

Thermo-Tech Inc.

CANDIDA AND PARASITE PROTOCOL

There are many symptoms of systemic (internal) yeast, fungus, bacteria and parasitic infestations. This is commonly known in the holistic community as a dysbiotic (unfriendly) condition of the gut. The more common symptoms are bloating and gas especially after eating, fungus under the nails, skin rashes like psoriasis and frequent vaginal yeast infections. Other seeming unrelated symptoms are memory loss, lack of concentration, fatigue, bad breath, and insomnia. These conditions are usually exasperated with the ingestion of sugar, fruits, and fruit juices or carbohydrates especially refined carbohydrates. The following protocol is designed to not only kill the yeast but also restore the gut integrity. It is recommended to get a *Comprehensive Stool Analysis* by Genova Labs to check for the specific type of bacteria, yeast, fungus and parasites. These tests can also determine lack of digestive enzymes, friendly flora, and the type of medicine (both drug and herbal) that will be most effective in eliminating your specific type of infestation. Learn where these parasites come from and avoid foods like sushi (raw fish carries parasites) and avoid transmitting them to others by good hygiene.

PROTOCOL

1. Eliminate parasites with *Phytofuge** or a product recommended by your test results more specific to you. Combat yeast, fungus, and bacteria with a natural anti-fungicide like *Candida Complex**, *Yeast Balance** or *Phytostan**. These products are designed to eliminate the full array of infestations as well as help with gut integrity. **Dosage:** 1 caps 3X daily between meals.
2. Support the digestive tract with the digestive enzymes taken with each meal that are necessary to assure food will digest properly. Decomposing food hosts an overgrowth of unfriendly critters. You can use *BV Simalace** is suggested for vegetarians as it supports digestion of more difficult foods like beans, legumes and cruciferous vegetables. **Dosage:** 1 to 2 caps with each meal depending on the volume of food.
3. Detoxify the liver and gallbladder so the bile is flowing, this assures the Ph. of the small intestines is alkaline. An alkaline environment helps aid in proper digestion, absorption of nutrients and in the colonization of friendly flora. (See Article: *Liver and Gall Bladder Flush*).
4. Re-colonize the friendly flora by taking a broad-spectrum friendly bacteria like Lactobacillus, Acidophilus, Bifidus, Thermophilus or Bulgaris such as *Spectra Pro-biotic** or *Pro-biotic Pearls**. **Dosage:** 1 tab 3 X daily-15 minutes after each meal. Swallow the pearls whole meaning don't chew them. This protocol may need to be continued until your test comes back clear so keep up the friendly flora at this dosage for up to 3 weeks after you are off the parasite medication.
5. Cleanse the colon with enemas or colonics to eliminate the toxic build up of fecal matter that harbors growth of parasites and unfriendly bacteria. This causes stress to the liver, thus weakening the immune system.
6. Follow the Yeast Free Diet Below.

* All products with asterisk can be purchased from Integrative Therapeutics Company by calling the office number below.

Thermo-Tech Inc. and Healthy Breasts at: www.HealthyBreasts.info
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ABOUT THE DIET

The *Yeast Free Diet* eliminates foods that cause an over growth of yeast and other unfavorable bacteria which in turn can host parasites in your system. This diet can be used as a diagnostic tool. By eliminating foods that aggravate a yeast/parasite condition you will be able to watch how cravings and dye-off of the yeast coincides with how strictly you adhere to it. For the best results follow the diet strictly for at least three weeks. If you find that your symptoms start to diminish then continue the *Yeast Free Diet* along with the protocol listed above. Avoid other foods that you may be allergic to such as gluten or dairy. If you have environmental sensitivity, allergies or other inflammation in the body, be sure to address the Adrenal Glands. (See Article: *Healing Burned-Out Adrenals*) to lower histamines in your system.

YEAST FREE DIET

AVOID: Yeast substances like leavened or sourdough foods such as; All breads, bagels, pretzels, crackers, pizza dough and dinner rolls should be avoided at all costs. Fermented or distilled and aged products such as: wine, beer, alcohol, vanilla, malt, soy sauce, tamari, miso soup and vinegar - introduce yeast into the system and encourages it to grow. Avoid cheeses that are made with mold or bacteria. Also avoid all sugars including fruit, fruit-juices, grapes and melons in particular. Most fruits are very high in sugar and feed the yeast growth in the intestinal track. Be sure to avoid the unacceptable starchy vegetables such as artichoke, peas, carrots, potatoes, sweet potatoes and hard squashes like pumpkin or butternut.

ACCEPTIBLE: The best diet is low-carbohydrate/ high protein with lots of fresh vegetables making up 80% of the diet. Unleavened Essene or sprouted breads are okay in moderation, meaning in small very quantities compared to the volume of food you are taking in that meal. Products made with baking powder and sodas are acceptable, but beware that baking powder may have aluminum in it, which can be harmful. Try to use a whole grains sprouted (soaked for 8 to 24 hours) before cooking like brown rice, quinoa or millet with all of the vital nutrients. Beans like garbanzo, pinto, black or adzuki are also considered a carbohydrate and should be soaked for 24 hours and the water poured off and fresh pure water added before cooking. All carbohydrates should be taken in very small amounts ¼ of a cup or less with a meal. Yogurt is acceptable because it is made with friendly bacteria for human intestines so they are helpful if you are dairy tolerant. Even the vegetables should be low in carbohydrates. The vegetables to eat as much as you wish are green vegetables such as Swiss chard, green beans, green onions, lettuce, and spinach, any type of cruciferous vegetable like cabbage, broccoli, kale, cauliflower or Brussels sprouts are all excellent. Non-starchy squash like zucchini, crookneck and summer squash are fine but you should avoid the starchy version of that family like pumpkin, spaghetti squash, butternut and other hard shell types or at least treat them like a carbohydrate and in small quantities. Onions and garlic are great for building gut integrity and killing bad bacteria. Avoid all other high carbohydrate vegetables such as artichoke, peas, carrots, potatoes and sweet potatoes. Even once you are rid of the yeast or parasite keeping to a modified version of this diet will assure that the problem doesn't return.

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