The Essentials For
Healing Candida & Leaky Gut
Top Foods, Supplements, & Techniques
Welcome!

Our Candida Cleanser team has put in their love and long hours preparing this free report to condense down the decade of experience built helping tens of thousands overcome Candida overgrowth and repair their digestive health. We hope you find it useful and accessible for taking action and feeling great!

This report is organized in three sections, both of which are essential to getting well.

- Understanding how Leaky Gut and Candida work: pages 5-16
- Key Foods, Supplements and Techniques for full recovery: pages 19-25
- And finishing off with 3 of our favorite Candida fighting and gut healing recipes that you can put to use today

In the end we’ve also included an official invite to a free training session with us in our upcoming webinar, “The Ultimate Supplements for Cleansing Candida and Healing Leaky Gut”. We’ll be going over, step by step, everything you need to know to get you started on your healing journey. We hope to see you there.

We’ve also included a reference list / bibliography at the end for those of you who want to dig deeper and do additional independent research.

Here’s to your health!
Patty Yuniverse, Aga Postawska, and the Candida Cleanser Team

Patty Yuniverse

Aga Postawska
## Contents

**Part 1: The Essentials**

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet your Microbiome</td>
<td>5</td>
</tr>
<tr>
<td>Your Second Brain</td>
<td>5</td>
</tr>
<tr>
<td>So What Is Candida?</td>
<td>7</td>
</tr>
<tr>
<td>Is Your Gut Leaking?</td>
<td>8</td>
</tr>
<tr>
<td>Top 2 Causes of Candida</td>
<td>9</td>
</tr>
<tr>
<td>What Do a Hangover &amp; Candida Have in Common?</td>
<td>12</td>
</tr>
<tr>
<td>Candida’s Nearly Impenetrable Line of Defense</td>
<td>14</td>
</tr>
<tr>
<td>Why ‘Candida Diets’ Don’t Work</td>
<td>14</td>
</tr>
<tr>
<td>The 4 Levels of Candida Overgrowth</td>
<td>15</td>
</tr>
<tr>
<td>Candida &amp; Cancer</td>
<td>16</td>
</tr>
</tbody>
</table>

**Part 2: The Proven Solution**

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step One: Remove the Fungus</td>
<td>19</td>
</tr>
<tr>
<td>The #1 Supplement for Removing Candida</td>
<td>19</td>
</tr>
<tr>
<td>Step Two: Heal Leaky Gut</td>
<td>20</td>
</tr>
<tr>
<td>The 4 R Protocol: Remove, Replace, Repair, Reinoculate</td>
<td>20</td>
</tr>
<tr>
<td>Remove</td>
<td>20</td>
</tr>
</tbody>
</table>
REPLACE
THE #1 GUT HEALING FOOD
DIGESTIVE REINFORCEMENTS
REPAIR
LIVER SUPPORT
TOP 3 LIVER SUPPORTING HERBS
#1 DETOX SUPPORT
REINOULATE
FERMENTED FOODS
PROBIOTICS

JOIN US FOR FREE TRAINING

RECIPES
BONE BROTH RECIPE
LEMONY DILL SAUERKRAUT
TURMERIC TEA

REFERENCES
Meet Your Microbiome
To really make sense of what Candida actually is, how it can turn your life into a living hell, and how to actually eliminate it from your body and FEEL BETTER, we need to start by understanding of your gut and microbiome.

There are 100 trillion microbes living inside your gastrointestinal tract, and they out number your human cells 10 to 1. Together they make up your Gut Flora. You are essentially the host to a diverse ecosystem that affects literally thousands of your bodily functions, so many in fact that scientists consider your gut microbes as an independent organ called the Microbiome.

Physical stamina, emotional well being, mental health - scientists are continually discovering new ways that your gut flora influence your life in every moment. Your microbiome is involved in over 20,000 functions in the digestive system alone, playing a key part in everything from digesting the dairy in your food, how well you sleep at night, to even how well you manage stress. Although many roles of the gut microbiome are quite complex, one thing is crystal clear – we need to take care of our GUT if we want to restore and keep our health. Period.

Your Second Brain
That’s right, you have two brains. One in your head and one in your gut. The one in your gut is called the enteric nervous system. It is very intelligent and works fully independently of your brain. The gut brain is a highly sophisticated network system comprised of more neurons and nerve endings than in your entire spinal chord and peripheral nervous system combined. (The peripheral nervous system is the entire nervous system in your body besides the brain and spine). This is equivalent to a cat-sized brain sitting in your belly!

There is a large nerve called the vagus nerve which connects your brain to this ‘second brain.’ The two share the same neurotransmitters, and neurotransmitters are basically the ‘language’ neurons use to communicate, so the two brains can essentially ‘talk’ to one another. This is how the microbes living in your gut can effect your brain activity and mood, and how your emotions and thoughts can effect your digestive health.
When you are experiencing a stressful situation filled with emotions of fear or anxiety, it’s not only lived out in your mind, your body releases hundreds of biochemicals that act on the gut as well. Emotions greatly effect your gut health, digestion, and how food is processed in the body.

For instance stress can cause the tightening and contracting of the muscles that move food through the digestive tract (leading to constipation or diarrhea). It can blunt the production of digestive juices (causing indigestion and heartburn), and stress can even negatively impact how your gut microbes behave.

It’s important not only for gut health but for our overall wellbeing that we mindfully practice stress mitigation, especially while we eat. Be aware of your emotional state during your meals, slow down, take a few deep belly breaths, and enjoy the experience because there is much truth to the saying of “eating our emotions.”

You’ve heard of the anti-depressant Prozac, yes? It works by allowing your brain to absorb more serotonin, a hormone responsible for feelings of happiness. Well here’s the kicker - up to 95% of your serotonin is actually made in your gut by beneficial bacteria. So it may be that your depression is not even yours per se, or even in ‘your head’ and is, instead, a severe deficiency of beneficial bacteria in your gut.

Candida overgrowth is a common culprit here, and recent studies show exactly that. Depression can be linked back to an overpopulation of pathogenic microbes in the gut and the condition can be reversed as soon as certain probiotics, beneficial strains of bacteria, colonize in the gut. You are not your symptoms! The wrong microbes have simply taken hold of your body’s ecosystem.

