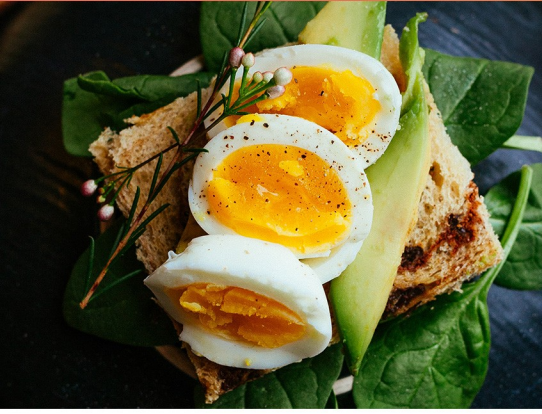


21 Days Will Change Your Gut Health Forever!



21-DAYS To Fix Your GUT HEALTH

**A Step-By-Step Guide to Healing Your Gut of Candida,
Leaky Gut, IBS, & Almost Any Other Digestive Problem**



By CanXida Health
Creators of the CanXida Line of Supplements

Table of Contents

INTRODUCTION.....	3
DAY 1 – Get Your Kitchen & Pantry Ready.....	5
DAY 2 – Cut Out All the Alcohol & Reduce Caffeine Intake.....	7
DAY 3 – Start Setting Time Aside Each Day to De-stress.....	8
DAY 4 – Re-evaluate Your Supplement & Pharmaceutical Drug Intake.....	9
DAY 5 – Schedule to Have a Comprehensive Stool Analysis Done.....	13
DAY 6 – Get a Broad Spectrum Gut Cleansing Formula.....	16
DAY 7 – Start a Food & Symptom Tracking Journal.....	22
DAY 8 – Learning About the MEVY Diet.....	24
DAY 9 – How to Grocery Shop For Gut Healing Foods.....	27
DAY 10 – How to Cook to Restore Your Gut Health.....	29
DAY 11 – Hunting For the Ultimate Gut Restoring Yogurt.....	30
DAY 12 – Get a High Quality Probiotic + Enzyme Formula.....	33
DAY 13 – Add 5 of These Gut Cleansing Herbs & Spices to Your Diet.....	42
DAY 14 – Visit a Farmers Market.....	45
DAY 15 – Remove the High Allergy Foods.....	46
DAY 16 – Start Eating Beans & Pulses Every Day.....	49
DAY 17 – Get Rid of Your Sugar Cravings Once & For All.....	51
DAY 18 – Change the Type of Water You Drink.....	53
DAY 19 – Switch to Wheat-Free, Gluten-Free, Yeast-Free & Sugar-Free Breads and Grains.....	54
DAY 20 – Add More Raw Foods Into Your Diet.....	56
DAY 21 – How to Get Rid of Chronic Fatigue & Any Final Symptoms & Prevent Your Gut Problems From Coming Back.....	58
CONCLUSION.....	68



INTRODUCTION

Thank you for buying the CanXida **21 Days to Fix Your Gut Health** ebook guide.

To get the maximum benefit from this guide, please [subscribe to our newsletter](#) if you haven't yet & [check your email inbox](#) for additional advice we send every week. We've got a lot to teach you about improving your gut health & want to do all we can to help.

This ebook is broken up into 3 parts each lasting 7 days.

Day 1 to 7 – The Big Cleanup

Day 8 to 14 – The MEVY Diet

Day 15 to 21 – The Low Allergy Diet

Go at your own pace. It's not necessary to complete each part in 7 days. In fact, we usually tell people to spend at least **14 days** in the Big Cleanup and 2 to 6 weeks in the MEVY Diet stage.

We've packed this free guide with as many resources as possible. Inside you'll find links to YouTube videos, free recipe guides, supplement recommendations and more.

Should you have any questions concerning how to rid your gut of yeast, bad bacteria, parasites or any other gut related issue, do a search on our **YouTube channel**.

We've got over 2000 videos with more added every month. Should you have any questions not addressed in one of our YouTube videos, reach out to us. **We'll forward your questions to our in-house naturopath / nutritionist and have them write you a personalized response.**

This service is **free of charge** and is an additional thank you for buying this guide.

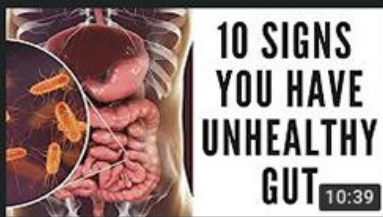
Please note that in order to help everyone, our in-house expert can only write one personal response per person.

Our YouTube channel was originally started in 2013 so regular people could get the same knowledge our experts use to teach their **gut disorder patients** (without having to pay for visits).

The channel was originally exclusively about Candida but has since expanded into **virtually every other gut health related issue** (IBS, Leaky Gut, Parasites, SIBO, etc) and we plan to continue expanding it to cover many other health related issues.

Why do we give away so much information for free? Because **we like to see people recover**. It's fantastic and the best part of our job. So make sure you use this resource whenever you're uncertain about something. You can visit our channel by clicking on the link on the next page.

~CanXida Customer Care Team



10 Signs You Have Unhealthy Gut - Common Gut Problems That May Affect Your Overall Health

• 3.9K views • 1 year ago

Download my free candida report here <https://bit.ly/2Qr69Iv> Greetings, It's the naturopath from New Zealand. Thank you for checking out my video. Let's talk about the 10 signs...

CC



Is Zinc Carnosine Good For Gut And Stomach Issues?

• 13K views • 3 years ago

Download my free candida report here <https://bit.ly/2Qr69Iv> Hi there, I got lots of questions. I've always got from subscribers and different people, preferably subscribers. Is...

CC



Leaky Gut Syndrome: Most Comprehensive Leaky Gut Playlist Includes Leaky Gut Causes, Symptoms, Diet & Treatment

Leaky Gut Syndrome: Causes, Symptoms, Risk Factors & How To Reverse Leaky Gut
Best Diet Approach To Cure Leaky Gut Syndrome

[VIEW FULL PLAYLIST](#)



Best Dietary Changes You Can Make To Boost Gut Health | Ask Eric Bakker

• 15K views • 3 years ago

* FREE RESOURCES: Download my free candida report here (includes the Ultimate Candida Diet Shopping List Printable and the Candida Symptom Tracker): <https://candida.yeastinfection.org/get-your-free...>

CC



10 Foods That Increase Gut Flora

• 6.7K views • 1 year ago

Download my free candida report here <https://bit.ly/2Qr69Iv> Greetings, It's the naturopath from New Zealand. Thanks for coming back and checking out my video. I've made several...

CC



Signs You Have Slow Digestion Or Slow Gut Motility - How To Tell You Have Slow Gut Motility

• 6.8K views • 2 years ago

Learn the exact anti-candida protocol I've successfully used on over 60,000 patients at my New Zealand Clinic & via Skype (wipes out all yeast, bad bacteria & parasites & keeps them from coming...



What Low Carb Diets Can Do To Your Gut Health

• 2.5K views • 2 years ago

Tired of diets failing to make you lose weight again and again? Learn how to transform your metabolism by cleaning up your gut. Get my free PDF "7 Diets That Won't Work Until You Fix Your Gut"...

CC

> [Click Here To Visit Our YouTube Channel](#) <



DAY 1 – Get Your Kitchen & Pantry Ready

This may sound odd but **you'll likely need to get rid of a lot of the foods in your kitchen** pantry before you embark on the journey of restoring your gut health.

This is particularly true if you've got a Candida infection, SIBO (Small Intestinal Bacteria Overgrowth), Irritable Bowel Syndrome (IBS), inflammatory bowel syndrome, skin issues like eczema, persistent diarrhea or constipation, the list goes on and on. . .

The sicker your gut is, the more **CRITICAL** it is that you do this step.

The best thing to do is grab a big bag and fill it with all the foods that have been sitting in jars or bottles in your fridge. If you haven't looked at or touched them for a long time, they **NEED** to go.

Get rid of sauces, syrups, jams, etc. All these tend to be stored for long periods & develop mold.

Even if you can't visibly see any mold, don't take any chances. **Throw it away.**

In a few weeks from now, we hope your refrigerator will look more like the image below.



Next you want to get rid of anything containing white sugar, high fructose corn syrup, and especially artificial sweeteners because these will prevent your recovery like nothing else.

You need to give the candy away, the ice cream, the cookies.

All that stuff needs to go. That way you won't be tempted by it later.

Same goes for highly processed foods like potato chips, microwave meals, deli meats, pastries, etc. Give it away to a neighbor or friend or just throw it in the trash.

This first step is **CRUCIAL** because **these are all the foods that bad bacteria, yeast and parasites thrive on**. By removing these foods from the diet, we take away their food source.

This leaves them weakened & far easier to get rid of later.

If you can't do this & wish to continue eating these foods (even in small amounts) for the next 21 days, you may as well stop reading this ebook now. It's that important.



Do this over a period of a few days if you must, but get it done.

Here's a short list of foods to avoid for the next 21 days:

- Soda drinks
- Chocolate (even unsweetened or 100% cacao)
- Ice cream
- Sweets or candy
- Biscuits or cookies
- Donuts, muffins or cakes
- Pastries
- White breads
- Chips
- Pizza, fried chicken & any take-out foods
- Nutella, peanut butter, jam or spreads (unless you make them yourself)

For more information about the **Big Cleanup**, click the video link below:



What Is The Big Clean Up?

<https://www.youtube.com/watch?v=h-Q-JSsHC7M>



DAY 2 – Cut Out All the Alcohol & Reduce Caffeine Intake

If you're serious about cleaning your gut of pathogens & getting your digestion working normally again, you need to make a commitment to give up alcohol for **at least 3 months**.

As with the Big Clean Up, if you can't do this & temporarily give up alcohol then you need to stop reading this page right now because you're not going to heal your gut.

Alcohol has a very powerful effect on your gut microbiota.

If you don't give up alcohol you're not going to recover. It doesn't matter what any doctor says because our staff have been seeing patients for decades years and this is a CONSTANT pattern.

The people who aren't committed to cutting out alcohol entirely for the duration of their treatment don't fully recover. It doesn't matter if it's just one glass of wine or one beer on the weekends – it has to go. The same goes for caffeine but to a lesser extent.

One cup of coffee or tea in the morning is fine for most people, but make sure you limit it to one.



Will Alcohol Affect My Gut Health?

<https://www.youtube.com/watch?v=7NRzRLSe1Rc>



DAY 3 – Start Setting Time Aside Each Day to De-stress

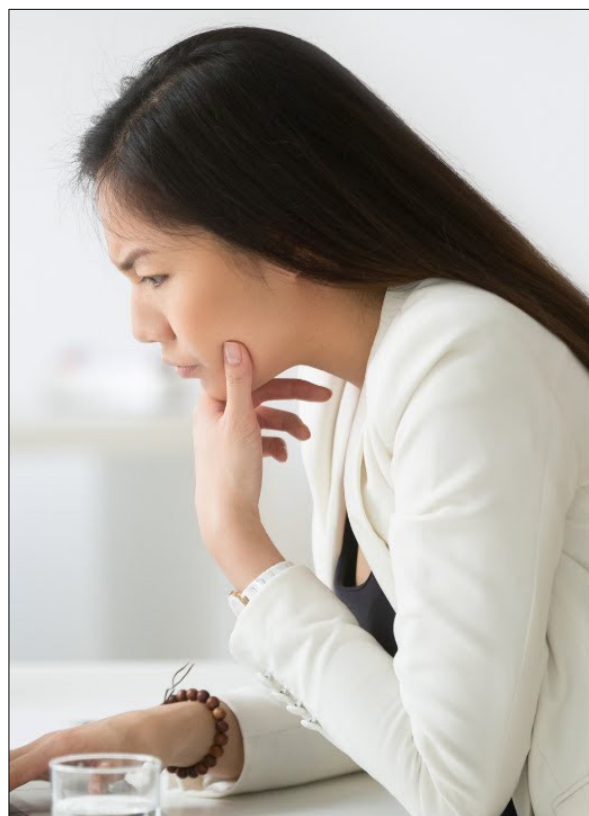
If you're really sick and barely functioning, you may need to some time off work. This isn't necessary & only you can decide if you need to do this.

