

## **CANDIDA TREATMENT**

### **R1- REMOVE THE ORGANISM**

1) **STARVE IT** by following the list of foods on the Anti-Candida Diet sheet.

### **2) ACTIVELY DESTROY IT**

- **CANDIBACTIN B/R** 1 pills twice a day

**R2- REINOCULATE** missing “friendly” bacteria to help prevent overgrowth of Candida

- **PROBIOTICS.** “lactobacillus acidophilus/bifidus“. These are found normally in a healthy digestive tract and vagina.

### **R3- REPLACE**

- **Apple cider vinegar** 2 tsp in a little water before breakfast
- **Digestive enzymes** dependent on your symptoms

### **R4- REPAIR:**

- **DGL - DEGLYCERINATED LICORICE** (aids in repair of the digestive tract) 1 pill twice a day

In some cases, you have to eliminate more foods dependent on how significant your food allergies are. We will discuss this at the follow-up visit.

For further information go to our website: [www.jakobjaggy.com](http://www.jakobjaggy.com) look under lectures series