Scientists are able to induce conditions such as obesity by transplanting ‘bad bacteria’ from the gut of an obese mouse into the healthy lean mouse. Nothing changes, the diet stays the same, and within a few short weeks the healthy mouse develops obesity. This can be done with other conditions as well such as anxiety, diabetes, and arthritis.
So What Is Candida?
Candida is a fungal yeast that is naturally present throughout our digestive tract where it has evolved to thrive on sugar, carbs and alcohol. Candida yeast is safe when kept in check by our beneficial microbes and balanced eating habits, and even has some symbiotic roles in the gut.

But the modern diet provides a drastic oversupply of sugar, carbs and alcohol which fuel Candida yeast to out-compete your beneficial gut bacteria and take over. As Candida yeast eats more and more of the excess sugars in your diet, it does something unique, it transforms into a nasty fungus. This feat is still one of the most studied topics in human pathology. Candida is dimorphic, it has adapted to change from a seemingly harmless yeast into a deadly fungus depending on the environmental triggers- and the copious amounts of sugar in our diet is a major trigger.

Research by the molecular biologists at Rice University shows that 70% of all people are affected by a Candida fungal overgrowth. As Candida fungus and other pathogenic microbes become the ruling tyrants in your gut, the following issues of level 1 Candida overgrowth often emerge.

Common Symptoms Of Level 1 Candida Overgrowth

- Cravings for sugar and/or alcohol cravings
- Vaginal yeast infections,
- Severe PMS
- Bladder weakness/ UTIs
- Bad breath and body odour
- Unexplained anger/rage
- Difficulty sleeping
- Digestive issues: gas, heartburn, bloating digestive issues
- Skin conditions: rash, eczema, acne, sun spots, liver spots
- Recurring infections: thrush, bronchitis, sinusitis, tonsillitis, strep, staph infections
- Allergies to foods, chemicals, dust, fungus, yeast, holds
Is Your Gut Leaking?

If you have Candida Overgrowth you most likely also have a condition called Leaky Gut - the two pretty much go hand-in-hand because Candida causes leaky gut. By out-competing your beneficial microbes and releasing harmful metabolic wastes, Candida causes the intestinal lining to become irritated and inflamed. Then small holes are created where Candida can break through, enter the bloodstream, and invade any part of the body including your vital organs like your liver or brain.

In a healthy gut the intestinal lining allows only nutrients to pass into the blood stream while keeping toxins OUT. With leaky gut, now there are holes in your gut lining and it’s as if your body’s septic tank is flooding your entire body, around the clock. Your blood is made to deliver nutrients throughout your body and now its contaminated with waste. Leaky gut can cause toxicity throughout the body because blood is delivered to all tissues. This wreaks havoc everywhere – none of your bodily systems are spared the stress of Leaky Gut.
Leaky Gut, it’s just as it sounds... Your intestinal lining has deteriorated into such a poor state that now it allows leakage into the rest of your body, including not only the Candida fungus but other toxins, parasites, undigested food, and yep, you guessed it- poop!

According to the Functional Medicine University, “Leaky Gut Syndrome is a major cause of disease and dysfunction in modern society, accounts for at least 50% of chronic complaints, as confirmed by laboratory tests.” Leaky Gut causes chronic, systemic inflammation which can express itself in dozens of different ways, sharing common symptoms with Candida such as:

- Digestive issues: gas, bloating, constipation, diarrhea
- Skin conditions: acne, eczema; and even
- Mood disorders: anxiety, depression.
- Metabolic conditions: insulin resistance, diabetes, thyroid issues

The combination of Candida and leaky gut are often a primary cause behind Autoimmune conditions including allergies, rheumatoid arthritis, fibromyalgia.

The same factors that fuel Candida overgrowth perpetuate Leaky Gut, but this can actually work to your advantage in the recovery process. Because when we address one condition you’ll actually be working on both fronts – healing Leaky Gut and Candida go hand-in-hand and are complimentary.

Top 2 Causes Of Candida

**SUGAR**

Candida thrives on a diet filled with sugar and alcohol and if you’ve been living in the same century as the rest of us you’ve been enjoying pizza nights, smores over the campfire, slurpees and ice-cream on a hot summer’s day, drinks on the weekends, a glass of wine (or two) with pasta dinner... It all translates to sugar, sugar, sugar!

We have unknowingly become addicted to sugar, living our life as addicts getting our next ‘fix’ from our next meal. And this is not just another quirky metaphor, our brain indeed reacts to sugar the same way a addict’s does when he ‘shoots up.’ Research using brain scans found that drinking sugary milkshakes triggers the same ‘reward centre’ as hard drugs like heroin.
In fact the Public Library Of Science published a study showing that simply the pure sweetness or sugar surpasses the cocaine rewards in the brain. **Sugar has now been proven to be 10 times more additive than cocaine.** To make matters worse, **Candida releases chemicals that can reach your brain via the vagus nerve to make you crave sugar.**

**Have you ever caught yourself eating your favorite chocolate bar trying to save the last half for later, but to your surprise you look down at an empty wrapper? Candida just hijacked your brain without you even knowing it!**

**How Much Sugar Should We Actually Be Eating?**
Recently The World Health Organization, as well as the American Heart Association, dropped its sugar intake recommendations from 10% of your daily calorie intake to 5%. This breakdowns to:

- **Men:** 37.5 grams or 9 teaspoon/day
- **Women:** 25 grams or 6 teaspoons/day

**In 2008 the average American was eating 19 teaspoons of sugar a day!** But how is that possible? Well, simply put, sugar is in everything these days. Even in the foods which you might consider to be healthy. For example, take low fat ‘diet’ foods. You think they’d be the healthier choice. But you see, when you take fat out of food, it tastes like cardboard, and the food industry knows this. So what do they replace it with? Sugar. Diet foods are notorious for having way too much sugar in them.

How about fruit juice and soda? Which would have more sugar? When we compare apple juice to a coca cola, it doesn’t look so good.
Looks like we’ve been duped again. Fruit juice is loaded with sugar. Once you separate the juice from the natural fibre contained in the fruit, you are left with oodles of easily absorbable sugar to feed Candida.

You see the natural sugars found in whole fruit are bound to fibre for a good reason. The body has to work to break it down and this allows for slow release of an appropriate amount of sugar into the body while the fibre serves to feed the beneficial microbes in your gut.

Fibre plays a key role in leaving you feeling satiated so you don’t fill up on sugar and eat a dozen of apples all in one sitting. Nature’s ingenious design simply won’t let you eat that much sugar all at once! Our human meddling nature has given rise to an obsession of refining and altering our food, and as we do so we unforeseeably create complications in our health because of it.

