

# NEW ROOTS

NATURAL HEALTH PRODUCTS  
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## HERBAL

### » CANDIDIASIS PROGRAMME

#### Understanding Candidiasis

Phase 1: Supporting Elimination Channels (2-4 weeks)

Phase 2: Intestinal Cleanse (3 weeks)

Phase 3: Eliminating Candidiasis (6 weeks)

Phase 4: Gut Healing (16 weeks)



- Exclusive information for health-care professionals-



# TACKLE CANDIDIASIS NATURALLY

## 1 WHAT IS CANDIDIASIS?

Candidiasis is an infection caused by a yeast in the Candida family, with *Candida albicans* being the most common and frequent.

Yeasts are naturally present in all of us. They are found on the skin and in the digestive and urogenital system.

However, certain factors can depress the immune system and cause an imbalance in the intestinal flora, leading to an excessive growth of these yeasts.

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## 3 WHERE CAN IT AFFECT YOU?

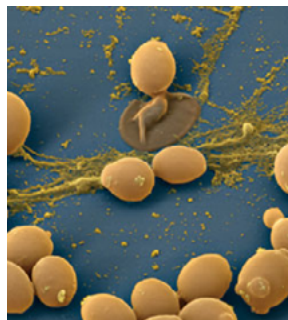
- Skin
- Mucous membranes (vaginal, intestinal, oropharyngeal)
- Deep tissues
- Internal organs

The fungus albicans causes excessive intestinal permeability, leading to poor absorption. The yeast can cross the intestinal wall, reaching the bloodstream and spreading to organs, tissues and mucous membranes.

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## 5 WHAT MEASURES SHOULD BE TAKEN? <sup>1</sup>

- Identify and address the predisposing factors.
  - Follow a Candida-free diet, increasing consumption of protein and fiber and eliminating simple sugars.
  - Purify the body of accumulated toxins that can alter permeability and favour invasion by candida.
  - Take nutritional supplements to tackle candida proliferation.
  - Take probiotics to restore balance to the intestinal flora.
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## 2 WHAT CAUSES IT? <sup>6</sup>

- Generalized antibiotic use
  - Poor diet
  - Foods high in yeast or mould
  - Synthetic sex hormones
  - Steroids
  - Pregnancy
  - Continued stress
  - Smoking and alcohol
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## 4 WHAT SYMPTOMS DOES IT CAUSE?

- Chronic fatigue and malaise
  - Dizziness
  - Gastric reflux
  - Indigestion, bloating
  - Abdominal distension
  - Constipation and/or diarrhea
  - Sugar cravings
  - Weight gain
  - Insomnia
  - Depression
  - Difficulty concentrating
  - Acne
  - Whitish oral lesions
  - Reddening of the mucous membranes
  - Immune disorders
  - High intestinal permeability
  - Food intolerance
  - Skin eruptions
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## PHASE 1. Supporting Elimination Channels Duration: 2-4 weeks

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Before eliminating Candidiasis it's important for the main detoxification organs (bowel and intestines, liver, gallbladder, kidneys, lymphatic system and skin) to work efficiently, prevent autointoxication and to minimise die off. Considerations:

- » **Clean Up the Diet:** consider low FODMAP with plenty of healthy fats and clean proteins, avoiding yeast and foods contaminated with moulds.
- » **Optimise Digestion and Bowel Function:** low stomach acid and poor bile flow promotes the growth of yeast, bacteria

and pathogens. To reduce microbial load, healthy bowel movements 1-4 times daily is required. Consider Digestive Enzymes support, high enzyme foods, castor oil packs and enemas/colonics.

- » **Cleanse the Liver and Gall Bladder:** to allow trillion of cells to "breathe" more oxy-

gen, receive more nutrients and eliminate metabolic waste.

- » **Support the Lungs, Lymphatic System and Skin:** daily movements, skin brushing, breathing exercises should be considered.

## PHASE 2. INTESTINAL CLEANSING Duration: 3 weeks

Select **Psyllium Plus** for more gentle cleansing **OR Ultra Purifiant Cleanse** for deeper cleansing and detoxification.

With either formula please drink plenty of water through-out the day.



PRODUCT DATASHEET



PRODUCT DATASHEET

**PsylliumPlus:** a gentle powder formula (enriched with hibiscus, clove and liquorice) to help regulate intestinal function and sweep the intestines clean of fungus, bacteria and residue.

Dosage: Mix 2-tsp (5g) 1x daily with 250ml of water, drink immediately and follow with a 2nd glass of liquid.

