

# 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, an increase in craving these foods is also a symptom. 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 the product recommended by your test results more specific to you. Combat yeast, fungus, and bacteria with a natural anti-fungicide. These products are designed to eliminate the full array of infestations as well as help with gut integrity.
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 and meat eaters alike as it supports digestion of more difficult foods like meat, 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 an alkaline Ph of the small intestines. An alkaline environment helps aid in proper digestion, absorption of nutrients and in the colonization of friendly flora. See: *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*. 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 three weeks after you stop 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.

### 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 all foods that you may be allergic to in addition. If you have environmental sensitivity, allergies or other inflammation in the body, be sure to support the

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## CANDIDA AND PARASITE PROTOCOL CONTINUED

Adrenal Glands. See: *Healing Burned-Out Adrenal Glands* ©. Also of extreme importance is getting sufficient sleep of at least eight hours each night.

### YEAST FREE DIET

**AVOID:** Yeast substances in all flour products including: breads, bagels, pretzels, crackers, pizza and dinner rolls. They should be avoided at all costs as the lectins in the grains and legumes cause leaky gut and inflammation. Avoid all fermented or distilled and aged products such as: wine, beer, alcohol, vanilla, malt, soy sauce, tamari, miso soup and vinegar as they 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.

**ACCEPTIBLE:** The best diet is low-carbohydrate/ high protein with lots of fresh vegetables making up 75% of the diet. Animal based proteins should be from grass fed, or finished on organic, non-GMO grains. Use non-gluten, whole grains like brown rice, quinoa or millet. Beans and legumes are acceptable but all beans, legumes and grains are considered a carbohydrate and should be soaked for 8 to 12 hours, rinse and cooked in fresh water at high temperatures to release the lectins. All carbohydrates should be eaten in small quantities 1/2 cup or less with each meal. Yogurt without any added sugar or fruit is acceptable because it is made with friendly bacteria for human intestines but a pro-biotic supplement can replace this 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 are good raw or steamed. Any of the cruciferous vegetable like cabbage, broccoli, kale, cauliflower or Brussels sprouts are all excellent but should be slightly seamed pouring the water off to make it more digestible. Non-starchy squash like zucchini, crookneck and summer squash are fine as much as you wish but the starchy version of that family like pumpkin, spaghetti squash, butternut and other hard shell types of squash should be treated like a carbohydrate taken in small quantities. Onions and garlic are great for building gut integrity and killing bad bacteria. All other high carbohydrate vegetables such as artichoke, peas, carrots, potatoes and sweet potatoes should be taken in small quantities. Acceptable fruits low sugar are berries, plums, kiwi, lemons, limes, grapefruit and avocado. All but the avocado should be eaten in small quantities. 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.

This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctors advise or treatment of disease.



About the Author: Nancy Gardner-Heaven TMT is board certified as a Technician of Medical Thermology, at Auburn University by the American Academy of Thermology. After studying as a surgical nurse at Stanford University, she continued her education in Nutrition and Preventing Disease at The America College of Advancement in Medicine. She was the founder and director of Optimum Health Clinic Inc. in San Rafael, California educating patient's on how to stay healthy for 35 years, before retiring. She taught about disease prevention at San Francisco State University, UC Berkeley and the University of Hawaii at Hilo. She is currently the director of Thermo-Tech Inc. offering Breast and Full Body Thermography Screening in the numerous locations for 25 years.

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