



Spring Cleaning and Kicking Candida

Original article by Laura Jacobs (doTerra US Founder)

Spring is in the air and it's the time of year people turn to thoughts of cleaning out closets, cobwebs, and losing excess weight accumulated during winter months. One of the very best ways to not only lose weight, but to also detox key organs, systems and cells of unwanted toxins and microorganisms is to do a cleanse. If these are not addressed, these can later become the cause of unwanted discomfort and disease.

When it comes to doing a cleanse, we hear about all kinds of detox programmes and it's hard to know what is the best thing to do. Truly, what each person needs by way of "spring cleaning" can vary considerably but there are some core issues, that when addressed, can create great results for just about everyone.

One of the hottest topics in the health arena is that of Candida. Heard of it? Had it? Want to get rid of it? Ironically, if one focuses their efforts on creating a biological terrain in which Candida cannot overgrow, then one has created an environment for better health. So in other words, do a Candida cleanse and you will address far more than Candida.

Let's talk basics first. Whether it's your weight, your skin, your digestion, your energy or pain levels, or some other complaint the issues are the same. Deficiencies and toxicity are the basis for our health issues. If we can fill the body with healthy nutrients and get rid of unwanted waste and toxins, we can expect to feel better. We call that an "out with the bad" and "in with the good" philosophy.

The reason we get sick and diseased is we simply encouraged those two core issues --- deficiency and toxicity. Dis-ease means what it says, dis-ease = uneasiness in the body. Getting well and staying well is easier than we might think. Eliminate toxins and replace missing nutrients. Keep thinking from there. What other "closets" do you need to clean out? Toxic thinking? Malnourished relationships? Misalignment in your spine preventing necessary nerve supply? An imbalanced, "junk" diet? Awareness is such an important piece to your wellness. Start taking inventory. Then start a cleanse.

Above, I said, if you address Candida then you will address far more. So do a Candida cleanse. What does that entail you ask? Candida overgrows as a result of these above mentioned imbalances. If our terrain is disturbed consistently, it makes an environment just right for Candida to thrive. So if we were to take a closer look at why we get excessive Candida we would discover a plethora of causes, most especially the introduction of anything that lowered the body's oxygen levels (use of medications or antibiotics, shallow breathing, lack of exercise), adrenal fatigue, heavy metal toxicity, injured/sick tissue, exposure to poor diet or chemicals, offenses to our immune system, inordinately raised blood sugar levels, or anything that causes an imbalance in the body's pH. That's just to name a few.

Candida is a fungus that serves as a food for our body's friendly bacteria. When our friendly bacteria can no longer flourish due to terrain disturbances it dies off. Now there is no check and balance system and Candida can grow out of control. It, too, will struggle to exist unless it mutates. However, this change in the species turns it into a type of parasite, which causes an innumerable amount of side effects. Two of the most detrimental are the robbing of precious nutrients and the deposit of toxic substances that are very harmful to the body. Candida excretes high levels of toxic waste substances, most of which are alcohols that break down the body's tissues and cause innumerable symptoms, disease and malfunctions such as leaky gut, disturbed serotonin and hormone levels (especially estrogen and thyroid), poor digestion and elimination, chronic pain, loss of focus or memory, brain fog and so much more.

Ironically, as terrible as all this can sound, Candida isn't the core issue. **The real adversaries are the diet, lifestyle and mindset that create the imbalanced, anaerobic environment in the first place.**

We have in our doTERRA products some great support for successfully bringing our bodies back into balance. When we partner those products with some core dietary principles, our results can be amazing. The best known of these products are GX Assist and PB Assist. It would be easy to assume one should just jump on these products and off you go to success. Prudence would teach however that some “pre-cleansing” is in order. It can be seriously uncomfortable for some to deal with the consequences of “die-off” when Candida or other microorganisms are eliminated. Starting the cleansing process with products like Zendocrine Complex capsules and TerraZyme can really help open channels of elimination and make for a much more successful and pleasant process. The goal here is to achieve a state of better health. As we spoke of previously, lack of nutrients is a major health issue, so utilising the Lifelong Vitality as a cleansing partner is critical. The body will need energy to do its best work. Certain essential oils can also be marvellous detox partners. Lemon oil is a favourite.

Many people have found success with a programme that goes something like this:

Begin with Lifelong Vitality, Zendocrine Complex and TerraZyme.

Then after about 10-14 days, add GX Assist.

After a 10-day round, discontinue GX and then begin PB Assist and continue for 5-10 days.

Then you can repeat that cycle every 30 days.