So, if you start your day off with a glass of ‘healthy’ apple juice it is the equivalent of drinking all the sugar from 4-5 apples all in one gulp- this is not how nature intended it. Now you’ve already surpassed your daily recommendation for sugar intake, flooded your body with sugar while starving your beneficial microbes, spiked your insulin causing inflammation, and to top it off, you’ve fed your Candida and encouraged its continued overgrowth.

And the current food industry isn’t doing us any favours. They sure had me fooled, and many people still assume, that grains such as whole wheat bread or pasta is a healthy choice since it has that ‘heart healthy’ check mark on the box. However grains, especially when ground in to flour, get quickly broken down into sugar, so this also feeds Candida, nature’s sugar specialist.

Gluten containing grains do a double-whammy, not only providing optimal fuel for Candida but also irritating the intestinal lining and further exasperating leaky gut.
First step in healing Candida overgrowth is to tightly manage the sugars in your diet and eliminate the refined sugars and carbohydrates: the cookies, the pastries, pastas, chips, bread, fruit, and alcohol. This may not sound fun, but think about the symptoms you listed in your Candida quiz – you are worth the work to feel great! We’ll help you start out by sharing proven tools to use to speed the cleansing and healing process.

And believe it or not, once Candida is out of your body, you won’t be battling sugar cravings all the time. In fact you’ll rarely have any sugar cravings at all! You’ll actually prefer to eat healthy foods. This may sound like blasphemy right now, but once you heal your gut your life will take a turn for the better.

EXCESSIVE USE OF ANTIBIOTICS

Our modern day society has become obsessed with killing germs in an effort to stay clean and healthy. From prescription antibiotics, antibiotic soaps and hand sanitizers, and even residual antibiotics in the food we eat. Over half go the antibiotics used in the Unites States are administered to livestock in the conventional meat industry, and these carry through to the end products we buy!

The overuse of antibiotics has not only lead to antibiotic ‘superbugs’, but also the annihilation of essential beneficial bacteria in our gut. As we’ve seen, not all bacteria are bad, thousands of them actually serve quite a vital role in our health. **When we take an antibiotic to kill a bad bug, it doesn’t just target that one strain of harmful bacteria, it kills off the good ones too.**

It’s like sending a nuclear bomb into the forest to kill a beetle; you’re going to kill the trees, the animals, and the surrounding ecosystem too. Once your digestive tract is barren with few bacteria remaining, Candida, the fungal yeast, can easily gain the upper hand. Remember that antibiotics work on bacteria, and Candida is not a bacteria, it has survived the antibiotic ‘nuclear option’ unharmed. It has barely any bacteria to compete with in the gut to keep it in check. Plus the sugar you’re eating is now working to strengthen the fungus, and overgrowth ensues.

What Do A Hangover & Candida Have In Common?

Candida, like every other living thing on this planet, eats and poops. **Candida’s waste is particularly toxic with 180 different chemicals identified to-date.** These toxins overwhelm your eliminative system and leave you chronically exhausted and experiencing compromised mental clarity. They can also compromise your immune system and throw your hormones out of balance. These toxins create a lot of stress on your liver while it works overtime to remove them from your body.

So, what **do** hang overs and Candida overgrowth have in common? **Acetaldehyde**, one of the most toxic byproducts of Candida. You’ve probably experienced high levels of acetaldehyde the morning after drinking too much alcohol.
If you have Candida overgrowth it’s as if you have a permanent hangover—except without the fun night out the night before! We are all aware the damage drinking excessively does to our liver, and it’s mainly because of acetaldehyde. Now think about what damage is being done if acetaldehyde is being pumped through your system 24/7?

Chronic high levels of acetaldehyde, like during a Candida overgrowth, have detrimental effects on your entire body, not just the liver. From killing brain cells and damaging red blood cells to accumulating in the body to cause severe joint and muscle aches and pain. **High levels of Acetaldehyde have been associated with Fetal Alcohol Syndrome, Parkinson’s, Alzheimer’s and is even considered a likely human carcinogen.**

Another seriously dangerous Candida byproduct is Gliotoxin. **Gliotoxin targets the destruction of healthy liver cells.** It also suppresses your body’s immune function by initiating the death of healthy cells of the immune system, (your neutrophils, eosinophils, granulocytes, and macrophages). These cells play a vital role in fighting off infection in the body, and it’s this toxin that is largely responsible for protecting the Candida fungus while it infects the body.

Gliotoxin also has antithrombotic properties, meaning it thins the blood and prevents formation of (healthy) blood clots. (Your blood needs to clot in order to heal wounds, otherwise a simple cut on your finger would bleed you to death). This blood thinning quality allows for Candida to travel more freely through the bloodstream giving it easy access to areas of your body where it couldn’t normally go before.

As Candida grows stronger and proliferates in begins to release more and more Gliotoxin, furthering exasperating your liver and weakening your immune system granting permission for serious health condition to arise. **A recent study published found that Gliotoxin is especially high in patients with autoimmune condition MS- multiple sclerosis.**
As you can see, Candida packs a serious arsenal! Candida runs you down and then attacks your body's main lines of defense, first out-competing your beneficial bacteria and penetrating your intestinal wall to cause leaky gut, then jeopardizing your immune system and liver with its mycotoxins.

**Most people don’t know this, but your gut is actually home base to up to 80% of your immune system.** Its the microbes and the gut lining that play this integral role in your ability to fight off invasion. Once Candida penetrates this first line of defence, it easily moves on to infiltrate the rest of the 20% of the immune system within the body.

Now it’s as we are left in the line of fire with our hands tied being our backs, the body is left nearly completely defenseless. If left untreated systemic Candida can be fatal. This is why it's so important that you take action at the first signs of a Candida infection, and this is why we are here with you right now with guns a blazing to help you get started!

**Candida’s Nearly Impenetrable Line Of Defense**
As if the mycotoxins weren’t bad enough on their own, there’s more. **Candida has a protective cell wall called the “chitin layer”** – it’s the same stuff cockroaches are covered in and those bad boys can literally withstand nuclear disaster! On its own, the human immune system simply cannot penetrate this chitin layer, especially when already compromised by the mycotoxins referenced above.

**Why ‘Candida Diets’ Don’t Work**
This chitin layer is what makes Candida so difficult to kill off and why simply ‘starving’ Candida out with just a Candida Diet alone doesn’t work. These Candida spores can stay dormant for long periods waiting for its food supply to return.

