

The cause of *Candida*.

The widespread use of antibiotics has resulted in the indiscriminant destruction of all the good beneficial microorganisms that protect us from a *Candida* yeast population overgrowth. Other major contributing agents are birth control pills, steroids, smoking and alcoholic beverages. High-stress lifestyles, lack of exercise and sleep, as well as a rich yeast-feeding diet are some of the other major factors increasing susceptibility to a *Candida* infection.

THE *CANDIDA ALBICANS* YEAST STEALS YOUR STRENGTH, YOUR ENDURANCE AND MENTAL FOCUS, AND ROBBS YOU OF YOUR LOVE OF LIFE.

Candida Yeast Symptoms:

Dizziness, depression, mood swings, "foggy" mental focus, sugar cravings, acne, bad breath, sore/bleeding gums, fatigue, uncommon weight gain or weight loss, asthma, kidney and bladder infections, burning urination, chronic heartburn, bloating, indigestion, constipation and diarrhea.

Candida Yeast can be responsible for:

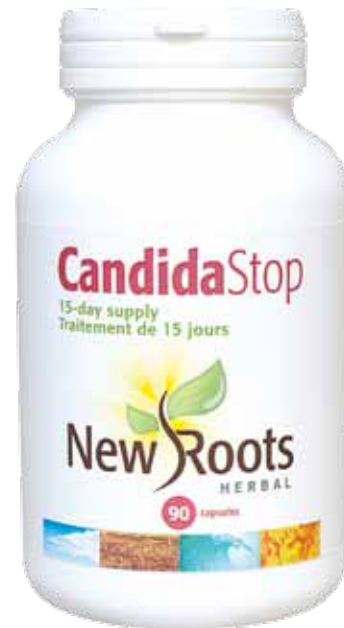
In Women: Vaginal burning, itching and discharge, menstrual cramps, frequent periods, premenstrual depression and loss of interest in sex as well as pain during intercourse.

In Children: Frequent ear infections, mood swings, sugar cravings, concentration problems, hyperactivity, constipation, chronic cough and headaches.

In Men: Impotence, prostatitis, and a number of general *Candida* yeast symptoms.

Ingredients 2 vegetable capsules contain:

Vitamin A (beta-carotene: provitamin A) (<i>Dunaliella salina</i>)	6000 IU
Pau d'arco (inner bark and wild crafted) (4:1 extract)	50 mg
Grapefruit seed extract concentrate.....	100 mg
<i>Echinacea angustifolia</i> root (4% echinacosides) (15:1 extract)	50 mg
Caprylic acid magnesium (Short-chain fatty acid).....	180 mg
Caprylic acid calcium (Short-chain fatty acid)	180 mg
Caprylic acid zinc (Short-chain fatty acid)	40 mg
Odorless super garlic (10,000 mcg of allicin per g)	125 mg
Black walnut hulls (4:1 extract)	16 mg
Suma (<i>Pfafia paniculata</i>).....	100 mg
Selenium (yeast-free L-selenomethionine)	50 mcg
Oregano extract powder	80 mg



CANDIDA STOP
Sold exclusively to finer health food stores
www.newrootsherbal.com/store

CandidaStop

Conquer *Candida*
the natural way

**CANDIDA STOP CURES
YEAST INFECTIONS SO YOU
FEEL FRESH, STRONG AND
HEALTHY.**



The *Candida* yeast is responsible for an incredible number of health problems and, once you're infected, it can quietly steal away your health, year after year. **CANDIDA STOP** is a special program that contains 10 natural *Candida* fighters to kill off yeast infections.

Candida-free diet:

As with any health problem, diet is of great importance for the body to regain its health from *Candida*. An infected person must select foods that do not feed the *Candida* yeast organisms, as feeding an infection allows it to grow and thrive.

Therefore, it is necessary to eliminate from your diet the following foods for at least two to three months: sugars, honey, molasses, malt, maple sugar and other artificial sweeteners, fresh fruit (for at least the first month) and fruit juices (tomato juice also), dried and candied fruit, pastries, chocolate and refined carbohydrates (white rice, pasta and flour), yeast (including wheat bread and sour dough bread, muffins, etc.), milk and all other dairy products (except butter), all fermented products (i.e. soya sauce), vinegars, mushrooms, peanuts, alcoholic beverages, soft drinks, caffeine, tea, tobacco, or foods containing any of the above.

Remember that sauces, processed and smoked meats, condiments, packaged (canned) and processed foods, popovers, pre-mixes (i.e. pancake mix) almost all contain some yeast-feeding ingredients. Please take time to read some of the packaging labels to identify those you can eat. It will make you aware and conscious of why your health condition has become what it is.

As for antibiotics, take only when absolutely necessary. If you have to take any after this program, it is strongly recommended that you take probiotics like ACIDOPHILUS ULTRA PH⁵D enteric coated capsules once the prescription is finished, to replenish what has been killed.

