

# 14-DAY CANDIDA CLEANSE

A COMPLETE 14-DAY MEAL/SUPPLEMENT PROGRAM





Welcome to the [Candida Cleanse](#). The body's ecosystem, its environment, is so diverse. We always have yeast and bacteria, all kinds of different pathogens that coexist in a balanced G.I. tract. Sometimes though things get out of balance and yeast, Candida specifically, can wreak havoc on the body's health. I often find individuals that have Candida overgrowth, skin rashes, tremendous food allergies, acne, irregular periods, hormonal imbalances, thrush, and athlete's foot. It's as if the body's environment is out of balance to the point where we get an overgrowth of something that was actually designed to be good in the body. We have yeast as part of our flora because it absorbs toxins but often times when the balance gets off, or the toxin levels get too high, the body allows Candida or yeast to overgrow. I designed this strategic

protocol in my clinics to bring the body back to balance, to create homeostasis in the G.I. track, lower inflammation, and overall body reactivity. The results have been nothing but profound. I am excited to share this program with you!

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## INTRODUCTION

### Who needs it?

The Fast Metabolism Candida Cleanse is for individuals looking for a program designed to reduce:

- Skin and nail fungal infections, such as athlete's foot or toenail fungus
- Feeling tired and worn down, or suffering from chronic fatigue or fibromyalgia
- Digestive issues such as bloating, constipation, diarrhea or chronic flatulence
- Abdominal cramps alleviated by bowel movements or frequent urination
- Irritable Bowel Syndrome ( Note: some have had amazing results with IBS after dealing with Candida / Yeast Issues )
- Heart burn / Indigestion, Dry mouth, bad breath
- Autoimmune diseases such as Hashimoto's thyroiditis, rheumatoid arthritis, ulcerative colitis, lupus, psoriasis, scleroderma, or multiple sclerosis
- Difficulty concentrating, poor memory, lack of focus, ADD, ADHD, and brain fog
- Skin issues (eczema, psoriasis, hives, rashes)
- Irritability, headaches, mood swings, anxiety, depression or poor libido
- Vaginal infections, urinary tract infections, rectal itching, or vaginal itching
- Severe seasonal allergies or itchy ears
- Strong sugar and refined carbohydrate cravings
- White coated tongue / Oral thrush
- Food and chemical sensitivities
- Eye fatigue, spots in front of eyes, burning or tearing eyes
- Frequent ear infections, pressure, swelling or tingling of ears, itchy ears
- Dandruff, dry, itchy skin
- Acne or other skin problems
- Frequent vaginal yeast infections, persistent vaginal itching
- Irregular menstruation, endometriosis, PMS

It also can help enhance performance, mental clarity, and stimulate detoxification.

### Why this cleanse will work best for you!

The Fast Metabolism Candida Cleanse uses the Fast Metabolism Cleanse™ Shakes, a strategic nutritional plan, and the supplements Metabolism Mycotoxin, Metabolism Candida, Metabolism Probiotic and Metabolism Colon in a strategic plan to help reduce all signs of Candida. If you're looking for powerful, on-the-go nutrition, that can also reduce symptoms of Candida, the Fast Metabolism Candida Cleanse is what your body needs!

### Success Boosters for Additional Support:

I have given you a variety of Success Booster at the end of this ebook (pages 22-26) for a good reason. There are a few different options because I want you to choose what you are most comfortable with. Don't do something you don't want to do, but I encourage you to be curious and expand your horizon a bit. If something sounds intriguing, give it a try!

My only word of caution is this: If you have a serious medical condition, are on prescription medication, or are pregnant or nursing, check with your doctor about any specific remedies you want to try, to make sure it is okay for you and your situation.

These Success Boosters will enhance the effects of the food on your plan. If you love something you find here, keep it in your toolbox the way I do and keep calling on it whenever you need it. Let your favorites become a part of your life. I know you will enjoy incorporating these into your plan, and into your life, as much as my clients do!

# GETTING STARTED

The Candida Cleanse program includes two Fast Metabolism Cleanse bottles, Metabolism Mycotoxin, Metabolism Candida, Metabolism Probiotic, Metabolism Colon, and this program guide.

**For maximum results, strictly follow this program guide.**



**The Fast Metabolism Cleanse™** whole food powder is made with a base of Metabolism Pro, a proprietary, gluten-free, vegan-approved whole food powder. Metabolism Pro is packed with targeted micronutrients, pea and rice protein, and whole foods such as organic spinach, kale, and spirulina. It is enhanced with supplements such as quercetin, rutin, turmeric, and pomegranate.

