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Eliminating Candida
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Getting Rid Of Candida

http://www.candidayeastinfection.com/getting-rid-of-candida/

I've spoken with hundreds, if not thousands, of men and women over the last ten years, describing their lack of energy, inability to think clearly, onset of food allergies, decreased hormones and sex drive, recurring sinus infections, poor skin conditions, chronic poor digestion, acid reflux — the list goes on. These people had sought help from numerous doctors and alternative practitioners for years, trying to get rid of their candida, and often resulting in little to no improvement and, in some cases, worsening conditions.



Even those fortunate enough to speak with a doctor who recognized that candida overgrowth was the source of their problems, often had little success in getting better. Anti-fungal medications, probiotics, herbal supplementation and candida diets would temporarily bring their symptoms under control. Unfortunately, in almost every case, when the medications or diets decreased, the candida and it's associated <u>candida</u> <u>symptoms</u> immediately returned. Many people have told me they've spent thousands of dollars on candida medications and supplements, while at the same time eating a low-carbohydrate candida diet, only to find the symptoms returning in full force once they stopped the treatment.

The first thing you need to know, once you've determined that you DO have candida (go here for an easy self-administered <u>candida test</u>), is...

Getting rid of candida can be EXTREMELY challenging. Only a few candida sufferers have, over the years, told me that they were able to return to a healthy balance with ease. Once the yeast overgrowth has spread throughout your body, it becomes much more of a challenge to correct.

Candida yeast infections are not just a female issue, even though we commonly think of it this way. They become systemic infections when the friendly bacteria in your intestinal tract gradually, or rapidly, are destroyed by antibiotics, medications, birth control pills, drinking chlorinated water, stress and simply by growing up eating a Western diet. The candida yeast fungi, which are stronger than the beneficial bacteria, survive the antibiotics or stressful conditions, and begin to thrive.

Candida is supposed to make up a very small part of your intestinal flora, necessary and beneficial when in balance. When too many of your friendly bacteria are killed, they are no longer able to keep the candida yeast in check. Candida yeast then explode in a growth frenzy filling into the space that was once inhabited by your friendly bacteria. They are stronger than the friendly bacteria and will overwhelm the remaining bacteria. Eventually this overgrowth of candida damages the intestinal wall and causes a leaky gut. Once this happens it spreads throughout your body.

Whether your symptoms are mild or overwhelming, depends upon how strong your

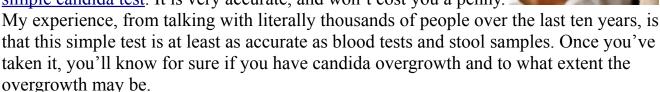
immune system is, how long the candida overgrowth has existed, and the quality of your diet. Even mild cases can be a challenge to correct. Tough cases become almost impossible to deal with. Many people suffer tremendously, with their lives virtually wiped out, from extensive and chronic candida overgrowth. Get rid of your candida overgrowth before this happens.

Symptoms of Candida Yeast Infections

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Candida yeast infections cause many different symptoms depending on what parts of your body the candida overgrowth has colonized. When you have most of the symptoms covered below, candida has been in your body a long time, and its just about everywhere.

If you are not sure if you have candida yeast overgrowth, take this simple candida test. It is very accurate, and won't cost you a penny.



If you are experiencing even a few of these symptoms, you quite likely have Candida yeast overgrowth:

List of Candida Yeast Infection Symptoms

- Recurring Vaginal Yeast Infections
- Oral Thrush (accumulation at the back of the throat and white coated tongue)
- Migraine Headaches
- Sinus, Ear or Eye Infections
- Toenail Fungus
- Skin Fungus
- Rashes Including Jock Itch
- Food Allergies
- Brain Fog
- Depression
- Just Plain Feeling Whacked Out and Irritated
- Low Sex Drive
- Fatigue
- Low Thyroid
- Low Adrenals
- · and More

If you have just one or two of the following symptoms, and you are not sure you have candida yeast overgrowth, take this <u>simple candida test</u> to confirm that yes, you do have candida overgrowth.

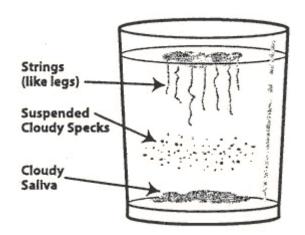
Candida Test – How To Tell If You Have Candida

http://www.candidayeastinfection.com/candida-test-how-to-tell-if-you-have-candida/

<u>Getting rid of candida</u> is one thing. Knowing for sure that you have a candida infection is quite another. So before you buy any product to eliminate your candida, let's make sure you actually have it. Just having the <u>symptoms of candida</u> is not enough. You can find out if you have Candida by taking a simple home test.