You should at the very least increase your so-called "**leisure time**" or "relaxation time" – even if it's just 30 minutes a day. This isn't some nonsense mental health fluff. Leisure time activates what's called the **parasympathetic nervous system**.

This is what **heals and rebuilds your body** & helps you cleanse. You also need to start paying more attention to your sleeping habits because this system is most active when you sleep.

If you've been suffering with digestion problems for a while I'm sure you've noticed how **stress affects your bowel movements** & how you get symptoms at the worst possible times.

This is because the automatic nervous system that controls digestion and gut mobility very easily gets screwed up with stress. Stress also causes inflammation of the gastrointestinal system & can make your digestion shut down. That's NOT the state you want to be in if you want to heal.



**DOES CANDIDA
COME BACK WITH
STRESS EVEN IF
YOUR DIET IS
PERFECT?**

canxida

Does Candida Come Back With Stress Even If Your Diet Is Perfect?

<https://www.youtube.com/watch?v=oFa6fKIDRjc>



DAY 4 – Re-evaluate Your Supplement & Pharmaceutical Drug Intake

As you're likely well aware, there's lots of supplements out there that claim to be beneficial for gut health. Some people think you need to take loads of stuff to fix your gut (like 20 pills a day!).

But the truth is, **you only need 3 supplements to heal your gut.**

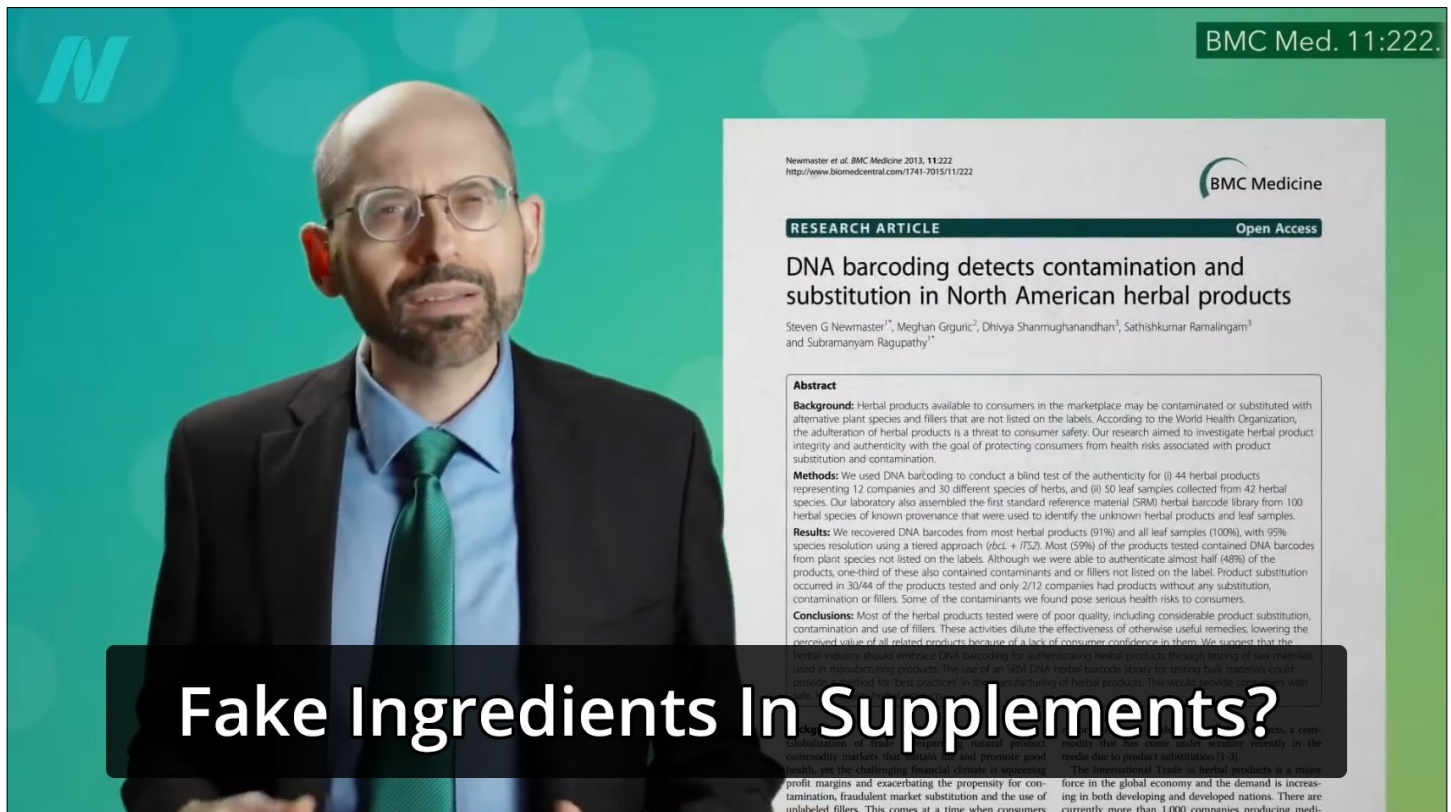
If you've been sick for a while, chances are you've accumulated quite a few supplements over the years. This is all too common & yet most of them don't seem to do much (right?). We've yet to meet someone who takes a dozen or more supplements a day and feels amazing.

If you're taking loads of supplements, you may want to stop and re-evaluate your strategy.

Most gut health supplements these days are trash.

They're put together by marketers. They aren't put together by anyone with experience treating patients with gut disorders. They're released by companies that have 200 other products and pay lip service to making a gut cleanse formula or a probiotic.

Many supplements these days are filled with **fake ingredients.**



BMC Med. 11:222.

Newmaster et al. BMC Medicine 2013, 11:222
<http://www.biomedcentral.com/1741-7015/11/222>

RESEARCH ARTICLE **Open Access**

DNA barcoding detects contamination and substitution in North American herbal products

Steven G Newmaster^{1*}, Meghan Grguric², Dhivya Shanmuganandhan¹, Sathishkumar Ramalingam³ and Subramanyam Ragupathi¹

Abstract

Background: Herbal products available to consumers in the marketplace may be contaminated or substituted with alternative plant species and fillers that are not listed on the labels. According to the World Health Organization, the adulteration of herbal products is a threat to consumer safety. Our research aimed to investigate herbal product integrity and authenticity with the goal of protecting consumers from health risks associated with product substitution and contamination.

Methods: We used DNA barcoding to conduct a blind test of the authenticity for (i) 44 herbal products representing 12 companies and 30 different species of herbs, and (ii) 50 leaf samples collected from 42 herbal species. Our laboratory also assembled the first standard reference material (SRM) herbal barcode library from 100 herbal species of known provenance that were used to identify the unknown herbal products and leaf samples.

Results: We recovered DNA barcodes from most herbal products (91%) and all leaf samples (100%), with 95% species resolution using a tiered approach (tbl. 1 + ITS2). Most (59%) of the products tested contained DNA barcodes from plant species not listed on the labels. Although we were able to authenticate almost half (48%) of the products, one-third of these also contained contaminants or fillers not listed on the label. Product substitution occurred in 30/44 of the products tested and only 2/12 companies had products without any substitution, contamination or fillers. Some of the contaminants we found pose serious health risks to consumers.

Conclusions: Most of the herbal products tested were of poor quality, including considerable product substitution, contamination and use of fillers. These activities dilute the effectiveness of otherwise useful remedies, lowering the perceived value of all related products because of a lack of consumer confidence in them. We suggest that the use of an SRM DNA herbal barcode library for testing bulk materials could provide a method for best practice in the manufacturing of herbal products. This would provide consumers with a means to verify the authenticity of their products, a commodity market that has come under scrutiny recently in the media due to product substitution (1, 3).

The International Trade in Herbal products is a major force in the global economy and the demand is increasing in both developing and developed nations. There are currently more than 1,000 companies producing medi-

Fake Ingredients In Supplements?

<https://youtu.be/F9EXAmP-XZw&t=1m34s>



This isn't our opinion. It's a fact. Back in 2015, the New York Attorney General Office conducted 390 tests on a wide range of supplements. They gathered bottles from the shelves of 4 major retail stores.

These were **GNC, Target, Walmart and Walgreens**. They then sent the bottles over to a lab and DNA tested every tablet to see if the ingredients matched the label. And guess what they found.

Only 21% of the products actually had the herbs advertised on the bottle.

79% didn't contain **ANY** of the herbs and were just full of junk like rice powder and wheat!

Here's a screenshot of an article from CBS News reporting on it:

The investigation found supplements, including echinacea, ginseng, St. John's wort, garlic, ginkgo biloba and saw palmetto, were contaminated with substances including rice, beans, pine, citrus, asparagus, primrose, wheat, houseplant and wild carrot. In many cases, unlisted contaminants were the only plant material found in the product samples.

The retailer with the poorest showing was Walmart, where only 4 percent of the products tested showed DNA from the plants listed on the labels.

And it gets worse. . .

One survey done by the FDA found 68% of the supplements tested **didn't even have the MAIN INGREDIENT** advertised on the bottle. For example, one "St. John's Wort" supplement contained nothing but "senna," a laxative that can cause anal blistering.

Imagine taking something like that when you've already got a gut problem.

This is why it's best **avoid generic brand supplements from places like Amazon or iHerb.**

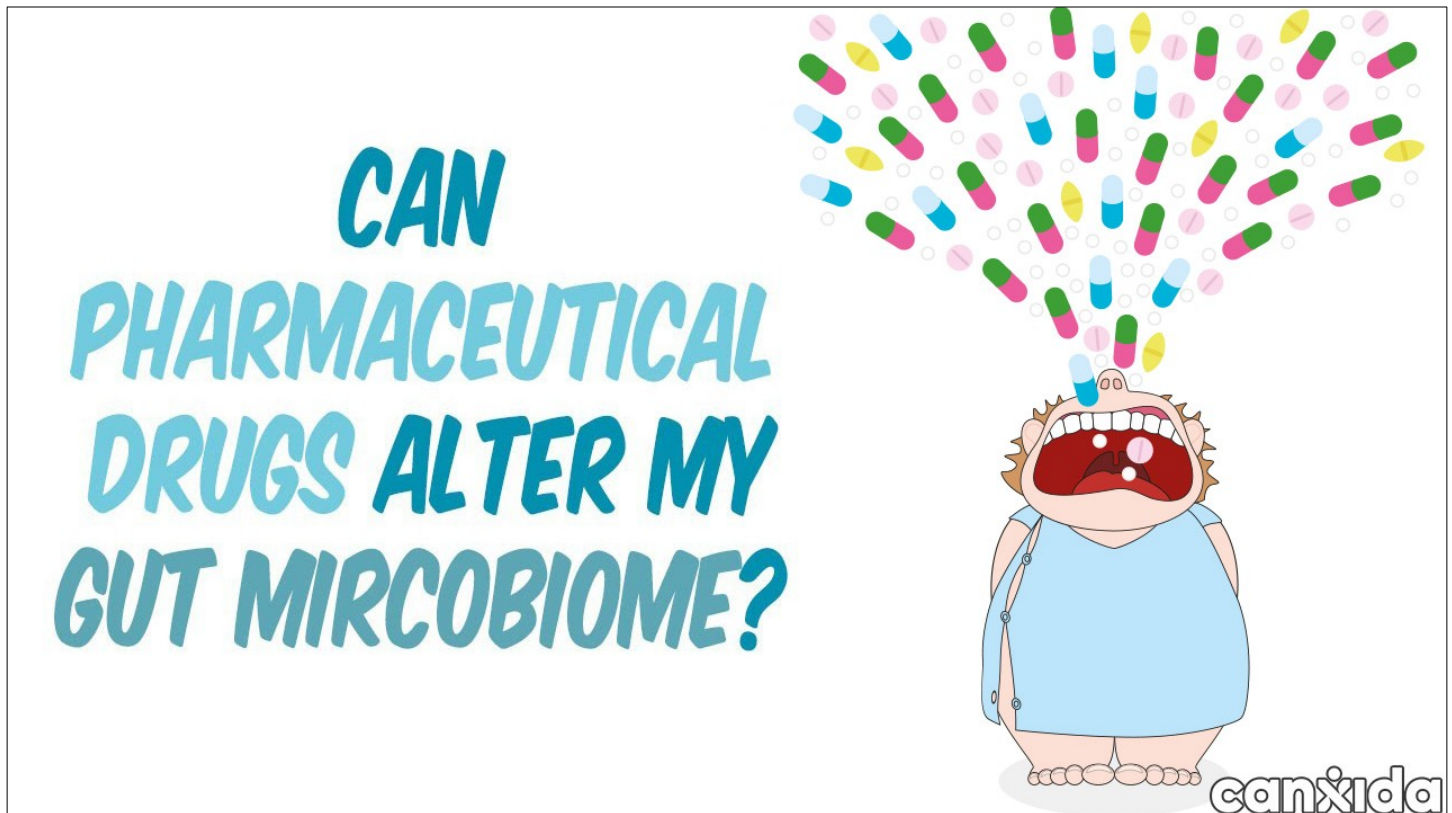
The way you find good supplements is by asking "Where did this product come from? Where did the company get the raw materials? What kind of research has gone into this product?"