**Instructions:** Blend, shake, or briskly stir 2 level scoops into 8-12 ounces of chilled, spring water (or mix amount for desired thickness) and consume twice daily.

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**Metabolism Mycotoxin™** features a concentrated 4:1 extract of Oregon grape root, which supplies berberine—a plant alkaloid that influences the activities of microorganisms in the gastrointestinal tract, supports immune function, and may influence the natural inflammatory response. The 4:1 extracts of bayberry bark and grapefruit seed complement the actions of berberine to support healthy microbial activity, stimulate circulation, and promote mucous membrane health. Zinc is included in this formula for its immune-supportive effects.\*

**Instructions:** Take 1 capsule 2 times daily.

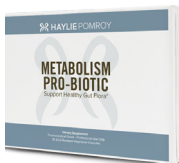
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**Metabolism Candida™** offers a complementary blend of herbs, essential oils, and sodium caprylate, a naturally occurring fatty acid. Candidal is formulated to support the body's immune system as well as a healthy gastrointestinal (GI) flora. This comprehensive formula contains Origanox™ WS—a GRAS, phenolic-rich ingredient extracted from the edible herb Origanum vulgare—as well as herbs to support digestion and a healthy GI system.\*

**Instructions:** Take 2 capsules 2 times daily.

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**Metabolism Pro-Biotics™** is a vegetarian, dairy- and gluten-free, four-strain probiotic totaling 30 billion CFU<sup>†</sup> per capsule. Each vegetarian capsule is sealed in nitrogen-purged aluminum blister packs to serve as protection from factors proven to compromise the stability of probiotics such as heat, moisture, and oxygen. Metabolism Pro-Biotic provides four researched strains of beneficial bacteria, including the extensively studied HN019 strain of Bifidobacterium lactis. These live microorganisms have proven health benefits and well-established safety, and have been tested for epithelial cell adhesion and/or resistance to low pH.

**Instructions:** Take 1 capsule 2 times daily.

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**Metabolism Colon™** is designed to support gastrointestinal (GI) regularity and complement dietary fiber intake. Magnesium citrate is present to support muscle relaxation and bowel elimination. Cape Aloe is added to support normal GI transit time and stool bulk. Triphala, a balanced blend of astringent fruits used extensively in Ayurveda, is present to support all phases of digestion, assimilation, and elimination. Gastrointestinal regularity in turn plays a fundamental role in detoxification, providing a major route for elimination of toxins.\*

**Instructions:** Take one to two capsules at bedtime with 8 oz of water.

## PROGRAM TIPS

- Read through the entire program guide before getting started.
- Carefully review and follow the daily program outline; choose foods only from the Candida Cleanse food list. Be prepared and do your shopping in advance.
- When drinking your cleanse beverage, you may mix it with cold water or warm water, and you may sip it or drink it quickly. It's up to you.
- While most people feel more energized during the program, others may need to modify strenuous physical activity. Exercise 30 to 35 minutes daily if you are comfortable doing so, preferably outdoors in fresh air. Dressing so that you increase your ability to sweat is usually advised.
- Relaxation and proper rest are also vital to the success of your program, and to restoring your well-being. A massage or spa day would help rid your body of additional toxins.
- Be sure to drink  $\frac{1}{2}$  your body weight in ounces of spring water, in addition to your cleanse.

### How will I feel on this program?

Most of the questions we have received about the Candida Cleanse relate to the symptoms that may be experienced during the first phase of the program. There really is no “typical” or “normal” response to the program. Just as a person’s initial response to a new diet can vary greatly, physical responses to this program will vary, too.

Symptoms that have been reported in the initial phase of the Candida Cleanse include: disturbance in sleep patterns, “cold sweats,” changes in body temperature (either up or down), light-headedness, mood swings, headaches, joint stiffness, muscle aches and pains, inability to concentrate, marked changes in gastrointestinal function, and changes in body odor.

Constipation is counterproductive during the Candida Cleanse. If you do experience constipation, the addition of a fiber supplement may be helpful.

The material in this program guide is for information purposes only. It is not intended as a substitute for the advice and care of your physician.

As with all new weight loss, weight maintenance, or supplement regimes, the nutrition program described in this program guide should be followed only after first consulting with your physician to make sure it is appropriate for your individual circumstances. Keep in mind that nutritional needs vary from person to person depending on age, sex, health status, and total diet. Responsibility for any adverse effects that may result from the use or application of the information contained in this program guide is expressly disclaimed.

