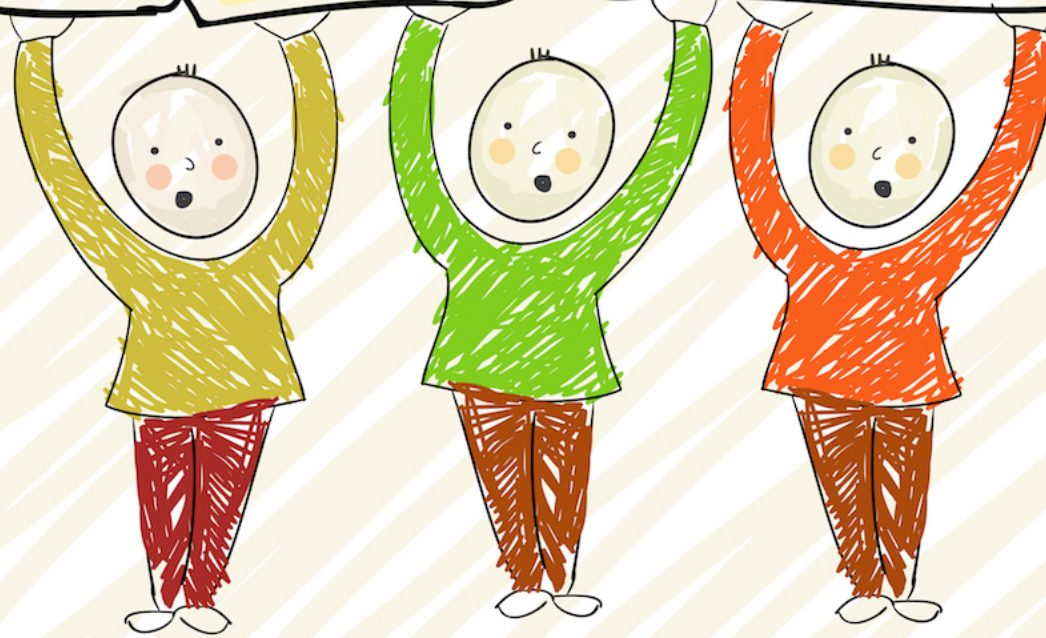


# *Candida Support*

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# HERBAL CANDIDA BLEND



## CANDIDA BLEND GUIDE

NATURAL SUPPORT  
BLEND OF CERTIFIED ORGANIC HERBS

[Purchase Kicking Candida](#)

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**Organic Herbal Candida Blend** is specially formulated to promote the balance of intestinal yeast and support digestive health. This powerfully effective Herbal Candida Blend is ideal to use during cleansing and ongoing maintenance. It is made from 100% freshly ground certified organic herbs and designed to promote a balanced intestinal environment.



## WHAT IS CANDIDA?

**Candida is a yeast organism** that thrives in environments that are moist and warm. Candida successfully survives in the cheeks of your mouth in your digestive system and your colon. Candida can also live on your skin. Candida is also known as thrush, yeast infection or fungal infection. There may not be obvious symptoms of infection and because of this Candida can go undiagnosed as you don't associate the symptoms with a fungal infection. Research estimates that as many as 70% of people have Candida overgrowth in their intestines. The good thing is that Candida can be easily managed with the right organic herbs.

Candida infestation can cause you to feel unwell and if not treated can spread throughout your body, this is known as a Candida overgrowth. Candida overgrowth can manifest internally or externally, on the skin and in and around the oral and vaginal cavities.

Internal Candida infection is very common, often left undiagnosed, and possibly the cause of many external infectious Candida conditions.