**UltraPurifiant Cleanse:** a deeper cleansing formula that stimulates the elimination organs and helps detoxify the kidneys, blood and lymph. The anti- fungal/bacterial/parasitic agents like caprylic acid, grapefruit seed, black walnut will help kill off bacteria, parasites and fungi. The detoxifying ingredients like psyllium, bentonite clay, blessed thistle aid the removal of toxins, including heavy metals and waste product.

Dosage: 3-5 capsules 2x daily.

Combine with:

### Protecting and Restoring Beneficial Bacteria

During intestinal cleansing beneficial bacteria is also naturally eliminated. The regeneration of beneficial bacteria is an important step.

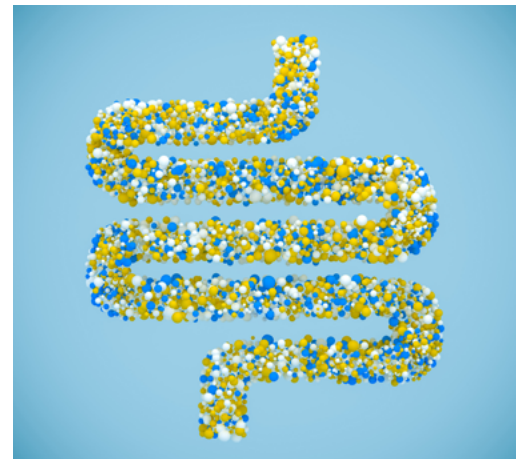
**ProBoulardii Plus** is recommended as it contains 11 beneficial strains including:

- » 10 billion CFU *Saccharomyces boulardii*; capable of neutralizing the effects of pathogenic bacteria and intestinal candidiasis
- » 4.5 billion CFU *L. rhamnosus* R0011 and 3.4 billion CFU *helveticus* R0052 to relieve symptoms of candidiasis, reduce the pro-inflammatory response and protect the intestinal barrier.

Dosage: 1-2 capsules in the evening (3 hrs away from the Psyllium Plus or Ultra Purifiant Cleanse).



PRODUCT DATASHEET



If required, combine with:

### Biofilm-Disruptor and Liver Support

Most fungal pathogens act in biofilms, and not as single cells. When the biofilm is destabilized with **WildOregano Oil** the **UltraPurifiant Cleanse** **OR PsylliumPlus** will help clean up the toxins.

**Liver:** When breaking down biofilms the liver is likely to require additional support. The Liver formula contains 8 ingredients that help the liver, spleen, gall bladder, pancreas and kidneys. It contains strong antioxidant properties to help protect and regenerate liver cells as well as aiding detoxification and modulating the immune system.

Dosage: 1 capsule up to 3x daily prior to food.

**WildOregano Oil:** grows wild at a high altitudes in the Turkish mountains, contains the highest natural concentrations of carvacrol (91-95%). It is hand picked, solvent free extraction mixed with cold-pressed organic olive oil.

Dosage: Mix 5 drops 3-5x daily in water for 1-3 weeks.



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## PHASE 3. OVERCOMING CANDIDIASIS Duration: 6 weeks



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**Candisan:** A complete anti-fungal formula specifically created to combat candida overgrowth and restore the natural balance of candida. 11 natural ingredients including an advanced form of Caprylic acid, and other anti-fungal extracts including garlic, oregano, grapefruit seed, Pau d'arco... as well as suma, echinacea purpurea and selenium to reinforce the immune system and support detoxification.

Dosage: 2 capsules 3 times daily.



PRODUCT DATASHEET

**ProBoulardii Plus:** A complete formula to protect and restore intestinal flora during candidiasis treatment. Contains 11 beneficial strains including *S. boulardii*, *L. rhamnosus* R0011 and *helveticus* R0052 to relieve symptoms of candidiasis, reduce the pro-inflammatory response and protect the intestinal barrier.

Dosage: 1-2 capsules in the evening.



PRODUCT DATASHEET

**UltraProtect** (optional): When fighting a candida infection, antioxidant reserves are often depleted. UltraProtect stimulates the immune system to fight infection, protects the cells against free radicals and supports detoxification pathways. It consists of standardised plant extracts (green tea, curcumin, cayenne and black pepper), N-acetylcysteine, resveratrol and carotenoids (lycopene, astaxanthin and zeaxanthin).

Dosage: 1 capsule daily.

## PHASE 4. GUT HEALING Duration: 16 weeks



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Gut healing supplement programme:

	week 1-2	week 3-4	week 5-12	week 12-16
<b>L-Glutamine</b>	5 g daily	2.5 g daily		
<b>Lion's Mane</b>		1 capsule daily	1 capsule daily	
<b>ProBoulardii Plus or Human Biota*</b>			1 capsule daily (for 30 days)	
<b>Seabuckthorn Oil with Goji</b>				1 softgel daily

\* use Pro Boulardii Plus if there is chronic or recurrent candidiasis for prevention

\*\* use Human-Biota if re-occurrent infection is less likely.