# FREQUENTLY ASKED QUESTIONS

## **How long should I stay on the Candida Cleanse?**

It often takes two to four weeks to balance the body's ecosystem. Sometimes we incorporate PH testing to help facilitate a quicker balance. Some people may feel a little bit of a die off, especially if you don't stay hydrated. Die off can feel like flu like symptoms, low grade fever or achiness. Make sure your bowels continue to move and you're drinking half your bodyweight in ounces of water, these are the best ways to prevent feeling die off. Die off usually lasts two to three days and the energy begins to return quickly.

## **Are there any exercises specifically for the Candida Cleanse?**

With the Candida Cleanse, I suggest weight training, yoga and stretching (not in a heated or damp environment). Remember the body's ecosystem, for yeast to flourish, two things have happened; the healthy bacteria have been destroyed, and there is an internal dampness and moisture in the body. So, a dry sauna is better than a wet sauna during a Candida Cleanse. Using weights and not elevating the body's temperature significantly is better than cardio on a Candida Cleanse. Also, make sure you're incorporating lots of breathing exercises into your workout to help maintain a balanced Ph.

## **How often can I repeat a Candida Cleanse?**

Any time after using antibiotics is a great time to do a Candida Cleanse. It helps restore the body back to balance after a broad-spectrum assault. Remember, not only do the bad bacteria get killed during antibiotic usage. Unfortunately, the good bacteria take a significant hit, too. Some people that are prone to chronic candidiasis like to follow the 14-day Candida Cleanse four times per year.

## **Are there any labs my doctor can run to test for Candida?**

Yes, there is traditional blood work that tests for Candida. They are not always accurate but a great window into the body. There is always dark field microscopy, which is a phenomenal way to see if there is a Candida imbalance in the bloodstream or systemically. You can also have the stool tested, as well as cheek or saliva swabs run.

## **Are there things I should avoid?**

Yes. Caffeine, dairy, soy, corn, wheat, sugar, artificial sweeteners, smoking, and alcohol consumption are not recommended during the program. Stick to the cleanse food list and you won't need to worry.

## **I have a gluten allergy. Can I do the program?**

Our product does not contain gluten.

## **Will I have to use the bathroom often?**

The body eliminates toxins through additional bowel movements and urine. These may go up in volume, but not typically in urgency.

## **Can I do this if I am pregnant or nursing?**

We do not suggest this program if you are pregnant or nursing.

## **Are there any side effects?**

We always recommend the you consult with your healthcare provider before beginning a nutrition program.

## **How do I use the meal map?**

If you want a quick, easy map for following the Candida Cleanse, just eat the meals (and drink the shakes) laid out in the sample menu.

## **What should I do if I'm constipated?**

Start by making sure you're drinking enough water — at least half your body weight, in ounces, of spring water per day. Getting up and going for a walk can also help. The physical activity signals your gastrointestinal system that it's time to get things moving again.

## CANDIDA CLEANSE FOOD LIST

### VEGETABLES AND SALAD GREENS

(fresh, canned or frozen – unlimited)

Arrowroot	Lettuce (any except iceberg)
Arugula	Mixed greens
Asparagus	Mushrooms
Beans: green, yellow (wax), French (string)	Mustard greens
Broccoli florets	Onions: red, white, Vidalia, and yellow
Cabbage, all types	Peppers: bell, pepperoncini
Celery	Radishes
Collard greens	Rhubarb
Cucumbers, any type	Shallots
Endive	Spinach
Fennel	Spirulina
Green chiles, jalapeños	Swiss chard
Green onions	Watercress
Jicama	Pomroy's Metabolism Noodles
Kale	Pomroy's Metabolism Rice
Leeks	

### FRUITS

(fresh or frozen) – portion is 1 piece or 1 cup

Lemons  
Limes

### ANIMAL PROTEIN

(portion is 4 oz. meat or 6 oz. fish measured prior to cooking)

Beef, all lean cuts: (filet, tenderloin, strip, sirloin, shell steak, London broil, round steak, rump roast, skirt steak, stew meat, lean ground)	Lamb, lean cuts, ground
Buffalo meat	Oysters, packed in water
Chicken: (boneless, skinless white meat)	Pork: loin roast, tenderloin
Cod/scrod fillet	Salmon: nitrate-free smoked
Corned beef	Sardines, packed in water
Deli meats, nitrate-free: (roast beef, chicken, turkey)	Sole fillet
Dory fish fillet	Tuna, packed in water
Eggs, whites only	Turkey: breast steaks, lean ground
Game: (venison, ostrich, elk)	Turkey bacon (nitrate-free)
Halibut fillet	
Jerky, nitrate-free: (beef, buffalo, turkey, elk, ostrich)	

## VEGETABLE PROTEIN

Vegans only may use 4oz. of organic non GMO soy tempeh, 4oz. plain tofu or 1/2 cup soy beans as protein. No other vegetable proteins are allowed.