"Did the ingredients come from China?"

"Was the product formulated by a person who's an expert on it? Has it been tested and proven to work for your specific problem? Do they provide extensive education about dosage or the best way to use that product?"



Our CanXida formulas were put together by a naturopath who spent **over 30 years** working with gut disorder patients. That's why they work.



Can Pharmaceutical Drugs Alter My Gut Microbiome?

<https://www.youtube.com/watch?v=V555rn3QqXI>

In addition to re-evaluating your supplement intake, **take a closer look at any pharmaceutical medications** you're taking.

By now you probably know **antibiotic medications trash your gut health**. But there's more to it.

There was an interesting study published in 2018 from the European Molecular Biology Laboratory in Heidelberg, Germany.

The doctors there **tested 835 drugs on 40 common strains of beneficial gut bacteria**.

These drugs weren't classified as antibiotic medications. Yet about 25% of them stopped the growth of at least one strain of good bacteria. About 5% stopped the growth of 10 good bacteria strains or more.

The authors also found that patients taking non-antibiotic drugs often have side effects similar to people taking antibiotics.





Any kind pharmaceutical drug you take on a daily basis is going to undermine your gut function in some way.

That's why we strongly recommend you take a closer look at this if improving your gut is important to you.

If you've been told by a doctor you need to take pharmaceutical drugs every day for the rest of your life, talk to another doctor or find someone who can take you off this stuff.

There's almost always an alternative that doesn't wreck your gut.

To learn more about what specific drugs damage the gut, watch the video below.



How Drugs Damage Your Intestinal Microflora

canxida

How Drugs Damage Your Intestinal Microflora

<https://www.youtube.com/watch?v=gcN7S9C6H0Y>



DAY 5 – Schedule to Have a Comprehensive Stool Analysis Done

This step is **optional** but **HIGHLY** recommended if your symptoms are severe.

If you've been suffering from a gut problem for a long time you probably feel like you've taken every darn test on the planet. You've had blood tests, ultrasounds, & maybe even a colonoscopy & endoscopy or allergy tests.

And when many of these tests came back with nothing the GI specialist sent you back to the medical doctor **who then probably said you had IBS** or kicked you over to the psychiatrist because they thought you were “imagining” things happening in your digestive system that the doctor couldn't find.

This pattern is all too common. . .

IBS (Irritable Bowel Syndrome) is a **garbage-can diagnosis**. It's where doctors lump you into when they have **NO IDEA** what the heck is wrong.



Why Is IBS A Garbage Can Diagnosis?

<https://www.youtube.com/watch?v=F7Unn6Q5EFY>



What they should have done is given you a CDSA stool test.

It's amazing how often people write to us saying they've been to a dozen or more doctors or "gut specialists" & **NEVER** had a CDSA x3 (stands for **Comprehensive Digestive Stool Analysis** w/ Parasitology, 3 samples) test performed or even heard of one!

A CDSA test is different from a colonoscopy or a smear test. A lot of these tests just look at the macro level. They look for problems you can see with the naked eye.

A CDSA looks at what's going on in your gut at the microscopic level.



Is Comprehensive Stool Analysis Testing Worth It?

<https://www.youtube.com/watch?v=JOspDcp1cOk>

This is the least invasive, **most advanced test** you can do for the gut.

It's going to tell the levels of beneficial bacteria like Lactobacillus and Bifida you have, the levels of bad bacteria, their species, if you've got yeasts or parasites, & a whole lot more.

What you're most likely going to find is a lack of beneficial bacteria. Over 60% of stool tests from gut disorder patients these days come back with almost no beneficial bacteria at all. The lab couldn't culture them and they couldn't find them.



This is especially true in patients who suffer with **chronic fatigue syndrome**.

So if you've had a digestive problem for a long time & you really want to find out what's causing it, and you're sick of going from doctor to doctor to doctor, with everybody giving you antibiotics, anti-depressants, sleeping pills, naturopathic pills or whatever pills they keep giving you, you need to get a stool test done.

Most people with gut disorders who do a stool test find out they've got **imbalances across the board**. They've got poor levels of beneficial bacteria.

Many will have fungal or yeast issues. Others will have a microscopic parasite like blastocystis hominis. Normally your good bacteria would eradicate these nasty bugs before they could gain a foothold.

That's why our **CanXida Remove** formula targets a broad spectrum of problems and not just one.

CanXida is our advanced cleaning formula with a wide band anti-microbial, anti-parasite, anti-fungal action. **That way it targets & wipes out all the "bad guys" AT ONCE.**

You can learn more about it in Day 6.



DAY 6 – Get a Broad Spectrum Gut Cleansing Formula

Whether you do this now or later in the program is up to you.

Ideally you want to start taking a gut cleansing supplement at the same time you switch over to a diet more conducive to gut health (such as the MEVY Diet, which we'll talk about later).

You don't need to take supplements. You can heal your gut with diet and lifestyle alone. But it's hard. **REAL HARD.**

It doesn't happen in the vast majority of cases.

You may be able to lower your amount of yeast or bad bacteria but to truly clean up the gut you need high doses of what we call **"powerful agents"** over & above the diet.

Things like allicin, eugenol, biotin & more.

You'd have to go on a hardcore diet to get adequate doses of compounds from food. So hardcore you'd irritate your digestive system (and likely mess up your microbiome too).

You'd throw your beneficial bacteria off balance & start to get problems.

Diet alone doesn't work. Neither do supplements alone.

Our staff has seen patients eat the most amazing diets.

Stuff like ten cloves of garlic plus big chunks of ginger & tablespoons of turmeric powder per day. Yet when these people got a stool test back it still showed they had problems.

That's why if you've got serious gut problems, **you won't heal them with diet alone.**

You won't heal them with supplements alone or with lifestyle alone.

You need to all 3 of these things.



Check out our YouTube channel later to learn more about lifestyle choices that affect gut health. We already touched on this slightly in Day 3 about stress and sleep patterns.



It's VERY easy to restore your gut if you're willing to all 3 of these things and stick to them for a period of several months. We've seen it happen thousands of times. Even when the person has had issues for years.

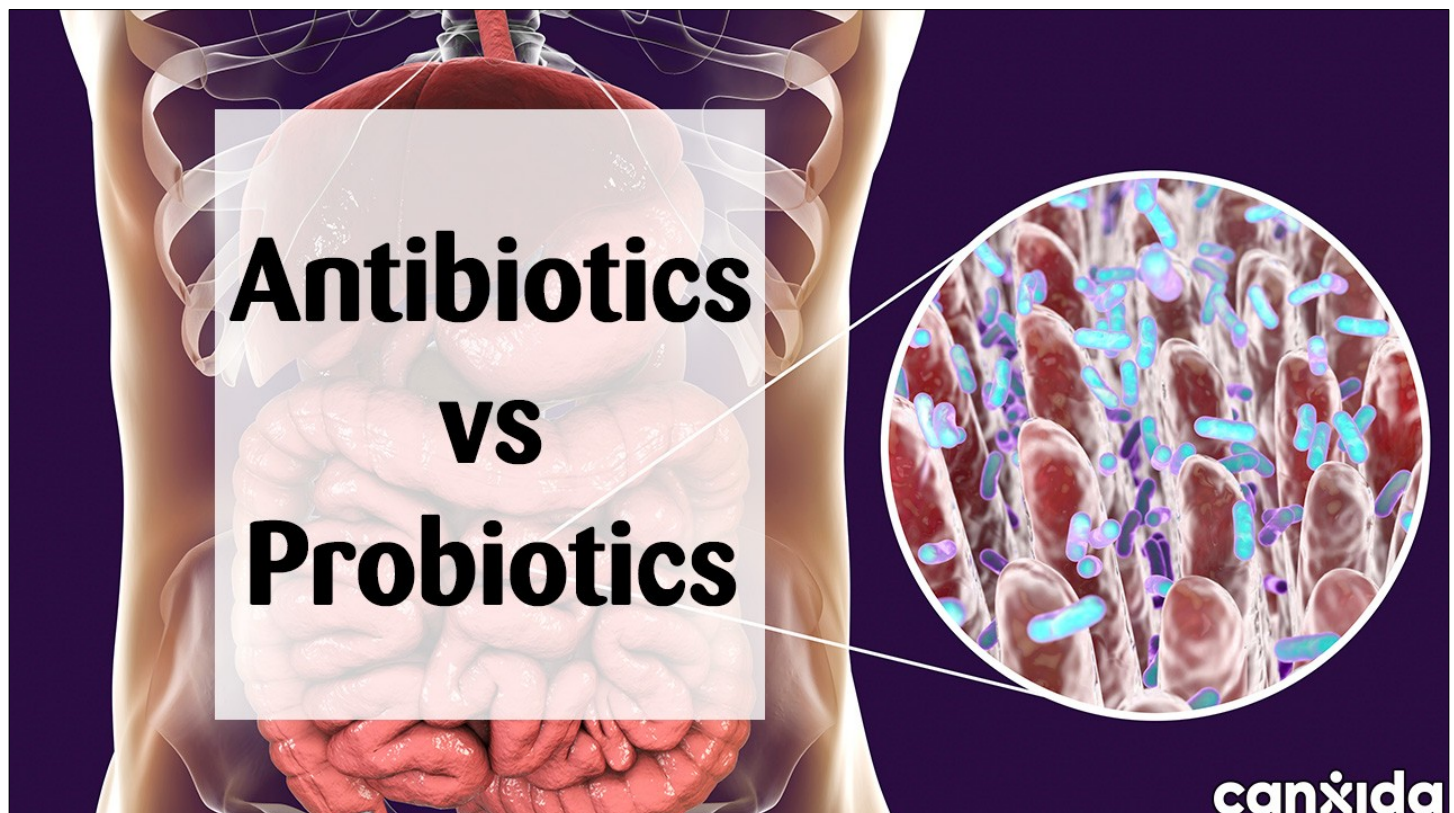
Whatever supplement you go with, **make sure it's high quality** & made by someone with experience.

Choose something made of natural ingredients. **Don't go for antibiotics.**

The problem with antibiotics (as you've probably read elsewhere) is they indiscriminately wipe out **ALL** the bacteria and yeast in your gut, including the beneficial ones.

What most people (including many general practitioners) don't understand is **beneficial bacteria are what PREVENT gut problems** in the first place.

Good bacteria, primarily lactobacillus and bifida, are your gut's **IMMUNE SYSTEM**. They're like a defense force or a police unit. They keep the "bad guys" (bad bacteria & yeast) in check and prevent them from gaining a foothold.



Probiotics Vs Antibiotics

<https://www.youtube.com/watch?v=MoM-zpq1zQk>



Think about what would happen to a town or city if one day all the police disappeared.

The criminals would move in and take over.

And that's exactly what's happened in your gut. When you take a course of antibiotics, you're wiping out everything – the criminals AND the police. This opens doors for more bad bacteria and more yeast to get in and wreak havoc.

Instead you want something that ONLY targets the “bad guys” and **doesn't harm your beneficial bacteria.**

That's why our CanXida Remove formula only contains NATURAL products. That way it wipes out a wide range of different bacteria and yeast without causing collateral damage.

CanXida Remove is an advanced 12 ingredient anti-fungal, anti-bacterial & anti-parasitic formula based on three decades of research.

It's the only formula that targets the **BIG PICTURE** of gut disturbances & is in our opinion the most premium gut cleaning supplement ever created.

Remove doesn't only target things like Candida, SIBO, & Leaky Gut.

It also targets secondary problems that accompany them such as dysbiosis & parasite infections like Blastocystis.