THE TEST: In the evening, put a clear glass of water by your bed. First thing in the morning, briefly rinse your mouth, swallow, then gather some saliva in your mouth and spit into the glass of water (be sure to spit out saliva, not mucus). Keep an eye on the water for half an hour — especially the first few minutes. If you have candida overgrowth, you will see one or more of the following:

- 1. Strings (legs) hanging down from the saliva.
- 2. Heavy-looking saliva at the bottom of the glass.
- 3. Cloudy specks suspended in the water.



If, within three minutes after spitting into the water, you see "strings" hanging down, cloudy specks showing up in the water, or "debris" sinking to the bottom, you most likely have extensive overgrowth, which will require more candida-fighting action on your part.

If it takes longer than a few minutes for anything to show up, the candida is not as serious.

If the saliva just floats on top and the water stays perfectly clear, you most likely don't have candida overgrowth.

How Does The Candida Test Work?

The logic behind the Candida Spit Test is simple.

If you have candida overgrowth, it will show up in the saliva, a friendly environment for yeast. When you spit into the glass, the aerated saliva is lighter than water. However, candida is heavier than either. Whether it sinks as "legs", falls to the bottom, or floats around in the water, all are indications of candida. The more you see, and the faster you see it, the more systemic the infection.

Candida concentrates in saliva overnight, so this test is most accurate first thing in the morning. I suggest rinsing out your mouth first, because, if you happen to be sleeping in a room with mold, you may have mold in your mouth from the room, and that could show up in the saliva too.

Some people claim this Candida test is not accurate, but that has not been my experience. Out of the thousands of times I've suggested that someone do the spit test, just to confirm that they had candida, only once did someone tell me that their test showed clear water and no debris, that they did not have candida, when it was obvious from all their symptoms that they had candida overgrowth. And....

Among the many who tested positive, ALL had candida symptoms.

I've heard more often, though still only rarely, from people who said their blood test or stool sample test was negative, even though they were clearly suffering, based on their symptoms and the spit test, from candida overgrowth. So this candida spit test is at least as accurate as expensive tests available from doctors.

So let's assume that you've got a Candida Yeast Infection. If you've ever tried to eliminate your candida infection before, then you know how hard it can be. But why is that?

How To Get Rid of Candida — Why Is It So Hard?

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To understand why getting rid of candida can be so much harder than knocking out a bacterial infection, you need to know how candida yeast overgrowth manifests in your body.

About 80% of the time, candida yeast infections occur when medicines, primarily antibiotics — but including birth control pills and other drugs — kill the friendly bacteria in the intestinal tract. Approximately 10% of the time candida overgrowth is caused by



long term exposure to candida and its spores from your family or spouse. It can be transmitted orally through food sharing, kissing, or similar activities, and candida spores can be breathed in.

About 10% of candida overgrowth cases happen when babies pick it up from their mothers when they are born. At birth babies have no immune system and little to no friendly bacteria, so exposure to candida from their mother always results in overgrowth. The good news is that you will find it much easier, using our supplements anyway, to eliminate candida overgrowth in your child — then it will be for you to knock them out.

The bad news is that candida overgrowth has grown to epidemic proportions after several generations of antibiotic use — leading to a large increase in the amount of mothers with candida infecting their child at birth. This combined with the ever increasing amount of vaccines being given infants, may be fueling the epidemic of autism that our children are suffering. Read more about this at health-reports.com/autism/html.

When much of your friendly flora have been destroyed, and your immune system has weakened, the oxygen-loving candida yeast begin to flourish, morphing into *anaerobic candida fungi*. No longer needing an oxygen-rich blood supply, the fungi are able to exist anywhere in the body.

Initially, these candida fungi are primarily in the intestinal tract. There, the toxic waste they chemically produce (acetylaldahyde, the same chemical that causes a hangover), irritates and weakens the intestinal wall. Candida fungi have tiny "legs" which, as the intestinal wall becomes damaged, are able to "drill" holes in the intestinal wall, leading to poor digestion and "leaky gut syndrome".