## BROTHS, HERBS, SPICES, CONDIMENTS & SUPPLEMENTS (unlimited; use as needed)

Broths: beef, chicken, vegetable\*

Dried herbs: all types

Fresh herbs: all types

Garlic, fresh, powdered

Ginger, fresh

Horseradish, prepared

Mustard, prepared, dry

Natural seasonings:

(Bragg Liquid Aminos, coconut amino acids, tamari)

Non-caffeinated herbal teas or Pero

Pickles, no sugar added

Seasonings:

(black and white peppers, cayenne, chili powder, chili paste, chipotle, cinnamon, crushed red pepper flakes, cumin, curry powder, lemon pepper, liquid smoke, nutmeg, onion powder, onion salt, paprika, raw cacao powder, sea salt)

Sweeteners: stevia, xylitol (birch only)















Tabasco















Vanilla or peppermint extract

Vinegar, any type (except rice)



















	A.M. Sup.	Breakfast	Snack	Lunch	Snack	Dinner	P.M. Sup.
<b>Day 1</b>	Metabolism Candida, Probiotics, & Mycotoxin		Garden Meatballs	Citrus Fennel Slaw		Red Pepper Fish w/ Kale	Metabolism Candida, Probiotics, Colon & Mycotoxin
<b>Day 2</b>	Metabolism Candida, Probiotics, & Mycotoxin		Citrus Fennel Slaw	Lettuce Wraps w/ Smoked Salmon		Broiled Sirloin Steak	Metabolism Candida, Probiotics, Colon & Mycotoxin
<b>Day 3</b>	Metabolism Candida, Probiotics, & Mycotoxin		Lettuce Wraps w/ Smoked Salmon	Broiled Steak Salad		Baked Lemon Pepper Cod	Metabolism Candida, Probiotics, Colon & Mycotoxin
<b>Day 4</b>	Metabolism Candida, Probiotics, & Mycotoxin		Red Pepper Stuffed w/ Tuna	Baked Lemon Pepper Cod		Bacon Meatloaf w/ Broccoli	Metabolism Candida, Probiotics, Colon & Mycotoxin
<b>Day 5</b>	Metabolism Candida, Probiotics, & Mycotoxin		Tuna Stuffed Red Peppers	Bacon Meatloaf w/ Broccoli		Smoked Salmon Frittata	Metabolism Candida, Probiotics, Colon & Mycotoxin
<b>Day 6</b>	Metabolism Candida, Probiotics, & Mycotoxin		Bacon Meatloaf	Smoked Salmon Frittata		Lemon Mustard Pepper Chicken	Metabolism Candida, Probiotics, Colon & Mycotoxin
<b>Day 7</b>	Metabolism Candida, Probiotics, & Mycotoxin		Garden Meatballs	Lemon Mustard Pepper Chicken		Spicy Chicken w/ Pobiano Peppers	Metabolism Candida, Probiotics, Colon & Mycotoxin

	A.M. Sup.	Breakfast	Snack	Lunch	Snack	Dinner	P.M. Sup.
<b>Day 1</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement
<b>Day 2</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement
<b>Day 3</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement
<b>Day 4</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement
<b>Day 5</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement
<b>Day 6</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement
<b>Day 7</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement



# HAYLIE POMROY

## WEEK 2

	A.M. Sup.	Breakfast	Snack	Lunch	Snack	Dinner	P.M. Sup.
<b>Day 8</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement
<b>Day 9</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement
<b>Day 10</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement
<b>Day 11</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement
<b>Day 12</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement
<b>Day 13</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement
<b>Day 14</b>	Supplement		Protein: Veggie:	Protein: Veggie:		Protein: Veggie:	Supplement



# Broiled Sirloin Steak

Serves 4 | Prep time: 10 minutes | Total time: 25 minutes

## Ingredients

- 2 tablespoons lime juice
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 teaspoon ground mustard
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1 pound beef top sirloin steak, about 1 inch thick
- 1 cup sliced fresh mushrooms
- Mesclun greens, to serve
- Chopped fresh parsley, to serve

## Directions

1. In a small bowl, combine the first 6 ingredients; rub over both sides of the steak.
2. Broil 4 inches from the heat for 4 minutes. Turn the steak; top with the mushrooms.
3. Broil 4 minutes longer or until the meat reaches desired doneness (for medium-rare, a thermometer should read 130°; medium, 140°; medium-well, 155°) and the mushrooms are tender.
4. Let the steak rest for 10 minutes. Slice and serve with mesclun and fresh parsley.



