

# Candida Cleanse



## Self Health Resource Center DrClarkStore.com

LEADER IN PURITY since 1993

Keeping the body's populations of microorganisms balanced is a constant battle. A well-functioning immune system and healthy bacteria in the gut help to keep the living microflora at optimal levels to promote whole body health.

But if the immune system is compromised or if the good gut flora is overwhelmed by pathogenic microbes, you risk becoming ill.

One such assault on your health by a microorganism is Candida. If this fungus is allowed to grow without restraint in your digestive tract, it can become a systemic enemy by infiltrating other tissues and organ systems.

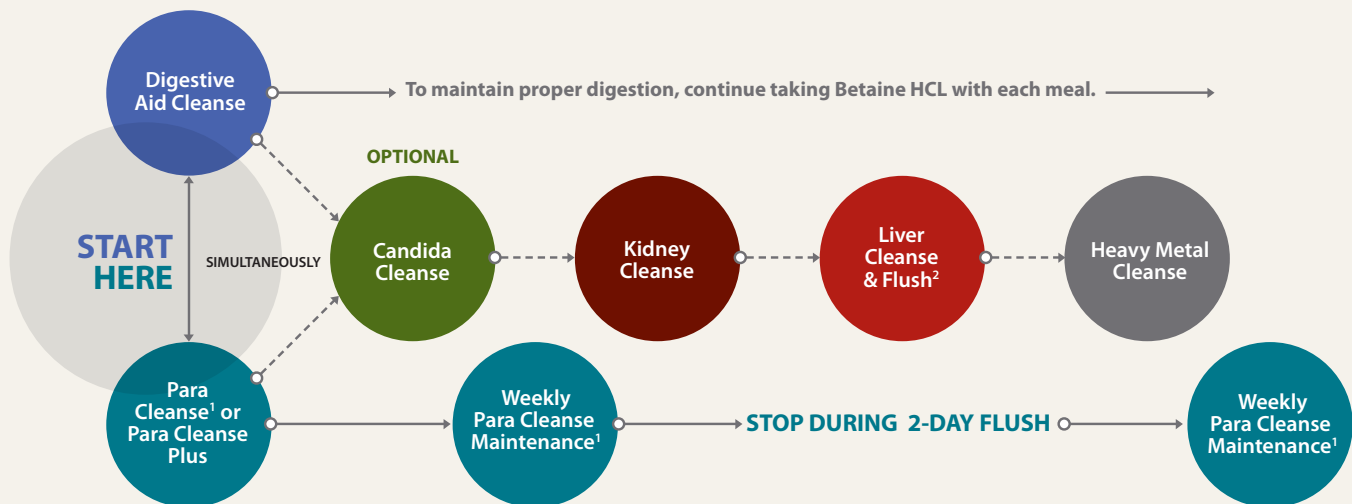
The Candida Cleanse is designed to deliver potent antifungal nutraceuticals to promote the eradication of an invasive Candida outbreak and to support immune and digestive function.\*

**This kit is designed for a 14 day starter program, but depending on the state of your digestive health, you may need to stay on the daily program for 4 - 6 weeks. Alternatively, you can cycle on and off of the Candida Cleanse program. Consult with a qualified healthcare professional to determine the length of time and frequency you should do the Candida Cleanse. Additionally, speak with your healthcare professional for guidance on using other protocols in conjunction with cleansing.**

If you need help clarifying the cleanse directions, feel free to contact us, but please note that we cannot give medical advice of any sort.

### Cleanse Flowchart

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



- 1 Stay on the weekly Para Cleanse Maintenance Program until the 2-day Liver Flush. Do not take during the 2-day Flush. Continue after the Liver Flush is complete. A minimum of 4 weeks of the Maintenance Program is recommended.
- 2 Repeat the 2-day Liver Flush 5 times. Wait 2 weeks between each Liver Flush.

\*Disclaimer Notice: These statements have not been evaluated by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent any disease. Although some of our employees or customers may be interested in the research and statements of Dr. Hulda Clark, this company does not adopt any of her health or disease related claims based on her work. The cleanse directions are provided for educational purposes only and should not be treated as a substitute for the advice from your healthcare professional. The cleanses are for adults only. We do not recommend giving the cleanses to anyone under 18 years old. However, the Para Cleanse may be adapted for children, but only under the guidance of a healthcare professional. Interactions with medications and other supplements: If you are taking any medications, you should consult with your doctor or pharmacist before cleansing. Additionally, you may do your own research for possible interactions.

## Frequently Asked Questions

### Q: Which cleanse do I do first?

**A:** Dr. Clark recommended starting with the Digestive Aid Cleanse. It is beneficial to do the Para Cleanse with the Digestive Aid as it will aid in the cleansing process. You can do the Digestive Aid, Para Cleanse, and Kidney Cleanse at the same time. Just remember that these are very potent herbs. If you begin having difficulties taking them together, slow down and take one at a time.

