the Candida cleanse diet, it is recommended that you cut back your alcohol consumption or, even better, eliminate it completely until your gut health is restored.

Eat Healthy Proteins and Fats

The Candida cleanse diet recommends lowering intake of carbohydrates, as the sugars in most carbs feed the Candida yeast. In order to replace these carbohydrate calories, it is recommended to eat more healthy proteins and fats. When eating proteins and fats of any kind avoid any added ingredients like sugars, nitrates or sulfites. You can get healthy proteins and fats from a variety of sources, and what you choose to eat depends on your diet.

Eat Foods That Improve Gut Health

Much of the Candida cleanse diet focuses on reducing inflammation and improving gut health. Therefore, it is important to eat less of the foods that lead to inflammation and more of the foods that reduce inflammation and promote healing. Eating a diet rich in vegetables, low-sugar fruits, healthy proteins and fats, and fermented foods is important for reducing inflammation and restoring gut health, but there are also certain foods that are particularly used for gut healing. Also consider including prebiotic foods in your diet during your cleanse. Some foods that are used to heal the gut include:

- High fiber fruits & vegetables
- Celery juice
- Cabbage juice
- Bone broth
- Coconut oil
- Pineapple
- Papaya
- Onion
- Garlic
- Asparagus
- Sauerkraut

Focus on Nutrition

As you follow the Candida cleanse diet, reflect on your dietary choices and make a commitment to making food choices that improve your quality of health. Some ways you can do this include:

- **Eat whole foods and foods in their natural form whenever possible**
- **Eat more produce (fruits and vegetables)**
- **Buy organic whenever possible**
- **Strive to buy local and in season foods when possible, as they are generally fresher and more nutritious**
- **Learn about the foods you eat and focus on foods that are rich in nutrients**

Drink A Lot of Water

Drinking sufficient quantities of water and staying hydrated is important to your health, whether you are on a Candida cleanse diet or not. Your body needs water to function, and when you don't get enough water, it can impair your health.

Minimize Intake of Caffeine

Caffeine is not necessarily harmful during a Candida cleanse diet, but in some circumstances, caffeine can irritate your gut and impair your digestion, which can make your Candida infection worse. It can also contribute to burnout that might weaken your immunity at a time when you need it most.

Incorporate Anti-Candida Foods & Herbs in Your Diet

Just as some foods can contribute to a growth of “bad” bacteria that allow the overgrowth of candida, certain foods have also been shown to specifically encourage “good” bacteria to grow that inhibit the growth of Candida. Therefore, it is recommended to include more foods and herbs in your diet that help to fight Candida infections. Some examples include:





Probiotics

Probiotics are a great support to anyone looking to restore the balance of beneficial gut bacteria in their gut microbiome. Beneficial bacteria like Lactobacillus may reduce Candida growth and protect against infections.



Garlic

Garlic contains a substance called allicin that has anti-fungal properties, and has been shown in animal and test-tube studies to act against Candida.



Kombucha

Kombucha tea is rich in tea polyphenols and acetic acid, both of which have been shown to kill Candida in test-tube studies. It also contains probiotics, which make it an even greater aid to gut health and the balance of gut bacteria.



Coconut Oil

Coconut oil is high in lauric acid, which has been shown to fight Candida infections in multiple test-tube studies.



Aloe Vera

Some studies have shown that Aloe vera gel may inhibit the growth of Candida in the mouth and prevent infections.



Turmeric

Turmeric is a common culinary spice with many health benefits. Much of these health benefits are attributed to curcumin, the active compound in turmeric. Test-tube studies show that curcumin also has the potential to kill Candida yeasts, or at least reduce their growth.



Pomegranate

One test-tube study indicated that the plant compounds in pomegranate are beneficial against Candida yeasts.