**Candida has evolved another strategic quality that not many other organisms have, it is “dimorphic” meaning** that it can change from a yeast form (individual, round white cells that are easily kept in balance in a healthy gut) into multi-cellular fungal rods that can penetrate into human tissue. This is one of the most discussed invasive attributes in the study of human pathology. It allows Candida to take root in many different places in your body and even go dormant when you eat a clean diet. But if and when you cave in and indulge in a sugar-rich or other high glycemic food, Candida can come right back with a vengeance.
Once Candida fungus penetrates through the gut lining and enters the bloodstream it can colonize in any organ and if it reaches the liver it can gain access to your glycogen stores. Did you know that your liver stores up at 120 grams of glycogen (sugar) at any given time? Now Candida has access to a food reserve any time of the day regardless of what you’re eating or if you’re sleeping – yet another reason why Candida overgrowth can be so difficult to overcome with dietary strategies alone.

The 4 Levels Of Candida Overgrowth
Candida has a distinct growth pattern. People may experience some or all of these progressing symptoms if overgrowth is not addressed.

**LEVEL ONE**
Candida grows in the body’s mucus membranes where its always present at low levels – the mouth and entire digestive tract, skin and genitals. Candida is usually kept in check in these areas by our beneficial bacteria, but antibiotics and a high-carb processed diet throws this out of balance. Candida begins to overpopulate these areas of the body causing the beginning of the infection. Symptoms manifest in the mouth, nose, skin, sexual organs, and respiratory system. Often they get little to no attention because they are common amongst people today and still considered somewhat ‘normal’.

**LEVEL TWO**
Candida takes over the gut and passes into the blood stream. It does this by out-competing beneficial microbes and releasing harmful metabolic wastes (mycotoxins) both of which inflame the intestinal wall causing leaky gut where Candida can break through and enter the blood supply. Once in the blood, this is when Candida really starts to progress into a fungal infection spreading it’s invasive fungal colony. Issues become more chronic and symptoms emerge throughout the body. Symptoms may include all of symptoms of level one as well as level two.

**LEVEL ONE**
- intense cravings for sweets: bread, pasta, alcohol, ice cream
- vaginal yeast infections
- severe PMS
- unexplained anger/rage
- bad breath
- strong body odor
- recurring thrush
- bladder weakness
- difficulty sleeping
- digestive distress: gas, heartburn, bloating
- skin conditions: rash, eczema, acne, sunspots, liver spots
- allergies to foods chemicals, dust, fungus, yeast, molds
- recurring infections: bronchitis, sinusitis, tonsillitis, strep, staph,

**LEVEL TWO**
- unexplained weight gain or inability to keep weight on
- ear infections, tinnitus (ringing in the ears),
- chronic muscle, joint, and body pain or arthritis
- headaches and/or migraines
- fatigue
- fibromyalgia,
- endometriosis
- infant or adult reflux,
- dizziness/vertigo
- bladder and kidney infections and/or UTIs
LEVEL THREE
Candida colonies can take root in other parts of the body such as muscle, bone, eyes, and any other area receiving blood flow. At this stage your behavior and mental health begins to be affected as the fungus is now likely spreading beyond the blood-brain barrier and establishing in new locations throughout the body. Stress on our body’s immune system and eliminative organs causes deep fatigue. Symptoms may include all of level one and two.

LEVEL FOUR
The fungal infection becomes systemic, overgrowth spreads to new areas of the body including major organs. Severe health issues become entrenched unless reversed through gut rehabilitation, deep cleansing, detoxification, and eliminating Candida.

Candida & Cancer
If Candida is not addressed at the critical stage of Level 4 it can progress into a fatal condition, a systemic infection throughout the entire body. At this point all organs are shutting down and the body has become a highly toxic environment, creating fertile ground for serious and life threatening conditions such as cancer. If the issue is not addressed the individual may die.

The US magazine ‘Contemporary Oncology’ published reports all the way back in 1993 showing that **99.9% of cancer patients have a Candida overgrowth** and that the “patients undergoing radio or chemotherapy did not finally succumb to cancer itself, but to an infestation of Candida albicans.”

Remember, candida’s chitin layer? It is nearly impenetrable and is resilient even when exposed to radiation and chemotherapy. The CDC, Centers for Disease Control and Prevention, even offers information to cancer patients informing them of the risk of their treatment, **“chemotherapy weakens your immune system and can put you at risk for getting a fungal infection.”**

Furthermore, studies have shown that Candida can be a precursor to cancer because not only can it induce the growth of cancer cells but it can also progress the condition. It does this in a number of ways predominantly by producing carcinogens like acetaldehyde, and releasing nitrosamines which activate specific pro-cancer genes. **However, we WON’T let Candida progress this far....**
The first time I did the Candida Cleanse my CA 15 cancer antigen test dropped from 40 to 13. I was diagnosed with Stage 4 breast cancer in 2013, I had 2 friends one was stage 1b and the other was stage 2. Both did chemo and had serious consequences, my 34 year old friend that was a stage 1b died within 1 year of diagnosis.

My second friend had 2 serious infections after surgically placing expanders in chest. I have done the Candida Cleanse 3 times now, one after a 16 hour surgery for reconstructive surgery where they gave me 3 different strands of staph and 2 episodes with C.Dif over the course of 6 months that nearly killed me. My allergies had went away with previous treatment of Candida Cleanse but after being on so many antibiotics they were more severe than ever.

I’m on my 10 days off right now and once again cancer antigen test lowered after treatment and allergies are better but not back to where I was before the infections and antibiotics.

When my sinuses completely cleared was three weeks into my second treatment and taking EM Pro. I started coughing from sandy congestions running down back of throat, when I went to cough it out into a tissue it was black. That night while laying in bed I felt my lymphatic nodes start draining, it was like little spiders crawling on my face and as they drain a cool sensation would come afterwards. My head, ears, sinuses all felt like the swelling was going down and opened up where I could breath. The lethargy went away.

My doctors think I’m crazy for using some sort of treatment from Thailand but they don’t understand why I’m still in remission without doing chemotherapy. I did do radiation and regret doing so.

- Alicia Harrison
No matter at what Level of Candida overgrowth you are in, level one- four, this is where lifestyle and dietary intervention is necessary. Follow our simple 2 step program and success is absolutely 100% within your reach!
STEP 1 - Remove the Fungus
At this point Candida seems almost invincible, right? However even Superman has his kryptonite. Here’s a little known fact, candida’s ‘impenetrable’ chitin layer is vulnerable to a compound called Lufenuron which prevents chitin synthesis.

Lufenuron works by inhibiting chitin production by the Candida cells themselves. No part of the human body contains chitin, so the Lufenuron specifically targets only Candida cells and has no affect on our human cells.