# Garden Meatballs

Serves 12 as a snack, or 6 as a meal | Prep time: 10 min. | Total time: 45 min.

## Ingredients

- 1/2 lb. lean ground turkey
- 1 lb. lean ground beef
- 4 cups spinach, finely chopped
- 1/2 cup celery, finely chopped
- 4 green onions, white and light green parts only, finely chopped
- 1 bell pepper, seeded and finely chopped
- 1/3 cup chile paste, thinned with 2 tablespoons Bragg's Liquid Aminos
- 2 7-oz. can diced mild green chiles
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper

## Directions

1. Preheat the oven to 375°F.
2. In a large mixing bowl, combine all the ingredients. Roll the meat mixture into meatballs and transfer them to a 9 × 13-inch baking dish (or larger, depending on the size of meatballs).
3. Bake for 25 to 35 minutes, turning the meatballs over after 15 minutes, or until the meatballs are cooked through. Remove from the oven and cool. Serve warm or room temperature, or store to serve later.
4. These meatballs may be prepared in advance and frozen in freezer bags, divided evenly among 12 bags. On the day you plan to use them, thaw them in the refrigerator. They can be eaten cold or slightly warmed.

\*TIP: I like to make a big batch of these because they freeze really well; then keep them on hand for snacks. I freeze them in snack portions (about 2 ounces) in ziplock bags, and then if I'm going to eat them for dinner I'll just defrost two of them. If using for a meal, just defrost two bags. On the day you plan to use them, thaw them in the refrigerator.



# Citrus Fennel Slaw

Serves 2 | Prep time: 10 minutes | Total time: 10 minutes

## Ingredients

- 2 small or 1 large fennel bulb, core removed and thinly shaved
- Zest and juice of 1 lemon
- Zest of 1 orange
- 2 tablespoons fresh dill, chopped
- 20 drops liquid stevia, or to taste
- 1/4 teaspoon sea salt
- 8 ounces shredded cooked chicken breast
- Mixed greens, arugula, or watercress

## Directions

1. Thinly shave the fennel with a knife or mandoline.
2. Whisk together the next 5 ingredients (zest through salt) in a large bowl, then toss the fennel in the dressing to coat.
3. Add the chicken, and serve over a bed of salad greens, arugula, or watercress.



# Bacon Meatloaf

Serves 8 | Prep time: 10 minutes | Total time: 4 Hours 10 minutes

## Ingredients

- 1 1/2 pounds lean ground beef
- 3 egg whites
- 1 1/2 cups finely chopped white button mushrooms
- 3/4 cup finely minced onion
- 2 cloves garlic, minced
- 2 teaspoons tamari or coconut aminos
- 2 teaspoons fresh thyme leaves
- 3/4 teaspoon dried oregano
- 3/4 teaspoon black pepper
- 1/4 teaspoon sea salt
- 1/4 teaspoon crushed red pepper flakes
- 4 slices nitrate-free turkey bacon
- Cracked black pepper

## Directions

1. Mix in the first 11 ingredients (everything but the bacon and cracked black pepper) in a large bowl. Shape the mixture into a flattened ball, and place it in the slow cooker.
2. Top with the turkey bacon, and sprinkle generously with cracked black pepper.
3. Cook on Low for 4 hours, or until a thermometer inserted into the center of the meatloaf reads 160 degrees.



# Lemon Mustard Pepper Chicken

Serves 8 | Prep time: 10 minutes | Total time: 3 to 8 hours (slow cooker)

## Ingredients

- 2 pounds boneless, skinless chicken breast, diced into 2-inch pieces
- 1 red bell pepper, seeded and diced
- 1 yellow bell pepper, seeded and diced
- 1 orange bell pepper, seeded and diced
- $\frac{3}{4}$  cup Dijon mustard
- $\frac{1}{4}$  cup birch xylitol
- 2 tablespoons coconut aminos
- 2 sprigs fresh rosemary
- 2 cups organic chicken broth
- $\frac{1}{4}$  cup diced red onion
- Juice of 1 lemon

## Directions

1. Put all ingredients into a slow cooker or Crock-Pot and cook for 3 to 4 hours on high or 6 to 8 hours on low. Remove rosemary before serving.