These holes enable candida to travel throughout the body, over time establishing themselves systemically. The leaky gut also allows partially digested food to enter the bloodstream. This food is not able to be used by your cells, and your immune system must get rid of that food. Over time, people develop food allergies, a sure sign of candida overgrowth.

Candida yeast loves sugar, excreting chemicals that cause you to crave sugars and all types of carbohydrates. Of course, as the yeast digests the food sugars before your body can use them, your cravings may be caused by low blood sugar levels.

During the nighttime, when you are fasting, the candida have plenty of time to be consuming your blood sugar. To compensate for this lack of sugar, your adrenals have to work extra hard, eventually leading to adrenal fatigue. (The acetylaldahyde also causes fatigue.) The thyroid gland is linked with the adrenal glands. As the adrenal glands wear down, the thyroid gland also starts to perform poorly, leading to decreased temperature regulation and low metabolism.

Why Women Have So Much More Serious Candida Overgrowth Than Men

http://www.candidayeastinfection.com/why-women-have-so-much-more-serious-candida-overgrowth-than-men/

About 70% of all candida overgrowth occurs in women (if we consider the population of people over 15 years of age). As both men and women are equally exposed to antibiotics, this increase lies somewhat with the use of birth control pills, and primarily with candida's fondness for progesterone.

Candida likes to eat progesterone. So what does it do?

Candida blocks estrogen receptors so that estrogen can't lock into them, further disrupting the endocrine hormone by binding to estrogen, preventing it from being used properly by the body. Why does candida do this? Because estrogen and progesterone "teeter-totter" — low estrogen levels cause high progesterone levels. So by creating low estrogen levels in your body, candida causes progesterone levels to be elevated, providing more and more fuel for itself.

Women often have flare-ups coinciding with their period — a time when progesterone levels are higher. By the way, there are two types of estrogen — alpha estrogen produced by the female organs, and beta estrogen produced by the adrenal glands. Both men and women need and produce beta estrogen and not only are these estrogens inhibited by candida, but the adrenal fatigue caused by the candida overgrowth will result in even lower beta estrogen production.

So male hormones will suffer too, with low beta estrogen and low testosterone. These imbalances need to be corrected, but as men naturally produce much less progesterone than women, they do not supply such a readily available food source for the candida. Thus, out- of-control candida overgrowth affects many more women than men.

Why Candida Infections Reoccur — Candida Spores

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There are lots of good candida killers: Anti-fungal drugs like Nystatin and Diflucan, herbs like Pau D'Arco, Olive Leaf Extract, Oregano Extract, Grapefruit Seed Extract, coconut-based aplitic acid. These do a good job of killing candida, but a poor job of eliminating candida yeast overgrowth for good.

So why is candida so hard to get rid of?

Candida fungi can mutate to become immune to both anti-fungal herbs as well as anti-fungal drugs. The more complex the anti-fungal herb or drug is, the easier Candida can mutate, rendering them no longer effective. Initially, the drug may kill a good portion of the candida, but this leaves an empty space which candida likes to rapidly refill.

But something else happens too. Actually, two things.

Every time anti-fungal herbs are taken, the yeast will go dormant to survive, burrowing deeply into the tissues where the drugs or herbs can't reach — remember, they don't need an oxygen supply in which to live. They can also go dormant and "hide" to avoid an activated immune system response.

So, initially, after taking high doses of nystatin or herbs, it may seem as though your candida infection is gone — when, in reality, it is not. Even if your blood can become free of candida, there will be candida hiding in tissues throughout your body. And candida sometimes will have formed dense masses which can't be penetrated by these herbs.

Secondly, when you attack candida, it is stimulated to release spores. The production of candida spores is how fungi and mold reproduce. Candida tend to fight back when they are being attacked, assuring their survival by releasing spores, which can lodge anywhere in the body, awaiting just the right conditions to reactivate. They remain "dormant" so long as they sense the immune cells trying to attack. As spores, they tend to attract only a minor response from the immune system, dragging out the condition for years.

The typical scenario: You go on a strict candida diet and take lots of probiotics, boosting the immune system and noticing symptoms clearing up (though still plagued with food allergies.) Eventually, you stop taking your anti-candida supplements or drugs, go off the diet, and boom, in a relatively short while, your candida infection has returned.

