



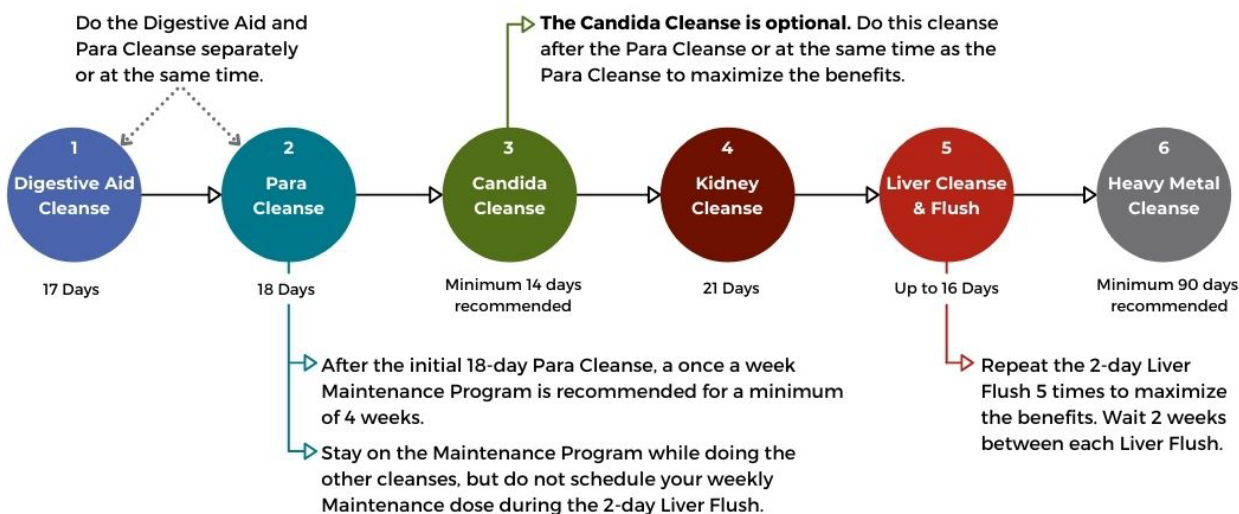
Candida Cleanse FAQs

What is the suggested order of the cleanses?

The original cleanse sequence is as follows: Digestive Aid Cleanse, Parasite Cleanse, Kidney Cleanse, Liver Cleanse. Optionally, the Candida Cleanse can be done after the Parasite Cleanse or at the same time since both cleanses help to balance microorganisms. If you choose to do the Heavy Metal Cleanse, this one is recommended last in the cleanse series.

Cleanse Flowchart

The following is a suggested sequence for those completing the full Dr. Clark cleanse protocol.



How long is the Candida Cleanse?

The cleanse kit provides enough product to last 14 days. However, depending on the state of your digestive health, you may need to stay on the cleanse for at least four to six weeks.

Can I do more than one cleanse at the same time, or do I have to do them separately?

You can do some overlapping of the different cleanses. Just remember that each cleanse requires taking several supplements every day. If you become overwhelmed by the amount of supplements or your body reacts poorly to the amount of supplements, stop and do the cleanses separately. You can do the Digestive Aid Cleanse and Parasite Cleanse together, or even the Digestive Aid Cleanse, Parasite Cleanse, and Kidney Cleanse together. If you are doing the optional Candida Cleanse, this pairs well with the Parasite Cleanse. If you are doing the Liver Cleanse, you can complete part 1 (drinking the Liver Support Tea) while doing the Digestive Aid Cleanse, Parasite Cleanse, Candida Cleanse or Kidney Cleanse.

However, part 2 of the Liver Cleanse (the 2-day liver flush) should be done on its own - stop all other cleansing during the 2-day liver flush, and you can resume other cleanses after the flush is done. The Heavy Metal Cleanse should be done on its own.

Do I have to change my diet during the Candida Cleanse?

Because Candida growth is influenced by what you eat, it is strongly suggested that you follow a Candida diet for the duration of the cleanse. A Candida diet involves the strict elimination of carbohydrates including added sugars, wheat products, dairy, fruits high on the glycemic index, starchy grains and vegetables, and alcohol. The body converts these restricted foods into sugar, and sugar is what feeds Candida growth.

Do I have to stop taking other supplements or medications while I'm on the Candida Cleanse?

You can continue to take your normal routine of supplements while on the cleanse. Check with your doctor or a pharmacist about potential interactions between your medication and the cleanse supplements.

Are there any side effects to the Candida Cleanse?

Similar to the Parasite Cleanse, some people experience minor flu-like symptoms on the Candida Cleanse. This is part of the Herxheimer Reaction (or herx reaction). When organisms are dying faster than your body can eliminate them, this can cause mild flu or allergy type symptoms. If you're also following an anti-Candida diet, your body may be adjusting to the new diet, which may also contribute to mood and energy fluctuations.

If I skip a day on the cleanse, do I have to start over at the beginning?

While it is advised to follow the cleanse schedule as close as possible, if you miss a day or two, simply pick up where you left off. If you stop for four days or longer, we recommend starting at the beginning.

How often should I do the Candida Cleanse?

The Candida Cleanse can be done as needed. Frequency will depend on your Candida load, which can fluctuate based on factors such as diet, medications, and stress. You can even cycle on and off the program at regular intervals based on your own preference.

Is there a maintenance program for the Candida Cleanse?

There is no maintenance program for the Candida Cleanse.

Is the Candida Cleanse suitable for children?

We do not recommend giving children under the age of 18 the Candida Cleanse. Always consult with a healthcare professional before giving children nutritional supplements designed for adults.

Can I do the Candida Cleanse if I'm pregnant?

If you are pregnant, we do not recommend that you do the Candida Cleanse without speaking with your doctor first.

Can I do the Candida Cleanse if I'm breastfeeding?

Because compounds found naturally in the Candida Cleanse products can get into breast milk, we do not recommend that you do the cleanse while you are breastfeeding. Please consult with your doctor before attempting to do the cleanse.

Can I give the Candida Cleanse to my pets?

We do not recommend giving your pet the Candida Cleanse. Only Dr. Clark's Parasite Cleanse can be modified for dogs and cats. Please consult a veterinarian before giving your pets nutritional supplements or cleansing protocols designed for humans.

How do I know if I have Candida overgrowth?

There are numerous symptoms of Candida overgrowth including digestive issues, brain fog, skin rashes, craving sweets, and acne. A true diagnosis of Candida overgrowth can be assessed through lab tests. The main testing methods are done with an oral swab, blood, or stool sample. Talk to a qualified healthcare professional about getting tested for Candida overgrowth. You can also search online for at-home Candida test kits.

Disclaimer: This information is for research purposes only and should not be used in place of the advice from a qualified healthcare professional.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.