Because remember, **once your gut has high levels of bad bacteria & yeast & low levels of “friendly” bacteria, it's easy for other “bad guys” to get in.**



Think of it like a natural antibiotic that only harms the bad stuff and leaves the good guys alone.



Another benefit of natural medicine is **resistance doesn't occur with natural ingredients.** That happens with drugs.

This has been confirmed many times with studies done on things like grapefruit seed extract, caprylic acid, undecenoic acid, clove, and other natural anti-fungals.

Resistance just doesn't happen.



It happens with pharmaceutical drugs **because they are synthetic**. They're only made up of one thing. They've got one ultra refined chemical compound with a very narrow band of action.

Once yeast or bad bacteria develops a resistance to this action, the pharmaceutical drug is done.

Remember, these nasty microbes are very adaptive.

If you only hit them with one action **they will soon work out how to fool this action**.

And you know what happens next. The drug no longer works and the problem comes back. And then you go back to the doctor who puts you on a new drug and the cycle repeats again.

Natural medicines are different. They doesn't just contain one thing.

They've got many different natural chemicals and compounds in there that make it up.

They attack yeast, bad bacteria and parasites from many different angles so they get overwhelmed & can't fight back.

**WHY NATURAL
TREATMENT FOR
CANDIDA AND
MANY
GUT ISSUES
IS SUPERIOR**



Why Natural Treatment For Candida & Many Gut Issues Is Superior
<https://www.youtube.com/watch?v=H5V28jMxLVQ>

Always go with a tablet vs a cellulose capsule product.



We're not fans of these cheap cellulose capsules that have a blend of different herbal powders. They're not nearly as effective as tablets.

When you select a tablet, make sure that it's **sustained release**.

Sustained release means when you swallow this tablet, your digestive system doesn't get access to everything immediately. But over a period of several hours it slowly breaks down in the gut.

That way it targets all parts of your GI track. It cleanses all the yeast and bad bacteria right from your mouth and keeps working all the way through the colon and "back passage."

Now, likely the supplements you were taking before were not sustained release.

They weren't put together by someone with decades of experience treating your specific health problem.



How and Why We Created CanXida



canxida

How And Why We Created CanXida

https://www.youtube.com/watch?v=8AB7_5CP3PY



They were likely put together by a company that's got 1000 other products and they pay lip service to making a gut cleansing formula.

Or they've just put out a product with one thing like grapefruit seed extract.

And that is expensive.

Why? Let's say you're trying to hunt down products to clean up your gut. You do a stool test and it says you've got a high count of *Klebsiella* (a type of bad bacteria) in there along with *Candida*.

You may have 2 or 3 issues in your gut that need cleaning.

You're then likely to look at several different products. And that's going to cost you. That's why a **broad spectrum formula** that has a wide selection of anti-bacterial & anti-yeast ingredients in a sustained release form is the way to go.

Whatever supplement you go with, make sure it's high quality.

Go with a broad spectrum formula made by someone with experience.

Pick a supplement that doesn't have just grapefruit seed extract, standardized garlic and caprylic acid in there but also things like oregano oil, undecenoic acid, biotin, neem, and clove.

Try to go with a formula that uses **standardized ingredients**.



Standardized means that each time you take this supplement, you're getting a consistent therapeutic dose.

It doesn't vary in potency from batch to batch as is often the case in non-standardized supplements. It's a bit like how pharmaceuticals are made.

You get the same strong therapeutic dose every time you take it.

To learn more about our CanXida Remove formula, which fits all the criteria mentioned above (including standardized ingredients) & more, visit www.canxida.com/remove.



DAY 7 – Start a Food & Symptom Tracking Journal

There's lots of benefits to starting a food journal.

You'll eat better. Studies show tracking your eating habits leads to you making better dietary decisions. It shines a light on the foods you're eating too much and what foods are lacking in your diet.

You'll lose weight. Keeping a food journal forces you to take a closer look at what you're eating and how much. This leads to less impulsive or what we call "mindless" eating.

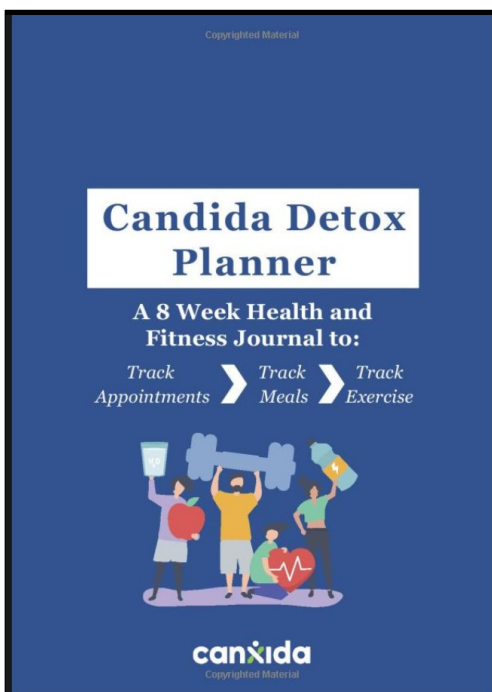
One study in 2008 by the Kaiser Permanente Foundation found dieters lost twice as much weight when they recorded meals in a journal.

You'll learn you don't always eat because you're hungry.

Maybe you reach for "naughty" foods when doing an activity you don't like.

Or when you're stressed out.

Whatever it is, almost everyone has a **"trigger"** that causes cravings for sugary or fatty foods you know aren't good for you.



Keeping a food journal will give you a better understanding of your digestion habits. You'll know which foods you eat trigger your digestive symptoms & which you can tolerate.

This can also help you tell the difference between die-off symptoms, a food allergy, Candida symptoms and more. (Check our YouTube channel for ways to tell the difference between these if you're not sure).

Same goes for tracking if a supplement you've been taking is having any effect.

We've created our own food diary for people with gut disorders which you can learn more about here:

<https://www.amazon.com/dp/B09HFXS56N>.



The CanXida planner sells for \$8. But since you already reading this ebook, **we're happy to give you a printable PDF version of it for free.** Simply shoot us an email at help@canxida.com asking for it and & it'll be in your inbox within 24 hours.

Remember, **nobody is going to be looking through it other than you.** So there's no need to be self-conscious. You can learn more about our Candida Detox Planner in the video below.

**Candida Diet Cleanse And Detox Planner Planner:
The 8 Week Health and Fitness Journal**
<https://www.youtube.com/watch?v=2ASBBmP3Y4o>

The Candida Diet Cleanse & Detox Food Diary & Symptoms Planner: A 8 Week Health & Fitness Journal To Track Symptoms, Appointments, Meals & More.

- 8 weeks of food and symptom logs
- Extra pages to take notes
- Monthly health goals
- Medical history
- Emergency contact list
- Illness tracker
- Medication tracker
- And much more...

Use this journal / planner to keep track of your symptoms & flareups, find what causes allergies, track your supplements & more. Designed for Candida, Leaky Gut, IBS, SIBO & any other gut health related issue. Learn more about it here: <https://www.amazon.com/dp/B09HFXS56N>.



DAY 8 – Learning About the MEVY Diet

Today and tomorrow are all about the MEVY Diet.

MEVY stands for **Meat, Eggs, Vegetables and Yogurt**.

This is a well tested diet designed to bring your intestinal flora back into balance.

It calms and heals your gut from a multitude of conditions including Candida overgrowth, SIBO, bad bacteria, parasite infections and more.

We didn't create this diet.



It's been around for a long time. Since at least 1986 when it was recommended in **"The Yeast Syndrome"** by **Dr. Morton Walker**. You don't need to read it. You'll learn everything you need about the MEVY Diet through this guide & our YouTube channel.

The MEVY diet is a short term diet. **You only need to be strict with it for 3 to 4 weeks.**

For best results, follow it strictly for at least 2 weeks. Then you can loosen up a little for the next 2 to 3 weeks as you start to implement the Low-Allergy diet (more about this later).

It's up to you to decide how long you want to stay on the MEVY approach.

Either way, we can assure you of one thing – **the MEVY Diet WORKS**. It works very well in fact & can quickly reduce most (if not all) the digestive disturbances you're struggling with.

It's a tasty and healthy diet. **You're not going to starve or feel deprived.**

Meats generally are not favored at all by bad bacteria and yeast.

You're not going to have a problem with fresh fish, lean beef, or free range eggs.

Just be careful not to overload your diet on red meat because that can cause constipation and clogged up bowels.

If you're a vegan there's plenty of other options you've got.

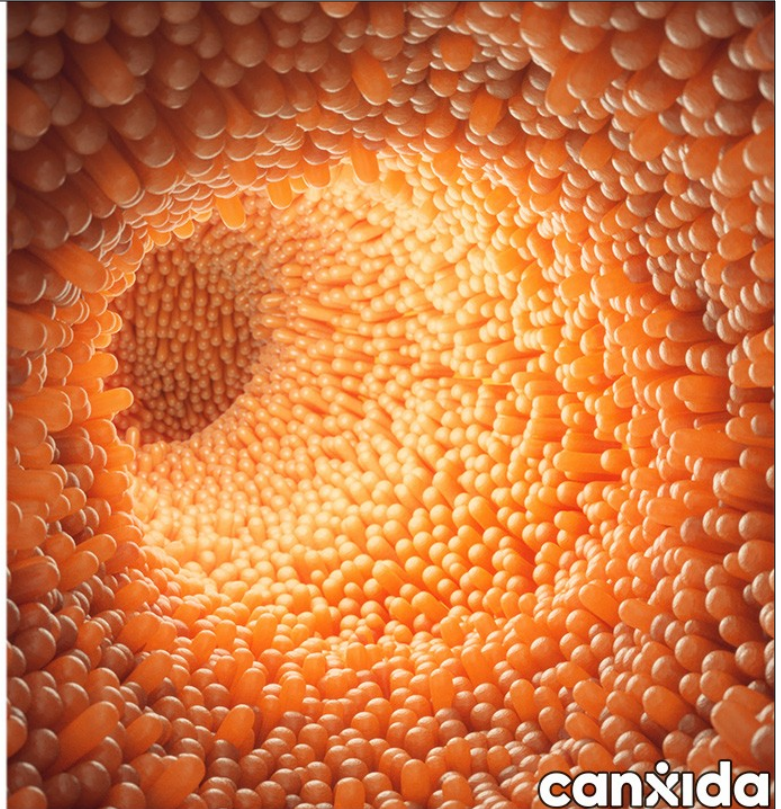


These foods discourage bad bacteria like *Citrobacter freundii* and get rid of things like *Blastocystis*, *pseudomonas*, and all kinds of other nasty bacteria and micro-parasites typically found in people with long term digestion issues.

The MEVY diet is a **low-carb diet**.

It's been around long before low-carb diets became popular. Unlike other low-carb diets, the goal of the MEVY approach isn't to lose weight. Although you most certainly will lose weight if you have excess weight to lose (particularly if you follow it well).

What Are the 3 Stages of the Gut Restoring Diet?



The 3 Stages of the Candida Crusher Diet

<https://www.youtube.com/watch?v=wUGgzLTsL64>

You're allowed to eat all meats, eggs, most vegetables (except high starch vegetables like potatoes, carrots, pumpkin, sweet potato, peas, corn and beets) and plain yogurt.

Eliminate foods and drinks made from grains or yeasts such as cereals, pasta, conventional breads (which contain yeasts and sugars), pastries, chips and alcohol.

Sourdough bread is OK to eat in small amounts. You also want to avoid all dairy products, with natural unsweetened yogurt being the only exception.



Don't worry about keeping track of the specific foods you can and can't eat on the MEVY diet. You'll get our shopping guide with **187 foods to eat & avoid** in the next section.

Also make sure you watch the YouTube videos linked in this section as these will explain the MEVY Diet in much more detail.



Is the KETO Diet the Same As the Candida Crusher Diet?

<https://www.youtube.com/watch?v=xcWnH-ZHPV0>



DAY 9 – How to Grocery Shop For Gut Healing Foods

Shopping for food is hard when you've got a gut disorder.

That's why we created the [Candida Crusher Shopping List – 187 Foods that Get Rid of Candida](#).

This guide is equally applicable to IBS, Leaky Gut & most other common gut problems.

