

# Candida Blitz

## Conquering Candida Yeast Overgrowth

### 10-Day - 4 Winners Approach

How many of you have heard of or experienced Candida or Yeast Overgrowth? How many of you have found it tough to get it under control? How many have seen the DVD – Nutritional Seminar by JW & Lois Emerson? Lois was dying, they had been to specialists all over the country and no one could identify her problem – she was literally being eaten alive by the yeast overgrowth in her body and no one identified it or knew what to do to help her. All they said was, it must be in your head. You're just a bad penny. Thank God they found SR and today she is a very young, beautiful 75 year old....healthy as a lark, keeping up with her young 80 year old athletic champion husband.

- **Did you know that Yeast is a hardy, aggressive fungus!**
- **Did you know that Yeast overgrowth is more often than not at the base of every health challenge!!!!**
- **Did you know that Yeast overgrowth literally eats the nutrition out of the body.**
- **Unfortunately the medical world seldom if ever addresses the fungal yeast problem as a basic cause of health challenges.**

Yeasts enter the body through the mouth, skin, reproductive & eliminatory organs. **If the yeast is not destroyed by the friendly bacteria or the immune system, it will attach itself to the intestinal wall and it begins growing and reproducing and actually eating thru the intestinal wall.**

- It can multiply rapidly.
- It can assume long periods of dormancy.
- It can become cannibalistic. Candida in the body is designed to strip all the flesh off our body in 2 weeks after we are dead. It knows we're dead when we are all acid. The body starts to think that we are dying when our body gets too acid so it goes into active production of Candida and we get Candida overgrowth.

**See if you identify with any of these symptoms: Here's just a few...**

**Head:** Candida/yeast overgrowth goes to the head first, and lodges in the brain. It feeds on this wet organ often causing any of the following: mental fogginess, headaches/migraines, depression, hyperactivity, anti-social behavior, insomnia, suicidal tendencies, poor memory, irritability, burning eyes, puffy eyes, and sinusitis. Have you ever thought about cataracts as being fungus covering the eyes? Any problems in the head can stem from Candida overgrowth. How many other challenges are caused by this and we don't even know yet.

**Reproductive System:** Mood swings, hormonal imbalance, vaginal yeast infection, rectal itching/burning, frequent urination, menstrual problems, PMS symptoms, menopausal problems, endometriosis, no sex drive, prostate swelling.

**Digestive System:** Gas/bloating, mal-absorption, indigestion, food cravings, Lupus, intestinal pain, low blood sugar, ulcers, diabetes, heartburn, dry mouth, thrush/gum receding, bad breath, bladder infections, overweight/underweight. It is very difficult to lose weight or gain weight when the body is dealing with fungus.

**Muscular System:** MS, Fibromyalgia, micro-toxins locate in the muscles causing muscle/ joint pain eating the muscles.

**Lymph System:** Glands affected, Chronic Fatigue; adrenal /thyroid problems

**Circulatory System:** Heart pains, thickening of the blood, poor circulation

**Skin:** Eczema, rashes, ruddy red complexion -- itchy at different stages

**Colon:** Colon pockets, diverticulitis, polyps, fecal impactions, colon cancer, ulcers, colitis, constipation, diarrhea, hemorrhoids, bloated conditions and foul gas, how about incontinence. Ever seen the white fungus looking stuff in the stool when you eliminate – that is serious Candida overgrowth---Yea it's coming out!

**Immune System:** In Leaky Gut Syndrome, the yeast literally eats holes in the intestinal wall of the colon. Then the food moves through the wall undigested, this is called a leaky gut. The immune system fights that undigested food because it thinks it's foreign matter. This is called an **allergy**.. Many symptoms occur as it moves up into the body causing hay fever, coughs, asthma, sinusitis, runny nose, sneezing, itchy eyes, ears clogging, ear infections (even to bursting the ear drum) viruses, Epstein Barr Virus, colds/flu, infections....compromised immune system.

We know that it takes 10 years of a compromised immune system before a malignant tumor shows up. What do you think that tumor or mass is? Consider actively preventing this from taking your life or the life of your loved ones.

## **Candida Overgrowth Is Caused By Four Major Factors:**

1. **A weakened or impaired immune system from** antibiotics, steroids, cortisone, other drugs, stress of all forms, alcohol, smoking, lack of exercise and not enough rest and of course poor diet, all contribute to the weakening of the immune response. There is a "domino effect" as one negative leads to another and then another, etc. Because of these things, Candida will only get worse.
2. **The number two cause of Candida is hormonal imbalance:** pregnancy, oral contraceptives and hormone replacement create a favorable environment for Candida overgrowth.

3. **A third contributing factor in Candida is improper diet, especially high sugar consumption and drinking soda pop.** Soft drinks, create a high acid condition. Yeast rapidly metabolizes sugar and can produce alcohol. Even honey, molasses and maple syrup are simple sugars and will worsen a Candida yeast overgrowth. A diet high in white flour products, pastas and white rice, Meat & dairy also really contribute to an acid body.

4. **The fourth area of weakness is a lack of friendly bacteria.** Good bacteria is required for proper digestion, assimilation and elimination of the food we eat. These little friends of ours keep the intestines clean and destroy invading microorganisms. If good health predominates, there are approximately three to four pounds of friendly flora living permanently within our intestines.