## ORGANIC HERBAL Candida Blend



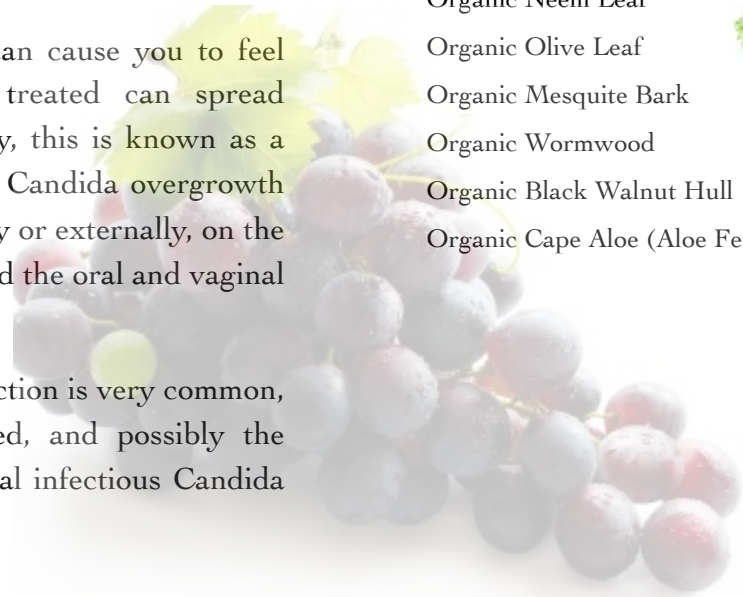
186 HERBAL CAPSULES

Recommended dosage: 2 capsules, 30 minutes before food, 3 times per day.

- Organic Clove
- Organic Red Grape Seed
- Organic Neem Leaf
- Organic Olive Leaf
- Organic Mesquite Bark
- Organic Wormwood
- Organic Black Walnut Hull
- Organic Cape Aloe (Aloe Ferox)



- Organic Garlic Bulb
- Organic Oregano
- Organic Pau D' Arco
- Organic Long Pepper
- Organic Rosemary
- Organic Thyme
- Organic Quassia Bark



The following influences may increase the risk of a Candida overgrowth:

- Eating meat that has had antibiotic treatments
- Over consumption of sugar
- Pregnancy
- Diabetes mellitus
- Immune disorders
- Mercury amalgam dental fillings
- Chlorine from drinking and bathing/ swimming water
- Parasite Infestation
- Diabetes mellitus
- Sexual intercourse with infected person



## HOW TO RECOGNISE SYMPTOMS OF CANDIDA

- Generally feeling unwell
- Lack of energy
- Blood Tests come back negative
- Common symptoms of Candida overgrowth
- Fungal skin infections like Jock Itch, ring worm or athletes foot
- White coated tongue / Oral thrush
- Food and chemical sensitivities
- Poor attention/memory
- Brain fog, poor concentration, feeling 'spacey'
- Irregular bowels; diarrhoea or constipation
- Chronic flatulence
- Stomach cramps worse with bowel movements
- Irritable Bowel Syndrome
- Heartburn or Indigestion
- Muscle weakness and joint pain
- Allergy symptoms
- Bad breathe
- Dry mouth
- Heightened fatigue
- Tired eyes fatigue



- Black spots in vision
- Frequent ear infections
- Feeling Irritable or mood up and down
- Headaches/migraines
- Dry and itchy skin
- Skin problems
- Urgency to urinate
- Repeated vaginal yeast infections,
- Persistent vaginal itching
- Irregular menstruation, endometriosis, PMS
- Poor sex drive
- Rectal itching
- White cotton wool like mucus in stools
- Symptoms worse after eating sugar
- Numb, burning or tingling sensations
- Fungal sinusitis
- Obsessive behaviours (sugar addiction)
- Sinus problems
- Symptoms worse after waking

## GIVING YOUR BODY A HELPING HAND

Many of the above symptoms are created by a yeast imbalance that puts a stress on the immune system. The result is that your body and your health will suffer, and may never be diagnosed as the cause of candida.

When you can stabilise and balance the yeast overgrowth it will make an enormous difference in the way that you feel. Our **Candida Herbal Blend** will help you back to feeling better.

### FRIENDLY BACTERIA

#### Good Bacteria

- Saccharomyces boulardii
- Lactobacillus gasseri
- Lactobacillus planetarium
- Lactobacillus rhamnosus
- Bifidobacterium infantis
- Lactobacillus salivarius
- Bifidobacterium bifidum
- Bifidobacterium longum
- Bifidobacterium lactis

We suggest a broad spectrum probiotic including these ingredients.

Take 2 twice daily for 2 months.

Obviously diet is very important when you are treating candida. There really is no point trying to eliminate Candida if you are not going to change your eating habits. This eBook is not covering a candida diet but we will list the foods that are best to avoid.