Unlike the common anti-fungal prescription drugs which can cause serious liver damage, Lufenuron is not metabolized by the liver or kidneys, it is instead excreted through the feces and is completely safe and non-toxic for humans and other mammals. Now with Candida’s chitin defense system down, your immune system has a chance to finally get in there and do it’s job.

THE #1 SUPPLEMENT FOR REMOVING CANDIDA
Because this approach has been proven so effective against entrenched Candida overgrowth, the founders of Candida Cleanser began offering Lufenuron as a standardized supplement in convenient capsule form, named Candida Cell Wall Suppressor (CCWS) for obvious reasons. For nearly a decade now, our small team has been making this incredible tool available to people all around the world, and have helped tens of thousands get well in the process. For more information about CCWS, click here to get directed to our website: www.CandidaCleanser.com.

"After much research on Candida Cleanser I can’t explain how happy I am that I took the step to purchase the product. I have my life back and having psoriasis since a small child, it has all disappeared. I certainly will repeat the protocol. Great product and you can feel it working inside you and having such newfound energy, as an end result is priceless. Best wishes, - Jennifer."
Dealing with severe overgrowth (Levels 3 and worse), there is really no substitute for Lufenuron because it gives your body an advantage for once. For many people this is the first time in YEARS that their body is getting a break from the ongoing stress of the fungal infestation. Lufenuron acts like the reset button, and it’s especially effective when paired with the cleanse and detox support foods, strategies and supplements outlined below.

**STEP 2 - Heal Leaky Gut**

These next steps are very important, because there is much more to a Candida Cleanse than just popping a magic pill that fixes everything. *After eliminating the invasive fungus with Candida Cleanser, you have to heal your leaky gut! Otherwise you are susceptible to a reinfection.*

*Leaky gut & Candida are like two peas in a pod and you must address both conditions if you want to regain your health!*

And as we learned in the first section of this eBook, leaky gut and Candida are interwoven and caused by the same factors. So, they can thankfully be remedied at the same time using the techniques that follow. If you were to drop everything right now and go pay to see a good naturopath or functional medicine doctor for leaky gut, they would recommend the following “4 R Protocol.”

Here are the essentials to know and use.

**The 4 R Protocol: Remove, Replace, Repair & Reinoculate.**

**REMOVE**
The first step is to remove C.R.A.P. foods from your diet - the carbonated, the refined, the artificial, and the processed. *Next remove any offending foods and toxins from your diet that are acting as stressors on your body and causing inflammation. This is done through a standard Elimination Diet.* Remove gluten and all gluten containing grains, sugar, soy, corn, dairy, caffeine, alcohol, processed foods, and trans fats.

In severe Candida overgrowth stages, such as Level 3 and 4, removing all grains and starchy carbohydrates including fruit is advised. Something like the “GAPS Diet” is ideal for helping restore the gut from the effects of severe Candida overgrowth.
Replace
After doing the Candida Cleanser, the real healing work begins. You see, the entire time you are infected, the fungus is damaging your body: your organs, tissues, immune and nervous system, - everything! As you work to eliminate the fungus and once it's gone, you still need to provide the essential nutrients to repair the body. This is where your food becomes your most potent form of medicine.

Replace the foods you eliminate with lots of healthy organic fats and proteins to rebuild the integrity of your gut lining. These foods also will help to regenerate your organs including the liver, brain, and skin. Include whole nutrient dense foods such as leafy greens, pasture raised animal protein and healthy fats. Avoid genetically modified foods as best you can and buy organic whenever possible. GMO animal feed and antibiotics in animals fuel Candida and cause leaky gut.

THE #1 GUT HEALING FOOD
Bone broth is absolutely vital to your healing process and is a critical component of any gut healing program. To help you get started we've included a recipe for traditional homemade Bone Broth at the end of the book for you.

Bone broth is rich in nutrients l-glutamine, collagen, glycine and proline. These are key components of the connective tissue in the body which is like the biological ‘glue’ that holds our bodies together. Without these our bodies would literally fall apart – so it is no surprise that they are crucial for healing the gut, especially when healing from a Candida overgrowth. Bone broth essentially helps ‘patch up’ a leaky gut. The nutrients also reduce inflammation and act as a protective layer to your cell walls, repelling irritants and damaging compounds.

Other great anti fungal and gut repairing foods include:

- raw garlic
- onions
- ginger
- oregano
- apple cider vinegar
- lemon juice
- fermented foods
- seaweed
- ghee (clarified butter)
- coconut oil
- olive oil
- ground flaxseed
- aloe vera
- cruciferous vegetables: kale, cauliflower, cabbage Brussels sprouts, broccoli
DIGESTIVE REINFORCEMENTS
You also need to make sure you have the digestive power to actually breakdown these foods and absorb their nutrients. **Supplementing with digestive enzymes, betaine hydrochloric acid, and bile salts are vital to healthy strong digestion.** Otherwise the nutrients will go to waste as undigested food particles make their way through the holes in your gut lining to cause inflammation, food allergies, and autoimmune responses.

REPAIR
Along with the foods mentioned above, here are some great supplements you can include in your healing regime that target leaky gut repair to really help support the body and boost healing time.

- L-Glutamine
- Collagen
- Cod Liver Oil
- Zinc
- Vitamin C
- Quercetin
- Magnesium
- Slippery Elm
- Marshmallow Root
- Licorice Root

“I now feel so good! I am almost afraid to say it out loud because I have felt bad in my belly, really most of my life and I’m 69. I have a comfortable belly and it is like having a whole new me!! I have followed GAPS diet, have taken enzymes and probiotics for many years but it wasn’t until I took this cleanse that I actually felt good. What a difference! I am so very grateful. Thank you. Now I get what other people say in their testimonials. It’s all true.

- Glea
LIVER SUPPORT
Many people jump straight into a Candida cleanse and forget a vital component, liver support! Remember all those mycotoxins Candida releases that attack the liver? This essential organ of yours needs some help. Especially **as Candida dies, it will release even more toxins and if your liver is not prepared it may exasperate your symptoms and bring on something called the Herxheimer Reaction or ‘die off’**.
Toxins and metabolic by-products from dying pathogens, in this case Candida, can overwhelm the body’s abilities to clear them out fast enough. It’s common to have flu-like symptoms including:

- Headaches
- Fever and chills
- Joint pain
- Digestive upset

- Skin rashes
- Brain fog
- Excess mucus

During die off, the best thing to do is to continue eating clean, drink plenty of water, and support your liver.

