

Y-C Cleanse

Homeopathic yeast and Candida formula

Candida albicans is a yeast always present in your GI tract. Your gut is also full of natural, friendly bacteria that feed on the yeast, keeping levels low.

However, when the inner ecology of the GI tract is out of balance, this non-invasive yeast can become a highly aggressive fungus and bore into the gastrointestinal lining.

A few of the most common yeast overgrowth triggers include excessive consumption of sugar, refined carbohydrates, vinegar, alcohol and antibiotics.

Signs of Candida overgrowth

Check all that apply

- Frequent yeast infections*
- Bloating and gas*
- Constant cravings for sweets and carb-rich foods*
- Loss of energy*
- Acne or breakouts*
- Headaches, nasal congestion, moodiness and mental fog*

Y-C Cleanse is a homeopathic remedy for optimal yeast balance designed to stimulate the body to mount an increased attack on the yeast organism.*

» An estimated 80% of people with sugar cravings may have Candida overgrowth* «



Usage: Adults take four (4) droppers or one (1) teaspoon in two (2) ounces of water one half hour before eating breakfast or as directed by a health care professional. Swish in mouth for 30 seconds before swallowing. For children 40-80 lbs, take half the adult dosage. Not recommended for children under 40 lbs. Those with sensitive systems should start with one (1) dropper and progress gradually to the full dosage. Do not use during pregnancy or while nursing.



4 Ounce Bottle / 24-Day Supply

"It works to curb those sugar cravings. Y-C Cleanse makes it easy to stick with my healthy eating plan!"†

-Anne



Candida Detox / Y-C Cleanse

Cleansing Protocol

For mild to moderate cases

Use at least two bottles of Y-C Cleanse with a rest period of five days in between bottles.

For more severe or long-standing yeast challenges

A total of 3-4 bottles is recommended.

For maintenance & preventative care

Use Y-C Cleanse at least two to three times a week, especially after consuming excessive sugar, alcohol and yeast-based foods or taking a course of antibiotics.

Dietary Recommendations

Too much sugar and alcohol can set off a yeast-feeding frenzy linked to bloating, fatigue and food cravings.

Avoid:

- Yeast-based and yeast-encouraging foods
- Sugars
- Bread and pasta
- Highly refined foods
- Cheese
- Alcohol
- Soy sauce
- Barbeque sauce
- Fruit for the first two weeks



Along with Y-C Cleanse, we recommend using a probiotic such as Flora-Key to help maintain healthy levels of beneficial bacteria.

Yeast Detoxification Process

When taking Y-C Cleanse, you may experience a Herxheimer reaction (commonly known as die-off). This kind of response can sometimes cause an increase in symptoms of yeast and Candida. However, this is actually a good thing because your system is cleansing and you are on the way to better health! The Herxheimer reaction is an immunological response and in some cases is necessary for the proper elimination of fungus.

Detox symptoms such as bloating, gas, ear and sinus pressure, sore throat, itching of the skin, genital areas and scalp, rashes and flu-like symptoms can occur. This reaction can last up to several weeks in severe cases that are long-standing.

To slow down the Herxheimer effect, cut back to half the recommended dosage or even stop treatment for several days until the discomfort subsides, and then resume treatment. Whether you experience the Herxheimer reaction or not, you will still obtain excellent results with Y-C Cleanse.

"I definitely notice a decrease in bloating and renewed regularity."†

-Diane