- Fruits & fruit juices even though natural the sugar feeds candida.
- Smoked meats & fish have additives, sulphites and sugar added to them.
- All alternatives sweeteners: Honey, agave, rice syrup, molasses and coconut sugar.
- Mould carrying foods like corn,, peanuts & pistachios.
- Beans & grains: High in carbohydrates and convert to sugar when digested.
- All Soy products.
- Dairy products: Unless it is fermented. Milk contains lactose, which is a sugar.
- Alcohol: Loaded with sugar, hard on the immune system.
- Mushrooms: Avoid eating fungi, but mushrooms are fine.
- Pickles/Fermented Foods: No - Even a diet high in beneficial fermented foods, like Kombucha, sauerkraut, and pickles, can feed Candida, causing an overgrowth.



## THE ORGANIC HERBS

### THE CANDIDA BLEND CAPSULES

The certified organic ingredients used in this candida blend have been specifically chosen for restoring stimulating and balancing your body.

#### **Neem** (*Azadirachta indica L.*)

Extensive research studies have shown that neem leaf is effective against Candida. Neem is effective in treating Candida infections because it contains nimbidol and adenine, whose anti-fungal effects have been shown in various studies. Neem extracts also boost the body's immune system and help combating candida infection.



#### **Quassia Bark** (*Quassia amara.*)

Quassia is a plant. The wood is used as in herbal medicine. Quassia is used for treating worm infestations. It is also known for its anti-fungal properties.

#### **Long Pepper** (*Piper longum L.*)

Cleanse the blood and increases digestion and reduces gas and bloating. Helps detoxify the body and kills parasites. It has anti-microbial properties. Benefits liver, gallbladder and spleen issues. Increases circulation. Increases fertility.



# Candida Herbal Blend Herbs

#### **Cloves** (*Syzygium aromaticum L.*)

The antiseptic properties in cloves kill Candida yeast, while at the same time boosting the immune system. Cloves kill fungi and inhibit further growth of Candida albicans.



#### **Pau D' Arco** (*Tabebuia impetiginosa L.*)

Is highly effective at repressing Candida and significantly reducing sugar cravings. Known for the anti-inflammatory, antibacterial, anti-fungal properties. It is used to treat ulcers, urinary tract infections, gastrointestinal problems, Candida and yeast infections, cancer, diabetes, constipation, and allergies.

#### **Olive Leaf** (*Olea europaea*)

Olive leaf extract is a natural anti-fungal. Olive leaf works by disrupting the cell walls of the Candida.

#### **Cape Aloe** (*Aloe Ferox L.*)

Modern research supports its effectiveness against Candida albicans and other fungal infections. Helps to kill parasites, harmful bacteria and fungi in the intestinal tract. Known to relieve bowel tension and helps to increase blood flow, aids the removal of toxins and dead tissue. Aloe may help balance the acid alkaline in the body.

#### **Black Walnut Hull** (*Juglans nigra. L.*)

Black Walnut husks were shown in studies to destroy Candida better than several commercial anti-fungal drugs. Black Walnut hull contains natural tannins that kill yeast, fungus and parasites.

#### **Garlic** (*Allium sativum L.*)

Garlic is a natural antiseptic that helps create an environment hostile to intestinal parasites. Garlic is also effective at eliminating Candida and enhancing the metabolic system. Garlic is good for flatulence.



#### **Wormwood** (*Artemisia absinthium L.*)

Wormwood capsules an anti-parasitic herb used for centuries as a digestive tonic. Wormwood is an excellent herb for candida in the bowels.

#### **Red Grape Seed** (*Vitis vinifera L.*)

Rich in powerful antioxidants and natural plant compounds called oligomeric proanthocyanidin. Made from ground grape seed and grape skin combined and is sourced from fresh, cold pressed certified bio-dynamic dark grapes after grape juice extraction.



# Herbs In Candida Blend

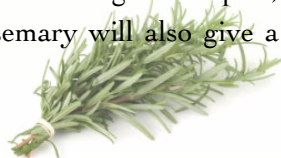


**Oregano** (*Origanum vulgare L.*)

Oregano is one of the most powerful natural anti-fungal. Not only is oregano an anti-fungal, it's also has antiviral, antibacterial and anti-inflammatory properties. Oregano is one of the best herbs when it comes to getting rid of candida.

**Rosemary** (*Rosmarinus officinalis L.*)

Rosemary is a well-established antioxidant, so we definitely wanted to include this wonderful Candida Herbal Blend. Fungal infections really don't like Rosemary and this includes candida. Rosemary among other healing properties is good for digestive upset, bloating, cramping. Rosemary will also give a boost to the adrenals.