You can download this short PDF for free here:

<https://candida.yeastinfection.org/wp-content/uploads/Candida-Shopping-List-2022.pdf>

Grab it now. There's no strings attached.

Inside you'll find a guide on which fruits and vegetables to eat & avoid, how to eat beans without getting bloating or gas, how to pick out meats and much more.

Pay especially close attention to the section on **biscuits, breads, pasta and noodles**.

Many gut health websites say you must avoid these foods completely but this isn't true.

You can use these foods to add more variety to your meals while on the MEVY Diet.

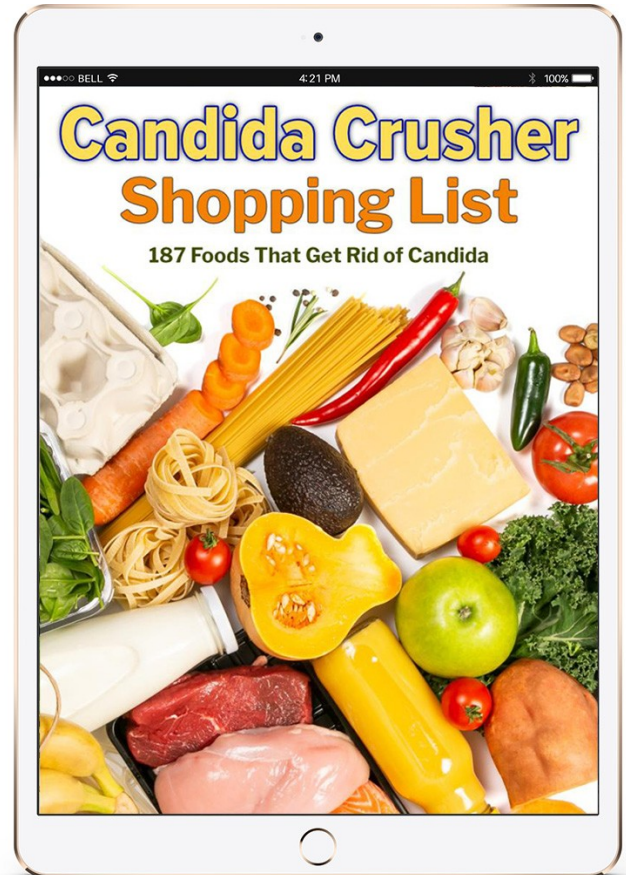
(We'll talk more about wheat-free breads & pastas later in this ebook).

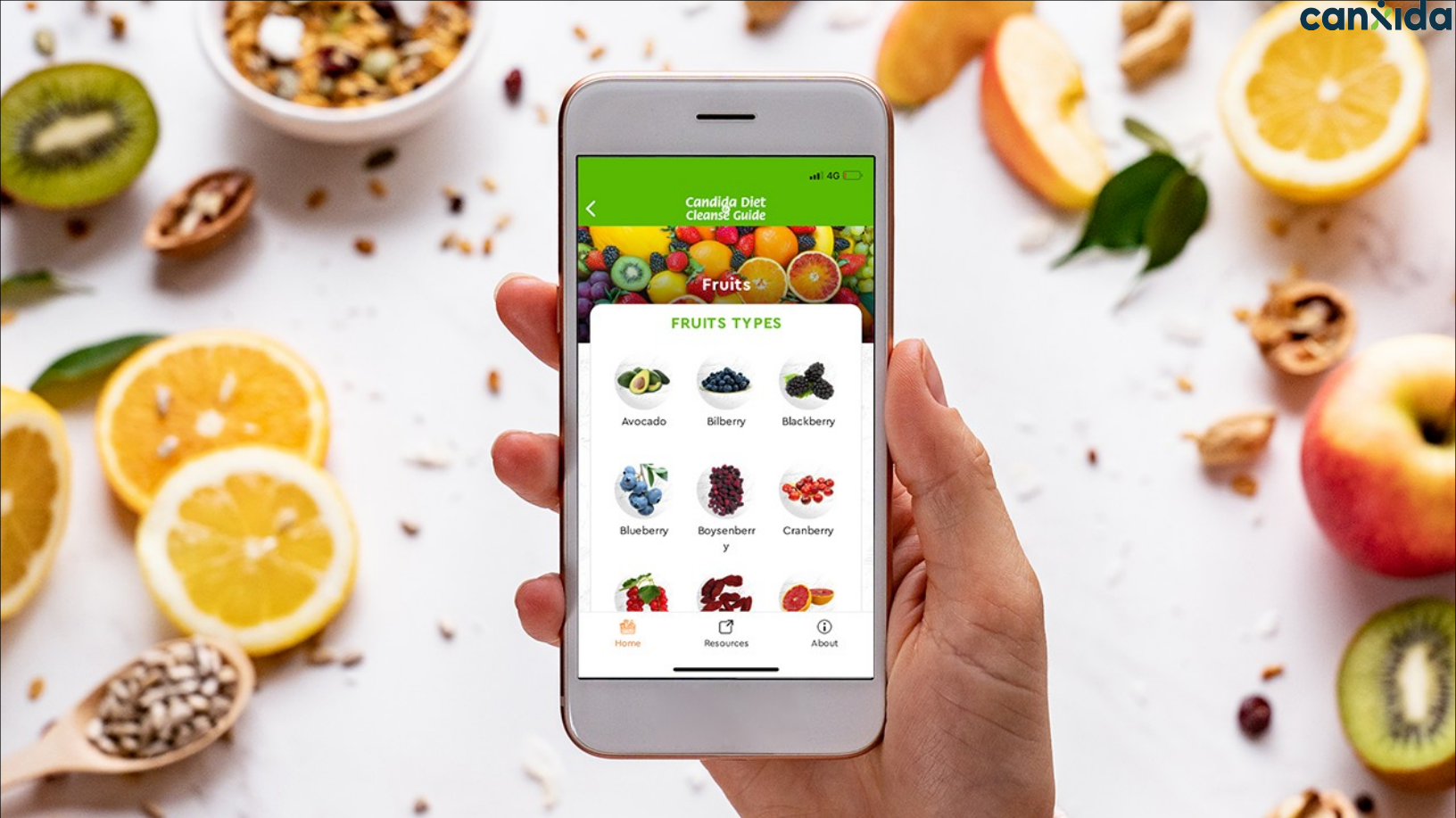
Also make sure you check out the last page which has a checklist of over 100 foods you can print out or put on your smartphone.

If you like to use a smartphone while grocery shopping, check out our FREE [CanXida Mobile App](#) which also has a grocery shopping guide built into it.

There are no ads and no in-app purchases. Just free resources to help people like you.

Learn more about it on the next page.





Grab the CanXida Mobile App for FREE now buy clicking the links below.

[Click here for the iPhone version](#)

[Click here for the Android version](#)

You can also find it on the mobile app store by searching for “CanXida.”

For more information on what foods to eat or avoid if you have a gut problem, do a search on our YouTube channel, where you'll **literally find hundreds of videos** related to this topic.



DAY 10 – How to Cook to Restore Your Gut Health

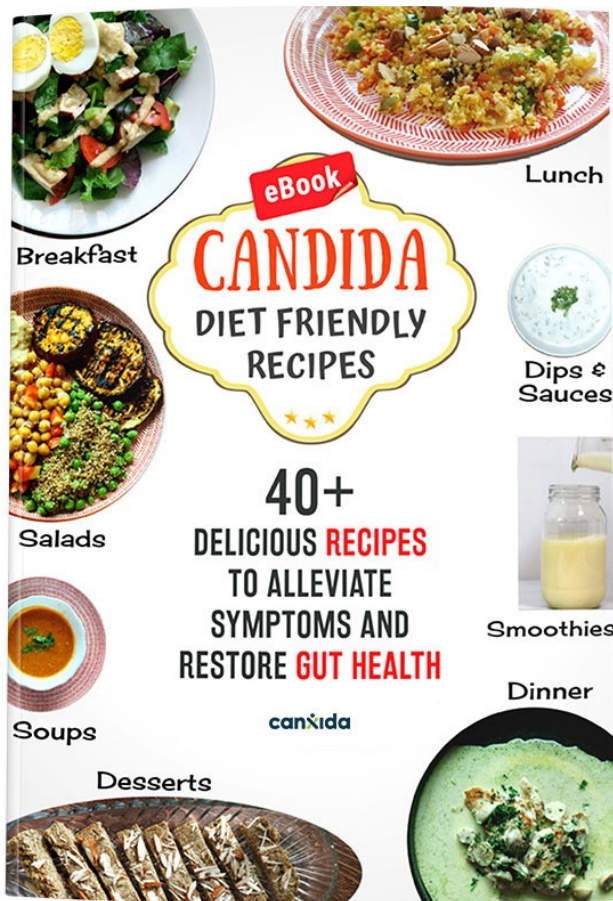
Chances are you're not used to preparing most of your meals at home or eating the foods listed in the previous Shopping Guide.

That's OK.

One of the main reasons people "fall off the wagon" on the MEVY diet & revert back to their old eating habits is **they don't know how to cook delicious & satisfying meals**.

Nobody wants to eat salads & and steamed chicken all day.

That's why we created. . .



Candida Diet Friendly Recipes Ebook: 40+ Delicious Recipes to Alleviate Symptoms and Restore Gut Health Recipe Guide.

You can download it free by clicking [HERE](#).

As with the Candida Crusher Shopping Guide, this recipe guide is 100% free with no strings attached.

So make sure you grab it.

Inside you'll find **48 delicious recipes** with our favorite breakfasts, lunches, dinners, salads, soups, smoothies, dips and spreads.

This ebook is **94 pages long** and yours free.

We've even created a how-to-video for each recipe listed (you can find these on our YouTube channel).

We made this guide after many requests from customers asking for cooking advice.

We promise the MEVY Diet will feel less restrictive and more exciting once you're making coconut pancakes, **cheesy broccoli muffins**, buckwheat flatbread, **hazelnut butter bars**, & buckwheat chicken vegetable pasta and more!

Get it now by clicking [HERE](#).



DAY 11 – Hunting For the Ultimate Gut Restoring Yogurt

Yogurt plays such an important role in healing the gut that we've dedicated a whole section to it.

But there's a problem – **most commercial yogurt is JUNK!**

They load it with artificial sugars and often just plain white sugar itself.

It's got artificial colors, flavor enhancers, all sorts of things added to it. Especially those little plastic cups with the different flavors.

That's not REAL yogurt. **Real yogurt tastes sour.**

If your yogurt tastes sweet, you need to stop eating it because it's not real yogurt. You don't have to eat it plain. You can add green apple slices or blueberries or raspberries to it.

Our recommendation is go a health food shop and **look for sour acidophilus yogurt** without any additional ingredients. Particularly one made with organic milk from cows or goats that have been raised on pasture without hormones or antibiotics.

**What
Type
Of
Yogurt
Is
Good
For
Candida**



What Kind Of Yogurt Is Good For Candida?

<https://www.youtube.com/watch?v=ZkQJ9653wbE>



Don't worry if you're allergic to dairy.

Most people with gut problems who react to dairy can eat sour yogurt without any problems.

If you feel you have a severe dairy allergy or just want to play it safe, go with a sour yogurt made from **goat's milk** as these are easier to tolerate.

It's possible to find good yogurt at your supermarket, but you need to carefully read the labels!

Look for products that say "**live active cultures**" or "living cultures" on their labels.

If it doesn't say it's got live cultures, chances are it's dead and you're just wasting your money.

It's very common for commercial yogurt companies to pasteurize their products before packaging them & kill all the beneficial bacteria within.

This makes the yogurt pretty much useless for improving gut health.

Make sure you **buy full fat yogurt**.



If you've got access to fresh milk from a cow via a farmers market, that's even better. Because you can make your own yogurt at home.

It can take a little time but it's well worth it.

You can also go for cultured buttermilk, butter and occasionally cream.

Don't be afraid of these dairy products.

Most people with gut problems can tolerate them in small amounts. So give them a try before you simply dismiss yourself as being allergenic.

The same goes for cheese.

The two cheeses that contain the most beneficial bacteria are fresh mozzarella and gouda. Give them a try.



If you want really fresh homemade butter, get some fresh heavy cream and whip it up in a blender. It's easy to do and you can find many how-to-videos on YouTube.

Stay away from kefir if you've got a severe gut problem.



Should I Replace Yogurt With Kefir When Doing the MEVY Diet?

