

# Candida Cleanse

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If a person has ever been on antibiotic therapy, there is a really good chance that they may have a candida yeast overgrowth issue. According to [Herbal Home Health Care](#) by Dr. Christopher, “Yeast overgrowth is generally a side effect of antibiotic therapy. All drugs have side effects and antibiotic usage is no exception. When antibiotic drugs destroy targeted microbes, they also destroy billions of friendly flora that protect the intestinal tract. There are over 200 varieties of friendly flora that are destroyed and the singular probiotic, acidophilus will not resolve the problem.

“One hardy variety of floras that is beneficial but not affected by antibiotic drugs is *Candida albicans*. This yeast grows uncontrollably when checks and balances from other flora are not present. When this yeast takes up all the available space in the intestinal tract, it changes its morphology and grows appendages with which it whips against the walls of the intestines creating thousands of small lesions. These lesions provide a pathway for the *Candida* to enter the bloodstream, causing Systemic Candidiasis, which can cause symptoms that mimic many known diseases.

“This perforated bowel is referred to as Leaky Gut Syndrome. This condition allows undigested proteins to enter the bloodstream. These proteins are foreign to the immune system and are therefore attacked. The immune system remembers these protein invaders and reacts like an allergy each time you consume them. This opens up the possibility of eventually making you allergic to every food you eat.

“Since yeast overgrowth can cause symptoms mimicking many diseases, misdiagnosis is common and yeast overgrowth remains undetected allowing it to further colonize, thus creating more side effects and ill health. Some of the symptoms of a systemic yeast overgrowth are: gas, bloating, cramping, inflammation intestinally or systemically, diarrhea, constipation, food sensitivity, allergies, skin lesions, hives, brain fog, and or fatigue. Note that all organs and systems of the body can produce symptoms.”

Although Dr. Christopher’s *Candida Cleanse* protocol works on killing off the yeast and helping heal the damaged intestinal tract, it is not for the faint of heart. When doing the cleanse keep in mind that there will be some discomfort as white sugar, flour, and dairy addictions are overcome. One advantageous tip to help succeed is to plan out your food and meals before the cleanse begins. Work out what you will eat for breakfast, lunch, dinner and for snacking before being in the middle of the cleanse and feeling its discomfort.

A quick view of the protocol taken from [Herbal Home Health Care](#) is as follows:

| Quick View of Candida Cleanse |      |                    |                             |
|-------------------------------|------|--------------------|-----------------------------|
| Procedure                     | Day  | Formula            | Dosage                      |
| 1                             | 1-2  | Intestinal Sweep   | 5 capsules/ 5 times per day |
|                               |      | Lower Bowel        | 6 capsules/ 3 times per day |
| 2                             | 3-16 | Soothing Digestion | 5 capsules/ 5 times per day |

|   |       |                  |  |
|---|-------|------------------|--|
| 3 | 17-18 | Intestinal Sweep | 5 capsules/ 5 times per day            |
|   |       | Lower Bowel      | 6 capsules/ 3 times per day            |
| 4 | 19-21 | Probiotics       | 3 times the stated dosage on the label |

Procedure 1 & 3: will help kill off the yeast, not feel nauseous, and flush the yeast out  
Procedure 2: will coat, soothe and heal the lesions in the intestinal wall  
Procedure 4: will re-establish the flora (Also keep in mind, that when taking probiotics, take copious amounts of multi-strain Pro-biotics to re-establish the flora. Further aids would be to eat raw sauerkraut, Kim Chi, raw apple cider vinegar, Rejuvelac, or miso in large amounts, which are the exact foods to stay away from if you have leaky gut syndrome yet they rebuild the flora once the leaky gut is healed.)

| Candida Cleanse Schedule |     |                                 |  |
|--------------------------|-----|---------------------------------|--|
| Date                     | Day | Formula                         | Dosage   |
|                          | 1   | Intestinal Sweep<br>Lower Bowel | 5 capsules/ 5 times per day<br>6 capsules/ 3 times per day |
|                          | 2   | Intestinal Sweep<br>Lower Bowel | 5 capsules/ 5 times per day<br>6 capsules/ 3 times per day |
|                          | 3   | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 4   | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 5   | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 6   | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 7   | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 8   | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 9   | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 10  | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 11  | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 12  | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 13  | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 14  | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 15  | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 16  | Soothing Digestion              | 5 capsules/ 5 times per day                                |
|                          | 17  | Intestinal Sweep<br>Lower Bowel | 5 capsules/ 5 times per day<br>6 capsules/ 3 times per day |
|                          | 18  | Intestinal Sweep<br>Lower Bowel | 5 capsules/ 5 times per day<br>6 capsules/ 3 times per day |
|                          | 19  | Probiotics                      | 3 times the stated dosage on the label                     |

|  |    |            |  |
|--|----|------------|--|
|  | 20 | Probiotics | 3 times the stated dosage on the label |
|  | 21 | Probiotics | 3 times the stated dosage on the label |

\*Remember only eat vegetables (preferably raw or low-heat cooked), raw nuts, seeds, & sprouted legumes for the duration of the cleanse, making sure you slowly and thoroughly chew your food to aid in proper digestion. It is absolutely essential that you do not feed the yeast during this cleanse. Therefore, do not consume any sugar or alcohol in any form. This includes all dairy, fruit, grains, baked potatoes, and vinegar. After the program is complete whole sprouted grains and fresh fruits can be added back into the diet, thus insuring a healthy life, free of Systemic Yeast Overgrowth.

***Beth Davis** is a Master Herbalist who lives in the Salt Lake City, Utah area. She loves swimming, reading, spending time with her family, and finding ways to teach others the healthy principles learned through her study with the School of Natural Healing.*

#### References

- Christopher, J. (2010). *Herbal Home Health Care*. 4th ed. Springville, Utah: Christopher Publications.
- Christopher, J. (2014). *The School of Natural Healing*. Springville, Utah: Christopher Publications.