**Thyme** (*Thymus vulgaris*)

Fenugreek helps sooth gastrointestinal inflammation by coating the lining of the stomach and intestinal tract. Fenugreek adds bulk to the stool. So, it is helpful to treat constipation and diarrhoea.



Mesquite Plant

**Mesquite** (*Prosopis glandulosa L.*)

Contains good quantities of calcium, magnesium, potassium, iron and zinc, and is rich in the amino acid lysine as well. Its low GI of 25 helps maintain stable blood sugar levels.

Mesquite powder also has some anti-fungal compounds that help to prevent and rid the body of fungal infections.



Mesquite Milled Powder

## Side Effects & Drug Reactions To Herbs

Possible known side effects and drug reaction associated with the ingredients of this colon cleanse. We have listed this for your information, however, the amount of herbs that are in our cleanses are unlikely to effect you. Consult your health practitioner before taking any herbs if you are on medication, or unsure.

### **Quassia Bark** (*Quassia amara*.)

Quassia is **LIKELY SAFE** when taken by mouth in food amounts. But quassia is **POSSIBLY UNSAFE** when taken by mouth in medicinal amounts. It can cause side effects such as irritation of the mouth throat, and digestive tract along with nausea and vomiting. In very large doses, it could cause abnormal heart function; however, most people throw up before they get a high enough dose to cause heart problems. Long-term use can cause vision changes and blindness.

Water pills (Diuretic drugs) interacts with QUASSIA and antacids interacts with Quassia might increase stomach acid. By increasing stomach acid, quassia might decrease the effectiveness of medications that are used to decrease stomach acid, called proton pump inhibitors.

Some medications that decrease stomach acid include omeprazole (Prilosec), lansoprazole (Prevacid), rabeprazole (Aciphex), pantoprazole (Protonix), and esomeprazole (Nexium).

### **Cloves** (*Syzygium aromaticum L.*)

Clove seems safe for most people when taken by mouth in food amounts. Not enough is known about the safety of taking clove by mouth in larger medicinal amounts. Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with CLOVE

Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others),

dalteparin (Fragmin), enoxaparin (Lovenox), heparin, warfarin (Coumadin), and others.

### **Pau D' Arco** (*Tabebuia impetiginosa L.*)

Pau d'arco is **POSSIBLY UNSAFE** when taken by mouth in typical doses. Talk with your healthcare provider before you decide to take it. Pau d'arco is **LIKELY UNSAFE** when taken by mouth in high doses. High doses can cause severe nausea, vomiting, diarrhea, dizziness, and internal bleeding.

**Bleeding disorders:** Pau d'arco can delay clotting and might interfere with treatment in people with bleeding disorders.

**Surgery:** Pau d'arco might slow blood clotting and could increase the chance of bleeding during and after surgery. Stop using it at least 2 weeks before a scheduled surgery.

**Medications that slow blood clotting** (Anticoagulant / Antiplatelet drugs) interacts with PAU D'ARCO Check with your doctor before taking if you are on medication.

Pau d'arco might slow blood clotting. Taking pau d'arco along with medications that also slow clotting might increase the chances of bruising and bleeding.

### **Cape Aloe** (*Aloe Ferox L.*)

**Diabetes:** Some research suggests that aloe might lower blood sugar. If you take aloe by mouth and you have diabetes, monitor your blood sugar levels closely.

### **Black Walnut Hull** (*Juglans nigra. L.*)

Black walnut is **POSSIBLY SAFE** for most people when taken by mouth short-term. It is not

known what the possible side effects from short-term use might be.

### **Wormwood** (*Artemisia absinthium L.*)

Medications used to prevent seizures (Anticonvulsants) interacts with WORMWOOD Medications used to prevent seizures affect chemicals in the brain. Wormwood may also affect chemicals in the brain. By affecting chemicals in the brain, wormwood may decrease the effectiveness of medications used to prevent seizures.

Some medications used to prevent seizures include phenobarbital, primidone (Mysoline), valproic acid (Depakene), gabapentin (Neurontin), carbamazepine (Tegretol), phenytoin (Dilantin), and others.

### **Red Grape Seed** (*Vitis vinifera L.*)

Grape is **POSSIBLY SAFE** when taken by mouth in medicinal amounts.

Medications changed by the liver (Cytochrome P450 1A2 (CYP1A2) substrates) interacts with GRAPE. Phenacetin interacts with GRAPE. Warfarin (Coumadin) is used to slow blood clotting. Grape seed might also slow blood clotting. Taking grape seed along with warfarin (Coumadin) might increase the chances of bruising and bleeding. Be sure to have your blood checked regularly. The dose of your warfarin (Coumadin) might need to be changed.