**TOP 3 LIVER SUPPORTING HERBS**
1. Silymarin Milk Thistle
2. Dandelion
3. Turmeric

**Milk thistle is especially great as it helps repair liver cells and encourages the growth of new ones** so much so that it has proven to reverse damage to the liver that’s been caused by prescription drugs, antibiotics, pesticide in food, and heavy metals. Its even been approved as a treatment for various liver conditions such as fatty liver disease, damage from alcoholism, and hepatitis.

Dandelion, everything from its roots, greens, and sap can be used to support liver function. Herbalists and Traditional Chinese Medicine practitioners use dandelion root to detoxify the liver and gallbladder, and dandelion leaves to help kidney function. Dandelion greens can be tossed into a salad or smoothie.

**Turmeric masquerades itself as a simple spice in curry, but according to over 5000+ peer reviewed studies turmeric may be the most powerful medicinal herb to date.** Turmeric helps protect and regenerate the liver and has even shown to fight off liver cancer. Curcumin is the active ingredient in turmeric responsible for much of turmeric’s potent antioxidant and anti-inflammatory properties.
When put under scientist’s scrutiny, curcumin either shows the same benefits (except without any harmful side-effects) or outperforms conventional medicine. This extraordinary herb definitely deserves a spot in your spice rack. Add turmeric into cooking or make tea with it. Make sure to check out the Turmeric Tea recipe we have for you at the end of the book.

#1 DETOX SUPPORT

Activated Charcoal is made from woody plant materials such as coconut husks and is “activated” by being baked to an extremely high temperature to remove all compounds except the structural carbon of the wood itself. Thus activated charcoal is a matrix with an incredibly high surface area and many recesses that attract and hold toxins, heavy metals, environmental contaminants, Candida byproducts and other compounds you do not want in your body. Activated Charcoal has the incredibly ability to absorb and hold more toxins than any other substance known. It can bind lead, acetate, strychnine, chlorine, mercury and many other poisonous compounds. Activated charcoal renders these compounds harmless – they are no longer bioavailable and can be naturally eliminated by the body.

Once these toxins are bound up in the charcoal matrix, it’s much easier for your body to eliminate them in one fell swoop. Picture garbage-men in a large city celebrating the invention of the garbage bag – no more running around hunting down each tiny scrap of refuse – the pieces of trash are now gathered together in bundles that are easy to dispose of!

Activated Charcoal can do wonders at alleviating unwanted die-off symptoms. We wouldn’t recommend doing a Candida Cleanse without it!

The father of medicine, Hippocrates, actually used activated charcoal with his patients thousands of years ago, and today it is still used as an antidote to poisoning in ambulances and hospitals worldwide. It is available in capsule or powdered form and you can simply mix one teaspoon with water and drink it on an empty stomach.

ZEOCO

The founders of Candida Cleanser developed a unique compliment to activated charcoal which boosts its cleansing power even further – ZeoCo, a combination of activated charcoal and zeolite clay. This blend is ideal for removing heavy metals such as mercury, cadmium, lead, arsenic, aluminum and tin (all of these are stored by the Candida fungus and released during die-
Zeolite clay attracts and holds toxins in a similar manner as activated charcoal, and has the added benefit of scavenging free-radical particles in the body and absorbing radiation. Remember Chernobyl? Clays such as zeolite were chosen to encasing the reactor core to prevent radiation from escaping. This synergistic blend of both activated charcoal and zeolite clay provides the support that has helped an incredible number of people manage and alleviate the side effects of Candida overgrowth and die-off.

**REINOCULATE**

And last but certainly not least you need to **restore proper balance to your microbiome by reestablishing an abundance of beneficial bacteria through probiotic supplementation and eating plenty of fermented foods.**

After Candida has been exterminated from your gut there will be plenty of vacant real estate available and you need to make sure that this space is colonized with beneficial bacteria that will work to serve you.

**FERMENTED FOODS**

Regardless if you are perfectly healthy or doing a Candida cleanse you must support your community of beneficial bacteria! One of the most powerful ways to do this is by eating fermented foods. These traditional dishes serve as potent gut healing superfoods. They’re loaded with probiotics and prebiotics (food for your good bacteria), tons of bioavailable vitamins and amino acids, enzymes that help your liver detox, and even lactic acid which helps kill pathogenic bacteria in your gut. It’s these ancient superfoods that help maintain balance in your gut. And there’s plenty to choose from: sauerkraut, beet kvass, miso, natto, kefir. We’ve included a step by step guide of how to make your own sauerkraut at the end of the book.

**PROBIOTIC SUPPLEMENTS**

As well as eating probiotics in fermented foods, it is wise to look into supplementation. We highly recommend our **EM-PRO** because it delivers unique beneficial probiotics to the intestinal tract to restore balance to your gut microbiome and ensure that good bacteria fill the void left by removing Candida overgrowth. It is carefully designed to restore vitality to your intestinal microbiome while helping to eliminate compounds that produce ‘dis-ease’ in our bodies. One example is the removal of nitrogenous waste in the intestinal tract via the bloodstream. Nitrogenous wastes are utilized by Candida as nutrients. By increasing your beneficial micro flora with EM-PRO you reduce yeast growth and also help detox your body.

Our probiotic formula, EM-PRO, contains essential strains that you won’t find in your common probiotic supplement such as **Rhodopseudomonas Palustris, Saccharomyces boulardii** and **Saccharomyces Cerevisiae.** The **Saccharomyces** class of probiotics are particularly
effective at fighting off Candida. For instance *Saccharomyces boulardii* is a beneficial strain of yeast that prevents Candida from forming filaments and adhering to tissue, preventing it’s further colonization. *Saccharomyces Cerevisiae* is used as a fermentation adjuvant and it keeps the other cultures alive and also allows you to propagate this formula into further cultures if you want.

**Click here to get directed to our website and check out our special offer of the full Candida Cleansing Package, which includes the Candida Cell Wall Suppressor, Zeoco, and EM-PRO.** This bundle ensures you are fully equipped and supported to successfully complete your cleanse.