Foods to Avoid During Your Cleanse

The main thing you want to focus on when cleansing candida is eliminating harmful foods from your diet like foods high in sugar, processed foods, gluten, and alcohol. Additionally, focusing on nutrient dense whole foods and foods with antifungal properties is best. Certain foods are especially helpful on a Candida cleanse diet for killing Candida, restoring healthy gut bacteria, improving digestion, or improving the integrity of the gut lining. Aim to include these foods in your Candida cleanse diet:

- **Garlic**
- **Onion**
- **Honey**
- **Pumpkin Seeds**
- **Dates**
- **Pomegranate**
- **Papaya Seeds**
- **Dandelion Greens**
- **Lettuce**
- **Broccoli**
- **Kale**
- **Pineapple**
- **Coconut**
- **Carrots**
- **Sunflower Seeds**
- **Fermented Foods**
- **Stoneground Mustard**
- **Coconut Oil**
- **Apple Cider Vinegar**
- **Turmeric**
- **Ginger**
- **Cinnamon**
- **Cayenne Pepper**
- **Chili Spices**
- **Curry Spices**
- **Cloves**
- **Thyme**
- **Oregano**
- **Neem**

What to Avoid During Your Cleanse

During a Candida cleanse, it is essential to avoid these foods and substances:

- **Sugar, especially processed sugar**
- **Simple carbohydrates**
- **Yeast (breads, cakes, biscuits, cookies, crackers, flour, milk, buns, beer, etc.)**
- **Mold**
- **Mushrooms**
- **Alcohol**
- **Antibiotics**
- **Cigarette smoke**
- **Junk food and processed foods**

Avoid Overeating

One of the most important things to do while cleansing is to avoid overeating. Eating large amounts of food may strain your digestive system and lead to indigestion of food.

Overeating can lead to buildup of waste in the colon, and this buildup of waste creates the perfect environment for parasites, Candida and other toxic organisms. When we do a cleanse, we want to eliminate this waste—not add to it! Therefore, it is essential not to overeat, but to only eat moderate amounts of food and to stop as soon as you start to feel full (or even before).

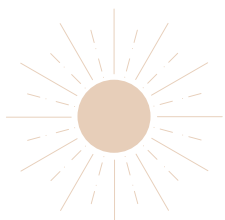
Meal Plan Examples

To get a sense of how you can include these anti-Candida foods in your diet, we wanted to provide some meal plan examples. Keep in mind that these are just simple ideas of what you could eat during your cleanse. The main point is to try to include as many anti-Candida foods into your meals as possible to starve and kill the Candida.



Breakfast

- Chia seed pudding with berries and almond milk
 - Oatmeal with cinnamon, coconut, chia seeds, pumpkin seeds
 - Gluten-free pancakes
 - Smoothie made with nondairy milk, berries, nut butter, and coconut oil
-



Lunch

- Salad with lettuce, dandelion greens, baked chickpeas, sunflower seeds, quinoa, and a stoneground mustard and lemon dressing
 - Salad with apple, avocado, and pomegranate seeds
 - Quinoa bowl with garlic, sweet potato, kale, and chili spices
 - Brown rice bowl with broccoli, carrots, ginger and pineapple
-



Dinner

- Quinoa, broccoli, baked potato or sweet potato
- Quinoa and vegetable stir fry with broccoli, kale, carrot, pineapple, ginger
- Steamed vegetables
- Coconut curry soup

Candida Cleanse Tea Recipe

The Candida Cleanse tincture has somewhat of a bitter taste due to the herbs used. To make it more palatable, try following this tea recipe. We use our Candida Cleanse tincture with ginger, lemon, and chia seeds, combined in hot water to make a detoxifying herbal tea. The Candida Cleanse tincture helps to kill the overgrown Candida, while the chia seeds act as a binder to toxins released from Candida die-off, and help to cleanse the colon and improve elimination. Ginger and lemon enhance this drink with cleansing and soothing properties to the digestive system, while also adding flavor to the bitter herbs in the Candida Cleanse formula.

Ingredients:

- 1 tsp. Ginger Powder
- 1 tbsp. Soaked Chia Seeds
- 1 Lemon
- 1 full dropper of Candida Cleanse Tincture

How to Make:

- Pour 1 cup of hot water into a cup
- Add 1 tsp of ginger powder
- Add 1 tbsp of soaked chia seeds
- Add juice of 1 lemon
- Add one full dropper of Candida Cleanse Tincture
- Stir ingredients together
- Enjoy as a Candida Cleanse tea



Everything You Need to Know About Candida

What is Candida?

Candida is a type of yeast or fungus that lives on and inside the human body. There are many different species of Candida, and some are more likely to affect our health than others. Small amounts of the Candida fungus typically exist on the skin, and inside the mouth, vagina, and gut. In small amounts, Candida are harmless and cause no symptoms. In fact, they may even play a necessary role in our body's microbiome (the community of trillions of microorganisms that live on and inside the body, and that help to regulate our health and immunity).

