



CANDIDA ALBICANS

Nutritional Support Protocol

Lifestyle Recommendations:

1. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow the Insomnia Nutritional Support Protocol if needed.
2. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).
3. Check for heavy metal toxicity.

Dietary Recommendations:

1. Avoid all sugars including fruit and fruit juices. Replace sugar with the polyol sugar xylitol. Xylitol does not feed yeast.
2. Avoid refined carbohydrates from the diet especially those that are made with yeast such as bread, bagels, & English muffins (this includes cereal or pasta made with white flour, white rice, white potatoes, corn syrup, honey and candy).
3. Choose lean, clean, quality protein at each meal such as chicken breast, turkey breast, lean beef, fish (especially salmon and sardines), eggs and whey protein.
4. Increase the amount of omega 3 fatty acids in your diet (i.e. large cold water fish, flaxseed, walnuts & pumpkin seeds). Limit or avoid trans fatty acids (hydrogenated vegetable oil, margarine and shortening). Cook with olive oil at a low heat.
5. Eat 5-9 servings of fresh vegetables daily OR add one heaping tablespoon of PaleoGreens™ to your favorite drink.
6. Substitute complex carbohydrates (non-starchy vegetables and whole grains) for refined and simple carbohydrates.
7. Drink at least 64 ounces of filtered, bottled or non-chlorinated water every day. In addition, drink 2-3 cups of naturally decaffeinated green tea daily.
8. Excellent snacks are almonds, celery with almond butter, and PaleoBars™.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

Basic Phase:

Aloe 200X: 1 capsule per day
Immunitone Plus™: 1 capsule with each meal, 3 per day

Elimination Phase - 2 weeks - 3 months (depending upon severity of condition):

Allicillin™: 1 softgel in between each meal, 3 per day
Oil of Oregano: 1 softgel in between each meal, 3 per day
GI Microb-X™: 2 capsules in between each meal, 6 per day
Silvercillin Liquid: 2 Tablespoons 3 times per day

Reinoculate Phase - 3 - 6 months:

Probiotic Synergy™ Probiospheres: 1 sphere with each meal, 3 per day
OR Probiotic Synergy™ Powder: 1 teaspoon with each meal, 3 times per day

Probiotic Synergy will also be necessary to rebuild (reinoculate) the healthy and necessary flora for preventing regrowth of candida albicans. This will be killed off with the oil of oregano, so it should not be taken at the same time. After one month of the Oil of Oregano treatment above, Probiotic Synergy supplementation would be wise.

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