### Q: Can I do the Liver Cleanse first?

**A:** It is never recommended to do the Liver Cleanse before completing the Digestive Aid, Para Cleanse and Kidney Cleanse. The reason for this is if you purge the toxins out of your liver and do not have clear channels of elimination, you run the risk of simply re-circulating the toxins. This can make you very ill.

### Q: When do I start the Para Cleanse Maintenance Program?

**A:** The Maintenance Program starts 7 days after the last day of the Para Cleanse.

### Q: Do I stop taking the Para Cleanse Maintenance Program while I am taking the other cleanses?

**A:** No. Just do not take it during the 2-day Liver Flush.

### Q: How often should I do the cleanses?

**A:** Dr. Clark recommended that everyone take the Para Cleanse Maintenance Program indefinitely. If you decide not to do that, then consider taking it once weekly for 4 weeks minimum. If you take a break, say for about 3 or 12 months, then we recommend you take the 18-Day Para Cleanse before you go back on the once weekly Para Cleanse Maintenance Program. You can always take the 18-Day Para Cleanse a bit faster or in an abbreviated fashion if you have done it before. The biggest benefits you get from the cleanse are always received from the once weekly Para Cleanse Maintenance Program, so stay on it as

long as you can. Do the Kidney Cleanse and Liver Cleanse & Flush yearly. Initially do at least 5 liver flushes. The Digestive Aid Cleanse complimented with enzymes should be taken on an as needed basis. Remember also to do the enemas once per year. The Candida Cleanse should be done as needed.

### Q: What are the side effects of the cleanses?

**A:** You can expect increased elimination from all of the cleanses. Few people have reported minor flu-like symptoms. If you experience discomfort you should stop taking the supplements and contact your healthcare professional.

### Q: How long are the cleanses?

**A:** The Digestive Aid is 17 days long. The Para Cleanse is 18 days long. The Kidney Cleanse is 21 or 56 days. The Liver and Gallbladder Cleanse & Flush is approximately 2 weeks. The length of the Candida Cleanse is based on your needs.

### Q: Are the cleanses safe for children?

**A:** Dr. Clark did not recommend any of the cleanses, except the Para Cleanse, be administered to children. We don't recommend you give the Para Cleanse to your child unless you do so under careful guidance and supervision of your healthcare professional.

### Q: Are the cleanses safe for my pets?

**A:** Only the Para Cleanse can be adapted for pets.

### Q: My family members don't want to take the Para Cleanse, what can I do?

**A:** Ask your healthcare professional or contact us for the Quick ParaZap Cleanse, it is simpler to take.

### Q: I can't take alcohol tinctures, what can I do?

**A:** Ask your healthcare professional or contact us for the Para Cleanse with the Freeze Dried GREEN Black Walnut Hull capsules instead of the tincture.



## SyncroZap™ Model A11 is now available!

From the makers of the SyncroZap™ —  
the 1st Zapper brand worldwide.

- 100% compliant with Dr. Hulda Clark's research
- Available with either wristbands or copper tubes
- Smaller in size but the same robust durability

### New features include:

- Pre-programmed frequencies
- One-touch bottle copy mode
- Continuous body zapping mode
- Continuous Zappicator mode

Dr. Clark turned away from zapping with specific frequencies because she found it less effective than other methods. She replaced frequency zapping with plate zapping. The Dr. Clark Store SyncroZap™ uses plate zapping technology – it does not use “smart keys” with frequencies. Dr. Clark did not use those!

## What is Candida?

*Candida albicans* is a yeast that ordinarily inhabits areas of the body, including the skin, mouth, blood and gastrointestinal tract as part of the body's normal gut flora. These colonies can exist harmoniously in the body without much effect on health with a good immune system and good intestinal flora that is populous and thriving.

## Reasons for Candida Overgrowth

When intestinal flora is compromised, Candida can grow unchecked and turn into an invasive fungus, resulting in an overgrowth called candidiasis or Candida-Related Complex. The harmless yeast cells morph into a fungus with root-like filaments that extend and penetrate cells lining the intestinal walls in search of food. Breaking through the protective lining of the intestinal tract allows Candida to enter the bloodstream, and subsequently into other tissues and organs.

Dietary and lifestyle habits that can inhibit beneficial flora and promote Candida growth include:

- Taking antibiotics or birth control pills
- Consuming a diet high in refined sugars and carbohydrates
- Consuming alcohol and soft drinks
- Undergoing chronic stress

Candida feeds on carbohydrates – sugars and starches – from the diet. So if you're consuming a high carb diet (both natural and refined carbs) and you have reduced functionality of beneficial bacteria from prescriptions or chronic stress, you may have an intestinal environment suitable for Candida overgrowth.