**L-Glutamine** powder support digestion and mucosal immune function and provides an energy source for the cells that line the small intestine.

**Lion's Mane** helps regenerate the gastrointestinal mucosa and thus is beneficial for excessive intestinal permeability. This formula contains 40% polysaccharides... using hot water extraction it concentrates, guarantees and preserves the active compounds, leading to a higher final polysaccharide content.

**Seabuckthorn Oil with Goji** is a combination of omega-3-6-7 and 9. It is beneficial for reducing inflammation and repairing mucous

membranes including that of the GI tract. The goji seed oil is high in polysaccharides and antioxidant compounds, which can help with gastrointestinal function, sleep quality and even menstrual problems.

**Human-Biota\*\*** contains 12 beneficial strains of human origin (42 billion CFU). Specific strains are included to help restore mucosal integrity and barrier function and repopulate the flora of the entire intestinal tract.

**ProBoulardii Plus\*** is capable of neutralizing the effects of pathogenic bacteria and intestinal candidiasis. It reduces the pro-inflammatory response, protecting the intestinal

### INTAKE OVERVIEW

#### PHASE 1 - Supporting Elimination Channels 2-4 weeks

Clean up the diet, optimise digestion and bowel function, cleanse the liver and gallbladder, reduce stress and balance hormones, and support the lymphatic system.

#### PHASE 2 - Intestinal Cleansing 3 weeks

» Use **PsylliumPlus** OR **UltraPurifiant Cleanse**:

» **PsylliumPlus** - Mix 2-tsp (5g) 1x daily with 250ml of water, drink immediately and follow with a 2nd glass of liquid.

» **UltraPurifiant Cleanse** - Take 3-5 capsules twice daily before meals.

With either formula please drink plenty of water through-out the day.

Protecting and Restoring Beneficial Bacteria

» **ProBoulardii Plus** - 1-2 capsules in the evening (3 hrs away from the **PsylliumPlus** or **UltraPurifiant Cleanse**)

Biofilm disruptor (if required):

» **WildOregano Oil** - Mix 5 drops 3-5x daily in water for 1-3 weeks

» **Liver** - 1 capsule up to 3x daily prior to food.

#### PHASE 3 - Overcoming Candidiasis 6 weeks

» **Candisan** - 2 capsules 3 times daily before meals

» **ProBoulardii Plus** - 1-2 capsules in the evening

» **UltraProtect** (optional) - 1 capsule daily

#### PHASE 4 - Gut Healing 16 weeks

see table above

## CHILDREN'S PROGRAMME

**Instructions:** Commence the probiotics 2-weeks prior to starting the antifungals and continue taking the probiotics during the anti-fungal treatment for a further 6 weeks. Ensure you take the probiotics in the evening 2-3-hrs away from the antifungals



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### Children's Pro or ProBoulardii Plus (8 week period).

- » Children's Pro (< 6 years) - 2 rounded scoops (approx. 0,3 g) daily for 8 weeks (start 2wks prior to the antifungals).
- » ProBoulardii Plus (from 6 years+)- 1 capsule daily for 8 weeks (start 2wks prior to the antifungals)

### GrapefruitSeed Extract (6 week period)

- » 2-5 years, 1 drop 3x daily. Increasing to a max dosage 2 drops 3x daily.
- » 5-7 years: 3 drops 3x daily. Increasing to a max dosage of 6 drops 3x daily.
- » 7-14 years: 4 drops 3x daily. Increasing to a max dosage of 8 drops 3x daily.

**References:** 1. Timothy C, et al. Gastrointestinal Candidiasis: Fact or Fiction? Alternative Medicine Review. 1997; 2(5) // 2. Redondo L. La equinacea púrpura. Available at: www.fitoterapia.net // 3. James B. Applications of the Phytomedicine Echinacea purpurea. Journal of Biomedicine and Biotechnology. 2012 // 4. Jorge R. Lapacho. Revista de fitoterapia (Phytotherapy journal). 2000; 1 (2): 107-117. Available at: www.fitoterapia.net // 5. Pizzomo J, et al. Manual de medicina natural (Manual of natural medicine). 2009; 2: 116-121. // 6. David R. Medicina integrativa (Integrative medicine). 2009; 2: 261-266. // 7. Waidulla N, et al. Antimicrobial Activity of Grapefruit Seeds Extracts (In vitro Study). 2011; 11(2): 341-345. // 8. Pinello K, et al. Effects of Pfaffia paniculata (Brazilian ginseng) extract on macrophage activity. 2006; 1287 - 1292. // 9. Boyne, R, et al. The response of selenium deficient mice to Candida albicans infection. 1986; 116: 816-822.

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