### **So now we need some Good News:**

#### **“Candida Blitz” Quick & Intensive**

**We approach overcoming Candida Yeast Overgrowth with a 4 prong approach for 10 days:**

#### **The 10 Day Candida Overgrowth Smasher!!!!**

1. **Vitadolphus: Flood the body with friendly bacteria:** We eat **Vitadolphus**– Unlike most probiotics, Sunrider’s Vitadolphus is apple pectin coated to make sure the good bacteria is not broken down in the digestive tract, so that it reaches all the way down to the colon. We want to flood the body with the good bacteria! - 10 pkg/day eaten bedtime, before meals, dry out of the pkg. (Purchase 10 boxes)
2. **Fortune Delight: Kill off as much yeast overgrowth as possible & flush the die-off from the body.** Without flushing it out, the die off can make people very tired and even send them to bed. We drink strong **Fortune Delight** - 1 lg. pkg / ½ gal. water/day this is equal to 7 small pkgs. of Fortune Delight (Purchase 1 box of 20 gm/pkg).
3. **Alpha 20-C: Build up the immune system: Alpha 20-C** 10 herbal foods to rebuild the immune system.– 2 pkgs/day – (purchase 2-10 boxes)
4. **Golden Seal: Destroy the toxins that the Candida creates with a natural antibiotic: Golden Seal**  
- This is Chinese Goldenseal, 4 xs stronger than others on the market and does not have the medicinal side effects. 10 capsules – spread thru the day. (Purchase 1 bottle of 100 caps)
  - **Eat abundantly of alkaline foods – avoid the acid forming foods**
  - **The more raw foods, green leafy vegetables added to your shakes, the better.**
  - **Stay away from added fruit for awhile – sweet fruits will feed overgrowth**
  - **Eat as much Sunrider as possible – This is concentrated, raw, organic, herbal, alkalizing, fungal repelling food – flood your body with candida repelling foods.**
  - **How often do we recommend this 10-day Candida Overgrowth Smasher? – Depends how deeply it is imbedded in your system. For some, once a year, others, twice a year, for a few, once a month for a little while. How deep is it imbedded in your body?**
  - **If Candida overgrowth is deeply embedded in your body, you will be ultra sensitive to reoccurring situations, just like a recovered alcoholic is more sensitive to even 1 drop.**

- **I beg of any mom before she gets pregnant to do the 10 day Candida Overgrowth Smasher so that she won't pass Candida on to her precious baby during delivery.**
- **We've seen so many baby problems because they received it from their mother.**
- **Give yourself the 10 day gut cleaning program at least once and rise to a newer level of health.**

Story: I had one lady call me a few days ago wishing she'd done all 4 of these at once....she'd only done part of the above suggestions and had struggled for months with itching and rashes etc., but when she did all 4 of these at once, she said she felt good, not exhausted, no itching and she was finally getting on top of it.. It's a great approach to restoring health. We've had great results!

- **If symptoms return – repeat the candida overgrowth smasher foods for a day or so, nip it in the bud! Check the negatives in your diet and lifestyle – cooperate with God in preserving your gift of health!**

I've always been a vegetarian and that really has made a huge difference in my overall health. But I still ate more sugar than I could handle. I was hypoglycemic, hormonally I was a mess, I had little to no energy. Gaining my health has been a process as I continue to learn more about it. I overcame hypoglycemia – quite by accident, when I was carrying our first child. I ate mostly alfalfa sprout sandwiches for a whole summer while attending summer school with my husband at Andrews University. We lived on the 3<sup>rd</sup> floor of the dorm, with no elevator, and I was pregnant, so alpha sprouts were my main stay, they were cheap, easy to fix in the dorm, and light grocery hauling. Concentrated herbs made a difference. Be careful when you eat sprouts to wash with fungal cleaning Fruit and Vegi rinse. We ate so many sprouts so fast, that the fungus didn't have a chance to even grow.

After I had my first 2 children, I didn't know how to really rebuild my body and I had been on the pill for years before I had children. By 35 my health came crashing down hormonally, I was a mess and had no energy. My journey took many directions....raw food, food combining, juicing, sprouting, and these all helped. But then I found SR and oh my, it was then I finally got my health back. I could eat it consistently, it didn't require lots of time and energy in preparation, it gave me the energy I needed to exercise, and to live an active lifestyle. I started with the Basics. Thank God I got my health back. At 61, both my husband and I are no meds, no health challenges, energy to keep up with our kids and we look forward to many healthy happy years together. SR has become our passion to help others enjoy a great life also.

### **Summary: Are you ready to take your health to a new level?**

- Eating a wonderful plant based diet – the original diet
- Whole foods – brimming with life
- Instead of substituting for weaknesses or just meeting deficiencies
- Clean foods without the preservatives, chemicals, and additives
- Concentrated foods that are cost effective
  - Herbal foods that help to repel fungus

Eliminating those deadly foods & beverages

**Prevention of a health crisis is the greatest gift we can give our family!** Sickness is very, very expensive! Emotionally, time, energy, productivity and certainly the cost.

**if you have never given yourself the 10 day Fungus Smasher, or if you have someone in your family who is struggling with weaker health, Make it a top priority to do the complete 10 day Fungus Smasher. We are looking at approx. \$250 to take your life to a new level. That is a drop in the bucket when it comes to any medical challenge or even overcoming something serious. Let's get to the bottom of our challenges vs. treating the symptoms of our challenges.**

**Then chose to help maintain with an alkaline diet, exercise and an attitude of praise for everything in your life that is negative. Yes, Give thanks for all that is negative. God says, in all things give thanks....good reason....we throw acid on our body with every negative thought or response....We throw life into your body every time we choose to praise God for whatever is going on. We can always praise God for the "Good" that is going to come out of our challenges.**

**All I know my Sunrider friends, the 10 day Candida Blitz works!! Enjoy the blessing!**