

Candida Cleanze

Recommended book: **Yeast Connection**

This cleanse is simple and effective in killing the harmful live yeast, Candida Albicans, and ridding it from the body. The combination of products and food intake changes will create the results.

Recipe for success: The desire is to kill the organism, break it down and rid it from the body. Flushing it out too quickly will only cause the body to work overtime and create discomfort. By following the kill-off and flushing-out system the body will start to feel lighter and more alive.

Step one: For the first *two weeks* start by only taking:

***Yeast Defense**...Caprylic Acid –kills Candida - total of 1 month - Continue for the other two weeks.

***Odorless Garlic** – kills off any more growth of Candida.

***Enzymes** - helps system breaks down to aid in digestion.

***Neutralizer** - aides in balancing your pH and clearing out body. enhance.naturerich.net

Step two: For the *next month* add in these products to rid the body of the Candida and build your intestinal system:

***Homeopathic liquid** - *Aqua Flora* - Phase I – first month - flushes out Candida from the body.

***Acidophilis & Bifidus** (10billion organisms) - aides in recreating protective walls in the intestines. *1 tablet 3x a day.*

***Fruits & Veggies tablets** - whole food nutrients simplified. juiceplus.com/+nk65072

Step three: Complete the program for the *last month* by taking the second phase of homeopathic liquid and continuing the building process:

***Homeopathic Liquid** - *Aqua Flora* - Phase II - second month - flushes out the remainder of the Candida with more strength.

Foods to stay away from and gain from...

Keep away from:

Vinegar	Honey
Any sugars	Fruit
Corn	Pasta
Yeast products	Caffeine/Teas
Dairy products (including cheese)	

Beneficial foods to eat: 1) Check what is best for your Blood Type. 2) Make sure to have a diet with lots of different foods.

Lots of green veggies	Fish
Lettuce (not iceberg)	Chicken
Rice Cakes	Meat
Lemons/Limes	Olive Oil (cold pressed)
Make sure protein is Steroid Free (also eggs)	

*On the **third** week re-introduce fruit and see how the body responds. If there is any reaction stay away from fruit for a longer period of time.*

Take your time and enjoy a healthy body.

Healthy Living!

Blessings,

Nancy Kroner

'The Energy Woman'

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