If growth remains unchecked, overgrowth can become systemic, showing up in the mouth (white film on the tongue and lining of the oral cavity), the nails, the skin, and in the brain as mood and concentration alterations.

## Symptoms of Candida Overgrowth

Symptoms of candidiasis may be different for every person, and they can also mirror symptoms of other conditions. This can make a clear diagnosis difficult.

Waste byproducts of Candida growth can be toxic to the body and contribute to symptoms including:

Abdominal pain

Athlete's foot

Craving carbohydrates/sweets

Depression

Headaches

Muscle & joint pain

Sinus infections

Weight fluctuations

Acne

Bloating

Constipation

Fatigue

Impaired immunity

Nail fungus

Skin rashes

Yeast infections of the genitalia

Allergies

Brain fog

Decreased libido

Hair loss

Itchy eyes

Oral thrush

Urinary tract infections

## The 5 Principles of Candida Cleansing

Battling Candida is a multi-step process that involves killing the fungus, preventing new growth, clearing the body of die-off toxins and preventing future outbreaks.

### 1 Following a Candida Diet

Since Candida growth can be influenced by diet, controlling the populations with dietary changes is highly recommended. **With the help and guidance from a health professional who has experience with diet therapies, adopt an anti-Candida diet.** This involves the strict elimination of sugars from the diet. Carbohydrates are ultimately broken down into simple sugars, so avoid added sugars and other sweeteners, wheat, dairy, fruits high on the glycemic index, starchy grains and vegetables, and alcohol.

The idea is to starve the Candida of its favored food source. This either kills the Candida cells or weakens them, increasing their vulnerability to the body's immune response to get rid of the invading organism.

Maintaining a high fiber diet also helps to absorb dead yeast cells and their toxins, and encourages their removal during elimination.

### 2 Supplementing with Antifungal Nutraceuticals

In addition to altering your diet to hamper Candida growth, supplementing with nutraceuticals that have antifungal properties inhibits Candida activity and discourages further growth.

#### Antifungal botanicals from Dr. Clark Store:

Parasite Cleanse	Turmeric
TapeParaKil Oil	Raz-Caps
Olive Leaf	Oregano Oil

#### Other antifungal nutrients from Dr. Clark Store:

Betaine HCL
Digestive Enzymes
N-Acetyl Cysteine (NAC)

Proper levels of acid in the stomach not only help with food digestion, but also inhibit the presence of potentially harmful microorganisms, such as invasive fungi. As we age, secretions of stomach acid (HCL) tend to decrease. But a Candida overgrowth can also decrease acid levels. And chronic low stomach acid levels can lead to a number of digestive complaints.

Restoring the health of the whole digestive tract, not just the colon, is essential in combatting Candida.

### 3 Re-establishing Intestinal Flora

The intestinal tract is full of life. Microorganisms by the trillions call your gut home, where they work to digest your food, make vital nutrients and boost immune function. Within this thriving environment of microflora is a continual battle between the "good" probiotic bacteria and disease-causing pathogens, such as fungal Candida. The probiotics are routinely working to keep the pathogenic microbes in check.

When the pathogenic populations outnumber the probiotics, the body becomes more susceptible to illnesses. So maintaining good gut flora is crucial to keeping pathogens in balance.

The delicate environment of microorganisms can be interrupted by the use of prescription antibiotics. These pharmaceuticals can't distinguish friend from foe in terms of microbes in the GI tract. All bacteria strains, including the good ones, are equally vulnerable to the destructive nature of antibiotics. While it may be necessary to take antibiotics on occasion, consider taking the antifungal Nystatin at the same time.

And don't think that you're safe if you don't intentionally take antibiotics. If you consume animal products that have been treated with antibiotics, that counts against your gut flora too.

You should also avoid foods with artificial sweeteners, colors and preservatives because these chemicals destroy your good bacteria as well.

The next step after killing the fungus is to replenish the good bacteria in the colon. Consider taking a probiotic supplement that contains Lactobacillus, or repopulate your microflora environment with fermented and live culture enriched foods.

You can also support optimal intestinal flora activity by including *prebiotics* in the diet. Unlike probiotics that are living organisms, prebiotics are non-living. Rather, they are fibers that act as a nutritional source that feeds and stimulates probiotic activity.

Prebiotic fructooligosaccharides (FOS), such as inulin, are not broken down in the stomach and pass into the colon where they are fermented by the beneficial bacteria, thereby stimulating probiotic growth.

#### 4 Dealing with the Die-off Reaction

When you're on an anti-Candida diet and supplementing with antifungal nutrients, you may experience a die-off reaction. This occurs when large amounts of toxins are released by dying Candida cells, triggering an intense immune reaction. You may experience brain fog, fatigue and other flu-like symptoms when cleansing.

