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Candida, yeast, fungus and mold protocol

NOTE THIS IS NOT A PROTOCOL FOR CLOSTRIDIA, H.PYLORI OR PARASITES

Mold toxicity affects millions of people, most of whom are not even aware. When people have chronic lung issues, asthma, pneumonia, bronchitis, sinus infections, sinusitis and other on-going issues related to your respiratory tract, there is likely a mold or fungus infestation.

Using an inhaler when you have a flare-up does NOT mean you don't have an issue. Taking steroids is like putting gasoline on a fire. It weakens your immune system and allows the infection to continue to thrive un-checked in your body. Since doctors made cortisone standard treatment in the 1970's, asthma deaths have TRIPLED. You will NEVER heal your body with dangerous drug therapy.

Another symptom is weather changes. When you feel best in very hot or very cold weather, yet mucousy, snotty, congested, with allergies and sniffles in the spring and fall, you have an infection. If you would prefer to move to phoenix, AZ in the hot dry sun because you feel best, but struggle in cold, damp, wet, rainy environments, you have an infection. If you feel pressure in your head and sinus cavity or chest with a change in weather, or feel arthritic in your joints with a change in weather, you have an infection. These signs are not be ignored, they are signs of a problem...

Besides the hopefully obvious recommendations to **get your house checked for mold**, get it cleaned out by a professional, or move to a new house (yes it's that serious), here is a protocol to help you overcome an infection naturally. Buy a **VOLLARA FRESH AIR** purifier to put ozone in the air and kill mold.

Step 1: Nutrition - It is imperative you choose a program free of ALL dairy, sugars, starches, grains and carbs. This would include eliminating bread, pasta, pizza, crackers, chickpeas (hummus), peanuts (loaded with 20+ different types of fungus), potatoes, corn and rice. Fruit is ok in moderation, but avoid dried fruit, dates and bananas. Ancient seed grains are ok if needed, but not highly encouraged like quinoa, millet, amaranth and buckwheat.

The diet should consist of mainly lean meats (chicken, turkey, fish, eggs) and vegetables (except potatoes and corn) and fruits (berries, citrus, pineapple, etc. on EMPTY STOMACH only! You may also have some almonds, olives, olive oil, avocado and coconut. All herbs and spices are encouraged. The program that is best for these issues is called **The Body Ecology Diet** with adding a little fruit if done properly. Look it up on our website under recipes and also find over 100 recipes to help you out!

Step 2: Exercise and movement - Walking 30+ minutes daily, jumping on a rebounder, sweating through cardio exercise, pilates, or any form of exercise to get the blood moving is very important. An infection cannot living in a healthy, flowing river, only a stagnant pond.

Step 3: Removing mold, fungus, candida and yeast from the human body - Kill the infection

There are three parts; foundational nutrition, killing the infection, and cleaning the pipes... Our goal for you is LONG-TERM health and not a quick fix. Millions have suffered the yo-yo effect of getting off sugar, feeling better, only to fall right back off the wagon again. It takes months to accomplish a full restoration of health, please consider giving a year to restore your health fully.

Part One - Foundational Nutrition. These items are necessary for long-term health and restoration of the environment inside the body. If the environment doesn't change the infection can come back. Use these items as foundational support to keep your gut and body healthy...

A) **A good probiotic.** The probiotic should be take in high doses at night before bed. We are working to eliminate yeast, mold, fungus and other infections is the body during the day, so best to take probiotics before bed so they do their work while you are sleeping. Take 2-3 capsules daily before bed. Women can take a women's probiotic, and men can take one specifically for men. We like Renew Life and Garden of Life brand products.

**** We recommend RENEW LIFE ULTIMATE CARE 50 BILLION. Take 2 capsules before bed****

B) **Minerals.** Minerals are foundational to a healthy gut. They keep the gut purified and are crucial for hydration, cellular communication and the function of your immune system.