Eliminating Candida Overgrowth Has Just Gotten Easier

http://www.candidayeastinfection.com/eliminating-candida-overgrowth-has-just-gotten-easier/

Until recently, I had come to the conclusion that beating candida required a hard hitting comprehensive program using many different supplements. Alternative clinics specializing in candida found that comprehensive programs produced the best results.

I knew that, at best, if you used a very good candida fighter like <u>CandiClear5</u>, which killed candida mechanically, you could, over the course of a year or so, get to the point where the candida was



well under control. Adding other supplements sped up the process, but still seemed to require a minimum time frame of around 6 months.

Then we combined and supercharged a couple of our top supplements, and made the hardest-hitting candida fighting supplement I have tested — one that would work on spores as well as attacking candida everywhere in the body.

Ten years ago, as part of dealing with autoimmune diseases, I started recommending the use of Soil Based Organisms to knock out candida. These soil based organisms not only killed candida directly, they also stimulated the immune system response and were more aggressive than probiotics. Unfortunately, SBO's did not work quickly, and required a very large number of capsules to get good results.

When <u>ThreeLac</u> was first introduced to the USA, it proved to be wildly popular and was helping people better than the usual candida-fighting herbs and probiotics. I began recommending it, and thus began my real education into the nature of candida.

At that point I still had no idea how tough candida was to eliminate completely. There was a testimony of someone getting rid of candida in 11 days, or so they claimed, so it was being marketed as a product that would <u>eliminate candida fast</u>. While it helped some people who had tried everything unsuccessfully, it was incapable of knocking out candida completely.

As it turned out, this person with the fast results had been using many other supplements and drugs to hit the candida — ThreeLac had helped to finish it off. She found she needed to continue using ThreeLac to keep the candida under control.

ThreeLac did work much better than most other supplements, and was my main candida product for years. It is still extensively marketed for candida.

To learn more about it, or to purchase ThreeLac, Click Here.

We had a lot of success with ThreeLac, but we also had a lot of returns — I wasn't hearing that candida overgrowth was being eliminated for good. For most people it would come back all too soon once ThreeLac was stopped.

I talked to thousands of candida sufferers over those years, and came to understand just how tough candida was to eliminate.

This led me to..

My Anti-Candida Crusade

http://www.candidayeastinfection.com/my-anti-candida-crusade/

By 2006, I had spoken to so many people whose lives had been made miserable by <u>candida overgrowth</u>, I was determined to develop a supplement that eliminated it. To do so, I made use of a unique skill I had been taught.

About that time I had learned how to "energetically" test supplements to evaluate them for their effectiveness. I've been doing this testing ever since, and have found that it works quite well



for me. The highest-rated supplements always seem to produce the best results with the most positive feedback. Using a logarithmic scale from 0 to 1000 (1000 being the "best"), I found the following:

Energetic Ratings for Candida Fighting Supplements

- Herbs tended to be in the 200 range. (Scores of different sources vary only slightly, and are in the same general range.) Oregano oil 230, Garlic Extract 230, Caprylic Acid 230, Grapefruit Seed Extract 240, Olive Leaf Extract 250.
- Oxygenation supplements fared poorly. In general, 180, with very high doses getting up to 220 or so. Hydrogen Peroxide IV's, or Vitamin C high dose IV's (also an oxygenator) tested at 300.
- General Probiotics tested around 110. High-potency probiotics tested better, around 220. ThreeLac tests at 340. Using energetic testing to evaluate potential formulas, we did come up with a better probiotic for fighting candida, TotalFlora15, which tested at 420. In March of 2012 we began to energy infuse the friendly bacteria in TotalFlora15 with instructions to improve colonization, and to improve their ability to battle candida. TotalFlora15 now tests as being one of the best candida fighters we have seen, coming in at 620.
- Enzyme formulations faired a little better in the testing. Ranging from 240 for the poorest-quality formulation and 310 for another well-known version. Again, using this type of testing to optimize a formulation, our <u>CandiZyme4</u> was developed, which tests at 440.
- Leaky gut syndrome is often associated with candida, for which colostrum is often recommended. We developed a product called <u>GI Pro</u>, coming in at around 480.
- Diatomaceous Earth, a fossilized marine phytoplankton, tested at 380 for killing candida. Making use of this testing, a much stronger version was developed that would absorb die-off toxins and the heavy metal most often associated with candida overgrowth, mercury. CandiClear5 tests at 650, significantly higher than the usual candida fighting supplements. I've had hundreds of people tell me over the years that CandiClear5 was by far the best supplement they had used.