If you choose to purchase a probiotic supplement of your own here are some essential guidelines to follow:

1. **High count of CFU**, colony forming units. You want at least 10 billion. The closer you can get to 100 billion CFUs the better
2. **Make sure they withstand stomach acid and bile.**
3. **Bacterial diversity.** You want at least 7-10 different strains of bacteria. Strains you’re looking for are:

<table>
<thead>
<tr>
<th>Bifidobacterium longum</th>
<th>Bifidobacterium breve</th>
<th>Bacillus subtilis</th>
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<tr>
<td>Bifidobacterium bifidum</td>
<td>Lactobacillus casei</td>
<td>Lactobacillus rhamnosus</td>
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<td>Lactobacillus acidophilus</td>
<td>Lactobacillus brevis</td>
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<td>Lactillus Plantarum</td>
<td>Lactobacillus Casei</td>
<td>Lactobacillus Bulgaricus</td>
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<td><em>Saccharomyces boulardii</em></td>
<td><em>Saccharomyces Cerevisiae</em></td>
<td><em>Rhodopseudomonas Palustris</em></td>
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The food you put on your plate is one of your most potent tools to charging up your immune system and defeating this deadly fungus once and for all. No matter what stage of Candida you have, or what particular health problem you’re working through, get started on the 4 R program and you will definitely begin to see an improvement!

“After nearly 8 years treating neurological Lyme disease (including about half the time on heavy duty antibiotics), I just started the Candida Cleanser program four days ago. After doing everything I could think of to get the bugs out of my system, I work up this morning feeling clearer, sharper, and more pain free and energetic than I had in months! It’s as though the volume had been turned down on ALL my symptoms! I could clearly see that much of what I thought was the after effects of Lyme disease was (and is) in fact Candida! Blessing to you Patty, and others who are working so hard to get this message of self-healing out to the world! - Brandt”
To truly eliminate Candida at its root, the boost of a Lufenuron supplement like *Candida Cleanser* can be super valuable. Good gut healing foods like bone broth, and supplement choices such as liver supporting herbs are *essential* to healing, but the process will always remain incomplete as long as Candida has a foothold in the body in its fungal form.

We’re here to help you whichever path you choose, and we know from the past decade how optimal it is to deploy all aspects of the recovery program together. Countless people have discovered that addressing diet alone is an extremely long process and only partially effective against this overbearing fungus. The key is to hit Candida with a one-two punch of a gut healing diet paired with the #1 Candida killing supplement and that is Lufenuron in Candida Cell Wall Suppressor.

The process is a commitment, and YOU and your health are worth it! Join us in our free upcoming free training Webinar “The Ultimate Supplements for Cleansing Candida and Healing Leaky Gut”. We will be going over the basic procedure of the most effective Candida Cleanse, the do’s and the don’t’s of gut healing, and how to use food as one of your most powerful tools to finally overcome this fungal infection and get your life back! Hope to see you there!

All the best,
Patty & Aga
Bone Broth Recipe

Bone broth is an incredibly healthy and inexpensive addition to your diet. It is chock full of vital nutrients that help to heal the gut.

It used to be common in every kitchen, as a cheap, nutrient-dense food that could form the base of many different recipes; however, today it is common to use cubes of processed ‘stock’ from the supermarket. These cubes are often full of MSG and other artificial ingredients that can damage your gut and your overall health, so we need to return to the tradition of making stocks from real food, like meat and bones. Homemade bone broth tastes so much better than store-bought artificial cubes – try this once and you will never use a processed stock cube again!

In addition to tasting better, bone broth has many health benefits. It can improve allergies, immune health, brain health, bone health, hair growth and strength, reduce cellulite, remineralize teeth and much more. But here we are going to focus on how it improves your gut health and digestion. Bone broth is rich in the amino acids glycine and proline, key components of connective tissue, which is like the biological ‘glue’ that holds our bodies together. They are crucial for all healing, from big wounds in our skin to microscopic damage inside the tissues of the body that can be caused by inflammation and infection. So they are critical to help heal leaky gut and any other damage in your digestive system.

Glycine also aids digestion by regulating the production of bile salts and gastric acid. It supports detoxification and is required for the production of glutathione, one of the most important antioxidants in the body. Glycine also helps regulate blood sugar levels and has numerous beneficial effects on other parts of the body, especially the brain and nervous system.

EQUIPMENT
• a large pot (4-5 gallon) or a large crockpot
• a fine mesh strainer
• large glass jar for storing the broth

INGREDIENTS
• 2-3 pounds of raw bones from beef, lamb or chicken, sourced from organic, humanely-raised animals
• 1 onion
• 2-3 carrots
• 2-3 stalks of celery
• 4 cloves of garlic (or to taste)
• 1 bunch of parsley
• 2 Tbsp. apple cider vinegar

*Option: add spices to taste: sea salt, black pepper, bay leaves, rosemary, thyme, etc.
*Option: add raw chicken feet to increase gelatin content
Bone broth is also rich in L-Glutamine, which provides the preferred food and fuel for your intestinal cells to help them to repair and grow. It is an anti-inflammatory and acts as a protective layer to your cell walls, repelling irritants and damaging compounds. L-Glutamine is a critical component of any gut healing program.

To prepare bone broth, bones and ligaments are simmered for 24-48 hours to draw out all the healing compounds including collagen, proline, glycine and glutamine, along with all the vitamins and minerals contained in the bones. This method of preparation releases the minerals in a form that your body can easily absorb, including calcium, magnesium, phosphorus, silicon, sulphur and many others. Bone broths also contain chondroitin sulphates and glucosamine, compounds that are often sold as expensive supplements for inflammation, arthritis and joint pain. Making bone broth is a cheap and easy way to get these compounds into your body.

With so many health benefits, you’ll want to incorporate bone broth into your diet right away, and with our easy recipe you’ll be making real bone broth from scratch in no time!

**INSTRUCTIONS**

1. Place bones (with the chicken feet if desired) in your pot or crockpot, add 2 tablespoons of apple cider vinegar and cover with filtered water. Let this sit for 20 minutes, so the vinegar can draw out the nutrients from the bones.
2. Roughly chop the carrots and celery.
3. Add the onion, carrots and celery, along with any optional spice into the pot. Ensure all the ingredients are covered with water, and bring the water to a boil. If you are using a crockpot, set it on high.
4. Once it has boiled, reduce the heat to a simmer. If you are using a crockpot, just leave it on high.
5. Cover with a lid and allow to simmer, or cook in the crockpot, for anywhere from 12-48 hours. If you are using beef or lamb bones 24-28 hours is preferable. If you are making chicken broth, cook for only 12-24 hours. Check on it occasionally as you may have to add more water to make sure the ingredients stay covered.
6. During the first few hours of cooking, you may notice a foamy layer forming on the top of the broth. Just scrape this off as it forms and discard it. Healthier bones produce less of this frothy layer, so use the best quality bones you can find from organic, pasture-raised or free-range animals.
7. Add the garlic and parsley just for the last 30 minutes of cooking time.
8. When the allocated cooking time is over, remove the broth from the heat and let it cool. Strain with a fine mesh strainer to make sure you remove all the bits of bone and vegetables.
9. Store your bone broth in a large glass jar in the fridge for 5-7 days, or you can freeze it for later use.