**** We recommend QUINTESSENCE BIOTERRAIN RESTORE .9 the first month, then QUINTESSENCE OPTIMUM MINERALIZATION 3.3 afterwards. Take one vial daily. We also recommend INNER VITALITY PLANT MINERALS BY MORNINGSTAR. Take 2 ounces daily, mix with anything.**

C) **Moving Bowels.** Make sure your bowels are moving twice daily. If not, you can take **STOMACH AND BOWEL FORMULA BY DR MORSE**. Take Formula THREE if you are going every other day. Take formula FOUR if you only go every 2-3 days. Take formula FIVE if you go about once weekly. You can also do enemas which can speed healing and more quickly eliminate infection. In enemas, adding baking soda (1 teaspoon per quart) can help to kill yeast, fungus and mold in the body.

Part Two - Killing the Infection. This part can be challenging. These organisms are trying to survive and they can adapt. Our method is to use different powerful antimicrobials continuously. God has given an incredible arsenal of plants that kill infections in the body. We use a combination of single herbs and powerful formulas and we cycle them every seven days for optimal effect.

**** Directions: You will take CAPRYLIC ACID CAPSULES BY NOW FOODS every day during this protocol. 2 capsules, 2x daily.**

Buy 3 or 4 of the products below. Choose ONE of the products. Take the recommended dose for 7 days, then SWITCH to a different product. Every 7 days switch to a new product and continue to cycle back through all products. Continue this program for 3-6 months as needed. When coming off the program, good to choose at least ONE formula for long-term maintenance. On All products it is always wise to start with ONE and slowly increase to desired dosages... Here are the products:

A) Defense Plus by Nutribiotics - 2 tablets twice daily with or without meals

B) CORE Berberine Blend by Energetix - 2 full droppers twice daily with or without meals

C) Parasite M by Dr Morse - 2 capsules twice daily with or without food

D) Oregabiotic by North American Herb & Spice - 2 capsules twice daily with or without food

*** Note for children, start at ONE capsule or dropper and slowly increase as able. Can mix herbs with juice or applesauce**

Part Three - Cleaning the Pipes. On our website we have various cleanses listed under "Cleanses and Programs." They are available to download for free. When working with mold, fungus, yeast and other infections in the body, the goal is for the body to be a clean, flowing river. The most important overall system for long-term health is the LYMPH system. We encourage you to do these cleanses for long-term health, starting with the colon cleanse. The order for cleansing is colon, kidney, lymph, then liver. I would STRONGLY encourage you to continue your Part Two protocol while cleansing to keep killing infection so it doesn't return. Also when you cleanse your lymph and other systems, old trapped sickness and infections can be released that your body must handle. This is why people often get cold/flu symptoms while cleansing. This is a GOOD sign your body is healing!

Step 4: Additional Therapies

Baking Soda - Baking Soda cleanses the kidneys, alkalizes the blood and also kills fungus and mold. You can drink 1/2 to 1 teaspoon of baking soda in water upon rising and before bed on an empty stomach or add baking soda to an enema (1 teaspoon per quart).

Far Infrared Sauna - HEAT kills infection. SWEATING cleanses the lymph. **This is one of the best therapies anyone can do.** If you have a far infrared or near infrared sauna, make the most of it. If you have a healing center near you with a sauna, use it. Make sure and hydrate with minerals before and after. Do this DAILY. It is ideal to take glutathione and clay/charcoal before getting in the sauna. DAILY is best! Take **Glutathione by Quicksilver, 2 sprays under tongue and GI Broom by Dr Morse, 4-6 capsules** an hour before each sauna session. Make sure the sauna is FAR INFRARED! We recommend the company called SUNLIGHTEN for best results. Tell them Spirit of Health sent you.

Enemas - I believe enemas speed healing. Getting waste out of the body is a key to health and many of us have years of built up waste. You can add lemon, baking soda, apple cider vinegar, sea salt, bentonite clay and many other healing and cleansing agents to any enema. You can also even use herbs that kill yeast, fungus, mold or even parasites such as black walnut.

Summary:

We don't have to live with infections that destroy our immune system. We don't need pharmaceutical drugs that offer a hopeful solution, yet leave us weaker and sicker in the long run. We need to restore the body the way God designed the body to work, like a free flowing river of life with a powerful immune system. This only comes through eradicating the infection and restoring a healthy inner terrain. Spirit of Health believes in complete restoration of the human body. It takes work, but it's worth it!

Blessings and speedy healing!
Vaughn