# Herbs - possible side effect and drug reaction

## **Neem** (*Azadirachta indica L.*)

Neem is **POSSIBLY SAFE** for most adults when taken by mouth for up to 10 weeks. When neem is taken in large doses or for long periods of time, it is **POSSIBLY UNSAFE**. It might harm the kidneys and liver.

Neem might have an effect like a water pill or "diuretic." Taking neem might decrease how well the body gets rid of lithium. This could increase how much lithium is in the body and result in serious side effects. Talk with your healthcare provider before using this product if you are taking lithium. Your lithium dose might need to be changed. Medications for diabetes (Antidiabetes drugs) interacts with NEEM.

## **Long Pepper** (*Piper longum L.*)

There isn't enough information to know if Indian long pepper is safe for use as a medicine. Special Precautions & Warnings: pregnancy and breast-feeding: Not enough is known about the use of Indian long pepper during pregnancy and breast-feeding. Stay on the safe side and avoid use.

## **Oregano** (*Origanum vulgare L.*)

Oregano leaf is **LIKELY SAFE** when taken in the amounts found in food and **POSSIBLY SAFE** when taken by mouth or applied to the

skin in medicinal amounts. Mild side effects include stomach upset. Oregano might also cause an allergic reaction in people who have an allergy to plants in the Lamiaceae family.

### **Lithium interacts with OREGANO**

Oregano might have an effect like a water pill or "diuretic." Taking oregano might decrease how well the body gets rid of lithium. This could increase how much lithium is in the body and result in serious side effects. Talk with your healthcare provider before using this product if you are taking lithium. Your lithium dose might need to be changed.

## **Apple Pectin** (*Malus pumila*)

In a study where patients received modified citrus pectin, some experienced mild abdominal cramping and diarrhoea, as with ingesting any fibre temporary gas and bloating can occur. Drug reaction - Antibiotics (Tetracycline antibiotics) interacts with pectin. Finish a course of antibiotics before stating a cleanse that includes pectin.

## **Psyllium Husk** (*Plantago psyllium*) See Page 12

## **Slippery Elm** (*Ulmus Fulva*)

There are no known side effects that have been found with slippery elm. There are no indications that slippery elm interacts with other drugs. However, slippery elm may possibly slow down the absorption of other medications, so it should be taken at least 2 hours before or after other medications. Seek qualified supervision if

prescribed medications are being used as well. Even though slippery elm is not considered to have any side effects, it has not been tested for reactions against many common medications. Neither have most herbs.

It is unlikely that you will suffer any of the side effects associated with the herbs we use in our cleanses. We have covered the known side effects for your information and with your wellbeing in mind. If in doubt please consult your healthcare practitioner or healthcare provider before you take any herbs. Kultured Wellness will not be held responsible for the improper ingestion of any of our cleanses. Please read our disclaimer.



# Disclaimer

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## **PLEASE READ THE FOLLOWING CAREFULLY**

Statements and information regarding our herbal products are not intended to diagnose, treat, cure or prevent any disease or health condition. The contents of this brochure should not be used as a substitute for seeking independent professional advice.

All the information here can be found in abundance on the internet. All herbs are organic and meet the Australian organic standards. Incorrect self-diagnosis can be harmful to your health. Should you have symptoms that persist, consult your GP or healthcare professional.

## **SUITABILITY**

Candid Blend is not suitable:

If you are pregnant or breast-feeding.

Please contact us if you have any questions:

All information on uses and properties included in this e-book has been gathered from reputable sources and is purely for educational and informational purposes only. We are unable to provide you with medical advice, personal dosage information. Potential drug/herb reactions are listed, but you must do your own research about each herb, especially if you are taking prescribed medication. We are not licensed medical practitioners, pharmacists, or researchers. We are unable to answer your health related questions by way of email.

The information provided is not presented with the intention of diagnosing any disease or condition or prescribing any herbs as treatment. All the information is offered purely as information only and for use in the maintenance and promotion of good health.

Always consult your medical practitioner or health care practitioner if you have any doubts. Doing the colon cleanse is the sole decision and responsibility of the user.

No guarantee is expressed or implied regarding the results that may be obtained from taking Candida Blend Herbs used in our capsules and cleanses are certified organic, never sprayed and grown in accordance with organic standards.

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