# Spicy Chicken with Poblano Peppers

Serves 4 | Prep time: 20 minutes | Total time: 45 minutes

## Ingredients

- 4 poblano chiles, halved lengthwise and seeded
- 1 tablespoon chicken broth or water
- 1 pound boneless, skinless chicken breast, diced
- 1 cup diced onion
- 1 cup diced red bell pepper
- 3/4 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon minced garlic
- 2 tablespoons finely chopped fresh cilantro

## Directions

1. Preheat the broiler to medium. Place the poblano halves, skin side up, on a foil-lined baking sheet.
2. Broil 8 minutes or until blackened. Seal the peppers in a plastic bag for 15 minutes.
3. Peel and discard the skins.
4. Heat a large skillet over medium-high heat.
5. Add the chicken broth or water, and the next 8 ingredients (chicken through garlic).
6. Sauté until the chicken is lightly browned and the vegetables are tender, about 8 minutes.
7. Remove the pan from the heat.
8. Place the poblano halves, cut side up, on a serving platter or plates.
9. Spoon the chicken mixture over the peppers, sprinkle with cilantro, and serve.



# Smoked Salmon Frittata

Serves 2 | Prep time: 15 minutes | Total time: 20 minutes

## Ingredients

- 1 small red onion, chopped
- 5 egg whites
- 1 to 2 ounces smoked salmon, chopped
- 3 to 4 tablespoons capers
- 2 cups baby arugula

## Directions

1. Preheat your oven's broiler to low heat (or, if you only have one broil setting, move the oven rack down to about 6 inches beneath the broiler).
2. In a cast iron or nonstick skillet, lightly sauté the red onions.
3. In a bowl, lightly whisk the egg whites, and then add the smoked salmon and capers.
4. Pour the egg white mixture into the pan. Place in the oven and broil for about 5 minutes, until the egg whites are fully cooked.
5. Serve over a bed of baby arugula.



# Red Pepper Stuffed with Tuna

Serves 1 | Prep Time: 2 minutes | Total Time: 2 minutes

## Ingredients

- 3 to 3 1/2 ounces water-packed tuna, drained
- 1/4 cup diced dill pickles
- 1/4 cup diced celery
- Pinch of fresh dill weed
- 1/2 tablespoon lemon juice
- 3 tablespoons spicy mustard
- 1 red bell pepper (bottom half), seeded

## Directions

1. In a small bowl, mix together the tuna, pickles, celery, mustard, dill weed, and lemon juice and mix well. Stuff the tuna mixture into the bell pepper and serve.



# Red Pepper Fish with Kale

Serves 1 | Prep time: 5 minutes | Total time: 30 minutes

## Ingredients

- 1 tablespoon lime
  - 1 teaspoon of chili paste
  - ¼ teaspoon cracked red pepper
  - ½ teaspoon chopped cilantro
  - Pinch of sea salt
  - Pinch of ground black pepper
  - 6 ounces of white fish (halibut, cod, dory, flounder)
- 1 tablespoon lemon juice
  - 1 teaspoon of garlic
  - 3 cups of raw kale

## Directions

1. In a small mixing bowl, combine the lime, chili paste, cracked red pepper, cilantro, sea salt, and pepper. Put fish into foil lined pan and drizzle marinade over fish.
2. Bake uncovered at 350°F for approximately 20-30 minutes depending on the thickness of fish.
3. In a non-stick pan, combine 1 tablespoon of water with the lemon juice and garlic.
4. Add the kale and cook on medium low.
5. Season with salt and pepper before serving with the fish.



# Lettuce Wraps with Smoked Salmon

Serves 2 as a meal or 4 as a snack | Prep time: 10 minutes | Total time: 40 minutes

## Ingredients

- 1 large cucumber
- 1/3 cup thinly sliced shallots
- 2 thinly sliced jalapeños, red or green
- 2 tablespoons fresh lime juice
- 1 tablespoon tamari
- 12 ounces nitrate-free smoked salmon fillets, broken into bite-size pieces
- Bibb or romaine lettuce leaves, for wrapping
- 2/3 cup whole fresh mint leaves
- 2/3 cup small whole fresh basil leaves

## Directions

1. Using a vegetable peeler, shave the cucumber lengthwise into thin ribbons. Place them in a large bowl with the shallots, jalapenos, lime juice, and tamari. Let marinate 30 minutes at room temperature.
2. Add the smoked salmon to the cucumber mixture and toss to blend. Scoop the mixture into lettuce leaves and top with mint and basil.