<https://www.youtube.com/watch?v=vRI8BHBxKzc>

We've seen kefir cause aggravations in too many people. They get more sick and more bloated. You can actually get Candida in your gut after being on kefir for long periods of time.

Kefir is a ferment (as opposed to a culture) and you need to be very careful with ferments when your gut isn't in great shape.

It can quickly shift your gut in the wrong direction if you don't know how to use it.

It's a great food to eat when your gut is already in great shape but best avoided if you're suffering from a gut problem.



DAY 12 – Get a High Quality Probiotic + Enzyme Formula

Now that we've made considerable progress with your diet, it's time to add a probiotic.

A few decades ago the average person thought probiotics were a load of nonsense. They thought **"why would you consume bacteria when bacteria make you sick?"**

Now of course we know better.

We know the average person has anywhere between 2 to 4 pounds of bacteria in their GI tract at all times. That's literally **trillions of bacteria cells with 300 to 400 different species in the mix.**

The most common types are lactobacilli, bifida, streptococci, bacteroides, and bad bacteria such as coliforms. **Lactobacillus & bifida** bacteria are known as the **beneficial or good bacteria.**

Bacteria is necessary for you to digest food. You really can't break food down without them. When you've got large amounts of beneficial bacteria, your digestive system works better.

**10 SIGNS AND
REASONS
YOU
NEED
PROBIOTICS!**



canxida

10 Signs and Reasons You Need Probiotics!

https://www.youtube.com/watch?v=vvU_7jxFITg



We also know from a 2009 study published by the University of Pennsylvania that people with higher levels of beneficial bacteria **have a much stronger immune system**. They're less prone to viruses and a wide range of different diseases (including many types of cancers).

Good bacteria are like a defense force.

They keep the bad bugs from taking over and wreaking havoc. When you have high levels of good bacteria, things like yeast, bad bacteria & parasites can't survive.

When you have low levels of beneficial bacteria, these "bad guys" move in and **that's where symptoms like bloating, gas, & IBS come from**.



This section isn't about the benefits of taking probiotics.

It's about how to choose a formula that's going to improve your gut health & get rid of symptoms like constipation & brain fog.

Well over half the people we see waste money on probiotics.

They take the wrong formulas.

They take too many at once or not enough. They take them for the wrong duration or with the wrong foods.

Timing and quality are everything when it comes to probiotics.

It's not just a matter of popping a pill and all of a sudden you get a great digestive system.

Many people think their probiotics are working because they've been taking them for years.

Yet when they do a comprehensive stool test they find **no growth of any kind** of beneficial bacteria in their gut.

Why does this happen you ask?

Keep reading and you'll find out.

On the next page we'll teach you the 5 things to look for when choosing a probiotic.



5 Things to Look For When Choosing a Probiotic Formula

1. Is the Formula Centered Around Good Bacteria Strains Scientifically Proven to Inhibit Candida & Other Yeast Species?

If you've ever compared different probiotic formulas before you've no doubt noticed that there's lots of different bacteria strains out there and some products contain more strains than others.

Some products contain 50 strains. Others contain 20. **Most of these are just there for marketing purposes** to make you think you're getting "lots of stuff." They don't do anything at all to inhibit yeast & they do nothing against Candida.

The 6 strains that **do inhibit Candida** are:

- Lactobacillus acidophilus
- Lactobacillus casei
- Lactobacillus plantarum
- Lactobacillus rhamnosus
- Bifidobacterium bifidum
- Bifidobacterium longum

You've probably heard of Lactobacillus acidophilus before.

It's Candida's #1 natural enemy (as well as that of most other yeast species). L. acidophilus is the #1 competitor of Candida in both the gut & vaginal environment. Countless studies show that Candida & other yeast species can't reproduce in areas with high levels of L. acidophilus.

L. acidophilus releases **lactic acid** which interferes with Candida's metabolic process. It causes Candida to have a stress response where it goes into a starvation-like state and can't grow. It's also naturally antifungal.

Lactic acid is the key reason the vagina has a low pH. This helps prevent a variety of conditions such as bacterial vaginosis, yeast & viral infections, sexually transmitted diseases and urinary tract infections.

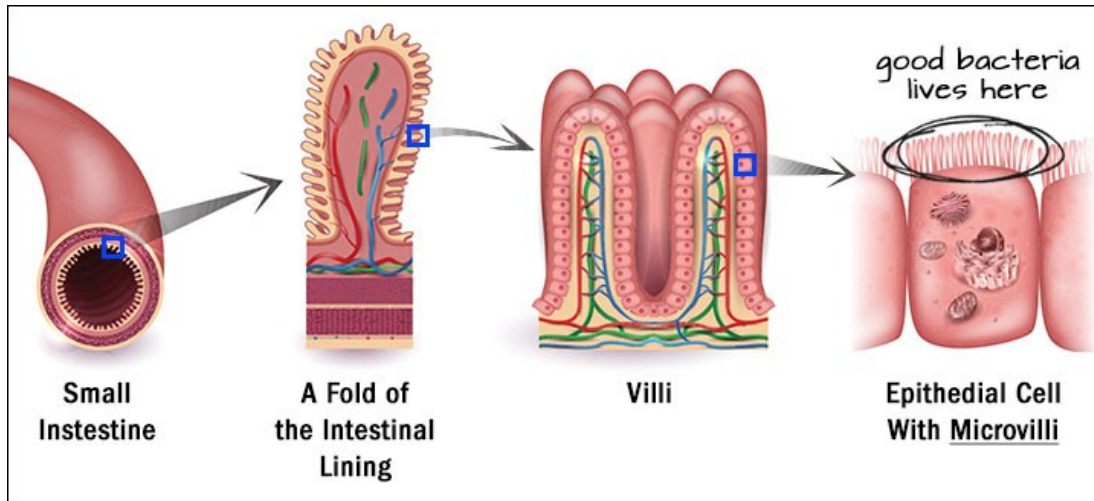
Candida hates lactic acid and actually has mechanisms that prevent the acidification of its environment. But a probiotic with high levels of L. acidophilus will overload this.

Other antifungal agents created by the Lactobacillus species listed above include hydrogen peroxide (which also protects your gut from bad bacteria infections) & special molecules called **bacteriocins & biosurfactants**.

Bacteriocins are tiny protein-like molecules that slow the growth of bad bacteria and fungi.



While **biosurfactants** are molecules that interfere with Candida's ability to latch onto both the vaginal and gut wall. Studies show when high levels of Lactobacillus is released into an environment colonized by Candida, the good bacteria will literally unhook yeast from the epithelial cells that line the gut wall.



We can go on & talk about how these strains also stop hyphae (long tubes Candida uses to penetrate the gut wall and spread to other parts of the body) formation & causes yeast to stay in its less invasive form.

Or how they amplify the effect of antifungal medicine by increasing the permeability of the fungal membrane (a fancy way of saying **it makes tiny holes in Candida's cell wall so antifungals can get in easily**). But we think you get the point.

You don't need to understand all of these scientific terms.

Just understand that **Candida HATES these 6 strains**. They compete with Candida for food, nutrients, colonization space, "poison" it by releasing molecules that prevent its growth, & will even "evict" the yeast from its "home" (the vaginal & gut wall) & send it packing.

They also have additional benefits such as in the case of Lactobacillus casei. Casei is very important when you've got a gut problem. It mops up immune debris & waste particles (toxins) created by yeast & bad bacteria that like to lodge themselves throughout your body.

It stops them from getting into your bloodstream, causing inflammation & making you feel sick.

This allows your immune system to focus more on the big issues (like cleaning up your gut from any bad bacteria & yeast). It also **helps with food allergies** because it trains your immune system to relax and not be hyper-reactive.

These are the strains that are **most responsible for fixing your gut environment.**



The list above includes the 4 best Lactobacillus and the 2 best Bifidobacterium.

To learn more about these 6 strains, check out the product page for our **CanXida Restore (RST)** formula which goes over the each of them in more detail. You can get to it by clicking [here](#).

Don't worry about any other strains. They're nowhere near as important.

Also remember that only so many probiotics can fit into a capsule. So if a formula has 12 or 20 strains, it's going to have lower levels of the strains you actually want.



Are Probiotics Useless Supplements?

https://www.youtube.com/watch?v=_097-U1M5G0

2. Avoid Formulas that Contain Prebiotics or FOS

Prebiotics (also known as FOS or fructooligosaccharides) are a special type of sugar naturally found in foods such as broccoli, coconut and bananas. These sugars **are what feed probiotics (beneficial bacteria) and make them grow.**

That's why they're called prebiotics. So why do we tell you to **avoid** any probiotic formula that contains them?



Because we've seen them cause too many **bad reactions when taken in supplement form**. Any time a customer tells us they tried a probiotic formula in the past and it made them feel sick or bloated or gave them brain fog, we know right away that formula contained prebiotics.

Companies add these sugars in thinking they're going to feed the beneficial bacteria.

Oh yeah, they feed the bacteria alright. . . They feed everything from the e. coli to the clostridia and all the other bad bacteria that cause bloating and brain fog & make you feel like crap.

Companies will tell you these sugars are from "natural sources" but in reality that "source" is a factory or lab.

We've had it with prebiotics. We've seen them cause too many aggravations in customers. **Get rid of any supplements that have them**. You'll get much better results if you take a probiotic without prebiotics.

It's fine to eat foods that naturally contain FOS like the ones we mentioned but don't take supplements that contain them.

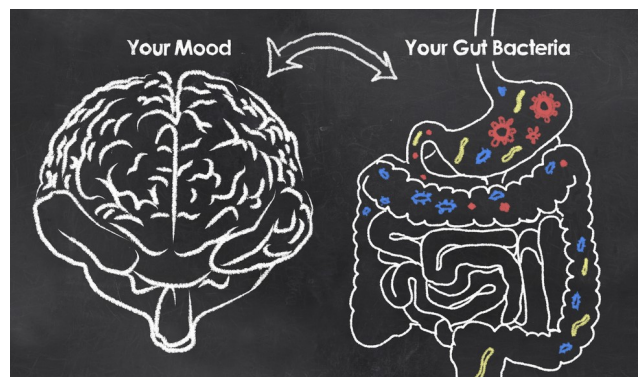
3. Does the Probiotic Formula Also Contain Enzymes?

Instead of prebiotics, get a formula that contains **digestive enzymes**.

Research in the past 7 years has shown that when you take enzymes and probiotics at the same time, you get an **amplified effect**.

There's lots of reasons this happens.

First, enzymes kick start the gut and improve the acid / alkaline ratio of the stomach and small intestine.



This **creates a more favorable environment** for the beneficial bacteria to grow. It also creates a hostile environment for the bad bacteria and yeast.

They annoy the bad guys and encourage the good guys & **shift your bacteria population from bad to good**.

Enzymes also help with the healing process. Many people with gut disorders have damaged or inflamed digestive systems caused by bad bacteria & yeast overgrowth. Enzymes help with this by allowing your gut to heal at a faster rate.



They can also help mop up any garbage that needs cleaning up.

It's like sweeping a floor that hasn't been cleaned thoroughly for many years. You might notice that you pass out bowel plaques or mucous. You may have more frequent bowel motions or larger stools.

Enzymes are especially important in the first and second month of the gut healing process because **they're going to break down all the vegetable starches your good bacteria are going to feed on**. This is how you feed the good bacteria without feeding the bad.

That's why you should look for things like amylase, hemicellulase, protease, invertase, and glucocoamylase on probiotics labels.

Because these target all the different kinds of carbohydrates, proteins and fats you'll need help digesting if your gut isn't in great shape yet.

Not all enzyme formulas are compatible with probiotics.

So **don't just grab an enzyme supplement from Amazon or iHerb** and combine it with whatever probiotics you've got laying around.

It takes a special skill that a clinician develops over time to understand how to combine these two successfully so you get an amplified effect like we described.

If you're taking a probiotic formula right now and you're not taking enzymes along with it, you're missing the boat.

You really are. **Enzymes make all the difference.**

If you want the best possible product, make sure the probiotic + enzyme formula you choose contains an enzyme called **serratiopeptidase**.

This is a very powerful enzyme that will bind to circulating immune complexes in the blood.

