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3-Phase Candida Clinical Protocol

1 Page Guide

SUPPLEMENTS & DIET

→ Phase 1

- ✓ Canxida **Remove + Restore + Rebuild** Duration: 3 months
 - ✓ MEVY diet for 3-4 weeks
 - ✓ Elimination/Low Allergy diet 2-8 weeks
- ✓ Decrease **FODMAP foods** if having IBS symptoms and bloating for 2-8 weeks

→ Phase 2

- ✓ Canxida **Remove + Restore + ReCharge** Duration: 3 months
- ✓ **Re-introduction diet stage** (however long it takes to add foods back one at a time)

→ Phase 3

- ✓ **Decide whether to continue with Remove and Restore**, based on symptoms
 - ✓ Canxida **ReCharge indefinitely**
(microbiota/mitochondrial/immune/adrenal maintenance)
 - ✓ **Plant-focused, anti-inflammatory diet** long term
- ✓ **Avoiding food sensitivities and allergies** discovered in Phase 2

CONSIDERATIONS FOR FUNCTIONAL DIGESTIVE SUPPORT

- Bitters** - 5 to 10 drops on back of tongue 5-15 minutes before meals
- Fennel tea or tincture** (Supports peristalsis, gas and bloating)
- 5-10g/day psyllium husk** supplementation if dietary fiber is low
- Brassica and Allium family vegetables**; get 1+ servings daily of each
- Fermented foods** as tolerated; small amounts daily
- Omega-3** rich plants daily; small fatty fish 2-3x/week
- Organ meat** such as liver once a week

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3-Phase Candida Clinical Protocol + Expert Guidance

SUPPLEMENTS

Phase 1: 3 Months

Supplement: Canxida Remove (Anti-microbial/Anti-fungal)

Dose: 1 tablet for 3-4 days *with food*

Good Response: Increase to 1 tablet twice a day for 7 days

Poor Response/Aggravation: Decrease to ½ tablet a day for 3-4 days followed by ½ tablet a day increase every week.

Goal: 1-2 tablets 3x/day if diet is optimal. Possibly lower dose to 1 tablet 2x/day if still working on optimizing diet. Up to 6 tablets a day in split doses, reserved for patients with more severe symptoms. *Remain at the max dose for 1-2 months once reached.* Dose can be decreased to 1 tablet 2x/day for 2 weeks or dosing can stop for 1 week for a break, if needed. Restart dose can be the same, less, or more, depending on the individual needs of the patient. Plan on at least 3-6 months on this formula.

***Very sensitive patients:** Decrease dose until tolerated. ¼ or ½ tablet daily (typically not necessary), increase by doubling the dose in split increments every 3-5 days. Reduce if symptoms aggravate significantly and focus on Diet, Elimination Support and Oxidative Stress/Inflammation Balance for these patients. Note: some patients will do better with higher doses at the start to rapidly decrease candida species numbers.

Patient Guidance

Starting Dose (circle): ¼ tablet daily; ½ tablet daily; ½ tablet 2x/day; 1 tablet daily; 1 tablet 2x/day
Double Dose Every (circle): 3 days; 7 days; until you reach 1 tablet 3x/day; 2 tablets 3x/day



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SUPPLEMENTS

Phase 1: 3 Months



Supplement: Canxida Restore (Enzyme & Probiotic)

Dose: 1 capsule 2x/day; One with breakfast and *the other on an empty stomach before bed*

Goal: 2 capsules a day for 3-6 months minimum; dose can be increased up to 6 capsules daily as desired or is beneficial.



Supplement: Canxida Rebuild (Multivitamin/Herbal Combination)

Dose: 1 capsule 2x/day; One with breakfast and with dinner; Or 2 capsules once daily with food.

Goal: 2 capsules a day for at least 3 months. This will likely be the most long term supplement out of the 3 if not moving on to ReCharge in phase 2, although ReCharge is recommended.

Note: All 3 of these Canxida supplements are designed to be taken together in phase 1 for synergistic effects. If not taking all 3, *Remove and Restore are recommended at a minimum.* Adding Rebuild will support immune health, mitochondrial function, and adrenal fatigue/dysfunction. Each supplement is sustained release, which makes taking them with food ideal.

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SUPPLEMENTS

Phase 2: 3 Months



Supplement: Canxida Recharge (Systemic Renewal Fuel For Inflammation, Gut, Liver, Brain & Immune Support) + **Remove and Restore**

Dose: 1 scoop day with food (ReCharge); Doses of Remove and Restore can remain the same as phase 1 or be modified as needed.

Goal: This is designed as a long term multivitamin and natural energy supplement. It also supports healthy gut flora and intestinal barrier.

ReCharge contains many of the same vitamins and minerals as Rebuild. However, the doses vary considerably. Rebuild is designed to replete nutrient insufficiencies quickly, heal the gut lining, and get the adrenals and mitochondria function again - improving immune function and energy quickly. ReCharge is a maintenance formula with specific nutrients included to support bodily detoxification functions and long term gut health - preventing recurrence of dysbiosis and Intestinal permeability.

Phase 3: Indefinite

Supplements: Canxida ReCharge
(microbiota/mitochondrial/immune/adrenal maintenance)

Dose: 1 scoop day with food

Continue with Remove and Restore if symptoms aren't resolved or if they recur. Continued treatment with these is ideally based on comprehensive stool analysis or organic acids testing.

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DIET

Phase 1

There are many dietary approaches to Candida. There is no one right answer for everyone. Some diets are very restrictive, while others are relatively lenient. This approach is what has worked well for many clinically.

