

The Candida Die Off Handbook

3 step protocol

STEP 1/3:

- Check your symptoms with the [candida die off symptoms list](#)
- Remember your score and the date in order for you to track your progress

STEP 2/3: Verify you are not making these common mistakes that cause die off symptoms:

Mistake	Warning signs to watch for	Further Reading
Not Cleansing Your Colon	<ul style="list-style-type: none">▪ Constipation or less than 2 bowel movements per day▪ Body odor▪ Bloating, gas▪ Flu like symptoms▪ Headache▪ Strong die off symptoms	<ul style="list-style-type: none">▪ Oxygen colon cleanse▪ Overnight Toxins Flush
Taking Supplements or antifungals that Cause Candida Die Off Symptoms	Increased die off symptoms	<ul style="list-style-type: none">▪ Candida Supplements Experts Guide▪ Antifungal Protocol
Diet that Causes Candida Die Off Symptoms	<ul style="list-style-type: none">▪ Digestion issues▪ Challenges in transitioning to the candida diet▪ Enzymes deficiencies	<ul style="list-style-type: none">▪ Candida Diet▪ Systemic & digestive Enzymes
Getting Die-Off Symptoms from Anti-Fungal Foods	Increased die off symptoms	
Making Drastic Changes	Increased die off symptoms	

Continue on next page...

STEP 3/3: Treat and manage your die off symptoms

If you already experience die-off symptoms doing an [oxygen cleanse](#) or the [overnight die-off toxins flush](#) should be your first priority as these are specifically designed to remove the candida toxins quicker from your body.

As a reminder, the candida toxins are usually the cause of most die-off symptoms.

Recommended natural remedies for specific symptom relief:

Symptom / Concern	Recommended Remedies
Organ Support	<ul style="list-style-type: none">▪ Natural antioxidants extracts▪ Drink plenty of spring or alkaline water to help your kidneys flush down the toxins. The color of your urine should be clear.▪ Liver cleansing herbs
Fatigue, low energy, stress	<ul style="list-style-type: none">▪ Energy & anti-stress herbs
Brain fog, mood swings	<ul style="list-style-type: none">▪ Mind-balance protocol
Headache, muscle joint pain, NSAIDs	<ul style="list-style-type: none">▪ Anti-inflammatory protocol
Skin Issues	<ul style="list-style-type: none">▪ Oxygen-olive oil moisturizer▪ Kelp-coconut soap
Breathing & respiratory issues	<ul style="list-style-type: none">▪ Lung cleansing herbs
Food Sensitivities	<ul style="list-style-type: none">▪ Aloe Vera (Inner leaf)
Toxins Removal	<ul style="list-style-type: none">▪ Overnight Toxins Flush▪ Japanese detox foot pads

Continue on next page...

IMPORTANT! AVOID VITAMINS & MINERALS DEFICIENCIES

If you have had candida and yeast issues for over 6 months, we highly recommend to get tested for vitamins and minerals deficiencies.

Overtime, research has clearly shown that certain deficiencies that are very common such as vitamin B12 and vitamin D can cause serious health complications that can't be reversed and may even become permanent.

[Read More](#)

CANDIDA SPECIALISTS 2016 ©

ALL RIGHTS RESERVED. NO PART OF THIS BOOK MAY BE REPRODUCED OR DISTRIBUTED IN ANY FORM WITHOUT PERMISSION IN WRITING FROM THE AUTHOR.

DISCLAIMER: THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. ALL CONTENT IN THIS BOOK IS FOR INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE, AS WELL AS PROVIDE OR REPLACE MEDICAL ADVICE OF ANY KIND. RELIANCE ON ANY INFORMATION IN THIS BOOK IS AT YOUR OWN RISK. WE DO ENCOURAGE YOU TO EDUCATE YOURSELF AS MUCH AS POSSIBLE, AND SHARE THIS INFORMATION WITH YOUR HEALTH PROVIDER.

A BIG PART OF OUR WORK AND BUDGET IS SPENT ON EXTENSIVE RESEARCH FOR THE BEST NATURAL WAYS TO IMPROVE PEOPLE'S HEALTH AND LIVES. THIS ALSO INCLUDES AN ONGOING REVIEW OF THE PRODUCTS ON THE MARKET. WE TEST ALL THE PRODUCTS THAT WE RECOMMEND, MAKING SURE THEY ARE TOP OF THE LINE, AND MEET OUR HIGH STANDARDS FOR EXCEPTIONAL QUALITY, EFFICIENCY, SAFETY AND CUSTOMER SERVICE. SOME OF THE LINKS PROVIDED TO THESE PRODUCTS ARE AFFILIATE LINKS, MEANING THAT WE MAY GET A COMMISSION IF YOU CHOOSE TO BUY A PRODUCT AFTER VISITING THE MERCHANT'S SITE THROUGH THAT LINK. IF YOU CHOOSE TO DO SO, WE DO APPRECIATE IT, AS IT ENABLES US TO KEEP OPERATING THE SITE AND CONTINUE DELIVERING THE INFORMATION ON THIS WEBSITE WITH NO CHARGE AS A SERVICE TO YOU.