I came to realize that a staged approach would work best, first dealing with parasites and cleansing the digestive system, then confronting the candida, followed by boosting the immune system and healing the body as a whole — an intelligent approach to fighting candida.

I developed my own groups of supplemental recommendations for a comprehensive and staged approach, which produced the best results by far. The drawback was that it could be expensive and required more work (and money) than most people had.

A couple of years later, we developed additional powerful supplements that worked on several stages at one time, both killing candida and, at the same time, stimulating regeneration and boosting the immune system. This included a specially-processed essential oil elixir called Zernix, with energetic vibrational frequencies that disrupted and killed candida overgrowth and other pathogens too.

Zernix tested at 620 for fighting candida. We also began using Custom Elixir Y (testing at 480) which used vibrational energies to disrupt and kill candida, parasites and other pathogens, while minimizing die-offs and flare ups. As these energetic products boosted the immune response, and stimulated overall healing, the staged approach was no longer necessary.

The two problems still remaining? Expense and candida spores

So I asked myself — was it was possible to develop a more powerful candida killing supplement that could eliminate candida faster, with less expense, one that worked so effectively your candida wouldn't come back? I went back to the drawing board, and developed a supercharged version of an essential oil-based energetic elixir similar to Zernix, but one that contained supercharged energetic instructions like those available in Custom Elixir Y (only much stronger.)

The Solution — CandElim — short for Candida Eliminate.

Even better now at ridding your body of candida with the addition of patent pending processed Olive Leaf Extract in addition to the small amounts of patent pending processed essential oils. CandElim's processing makes the essential oils and olive leaf extract much more effective. This, combined with the energies supercharging their effectiveness skyrockets CandElim's effectiveness at fighting candida to an amazing **980** on a logarithmic scale which goes from 0 to 1000. The higher the number the better it is.

Nothing else we have tested, and we've tested everything, even comes close.

The next highest rating supplement for fighting candida that I've ever tested — CandiClear5 — comes in at **650**. Most top supplements test at less than **400**. Olive Leaf Extract on its own is **330**. Essential oils on their own test around **250**.

CandElim's candida fighting ability tests far beyond anything else, and the results of people using it are showing that it is indeed the best candida fighter there is.

As we mentioned, CandElim is based on two types of proven candida fighters — essential oil based elixirs, supercharged and combined with additional energies, and a pure energetic frequency enhanced water elixir that disrupted and killed candida without causing much die off.

For several years I had noticed that our top pathogen fighters — killing bad bacteria, viruses, mycoplasma, and candida or other fungal infections, were essential oil elixirs. Omni Essential Oil Elixir, Azovin, and Zernix were three of the best. They used a combination of specially processed essential oils made using unique patent pending methods that greatly enhance their effectiveness in the body. So much so that only small amounts are used. These are combined with specific energetic vibrational frequencies that work synergistically with the essential oils to increase their effectiveness. They also boost the immune system response so that it will more effectively fight candida.

Secondly, energies — starting with the ones used to make Custom Elixir Y, which we had several years of use proving its effectiveness, were vibrationally infused into CandElim. Next, many more vibrational frequencies were added to make it significantly more powerful. And then a much more potent laser technology was used to concentrate and stabilize the frequencies in the water.

As powerful a candida fighter as this product has proven to be, what sets its apart from all other candida fighters is....

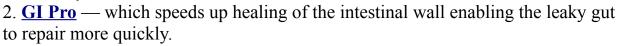
Food Allergies and Candida

http://www.candidayeastinfection.com/food-allergies-and-candida/

Typically, correcting food allergies is a very expensive process requiring testing and multiple treatments — shots, homeopathy, or alternative treatments like NET.

There are three supplements that will help reduce and eliminate food allergies.

Nymsar — which reduces the allergic response of the immune system.



3. Not as strong, but less expensive, especially the Clearance version, is **PRP Factor**. This colostrum immune factor spray is an immune modulator and can quickly improve sinus related allergic conditions.



How To Deactivate Candida Spores

http://www.candidayeastinfection.com/how-to-deactivate-candida-spores/

The reason <u>candida</u> is so hard to get rid of is that when you've had chronic candida your body is loaded with candida spores. Spores are released by candida as part of their reproductive cycle. Candida produces them and releases them when they are being attacked. These spores will stay in your body as they are pretty much protected from your immune system and any of the candida fighters you normally have been able to use.



