

Candida Protocol

| A.M. | 7:00 | Supplement | Dose | Notes |
|------|------|-----------------------|----------------------|--|
| | | Cream of Tartar | 2 tsp | PH Balance, Internal Anit-Fungal |
| | | PH Balance Test | | 2 tsp Baking Soda as needed |
| | | Celtic Salt | 1/2 tsp | |
| A.M. | 7:30 | | | |
| | | Probiotic | Daily Recommendation | Flora Synergy by Energetix |
| | | Enzyme | Daily Recommendation | Energetix Catalyst 7, Amylase, Protease, Lipase Maltase Cellulase, Sucrase, Alpha Glactosidase, Lactase |
| | | Vit. D3 | 30,000 mgs | Drop to 10,000 after 30 days |
| | | Magnesium | 500 mgs | |
| | | Zinc | 15 mgs | or 100 mgs per week |
| | | Iodine Lugols 2.5% | 25mgs | Starting point, work up to 100mgs -Try SSKI 5% Lugols |
| | | Selenium | 200 mgs | Selenomethionine is HIGLY recommended |
| | | Niacin-ATP Co Factors | 1 Dose | Equals 100 mgs B2 and 500 mgs NONFLUSHING B3 |
| P.M. | 7:00 | | | |
| | | Cream of Tartar | 2 tsp | PH Balance, Internal Anit-Fungal |
| | | PH Balance Test | | |
| | | Vit. D3 | 20,000 mgs | |
| | | Vitamin C-Ascorbate | 5000 mgs | NEEDS to be done in the evening CANNOT be done with Iodine. Will help with bowl tolerance, adjust accordingly between 4,000-6,000. |

Note:

1. External Fungal Treatment to be done with Iodine on feet once a week and hair as needed. Wash face and ears with baking soda, daily.
2. If bowl issues persist work way up to 3 tblsp of cocunt oil.