Typically, the bacteria living on and in the body, combined with the efforts of the immune system, help to keep Candida populations under control. However, certain factors can cause this fungus to multiply out of control, resulting in a Candida infection, which is called "candidiasis."

Of all the different species of Candida, five affect humans the most:

Candida Albicans

causing an estimated

65.3%

Candida infections

Candida Glabrata

causing an estimated

11.3%

Candida infections

Candida Tropicalis

causing an estimated

7.2%

Candida infections

Candida Parapsilosis

causing an estimated

6.0%

Candida infections

Candida Krusei

causing an estimated

2.4%

Candida infections

What is Candidiasis?

Candidiasis is the medical term for a fungal infection caused by *Candida*. Not all species of *Candida* cause infection, but many of them can, and typically, *Candida albicans* is the species that is most likely to cause a *Candida* overgrowth.

Our body's immune system, as well as the community of bacteria in the body, typically keep *Candida* populations under control. However, certain dietary and lifestyle factors may inhibit these natural defenses and may feed the *Candida* yeast, causing it to grow uncontrollably.

When *Candida* has grown out of control, it is known as candidiasis, or a *Candida* infection. Usually a *Candida* infection affects the mouth, throat, vagina, and gut, but if not treated, or if the population grows significantly out of control, it can lead to a more serious health condition called Invasive candidiasis.

Invasive candidiasis is a serious infection that can affect the blood, heart, brain, eyes, bones, and other parts of the body. Candidemia, a bloodstream infection with *Candida*, is a common infection in hospitalized patients.

How Common Is Candida Overgrowth?

Candida overgrowth is one of the most common infections in the United States, affecting an estimated 9 out of every 100,000 people. Most people who suffer from a *Candida* infection have no clue that they have an infection.

Candida infection is the most common type of fungal disease. Fungal diseases kill more than 1.5 million and affect over a billion people annually. However, they are still a neglected topic by public health authorities even though most deaths from fungal diseases are avoidable.

Nearly a billion people are estimated to have skin, nail and hair fungal infections globally, many 10's of millions have mucosal candidiasis, and more than 150 million people have serious fungal diseases, which have a major impact on their lives or are fatal.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5753159/>

What Causes a Candida Overgrowth?

Candida populations are kept under control by beneficial bacteria in our gut microbiome. If these beneficial bacteria are killed or reduced from certain dietary or lifestyle factors it can allow Candida populations to grow out of control. Additionally, Candida can grow out of balance when the body's immune system is weakened. Some common causes of Candida overgrowth include:

- Diets high in processed foods sugars and refined carbs
- Obesity
- High stress levels
- Smoking
- Excessive alcohol consumption
- Pregnancy
- Steroids
- Broad-spectrum antibiotics
- Taking oral contraceptives
- Dentures
- Dry mouth
- Chemotherapy
- HIV
- Diabetes
- Warm, humid weather
- A weakened immune system
- Auto-immune diseases

Symptoms of Candida Infection

Knowing that you have a Candida infection is not always something that is easy to figure out. Some of the signs and symptoms of Candida are minor, and may not cause enough alarm to seek out further testing from a medical professional. The most common symptoms associated with a Candida infection are:

- Oral thrush
- Digestive issues
- Leaky gut
- Tiredness and fatigue
- Yeast infections
- Urinary Tract Infections
- Sugar cravings
- Sinus infections
- Joint pain
- Muscle pain
- Skin and nail fungal infections
- Acne

Candida Overgrowth & Leaky Gut

Leaky Gut Syndrome is a serious and debilitating condition that is often linked to other conditions that affect the gut, such as Candida overgrowth, Crohn's disease, small intestinal bacterial overgrowth (SIBO), ulcerative colitis and celiac disease.

Basically, Leaky Gut Syndrome is the inflammation and weakening of the intestinal walls—and this can occur for a number of reasons. The lining of the gut is naturally permeable, as this is what allows nutrients to pass from food into the bloodstream. What Leaky Gut actually refers to is not that the gut is permeable, but that there is an increased gut permeability that allows various substances to pass through the intestinal wall. Although the gut walls are supposed to allow a certain amount of nutrients through into the bloodstream, it becomes an issue when toxins and other harmful substances get through the gut walls.

There is not one specific cause of Leaky Gut Syndrome, as Leaky Gut Syndrome is more of an effect that happens as the result of another condition. It is the inflammation and weakening of the intestinal walls, and this can be caused by a number of things. Very often, however, Leaky Gut Syndrome is the result of a candida overgrowth.