They grow into new candida when the time is right. So... You may be able to kill most of your active candida and start feeling pretty good. Celebration. Time to go off that diet and start eating normally again. Time to stop taking all those pills and powders. So what happens? In not too long a time the internal environment in your body may again become optimal for candida. The spores sense this, come to life, and back comes your candida overgrowth. As bad as before.

Very frustrating.

<u>CandElim</u> stops this process. Once it deactivates the <u>candida spores</u>, they won't be creating more candida in your body at the first chance. At long last, you may be able to get rid of your candida — and keep it gone. **Another important benefit of CandElim.**

Because of the special patent pending processing of the Olive Leaf Extract and essential oils used in CandElim, they are better absorbed and better transported throughout the body. In addition, a major aspect of its ability to fight candida lies in the vibrational frequencies that disrupt candida and other pathogens and cause them to die. These frequencies are picked up everywhere in the body. Thus it is able to attack candida that are hiding out in your body, This prevents candida yeast from going dormant, and kills them everywhere — throughout your body.

Once you've wiped out the active candida overgrowth, killed the dormant candida in your body, deactivated the candida spores, and replenished the intestinal flora — it becomes MUCH harder for candida to overgrow and wreck havoc in your body.

How Long Will This Take?

The question is, how long might it take to achieve this? Our testing and early usage indicates 3 to 6 months (using one full bottle per month). Which is a very short period of time for dealing with candida — if you've tried to get rid of it before. Of course, this will vary between individuals.

Once your candida is wiped out, taking one/third of a bottle per month should keep the candida at bay, while you work to improve your intestinal flora and leaky gut, which can take a good six months. CandElim helps to improve the immune system so you don't have to add on other immune system supplements.

Early reports from users are very good, clearly significantly stronger than anything we have seen before. For years I've heard from users of many <u>candida fighting</u> <u>supplements</u> that after far more than 6 months of use they were doing much better. However their spit test was not showing better results yet. At least not significantly better. I had come to the conclusion that improvements in the spit test happened later rather than sooner.

So I was thrilled when I heard from a couple of users who both said their spit test showed they had a lot of candida, but that in 5 or 6 weeks of CandElim use, the test show much improved results. This was virtually unheard of before.

Another customer with very bad candida symptoms and a bad spit test, failed to work up to the full dosage of CandElim. He had started out at the suggested 6 drops a day, and may have worked up to 12 to 15 drops a day, but not the full dosage of 30 drops a day. (We suggest starting at a low dose because it does cause die off symptoms in some people.) Yet in three months he reported that he was doing much better and that his spit test was clearing up.

"I feel very close to being completely free of candida and think that CandElim is a really great product! It's interesting that CandElim was the 1 supplement that consistently came up in all my muscle testing but that the others changed from month to month." **-Erin P**.

And that is why CandElim was the breakthrough I was looking for — a supplement that is by far the highest-testing candida fighter EVER — CandElim.

All that is left now is to start. But what is the right combination of candida elimination products? Check out our <u>Candida Elimination Products</u> page.

Best Candida Elimination Products

http://www.candidayeastinfection.com/best-candida-elimination-products/

You want to get rid of your Candida but don't know which products to use? Well, let's make this easy for you.



1) If you want to take the most certain and aggressive path to living a Candida-Free Life...

Get the CandElim Full Candida Elimination Combo. It will not only kill your Candida with CandElim, but also comes with our other top Candida fighter, CandiClear5, which also helps with Acid Reflux, GERD, and other digestive issues. Plus, you'll be rebuilding your intestinal flora with TotalFlora15, reducing dieoff symptoms with Nymsar, and GI Pro to help heal your intestinal wall. Learn More, or Order Now.

GI Pro

2) If you need to take a more budget-minded approach, but still eliminate Candida fast...

Get the CandElim Plus Repair Combo. You will eliminate your leaky gut and food allergies and reduce your candida die-off symptoms, too. You will get CandElim to elminate your Candida, Nymsar to deal with the uncomfortable Candida die-off symptoms, and GI pro to bring your intestinal wall back to health. Learn More, or Order Now.



3) If you can only do ONE thing to eliminate your Candida...

Get CandElim, our strongest Candida elimination product ever. <u>Learn More</u>, or <u>Order now</u>.

Do you have other issues or concerns? Then look at our complete list of <u>Candida Treatment Combinations here</u> or individual <u>Candida Elimination supplements</u>.