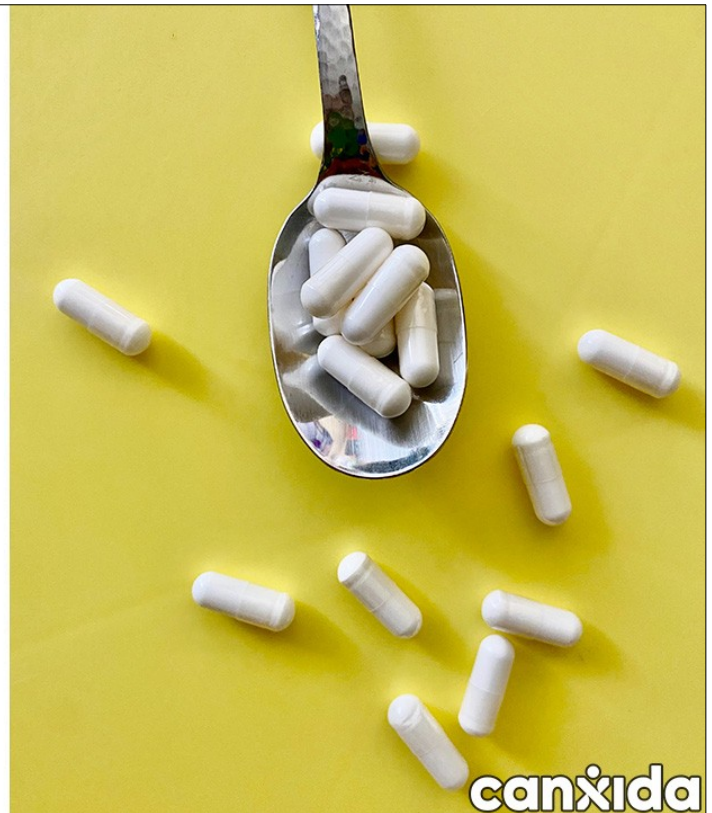
That means that once you take it, it will actually start to hunt down little bits of debris in your bloodstream created by bad bacteria and yeast as they die off.

This is particularly important for people suffering from **Leaky Gut** or auto-immune diseases because this debris is one of the main causes of things like rheumatoid arthritis and joint pain.

As well as brain fog, headaches, and many other symptoms. . .



How Do I Know I Am Getting Best Probiotic



How Do I Know I'm Getting the Best Probiotic?
<https://www.youtube.com/watch?v=Y7KJcE6eaVI>

4. Does the Probiotic Come In a Time-Released Capsule?

Another thing to check for is if the probiotics come in what's called a **time-released capsule**.

These capsules are very expensive to manufacture so usually a company will tell you on the label if it's time-released or not.

These aren't the cheap cellulose capsules that break down in the stomach.

They survive the stomach and **only open up in the small intestine**.

That way nothing is lost due to stomach acid. Nearly all probiotics you buy don't do that. They don't fully survive the stomach bypass. They actually get destroyed before they get to the intestine.

A time-released capsule is different. It's not affected by digestion.



5. Is the probiotic GMP Certified or Made in a GMP Certified Facility?

Be VERY vary of any probiotic that doesn't have a "GMP Certified" seal on the label.

Particularly the cheap probiotics you see on store shelves.

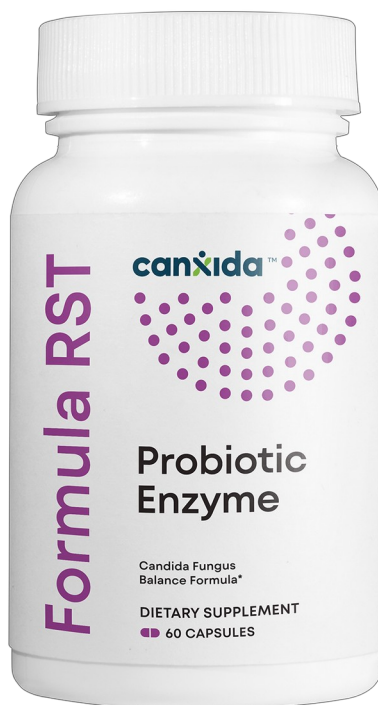
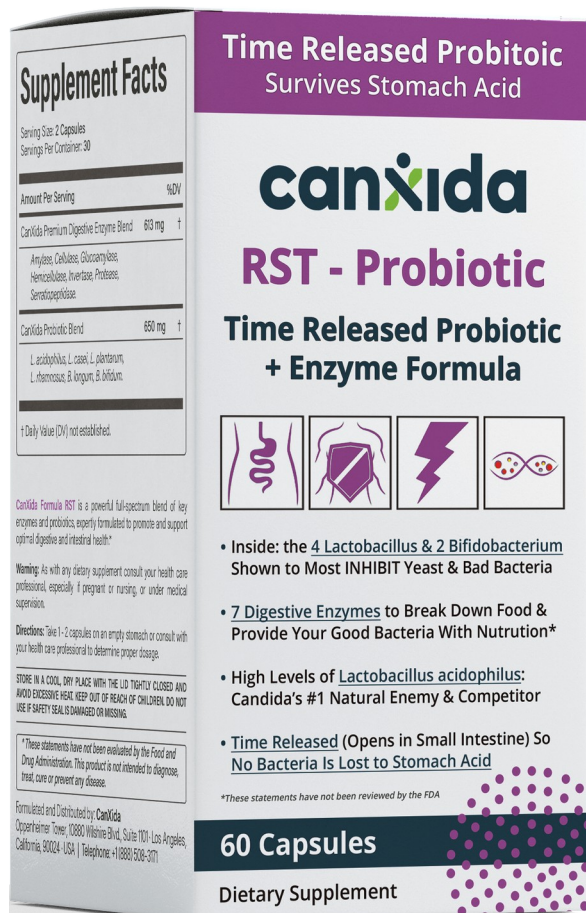
Many years ago before GMP (Good Manufacturing Practices) were enforced on the supplement industry, we spoke with many experts in America and Europe regarding probiotics and how they were made.



And we were quite amazed to discover that when a survey was done on U.S. probiotics just before GMP was enforced, many of them were found to be **USELESS and DEAD**.

The cheap probiotics had **NO VIABLE BACTERIA** in them at all — people were just getting ripped off and they had no idea! And we can tell you right now that chances are, especially if you're buying some "el-cheapo" product at the supermarket or Walmart, you're probably still getting scammed.

An easy way to tell is to see if the factory or supplier has a **GMP certification**.



Before you check out other probiotics take a look at our **CanXida Restore** formula.

This is a heavy duty probiotic + enzyme capsule we designed specifically for people with severe gut problems who need help fast.

It meets all 5 of the criteria above (including serratiopeptidase).

You can learn more about this formula by visiting www.canxida.com/restore.



DAY 13 – Add 5 of These Gut Cleansing Herbs & Spices to Your Diet

As stated earlier, simply eating healthier isn't enough for the vast majority of people. You need what we call **"powerful agents."** And you can get some of these from foods.

They include:

- Capsicum (chili peppers)
- Garlic (try to eat 2 fresh cloves daily)
- Onions (as well as scallion, chives, shallots and others)
- Parsley
- Turmeric
- Rosemary
- Thyme
- Cinnamon
- Oregano
- Nutmeg
- Sage
- Marjoram
- Cloves
- Basil



WHAT IS YOUR FAVOURITE SPICE MIX FOR GUT HEALTH?

canxida

Best Spice Mixes For Gut Health

<https://www.youtube.com/watch?v=tEo6nPZrbUE>



Garlic, cloves and oregano are particularly potent when it comes to cleansing the gut.

There was an Indian study completed in 1999 that compared the the sensitivity of many pathogenic bacteria and yeasts to various spice extracts.

They then compared the spice extract's effect to antibacterial and antifungal drugs.

Of the different spices tested, **garlic & cloves** were found to possess the strongest antimicrobial and antifungal activity. The effect of garlic extract was apparent within 1 hour of use. And within 3 hours it had killed 93% of staphylococcus and salmonella bacteria.

Yeasts were killed after 1 hour of being exposed to garlic extract.

It took 5 hours with clove.

What's also interesting in this study is some bacteria & yeast showed resistance to the antibiotics and antifungal drugs that were tested. **Yet they were wiped out by garlic and clove.**

Remember what we said earlier. Resistance doesn't occur with natural ingredients.

People have known these things for a long, long time.

If you look at the historical use of oregano, thyme and rosemary for example, you'll see people in the Mediterranean have been using them for thousands of years.

All these herbs have a very interesting effect on the digestive system.

Think back to a thousand years ago. People didn't have refrigerators back then.

So how did they preserve meat?



You're probably thinking "people used salt." And many did. But **they also used the herbs like the ones listed above.** They weren't just adding these herbs to flavor the meat.

It was to stop bacteria, mold and other microorganisms from affecting the meat.

And that's because these herbs have very powerful antimicrobial properties.

Oregano in particular contains a family of chemicals called phenols.



There are different types of phenols. One is called thymol. Another is called carvacrol.

Carvacrol is **extremely anti-microbial**.

People thousands of years ago didn't know about carvacrol.

But they knew what when you crushed oregano and rubbed it on meat, you could store it longer and you wouldn't get sick when you eat it.

So make an effort to start adding them to your meals.

**CAN EATING
RAW
GARLIC
ALONE
HELP WITH
CANDIDA?**



Can Eating Raw Garlic Alone Help With Candida?
<https://www.youtube.com/watch?v=pegxVXOERfA>



DAY 14 – Visit a Farmers Market

No matter where you live, chances are there's a farmers market you can visit.

They're often held on a Saturday or Sunday in the morning. The food is usually **cheaper than a supermarket and it's fresher too**. Often it's picked early that morning or the night before.

It's a great time to stock up on fruit and vegetable varieties rarely available in stores. This **helps keep the MEVY Diet interesting** by giving you a larger variety of fresh produce to choose from. You can even become friends with these farmers and get discounts from them.

Try adding one new vegetable each week. That way after a month you'll have added four you normally wouldn't have eaten. Try to find 7 to 9 vegetables you're OK eating on a daily basis.

Include two to three leafy green vegetables (broccoli, spinach, bok choy, lettuce, etc.) Two or three colorful vegetables (bell pepper, eggplant, zucchini, asparagus, corn, etc.) and two or three starchy or root vegetables (sweet potato, pumpkin, yellow potato, parsnip, onions, squash, etc.).

You'll want to **limit these starchy vegetables** for the first few weeks. As your digestion improves you'll be able to incorporate them more and more.

4 Steps To Eat More Veggies & Fruits



How to Eat More Fruits & Vegetables in 4 Simple Steps

<https://www.youtube.com/watch?v=FeEsZKOhf9c>



DAY 15 – Remove the High Allergy Foods

Now that you've shifted into the MEVY Diet & any "bad bugs" you have in your gut have been weakened, we can start the **Low Allergy Diet**.

The purpose of this diet is to restore your gut's immune system.

Most people with chronic digestion problems will have **leaky gut syndrome** and a background of antibiotic use or the oral contraceptive pill. They'll have poor levels of good bacteria and all sorts of gastrointestinal distress.

That's why it's best to come off what are considered **key allergy foods**.

These Foods Are:

- citrus (especially oranges)
- pineapple
- banana
- shellfish
- peanut/peanut butter
- wheat/gluten
- chocolate
- cow's milk

Cow's milk is a big one.

We've seen testing on over 350 young children that found nearly **70% had a problem with cow's milk**. Bananas came back around 14%. Pineapples and shellfish came back nearly 20%.

Bread and gluten allergies are not as common as you think.

Chocolate however is. Even dark chocolate, 70% cocoa or whatever it is, it's GOT TO GO for a while.

There's no way around it.

Chocolate aggravates Candida & other gut disturbances.

Even if it's raw cacao you need to take it out of your diet for at least 3 to 4 weeks.





A Special Note on Wheat:

Too many people point the finger at wheat and gluten when in fact, these people have bacterial and yeast problems that need clearing up **BEFORE** they start taking gluten out of their diet.

We're not big fans of telling people to eliminate wheat or gluten from their diet forever.

In fact, we've seen people get **BACK into gluten** after they were told by doctors they could NEVER eat wheat ever again.

Because once your gut bacteria levels are restored – gluten is no longer a problem.

Just because every blog site out there says you should eat gluten-free doesn't make it true. "Gluten free" is almost like a religion today.