# Baked Lemon Pepper Cod

Serves 2 | Prep time: 10 minutes | Total time: 30-40 minutes

## Ingredients

- 1 yellow bell pepper, cut into bite-size pieces
- 1 small sweet onion, cut into bite-size pieces
- 1 tablespoon lemon juice, divided
- 2 teaspoons fresh thyme leaves, divided
- 1 1/2 teaspoons minced garlic, divided
- 1/4 teaspoon sea salt, divided
- 1/4 teaspoon pepper, divided
- 12 ounces cod fillets
- Sweet Hungarian paprika

## Directions

1. Preheat the oven to 450°F. Place the peppers and onions in an 8- or 9-inch baking dish, and sprinkle with half the lemon juice, thyme, garlic, salt, and pepper. Bake for 10 minutes. Remove the pan from the oven, and reduce the heat to 400°F.
2. Place the cod fillets on top of the veggies. Sprinkle the fish with the remaining lemon juice, thyme, garlic, salt, pepper, and the paprika. Bake for 13 to 15 minutes, until the fillets are nearly opaque. Serve the fish with the veggies, spooning the juices from the pan over top.



## Pau d'Arco Tea

This tea is from the bark of the pau d'arco tree, which comes from the South American rain forest and has long been a folk medicine remedy in Brazil. It has a bitter taste, but when mixed with other teas, it can be pleasant. Pau d'arco has many uses, but I like it for its antibiotic effect—it is a tonic for intestinal infections and diarrhea, and it can also treat excess yeast. It also has a clearing effect on the respiratory system, helping to loosen and dislodge phlegm so you can cough it up. It is a traditional remedy for bronchitis. Even if you don't have bronchitis or an intestinal infection, it is still a tonic for the mucosal lining and has antioxidant properties. Buy your pau d'arco tea from a trustworthy source—less ethical companies may be selling false products under this name. You need to steep pau d'arco bark for 8 to 10 minutes to release its medicinal properties, so make sure you have enough time to let it steep.

### **What You Need:**

- Loose pau d'arco tea or pau d'arco tea bag; you'll need 2 to 3 teaspoons or 1 tea bag per cup
- Tea ball or other device for preparing loose tea, if you aren't using a tea bag
- Boiling water

### **Step by Step:**

1. Add 2 to 3 teaspoons of loose pau d'arco tea or 1 tea bag to your boiling water.
2. Steep the tea leaves for 8 to 10 minutes, then drink.



## Black Walnut Powder

Medicines, dyes, and food have all been made from the hull of the black walnut tree for over four thousand years. The black walnut tree contains juglone, a compound toxic to some plants (though others are tolerant) that can have antifungal, antibacterial, and antitumor properties for humans and is also traditionally used as an antiparasitic. The hulls contain tannins, which absorb harmful substances in the digestive tract and help the gastrointestinal tract maintain healthy flora. They can also absorb medication, so talk to your doctor if you are on prescription medication and want to try black walnut powder. The powder is a traditional remedy for constipation, and it is an excellent source of iodine, sulfur, magnesium, potassium, vitamin C, zinc, and other micronutrients. Warning: If you are allergic to tree nuts, avoid black walnut powder.

### **What You Need:**

- Powdered black walnut hulls, available from most herbal supply stores. You could also buy this in a tincture form to add to water.

### **Step by Step:**

1. Measure  $\frac{1}{2}$  to 1 teaspoon powder and add to water. You can take it up to three times per week and up to two weeks at a time. Black walnut powder is not meant for long-term use, so it's best to take it only while doing the Candida Cleanse. If you have taken black walnut powder every day for two weeks, take at least two weeks off before trying it again. It has not been studied for long-term use and while it has great short-term benefits, it may cause stomach upset if you use it for more than two weeks. For the tincture, follow the instructions on the bottle.





# Thai Massage Therapy

Thai massage is like a combination of yoga and massage that is wonderful for your hormones. The stretches and sequences of postures center and ground the body, giving you wonderful long stretches and releasing tight tissue. Happy baby pose, in particular, is great for hormone balancing.

## **What You Need:**

- A massage therapist who specializes in Thai massage

## **Step by Step:**

1. Go get a massage! Relax and enjoy it. Let it relieve your stress as it increases the circulation in your muscles and tissues.



# Clay Bath

Clay is a great way to detox from heavy metals and toxicity from environmental sources. There are several types of clay, and it's important to choose the right sort. The best type of clay for a clay bath is bentonite clay. Avoid any products that contain additives of any kind. You want pure bentonite clay. By detoxing through the skin, you take the burden off the liver, which allows it to be more efficient at neutralizing toxins. Don't forget to drink water before and after your clay bath to facilitate the detox effect.