These dietary adjustments must take place for a minimum of two to three months. You will be starving all *Candida* yeast organisms of the foods they need to survive and they will begin to weaken and die.

Foods you can eat freely:

- Meat, fish & eggs – For a lower cholesterol intake, choose poultry and fish: chicken, turkey, salmon, tuna, any fresh or frozen fish that is not breaded. Do not use luncheon meats or breaded meats;
- Whole grains (buckwheat, millet, oatmeal, quinoa, rice and rye), beans and lentils;
- All vegetables except mushrooms, starchy ones moderately (carrots, beets, potatoes and corn). Onion and garlic can be eaten in large quantity as they are good *Candida* killers;
- Unprocessed nuts and seeds, raw almond butter, first cold-pressed oils (obtained from health food stores).
- For sugar replacement, you can use STEVIA, powder or liquid, as a substitute.
- F.O.S. (fructooligosaccharides) are good as well.

After the second month

Depending on the absence of symptoms, you can add the foods from the following list moderately (1 or 2 portions per day only): fresh fruit, unsweetened apple sauce and tomato sauce. Because some cases show a systemic *Candida* infection (yeast has spread to the brain, liver, heart, skin and mucous membranes where it lodges and reproduces), the latest research has shown these individuals should continue the initial diet for a few more months until they fully recover, and regain a strong immune system.

Some people may think this diet is quite a challenge, but you will see, after finding new recipes and planning your meals better, that it becomes quite enjoyable and your health will benefit from positive lifestyle changes.

Directions for a 60-day treatment:

The four products below are to be taken daily for the 60-day treatment.

1. Bowel purification. Removing the dead cells and by-products

1. **ULTRA PURIFIANT CLEANSE:** Take five capsules in the morning and five capsules in the evening both with 8 oz. of water, for the 60-day treatment.
2. Rebuilding your immune system responses. Protection against re-infections
 - **ACIDOPHILUS ULTRA:** Take one or two capsules, 20 minutes before meals, with water, or 90 minutes after a meal, twice a day, for the 60-day treatment.
3. Liver support and rejuvenation
 - **LIVER:** Take one capsule with each meal, three times a day, for the 60-day treatment.
4. Killing the yeast infection
 - **CANDIDA STOP:** Take two capsules after each meal, three times a day, for the 60-day treatment.

CANDIDA STOP Ingredients:

This special program formula contains ten natural *Candida* fighters that kill off yeast problems.

Vitamin A (Beta-carotene: Provitamin A)
(*Dunaliella salina*)

6000 IU per 2 capsules. This vitamin helps protect from infection in the mucous membranes of the mouth, throat, intestines, vagina, urinary tract and the lungs.

Pau d'Arco (Inner Bark & Wild Crafted)
(4:1 extract)

This bark contains natural antibacterial and antifungal agents. It is used to control the growth of *Candida*.

Grapefruit Seed Extract Concentrate

This is a powerful biologically active grapefruit, tangerine, and lemon seed extract. It provides a broad-spectrum attack against intestinal parasitism and chronic candidiasis.

Echinacea angustifolia Root (4% Echinacosides)

This is one of the most popular and extensively researched herbs for stimulating the body's immune response system to fight off infections.

Caprylic Acids (Calcium, Magnesium and Zinc)

These are short-chain fatty acids from coconut oil, which have proven strong antifungal (yeast) properties.

Odourless Super Garlic

Laboratory research exhibits garlic juice as an antifungal against a broad spectrum of zoo-pathogenic fungi, and many strains of yeast including *Candida*.

Black Walnut Hulls (4:1 Extract)

This botanical is used primarily as an agent to expel worms from the body, and to kill off parasites breeding in a *Candida* environment.

Suma

Provides increased endurance, stress resistance, enhanced immune functions, decreased cholesterol levels and increased protein biosynthesis activity.

Selenium

This is an antioxidant mineral. Nutrients called antioxidants are important in restoring immune function and combatting what is termed "free radical pathology".

Oregano Extract Powder

Its major chemical constituent, carvacrol, inhibits the growth of *Candida albicans*, which reside in the mucocutaneous cavities of the skin, vagina and intestine of humans. In recent studies, oregano extract inhibited the growth of *Candida albicans in vitro* as well as *in vivo*. Its compounds have antispasmodic and antioxidant activities, in addition to their antimicrobial potentials.

Should I Keep Doing This Program?

How long you want to continue the *Candida* Stop program is up to you and your body's needs. As mentioned already, depending on how severe your condition is, some people will continue as the infection is deeper rooted, while for others, this program may be sufficient. A sixty-day *Candida* Stop program is usually enough for most people.

Warning

Avoid this program if you are pregnant.

References:

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