Consideration: If your patient has a very poor diet (i.e. a lot of sugar, snacks, fast food, etc.), it may be wise to have them do a 2 week/14 day elimination of refined carbohydrates, alcohol, and junk food in general. Have them eat whole foods as much as possible. This will give an initial decrease in the food sources available to the Candida and may help with die off reactions.

1 MEVY (Meat, Eggs, Vegetables, Yogurt): 2-4 weeks or more if it's going well

Purpose: This is a low-carbohydrate diet designed to restrict the preferred energy source of Candida species - **carbohydrates**. This diet will help decrease the number of fungi and also weaken them to antimicrobial treatment. While not in the name, some lower sugar fruits are ok in moderation if well tolerated. These can also help with sugar cravings. Ex. berries and citrus.

There is no set time for this diet. As folks feel better, getting to a broader range of foods is helpful. The goal is to have patients eating a whole foods, plant focused diet in the end.

Candida are very metabolically resilient. They can shift they're metabolism to utilize fats and amino acids, for example. **Diet alone is not likely to take care of Candida overgrowth in most symptomatic people without the support of supplementation.** Similarly, supplementation without the dietary changes can work, but the two are much more effective together.

Do the MEVY diet in conjunction with Canxida Remove *at the very least*. Ideally, **the entire Canxida supplement protocol should be used.**

Important: Yogurt must be plain. Avoid starchy vegetables for a couple of weeks (ex. Potatoes, Beans, Squashes, Carrots, Beets, etc.). A keto diet vegetable list may be helpful here. **Alcohol should always be avoided.**



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Phase 1

DIET

2 Low-allergy Phase: 2-8 weeks or more if needed

Purpose: Remove any potential food allergies or sensitivities and reintroduce them in phase 2.

Anything can be a food sensitivity or allergy. This phase of the diet focuses on the most common foods that are troublesome for people.

Foods to Consider Eliminating: dairy, citrus, pineapple, banana, soy, wheat & gluten grains, soy, potato, corn, and eggs.

Some of these will already be eliminated in the MEVY phase. IgG or other food sensitivity testing may help guide this phase, although those tests are often not accurate or replicatable.

Important: This can be done slowly if needed. The MEVY diet is already restrictive for most people. Some people need to eliminate only one or two food categories at a time. One food at a time will make this phase last longer but will also start to blend into phase 2 with a reintroduction then another elimination.

A food or food category should be eliminated for at least 2 weeks, ideally 4, before the reintroduction/rechallenge of the food in phase 3. **The most important factor is to completely avoid the food category.** There can't be any trace of the food during this phase in order to get a clear picture.

Other Potentially Problematic Food Categories to Consider Eliminating

Solanacea family - Tomatoes, Peppers,
Potatoes (not sweet potatoes or yams)

Legumes - Peas, Beans, Lentils, Peanuts, etc.

Grains - Rice, Wheat, Barley, Oats, Millet, etc.



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DIET

Phase 2

3 Food Reintroduction Phase: 2-8 weeks or more if needed

Purpose: Reintroduce a food group *one at a time* to watch for any adverse reactions.

Foods should be challenged/reintroduced in their purest form. Dairy = milk; wheat = wheat berries or basic whole wheat bread (not cheap store bought); soy = soybeans or tofu; etc.

Important: This may need to be slow. *Wait at least 2 days after each food reintroduction* to watch for reactions. The signs or symptoms could be anything. Common ones are headaches, brain fog, digestive upset, gas & bloating, achy joints or muscles, and skin breakouts of a variety of types. However, any susceptible body system can be effected. Especially if chronic, non-candida related symptoms have improved after the elimination phase, they will reappear here if caused by a food reaction.

If symptoms occur, this food needs to be avoided long term, as it is causing an immune reaction in the gut and potentially contributing to intestinal permeability and gut dysfunction.

Phase 3

Anti-Inflammatory Maintenance Phase:

Purpose: Continue with the whole foods, plant-focused, anti-inflammatory diet built upon over the last 3-6 months.

With healthy dietary habits formed and any food sensitivities or allergies discovered in phase 2, these habit should be continued long term to maintain health and avoid a relapse of digestive issues.

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CONSIDERATIONS FOR FUNCTIONAL DIGESTIVE SUPPORT

Bitters - 5 to 10 drops on back of tongue 5-15 minutes before meals

The bitter receptors are on the far back of the tongue. This area is innervated in part by the vagus nerve. Stimulating the bitter receptors stimulates the vagus nerve, which in turn stimulates gastric juices, peristalsis, and a general tonifying of digestive function. Ex. Gentian, Andrographis

Fennel tea or Tincture - 1-3 cups of tea a day or 1/2-1 dropperful of tincture 3x/day

The oils in fennel are carminative. This supports peristalsis while also relaxing the smooth muscle of the GI tract. This is a helpful remedy for IBS symptoms, gas and bloating.

Psyllium husk - 5-10g/day if dietary fiber is low

This supports detoxification, stool elimination, and a healthy microbiome.

Brassica family vegetables - 1+ servings daily

These support gut immune function and liver detoxification pathways.

Allium family vegetables - 1+ servings daily

These support liver health and balanced gut microbiota.

Fermented foods as tolerated; small amounts daily

Ex. sauerkraut, kefir, some pickles, etc. Easy to make at home and contain pre-, pro-, and post-biotics.

Omega-3 rich plants daily; small fatty fish 2-3x/week

Anti-inflammatory and necessary for resolution of chronic inflammation.

Organ meat such as liver once a week

A rich natural source of immune supportive vitamins and minerals.