## **What You Need:**

- Bentonite clay (you can purchase this at most pharmacies and online)
- A fine-mesh drain strainer or hair trap, to catch clay clumps that could clog your drain

## **Step by Step:**

1. Measure 2 cups of dry, powdered clay.
2. Pour the clay into running bathwater, avoiding any clay dust that gets into the air.  
Mix the clay in with your hand as the tub fills.
3. Step carefully into the clay bath and make sure to keep the clay water out of your ears, nose, and eyes.
4. Soak for at least 20 minutes. Take a lukewarm shower after the allotted time to wash off the clay and rinse it out of the tub.



# Infrared Sauna

The infrared sauna is so good for detoxification of heavy metals, chemical pesticides, and plastics. On the Cleanse, I like you to keep things gentle. You want to sweat a little more and get a little hotter, but certainly don't overdo it. If you feel at all dizzy or nauseated, leave the sauna immediately, and drink plenty of fresh water before, during, and after your sauna time.

## **What You Need:**

- An infrared sauna in your home or a friend's house or at a community wellness center, gym, or spa
- Plenty of water to drink before, during, and after
- Towels to sit on and for wiping off sweat

## **Step by Step:**

1. Take a warm bath or shower before entering the sauna.
2. Enter the sauna and sit on towels, for 10 or 15 minutes to start, working up to 30 minutes if you continue to use the sauna on a regular basis (the amount of time will depend on the sauna's heat and your personal tolerance—if you start to feel at all uncomfortable, dizzy, or nauseated, leave the sauna). Wipe off sweat as needed.
3. After the sauna, sit for 10 to 20 minutes before showering to allow your body to cool down.
4. Rinse off the perspiration with cool-to-warm water.

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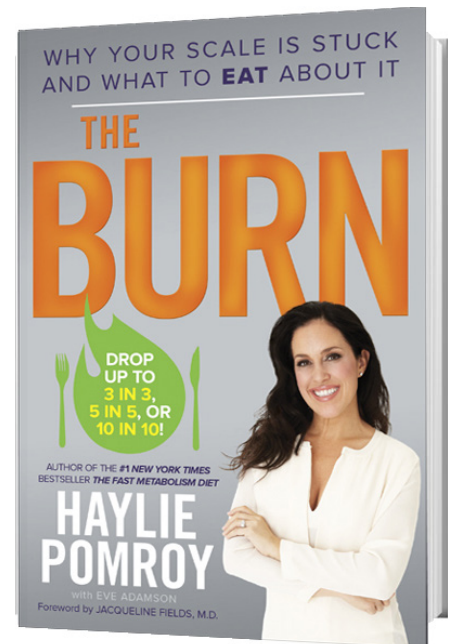
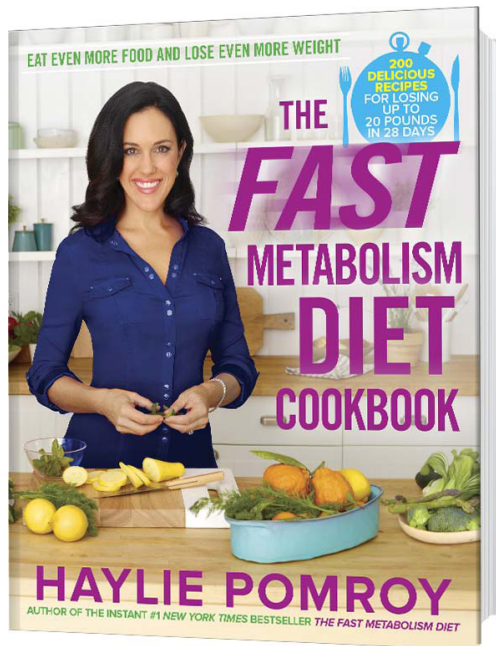
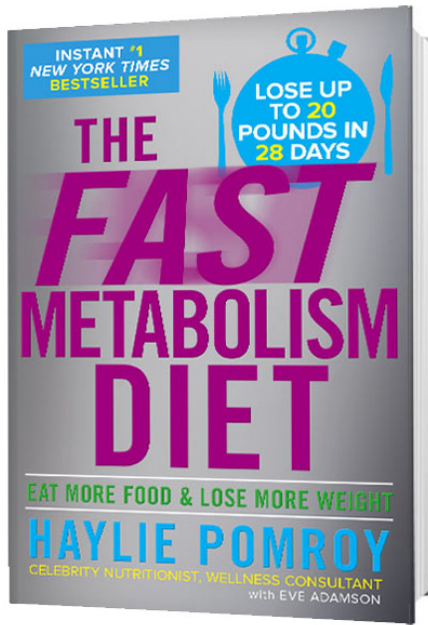


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