Additionally, the withdrawal from sugar and refined carbohydrates may cause a drop in dopamine (a feel good chemical produced in the brain when the body is having a pleasurable experience) and serotonin (a mood-elevating chemical) levels. Dips in these brain chemicals may contribute to a feeling of depression.

Die-off reactions can last anywhere from a few days to a few weeks, depending on how your body adapts to your new diet and how it reacts to the release of toxins.

To help with the die-off reaction, be sure you're drinking plenty of water and eating enough fiber (ideally 30-40 grams per day) to encourage the elimination of toxins.

#### 5 Adopting an Anti-yeast Lifestyle

The problem with Candida-Related Complex is that it's highly influenced by lifestyle and environment. This makes Candida overgrowth a potentially reoccurring battle. Getting rid of the problematic fungus once doesn't make you immune from future overgrowth.

Giving in to cravings for high carbohydrate foods, such as highly processed snack foods, baked goods, candy and soda, can throw a wrench into your on-going efforts to combat Candida. Supplementing the diet with chromium picolinate may help to curb those cravings.

Keeping the body clear of all invasive microorganisms, not just fungal Candida, is advantageous for general good health. Consider pairing the Candida Cleanse with the Dr. Clark Para Cleanse, featuring potent antimicrobial formulas of GREEN Black Walnut Hull, Wormwood and Cloves. To get the greatest microbial cleanse benefits possible, stay on the weekly Para Cleanse Maintenance Program for a minimum of 4 weeks.



Para Cleanse with GREEN Black Walnut Hull Tincture



Para Cleanse with GREEN Black Walnut Hull Capsules

Maintaining a strong immune system and healthy digestive tract, adopting a natural foods diet, controlling stress and limiting exposure to environmental toxins are all important parts of an anti-Candida lifestyle that should be a practiced indefinitely.

## Daily Supplement Schedule

This kit is designed for a 14 day starter program, but depending on the state of your digestive health, you may need to stay on the daily program for 4 - 6 weeks. Alternatively, you can cycle on and off of the Candida Cleanse program. Consult with a qualified healthcare professional to determine the length of time and frequency you should do the Candida Cleanse.

	BUG BUSTER	FUNGAL FIGHTER	SUPER CHROMIUM	INULIN
DAY	Take 3 times a day, preferably on an empty stomach at least 20 minutes before a meal, or with a meal if you have a sensitive stomach.	Take 3 times a day, preferably on an empty stomach at least 20 minutes before a meal, or with a meal if you have a sensitive stomach.	Take once a day, preferably with a meal.	Take once a day at bedtime and avoid eating for at least 7 hours.
1	1 capsule 3 times a day	1 capsule 3 times a day	1 capsule	2 teaspoons
2	1 capsule 3 times a day	1 capsule 3 times a day	1 capsule	2 teaspoons
3	1 capsule 3 times a day	1 capsule 3 times a day	1 capsule	2 teaspoons
4	2 capsules 3 times a day	2 capsules 3 times a day	1 capsule	2 teaspoons
5	2 capsules 3 times a day	2 capsules 3 times a day	1 capsule	2 teaspoons
6	2 capsules 3 times a day	2 capsules 3 times a day	1 capsule	2 teaspoons
7	3 capsules 3 times a day	3 capsules 3 times a day	1 capsule	2 teaspoons
8	3 capsules 3 times a day	3 capsules 3 times a day	1 capsule	2 teaspoons
9	3 capsules 3 times a day	3 capsules 3 times a day	1 capsule	2 teaspoons
10	3 capsules 3 times a day	3 capsules 3 times a day	1 capsule	2 teaspoons
11	3 capsules 3 times a day	3 capsules 3 times a day	1 capsule	2 teaspoons
12	3 capsules 3 times a day	3 capsules 3 times a day	1 capsule	2 teaspoons
13	3 capsules 3 times a day	3 capsules 3 times a day	1 capsule	2 teaspoons
14	3 capsules 3 times a day	3 capsules 3 times a day	1 capsule	2 teaspoons

Alternatively, you can modify the above suggested use by dividing the **Bug Buster** and **Fungal Fighter** dosages in a manner more convenient for you, but preferably working up to 9 capsules of each supplement per day.

**Usage Warning:** Consult with a healthcare professional before starting this cleanse if you are taking any medication or if you have a medical condition. Do not take this cleanse if you are pregnant, nursing or under the age of 18 without consulting with a healthcare professional first. Individuals with kidney disease, liver disease or diabetes should consult with a healthcare professional before taking chromium. If you have any adverse reactions or other symptoms, discontinue taking the cleanse and seek advice from a qualified healthcare professional.