



Crystal Star™
whole herbs for the whole person™



Candida Detox Kit

NUTRITION PLAN

Congratulations!

You've decided to commit to a Candida Detox program! Yes, it takes a commitment because you will be changing your lifestyle for a period of time. I understand that challenge, and I have created a special Detox Kit to help. Each custom Detox Kit contains items that I recommend to specifically address your cleanse, along with my detailed Nutrition Plan. Keep the plan handy during your detox, because it has important information about how to get the best results from your program. If you're like most people, you will refer to it often. Good luck on this health adventure. A safe, gentle detox can keep your body functioning at peak levels.

You'll look better and feel better!

The Candida Detox Kit includes:

- **Candida Detox™ Capsules (60 caps, a 15 day supply)**
- **Green Tea Cleanser (3 oz., a 3 week supply)**
- **Dr. Enzyme™ (90 caps, a 15 day supply)**
- **FREE Nutrition plan**

Information about the Candida Detox Kit products and how to use them:

Candida Detox™ Caps: Helps cleanse and normalize yeast overgrowth with powerful antiseptic and antifungal herbs. Helps rebuild internal environment and enhance immunity. Directions: Take 2 caps twice daily for 3 months.

Green Tea Cleanser™: A cleansing, energizing tea that revitalizes and refreshes your body. Possesses a broad range of free radical-scavenging and anti-oxidant activity. Directions: Drink 1 to 2 cups daily.

Dr. Enzyme™: Powerful blood cleansing enzyme blend. Directions: Take 1-2 capsules 3 times daily between meals.

The suggested program for this Kit is up to 7 days following the steps outlined on this information sheet. Follow the nutrition plan and bodywork techniques to get the greatest benefit from this kit.

Candida Detox Nutrition Plan: Start with this 3 to 7 day diet plan.

To overcome a candida yeast infection, your diet must simultaneously nourish your body while starving candida of the foods that support its growth. This program strengthens and enhances your digestive ability to assimilate nutrients and normalizes metabolism. It especially strengthens afflicted organs, like the liver and glands. I highly recommend probiotic supplementation in addition to this program to promote friendly bacteria in the gastrointestinal tract.

Each day of your cleanse drink 8-10 glasses of bottled water (can include herbal teas). Water lubricates sticky areas of the intestines, and flushes wastes, toxins and dead yeast cells from the body. An ample supply of water expedites a candida cleansing program.

On rising: take 2 tsp. cranberry concentrate, with 1 tsp. cider vinegar, 1 tbsp. psyllium husks, and 1 tsp. maple syrup in water; and a cup of **Green Tea Cleanser™**. Now is a good time to take your **Candida Detox™** and **Dr. Enzyme™ capsules**.

Breakfast: have a vegetable omelet with broccoli; or scrambled eggs with onion, shiitake mushrooms and red pepper; or brown rice with onions and carrots; or oatmeal with 1 tbsp. Bragg Liquid Aminos added; or cream of buckwheat sweetened with stevia drops and sauteed veggies.

Mid-morning: have a vegetable drink, or a cup of miso soup with sea veggies; and a cup of pau d' arco, or another cup of **Green Tea Cleanser™ tea**.

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Lunch: have a fresh green salad with lemon/coconut, olive or flax oil dressing and seafood, chicken or turkey; or a vegetable or miso soup with sea veggies; or steamed veggies with brown rice.

Mid-afternoon: have some raw veggies dipped in lemon/coconut, olive, or flax oil dressing; or mineral water and hard boiled egg with sea vegetable seasoning.

Dinner: have broiled fish or chicken with raw sauerkraut (or Rejuvenative Foods Veggie Delite); or a vegetable stir fry with brown rice, sea veggies and miso soup.

Before Bed: take chamomile tea or **Crystal Star Stress Arrest™ tea**.

Pointers to keep your program going after your candida cleanse:

Don't eat the following foods for 4 to 6 weeks: Sugar or sweeteners of any kind (use stevia instead; gymnema sylvestre extract helps handle sugar cravings), gluten bread or yeasted baked goods, fried foods, dairy products (except plain kefir or kefir cheese, yogurt or yogurt cheese), smoked, dried, pickled or cured meats, sweet potatoes, mushrooms (except shiitake), nuts or nut butters (except almonds or almond butter), most fruits and fruit juices (except lemon and lime), dried or candied fruits, coffee, black tea, carbonated drinks (phosphoric acid binds up calcium and magnesium), alcohol or foods with vinegar. Avoid antibiotics, steroid drugs, birth control pills and tobacco.

Acceptable foods during the first stage (usually 4 – 6 weeks)... a short list, but diet restriction is the best way to stop candida yeast overgrowth: Fresh and steamed veggies (especially onions, garlic, ginger, cabbage, and broccoli), vegetable juices, raw cultured sauerkraut, poultry, seafoods and sea greens, olive or coconut oil, ghee, eggs, mayonnaise, brown rice, mochi rice bread, amaranth, buckwheat, barley, millet, red-skinned potatoes, miso soup and tofu, vegetable pastas, plain or vanilla yogurt, rice cakes-crackers, some citrus fruit and herb teas, especially white tea and pau d' arco tea. Have a green drink, green tea and miso soup every day.

Drink plenty of water to keep any recurring infestation flushed out!

Bodywork Techniques:

Bodywork and relaxation techniques accelerate and round out your detox.

1. Irrigate: Take a colonic irrigation 2 to 3 times during your cleanse. Enemas can be an important part of a candida yeast detox program.

2. Effective vaginal treatments: use one or more.

- Soak infected areas in diluted tea tree oil solution. Use in water as a vaginal douche.
- Use a Garlic douche or vaginal insertion.
- Use Acidophilus capsule insertions, or sprinkle powder on a tampon and insert.
- Make up a garlic, echinacea, myrrh solution in a squirt bottle and wash perineum after defecating

3. Nail fungus soak: Pau d' Arco tea.

If you dedicate yourself to this program I'm sure you will be pleased with the results. Everyone is different, so the directions I've outlined are guidelines. Go at your own pace if you like, checking your results as you go.

To learn more about my whole herb detoxification kits, please visit my website, healthyhealing.com or call 800-736-6015.

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