Leaky Gut and Candida often go hand-in-hand. When Candida cells begin to grow hyphae - the long branches that grow out of the fungus - they can invade the cells in your intestinal lining, creating inflammation and permeating the membrane that prevents harmful substances from leaking out. This can wreak havoc on your gut.

If these openings become too large, they allow all kinds of toxins and undigested food particles to pass from your gut into your bloodstream. Because these particles are not meant to be in the blood, the immune cells in your blood quickly identify them as foreign substances, and as a result, these immune cells alert your body that there is a pathogen in the body.

Your body's immune system then responds by acting to neutralize what it perceives as a threat to your health. It does this in the same way it neutralizes other threats like bacteria and viruses—by 'attacking' the invader. This can lead to substantial inflammation and damage to the surrounding tissues. While this immune response is meant to protect you, it also causes systemic inflammation.

The immune system functions by attacking pathogens and remembering all of the pathogens it has fought in order to release antibodies that protect us from those pathogens in the future. It is really an incredible feat of the body's intelligence.

However, if your immune system has neutralized and eliminated the "invading" particles of undigested food in your blood, it remembers exactly what they were, and it remembers them as the threat that your immune cells marked them as. This means that the next time you eat the food that was mistakenly seen as a pathogen, your body (specifically your immune system) is likely to have a reaction to it. This is the underlying cause behind many food allergies.

The health of your intestinal lining is so important, and Candida can cause serious damage to your gut lining. This is why it is important to clear a Candida infection as soon as possible.

Top Herbs for Killing Candida

The Candida cleanse diet weakens the Candida yeast and prevents them from growing. Anti-Fungal herbs target and kill the Candida to reduce their population. Our Candida Cleanse tonic includes 7 of the most potent anti-Candida herbs in the world:



Oregon Grape Root

Oregon grape root is one herb that is commonly used for Candida infections because it contains powerful antifungal agents like berberine. In numerous studies, berberine extract has been shown to have significant antimicrobial activity against bacteria, viruses, protozoa, fungi, and yeasts. Studies have also shown that berberine has a significant antifungal effect against the *Candida albicans* strain in particular, which is the most common type of Candida leading to infection in humans. This makes Oregon grape root one of the best herbal remedies for treating Candidiasis.

Goldenseal Root

Goldenseal root is also high in the chemical compound berberine, an alkaloid with antibiotic and antifungal activity that has also been shown to help relieve some of the symptoms seen in people with chronic candidiasis. Studies show that the antifungal action of berberine enables it to inhibit the growth of various Candida species.



Grape Seed Extract

Grape seed extract is rich in antioxidants and is powerfully antifungal. In one case-control study on 0.2 ml of *Candida albicans* yeasts in 20 samples of rats in 2007, it was shown that the grape seed extract compound had a strong effect against fungal samples. The antifungal properties of this extract make it a great alternative for treating Candida and other fungal infections, especially when used in combination with diet and other antifungal herbs.



Echinacea

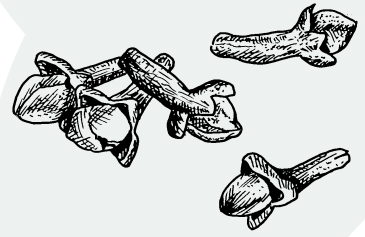
Echinacea targets and attacks the structure of the fungal cell wall. Fluorescence microscopy showed that yeast treated with Echinacea were significantly more prone to cell wall damage than non-treated cells. The study concluded that there was compelling evidence that the fungal cell wall is a target of Echinacea extracts and Echinacea may therefore be an effective herbal medicine in treating mycoses (fungal infections).



Cloves

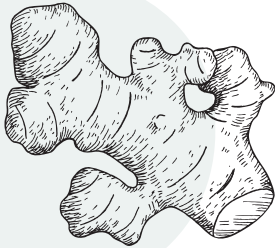
One study published in the National Library of Medicine observed the antifungal activities of clove and its volatile vapour against dermatophytic fungi. It was observed that cloves had significant antifungal activity against *Candida albicans*, *Epidermophyton floccosum*, *Microsporum audouinii*, *Trichophyton mentagrophytes*, and *Trichophyton rubrum*.

It was shown that cloves strongly inhibit spore germination and mycelial growth of the dermatophytic fungi that were tested. The volatile vapour of clove essential oil showed fungistatic (inhibits the growth of fungi) activity whereas direct application of clove oil showed fungicidal (kills fungi) activity.



