

## CANDIDA PROGRAM

### Common Symptoms

- Frequent yeast, bladder or skin infections
- Chronic fungus such as athlete's foot or thrush
- Allergic reaction or increased sensitivities to foods or chemicals
- Bowel disorders
- Muscle pain, weakness, stiffness
- Fatigue

### Conventional Treatment

- Anti-fungal drugs
- Antibiotics

### M'Lis Program Highlights

- Body cleansing to eliminate accumulated toxins and wastes, restore the peristaltic action of the colon, and strengthen vital organs
- A yeast-free diet that will reduce the candida to a non-threatening level. Though every person has yeast in their bodies, natural defense systems generally keep the cells under control. However, poor nutrition or a sluggish or impaired immune system weakens the body's ability to fight off yeast. When this happens, yeast colonies grow rapidly and candida may result. Candida grows and lives on what you eat, and it is absolutely critical to eliminate this food source and strengthen the immune system to rid the body of this debilitating condition
- Nutritional supplementation to ensure immune system strength and healthy body function. M'Lis formulations that are specific to this program are a multivitamin / multimineral, essential fatty acids, and a friendly bacteria formulation to restrict the growth of yeast and infection, while assisting in digestion.

Candida is an over-infestation of yeast in the body. It invades the brain and every tissue of the body, and it grows and lives on what you eat. It makes your body crave what it needs, and rampages until you eat it. Many medications, such as steroid drugs, birth control pills, and antibiotics can increase the likelihood of a candida imbalance.

Drugs are not the answer for candida, and in fact can increase the severity of the problem. Often, when finishing a course of antibiotics or a steroid drug, a person experiences a yeast infection. Drugs that specifically address fungus or candida destroy some of the yeast, but those not destroyed begin to colonize and become more and more drug-resistant. In a stronger state, yeasts produce toxins that attack the body's defense system and destroy the friendly bacteria in the body so that there is no defense against the new, stronger fungus. "Solving" candida with drugs 'stuffs' the immediate discomfort, but causes the yeast to come back with increased strength and, over time, the yeast becomes a problem that affects every facet of life and health.

Through an effective balance of dietary changes, nutritional support, and the increase of friendly bacteria, yeasts can be brought under control within 60 days. In this short period of time, a new level of vitality and health will have been reached that can be maintained for a lifetime.