Once you’ve cooled the bone broth overnight you’ll notice a hard layer of fat appear on top. If you used healthy bones from pasture raised animals, this is gold! Separate it and use it as a cooking oil when stir frying vegetables, pan-frying burgers, or caramelizing onions.

Use the bone broth as a ‘tea’ to start your day, as a stock base for soups and curries, use it to cook quinoa with instead of water, or add it into a stir fry for extra flavor and nutrition.
Lemony Dill Sauerkraut

Sauerkraut is shredded cabbage that is placed into salt water, allowing the existing natural bacteria on the cabbage to ferment into a superfood.

Plain cabbage is already recognized by natural health experts as a nutrient-dense food that is rich in anti-carcinogenic compounds. Now sauerkraut is receiving more attention as new studies show how this food can potentially prevent the growth of certain cancers, such as breast and colon cancer. This superfood definitely deserves a place on your dinner plate! Let’s examine the benefits in more detail.

Nutrient Density
The term ‘nutrient density’ refers to how many nutrients you receive per serving of a certain food. Cabbage is already very nutrient dense, and by fermenting the cabbage, the existing natural bacteria breakdown the nutrients and they become more bioavailable to the body. This means that your body can absorb more nutrients per serving of sauerkraut. Sauerkraut is especially high in vitamins A, C, K, B, calcium, potassium, copper, folate, iron and manganese.

Digestive Aid
One traditional use of sauerkraut in Europe is the treatment of stomach ulcers, and its effectiveness is soothing the digestive tract has been well established by numerous studies. The beneficial bacteria in sauerkraut aid in digestion and the assimilation of nutrients. Sauerkraut also stimulates your body to produce stomach acid. Many people today suffer from low stomach acid which is the most common cause of acid reflux (in contrast to the common belief that too much acid causes heartburn). A few teaspoons of fermented cabbage juice from sauerkraut eaten with your meal can greatly improve your digestion.

EQUIPMENT
- 1 large 1.5 gallon tight seeling jar (or a few small ones). A mason jar works perfectly.

INGREDIENTS
- 1 medium green cabbage
- 2 large carrots
- 1 apple
- 1 bunch of dill
- 1 endive (optional)
- 1 inch piece of ginger
- 2 tablespoons of sea salt

*Option: add spices to taste: sea salt, black pepper, bay leaves, rosemary, thyme, etc.
*Option: add raw chicken feet to increase gelatin content
Cancer-Fighting Properties
Many studies have shown that sauerkraut has many cancer-fighting properties. The beneficial bacteria create lactic acid during the fermentation process, which has been shown to have preventative effects on certain cancers including colon, liver, bladder, gastric and breast cancer. Laboratory studies have found that many compounds in sauerkraut have anti-cancer properties. One example are isothiocyanates, also found in broccoli and Brussels sprouts, which have been shown to prevent the growth of cancer. Sauerkraut also contains glucosinolates, compounds which also have anti-cancer activity. These compounds boost your immune system by activating the body’s natural antioxidants, which counter oxidation and inflammation that can cause a host of health problems ranging from premature aging to heart disease and cancer. Researchers have also found that the enzymes in sauerkraut are detoxifying and have anti-carcinogenic effects on kidney and liver cancer cells.

INSTRUCTIONS
1. Thinly slice, dice or grate, all the ingredients (except the lemon) and place them into a large bowl.
2. Add juice of the lemon.
3. Sprinkle with sea salt, and mix all the ingredients together while pounding them with a wooden pounder, meat hammer, or simply scrunch the mix with your hands. Do this for about 10 minutes to release the juices. The veggies will become soft, and a brine will begin to leak out of them.
4. Once the juices have released, put a couple handfuls of veggies into the jar and push down to bring the brine to the top. Do this until you fill the jar, leaving about an inch of space at the top. If the veggies aren’t fully submerged in the brine, add some filtered water to cover. Remember to leave at least an inch of space between the cabbage and the top of the jar as the cabbage will expand.
5. Leave it in a dark corner of your kitchen for at least 2 weeks, or up to a month. Leaving it to ferment longer will allow a greater variety of beneficial bacteria to grow. Check it periodically to make sure the jar is airtight, as mold and harmful yeast might begin to grow if it isn’t sealed properly. If you see that much pressure is building up, you can ‘burp’ the jar from time to time.
6. After 2 weeks of healthy fermentation, it is good to eat. You can put it in the fridge and it will stay good for a year. The longer it ferments, the better it will be. Like fine wine, it gets better with age.
Turmeric Tea

Turmeric is a root that has been used for thousands of years by many cultures for its potent anti-oxidant and anti-inflammatory properties and today scientist are agreeing that it does indeed contain potent medicinal properties.

Curcumin is the main active ingredient in turmeric. It’s the very thing that gives turmeric all its potent anti-inflammatory and antioxidant powers. It is so effective that it matches, and in some cases even surpasses, the effectiveness of many anti-inflammatory drugs without any hazardous side effects.

To benefit from turmeric’s healing benefits you can add it into your morning smoothie, generously spice your meals with it, use ground up turmeric in gelatin capsules, and even make a delicious anti-inflammatory, liver supporting, and natural pain killing tea out of it. Experiment with turmeric in your next meal.

INSTRUCTIONS

1. Simmer herbs and water together for 5-10 minutes.
2. Strain and put the liquid back in the pot.
3. Add your dairy free milk and sweetener of choice.
4. Heat it back up to your desired temperature and serve.

*Ghee option: After straining add the mixture into a heat safe blender, add ghee and sweetener of choice and blend for 20 seconds. Then proceed to step 4.

INGREDIENTS

- 1 tsp turmeric (or as much as your taste buds can handle).
- 1 tsp cinnamon
- pinch of nutmeg
- 1/2 inch piece of fresh ginger, grated (optional)
- 1 cup of water
- Raw honey or stevia to sweeten
- 1/2 cup of almond milk or coconut milk
- pinch of black pepper

*Note: Curcumin on its own is poorly absorbed into the bloodstream and black pepper helps with it’s absorption. Piperine is the active compound in black pepper which enhances the absorption of curcumin up to 2000%!

Piperine also assists the body with the absorption of other nutrients too so go ahead and go heavy on the freshly ground pepper with your next meal, you’ll be able to double your nutrient intake.
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