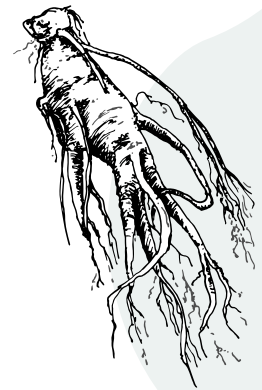
Ginger

Ginger contains antifungal compounds called gingerol and shagelol as well as potent anti-inflammatory agents. Studies show that ginger can inhibit the growth of the common *Candida albicans* strain. In one study, an antifungal cream containing ginger was more effective at relieving yeast infections than the antifungal cream without ginger. Another study showed that Ginger extract successfully inhibited biofilm formation by *A. baumannii*, *B. cereus*, *Candida krusei*, and *Candida albicans*.



Ginseng

Ginseng is commonly praised for its antioxidant, anti-inflammatory, and immune boosting effects. A lesser known benefit of ginseng, however, is its powerful antifungal effects. In one study, the saponins were isolated from Korean red ginseng, and the antifungal effects of ginsenosides were investigated. Ginsenosides showed fungicidal (fungi-killing) effects toward the pathogenic fungi tested—the primary of which was *Candida albicans*. The results suggest that ginsenosides may exert antifungal activity by disrupting the structure of the fungal cell membrane.



These 7 herbs have been shown to specifically kill *Candida* yeast, among other types of fungus, and can drastically reduce *Candida* populations, helping to restore balance in the gut. Our *Candida* Cleanse formula uses a therapeutic extraction process to concentrate the active ingredients in these herbs into a therapeutic liquid extract that is significantly more potent than regular tea powders or capsules.

The high quality active ingredient extracts in our organic *Candida* Cleanse tonic are completely water soluble, so they're absorbed immediately in the bloodstream and not in the digestive tract, allowing them to instantly kill the *Candida* yeast.

All of the herbs in this formula are only harvested when they are at their peak level of potency. This ensures that the active ingredients are as strong and effective as possible.

Plus they are 100% sustainable and wildcrafted. Which means, no pesticides, preservatives, chemical fillers, or genetically modified ingredients.

How Probiotics Manage Candida

During your Candida Cleanse and for some time after, you will want to supplement with our Multi-strain Probiotic Complex. Probiotics are certain types of friendly bacteria that provide numerous health benefits. The most common types of probiotics belong to groups called Lactobacillus and Bifidobacterium.

Other bacteria may also be used as probiotics, and so may yeasts such as *Saccharomyces boulardii*. Different types of probiotics may have different effects. For example, if a specific kind of Lactobacillus helps prevent an illness, that doesn't necessarily mean that another kind of Lactobacillus or any of the Bifidobacterium probiotics would do the same thing. Therefore, choosing the right type—or types—of probiotics is essential, especially if you are using probiotics for a specific purpose like cleansing Candida.

Probiotics are an essential part of your gut microbiome. Your gut microbiome, also called gut flora or gut microbiota, is the complex community of microorganisms that live inside your gut. Within the gut there are hundreds of different types of microorganism—as many as 1,000, according to some estimates. This includes bacteria, yeasts and viruses—with bacteria making up the vast majority. Most of the gut flora is found in your colon, or large intestine, which is the last part of your digestive tract.

The beneficial bacteria in your gut microbiome actually fight off Candida and keep Candida populations in check. When these bacteria are reduced due to poor dietary and lifestyle factors, it allows Candida to grow out of control. Therefore, it is essential that both during and after a Candida cleanse you supplement with a high-quality multi-strain probiotic. This will help to restore your Candida population back to healthy levels and will prevent them from growing out of control again.



Additional Recommendations for Your Cleanse

Cut back on overall sugar intake, if you want to eat fruit, eat lower glycemic fruit such as berries and avoid higher glycemic foods such as bananas, cantaloupe, etc.

Make sure to support the liver during your cleanse with liver supporting foods and herbs.

Include binders in your diet during your cleanse such as Fulvic Acid, Zeolites, and Chia Seeds.

Focus on proper hydration with purified, chlorine and fluoride free water. Add fulvic acid & trace ocean minerals to your drinking water during your cleanse. Fulvic acid helps with chelation of toxins that can come from parasite die-off.