Compliment this process with sound dietary choices and voila!

You will find yourself with a whole new level of awareness and improved health and wellbeing.

Out with the Bad, In with the Good Pathway to Wellness with Candida

1. Candida Control Diet

- **AVOID**

- **Sugar, carbs**/anything easily converts to sugar in the body (white potatoes, rice, flour/pasta/bread/baked goods, **processed/ refined** foods, **junk** foods, etc.
 - Processed foods lack nutrients and fibre that are necessary to keep the good bacteria in the intestines thriving
 - Good bacteria is necessary competition for candida and keeps it in check
 - Candida thrives when its competitor dies

- **EAT**

- **Proteins** – meats/fish in limited quantities (no processed meats), organic eggs; high quality protein powders
- **Good Carbohydrates**
 - Dark leafy greens
 - Non-starchy vegetables
 - Low sugar/low glycemic fruits – berries/strawberries, lemons, limes, grapefruit
 - Beans/legumes – limited quantity (i.e. ½ C. serving)
 - Winter squashes – limited quantity (i.e. ½ C. serving)
 - Low carb grains such as quinoa (80% protein)
- **Good fats** – olive oil, coconut oil (naturally high in Caprylic acid which is an excellent anti-fungal); nuts and seeds and their butters (exception: peanuts – contain carbs and mould)
- **Good Sweeteners**
 - Stevia, small amounts of raw honey

- **GOOD NUTRITION**

- *Lifelong Vitality (LLV)* supplement trio

2. Balance the pH

- Eat **80** (live, raw, fresh, alkaline)/**20** (dead, cooked, acidic)
- Use **TerraZymes**
- Drink water with **Lemon** oil
- Beware of stress – stay **Balanced**
- Avoid acidic chlorine, caffeine, coffee, sodas = acid

3. Use Probiotics to re-establish the balance of beneficial bacteria and inhibit the growth of Candida

- Take **PB Assist**
 - Take daily, can begin in preparation for a detox
 - Take more intensely for 5 days after a 10 day round of **GX Assist**
- Eat fermented/cultured foods

4. Prepare the body for the detox by opening eliminative channels and prevent a detox reaction; flush the system and keep it moving

- Start these products PRIOR to a Candida program
 - **Zendocrine** Complex
 - **TerraZymes**

5. **“Kill” the yeast** in the GI tract and any other locations where it has gone systemic

- The big guns: **GX Assist, Oregano, Melaleuca**
- **DDR** – liqui-caps or liquid
- **Target areas of invasion** - use oils that are both anti-fungal and target other areas
 - Female, male **Thyme**
 - Female, male **Clary Sage**
 - Skin, blood sugar **Coriander**
 - Blood sugar **Cinnamon**
 - Thyroid **Clove**
 - Adrenals **Rosemary**
 - Skin **Myrrh**
- Lyme’s Protocol Plays Here Too – the same oils are powerful for both **Dr. Hill’s Bomb formula** (Dilute with coconut oil if necessary):
2x/day **Cinnamon**
2x/day **Clove**
2x/day **Cassia**
2x/day **Oregano** or **GX Assist**
As needed can add: **Melissa** and/or **OnGuard**

6. **Eliminate Heavy Metals**

- **Cilantro oil**

7. **Support the Immune System**

- Reduce stress
- Sleep enough
- Use **OnGuard** for EVERYTHING – all OnGuard products
- Avoid antibacterial soaps, hand sanitizers
- Boost adrenals
- Take **LLV**

8. **Clear out** the yeast as it dies off, as it releases toxic and acidic substances

- Die-off symptoms can arise due to:
 - Sluggish/poor elimination
 - Lack of dietary changes
 - Detoxing too fast/lack of support
 - Temporary allergic-type reaction can occur
- Use **TerraZymes** during detox
 - Take on empty stomach
 - These plant enzymes “digest” the yeast as it dies off, weakens the outer wall of the organism, making it more vulnerable and therefore more easily killed
 - Reduces die-off symptoms

9. **Repair** the “leaky gut” and soothe, nurture, heal and restore intestinal tract

- **Digest Zen**
- **Frankincense**
- **Myrrh**

10. **Address the Emotional Terrain**

- Number one symptom – a sense of feeling **powerless**
- Emotions connected with Candida and what oil to use to address it
 - Bitterness, resentment **Thyme**
 - Victim mentality **Melaleuca**
 - Deprived **Myrrh**
 - Used, Betrayed **Coriander**
 - Invaded **Oregano**
 - Powerless **Cassia/Cinnamon**
 - Parasitical relationships **Clove**