Make sure to focus on gut health before, during and after your cleanse as taking potent detox herbs without optimizing gut health is not recommended.



About Zuma Nutrition

Here at Zuma Nutrition, we pledge to offer the very best nutritional supplements our teams can offer. We leverage 40 years of research and decades of experience to ensure that our standards are of the highest order and that our products are equally as strict in their quality.

Our manufacturing teams consist of herbalists, physicians, biochemists, and nutritionists, who all promise to bring you the very best superfoods, nutrients, vitamins, minerals, and healing tools they can create.

With an unwavering focus on product efficacy, purity, potency and quality, along with a fervent commitment to positively impacting our planet, we at Zuma Nutrition are thrilled to offer our customers a powerful array of products and supplements.

Sourcing & Clean Biochemistry

All of our herbs and superfoods are organic, regenerative, and grown in biologically active soil. By focusing on the health of our soil, we keep the delicate communities of microorganisms alive, allowing for healthier and more nutrient-dense plants, while simultaneously helping to sequester carbon, taking it out of the atmosphere and storing it within the soil.

No synthetic pesticides or fertilizers are used in our agricultural process. We enhance the effectiveness of these plants by combining the knowledge of our team of herbalists with clean biochemistry techniques, including: nanotechnology, emulsified liposomal deliveries, freeze-dried extraction processes, water extraction, supercritical CO₂ extraction, and dual alcohol extractions.

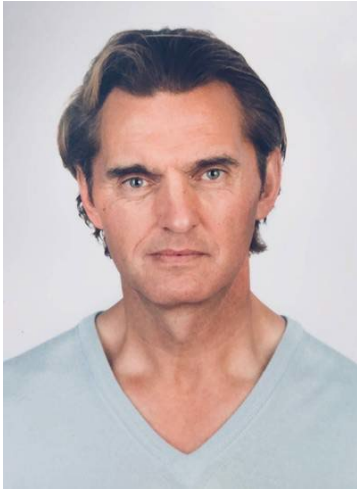
We also practice sustainable wild harvesting methods in Utah and Colorado with rare ingredients in our formulas.

Vegan & Vegetarian Friendly

Our entire Zuma Nutrition line is 100% vegan and vegetarian-friendly, keeping in mind our ecological footprint and the impact that our business has on the earth.

Our head of product development and co-founder, Richard, is vegan and takes these products daily to optimize his own health and well-being. As a result, we have created a safe source for vegans to get all of their health and wellness needs without having to worry about what they are putting into their bodies.

About Our Founders



Richard Helfrich, Co-Founder, Naturopath

Richard's life was changed forever when he discovered he had a serious heart condition known as cardio-myopathy. Cardiomyopathy, a type of heart muscle disease, is a progressive disease in which the heart is abnormally enlarged, thickened, and/or stiffened. As a result, the heart muscle's ability to pump blood is less efficient, often causing heart failure.

Rather than consider the heart transplant option he was presented with, Richard decided to take control of his condition and control of his life through a course of alternative medicine. Within five years he completely and successfully rebuilt his heart. 40 years later his heart is still in great condition and working beautifully.

This courageous step resulted in a voyage of self-discovery, which included a change in lifestyle, a disciplined study of medicine, and the attainment of an extensive knowledge of how the body works.

The result has been Richard's creation of a program of health that has now succeeded in helping thousands of individuals, as well as a private clientele of international film stars and famous personalities through his business Health Spectrum.

Richard is also the author of four books, published in the United States and Europe, including Take Control of Your Health, Immune Response, The 24 Hour Body, and Young Inside and Out. His books give the reader not only a manual on how the body works, but also a guide to how to recover their health, no matter their condition.



Jordan Dorn, Co-Founder, Holistic Nutritionist

Jordan has dedicated his young 20s to developing Zuma Nutrition and studying under Richard after suffering with addiction, depression, and anxiety issues that he was able to heal through working with alternative medicine and healthy lifestyle practices.

Rather than turning to pharmaceutical medication, Jordan was able to recognize his issues were stemming from a disrupted gut microbiome, poor dietary habits, and nutrient deficiencies. Since healing these issues Jordan has been a student of alternative medicine, health and wellness, and Richard's body of work.

Jordan is a certified nutritionist and has a deep passion for helping people heal using lifestyle practices, nutrition, nutritional supplements and mind body spirit balance.

Outside of Zuma Nutrition Jordan works with individuals on a one on one basis to improve their health.



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