Remember, **only 1 or 2% of the population has Celiac Disease.**

Are you celiac? Probably not.

Are you gluten intolerant? Probably not.



Do you have a disturbed gut microbiota? Probably yes.

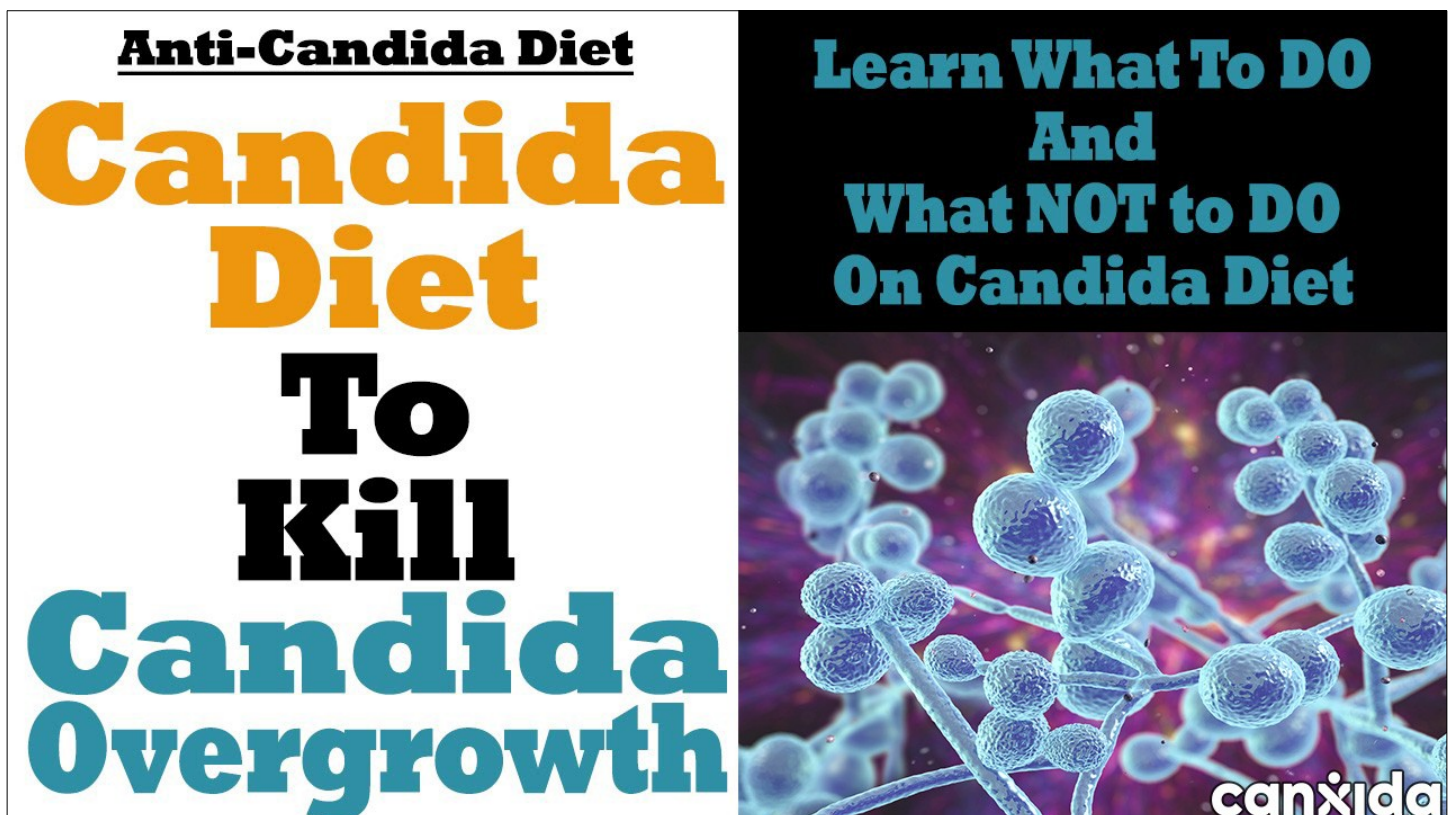
What we're doing with the Low Allergy Diet is taking out the foods that could potentially trigger an immune response.

This is very smart because **you've likely got food allergies and intolerances** right now that are creating immune dysfunction.

By taking all these foods out, it stops the immune system from reacting.

That way, once your digestion is in better shape, you'll be able to eat these foods without having to worry whether the next bite of the "wrong food" will send you running to the toilet or cause gas, bloating or other symptoms.

All you do at this stage is remove the foods listed previously in this section, and keep it that way for a period of several weeks to several months. **You should continue to eat the MEVY Diet in the meantime** (although you don't have to be as strict with as you were in the beginning).



Candida Diet Plan : Ultimate Anti-Candida Diet For Candida Overgrowth

<https://www.youtube.com/watch?v=R9327DEOWcc>



DAY 16 – Start Eating Beans & Pulses Every Day

There's a reason we waited this long before talking about beans.

That's because it's best to avoid beans (like starchy vegetables) for the first few weeks of the diet. We've learned they cause a tremendous amount of gas and bloating if introduced too quickly & in large quantities.

Always go slow with beans if you're not used to eating them yet.

Avoid beans and lentils entirely for the first 2 to 3 weeks. Especially if you have bloating.



Then, as your digestion improves, start by adding just one or two tablespoons of beans to your meals.

An easy way to do this is by adding a spoon or two of red lentils to whatever you're cooking.

Red lentils cook pretty fast. Usually in 15 minutes. They also have the most antioxidants of beans.

One **time saving trick** is to boil a large batch of black turtle beans or another variety. Then you can strain them and put them in your freezer. **Beans handle freezing quite well** and will be just as tasty and healthy when you reheat them.

This way you can cook a large batch once a week and add some to your meals every day.

If you eat too much too early & develop gas and bloating, back off and **take a probiotic**.

Make sure you soak your beans too. This tends to reduce the amount of aggravation.

Another trick to "de-gasify" beans is by adding 2 to 3 drops of **SSKI (super saturated potassium iodide)** when soaking beans before cooking. Just make sure you let the beans soak in this water for at least one hour.

SSKI inhibits the amylase inhibitor in beans, allowing for better digestion and less gas. You can find it in health food shops or online.

You can also soak beans and then drain and freeze them for several hours before cooking (we learned this from one of our customers). This too seems to reduce the amount of gas and bloating your gut produces after having beans.

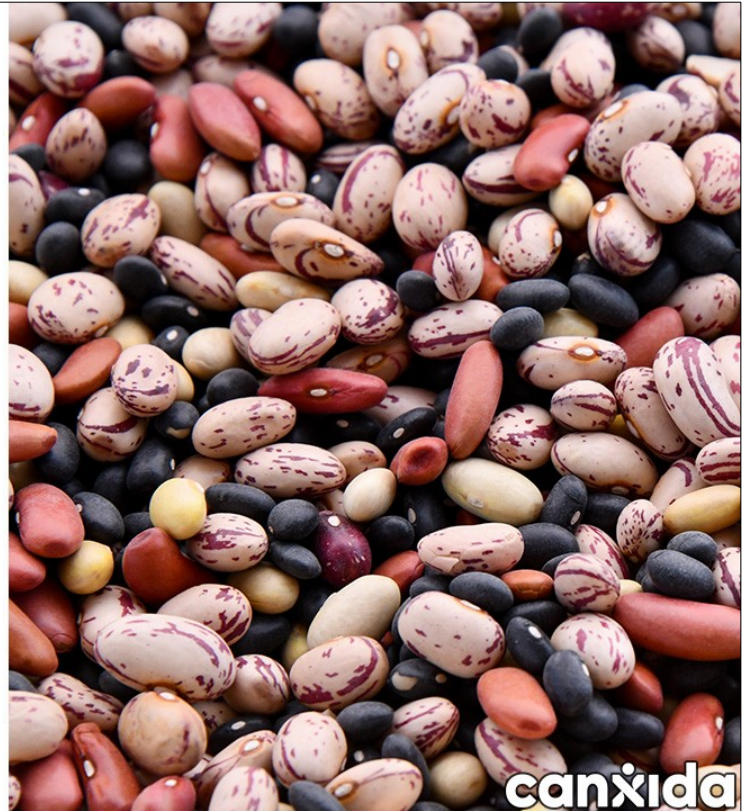


Canned beans are OK to eat as a last resort.

If you must eat canned beans look for a brand that says **BPA-free** on the label, as too often the inside metal of the can is coated with chemicals.

If you need more ideas on how to eat more beans, check out our CanXida Recipe Book.

**WHY YOU SHOULD
CONSIDER EATING
MORE BEANS
IF YOU ARE PRONE
TO GUT PROBLEMS**



Why You Should Eat More Beans If You're Prone To Gut Problems
<https://www.youtube.com/watch?v=NsUz-qvRVH0>



DAY 17 – Get Rid of Your Sugar Cravings Once & For All

If you've got gut problems, chances are you also have sugar cravings.

There are lots of reasons why you get these cravings.

The first reason may seem obvious. **You've picked up a bad habit.** Maybe you spend too much time in front of the TV and that results in snacking.



A lot of people find this hard to resist.

They're watching TV and they see these colorful commercials with burgers and pizza. And the next thing they know they're **in the kitchen reaching for a bag of chips.**

Other people like to have bars.

They'll have a can of red bull and then they'll have a chocolate bar in the afternoon.

We call these Yum Yum bars.

Remember, the more often you eat processed sugar, the **more you'll crave that sugar hit.**

A good way to break this habit is to have something sweet, but in the form of a **herbal tea with a little lemon or honey.** You can get some advice on teas by searching our YouTube channel.

Another reason you may be craving sugar is because you're eating far too much carbs and not enough protein or fat. This is especially true if you get tired in the afternoon or often fall asleep an hour or two after a meal.

In almost all cases that meal was high in carbs and nothing else. It could have been a bowl of pasta, baked potatoes, rice or 3 slices of bread with a little peanut butter.

When you eat a meal like this, **you're setting yourself up for a sugar craving** later on.

It makes your blood sugar spike up, and then it will start coming down, locking you in a cycle of fatigue, energy, fatigue, energy.

This is because carbs get absorbed too fast. You didn't have any protein or fat in there to slow things down so you'd get that energy over time vs all at once. In medicine this is called **hypoglycemia** or low blood sugar.



One way to combat this is to get an herbal tincture of bitters. Bitter tastes often combat cravings for sweets.

Another way to combat cravings is by taking **vitamin C**.

Try taking 1,000 to 2,000 milligrams of vitamin C daily if you have strong sugar cravings. You might be quite surprised to find you no longer want that ice cream or cookie after your main meal.

Just make sure your vitamin C doesn't contain any sucrose (sugar), because many do!

We created our own powdered Vitamin C formula that's easy to absorb for people with gut problems. You can find it at https://www.canxida.com/vitamin_c_plus.

TIPS & STRATEGIES TO OVERCOME SUGAR ADDICTION



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I Have a Sugar Addiction - What Should I Do?
Tips & Strategies to Overcome Sugar Addiction
https://www.youtube.com/watch?v=X_WJTjt4AOU



DAY 18 – Change the Type of Water You Drink

Change the type of bottled water you drink and get some natural, loose leaf teas.

If you're in the U.S., a good place to buy teas is www.mountainroseherbs.com. Drop the Gatorade, sodas, bottled drinks, even juice needs to go until your gut is in better shape.

If you want tasty drinks, invest in a quality blender.

Invest in a high quality water filter or stick to natural spring water at the supermarket (the ones in glass bottles are best but also more expensive).

Avoid drinking tap water. Many believe chlorine, fluoride & many other chemical residues found in tap water are harmless in the doses found. Unfortunately this isn't true.

They block iodine absorption and this can lead to thyroid problems later on.

Avoid distilled water. It is essentially dead water that is devoid of oxygen. It's unnatural way of drinking water. Stick with bottled water, preferably in glass, or get a reverse osmosis water filter.

**REVERSE
OSMOSIS
MAKES ME
SICK WHAT
DO I DO?**



Reverse Osmosis Water Makes Me Sick, What Do I Do?

https://www.youtube.com/watch?v=ChQxBB_hj_g



DAY 19 – Switch to Wheat-Free, Gluten-Free, Yeast-Free & Sugar-Free Breads and Grains

It's a common **misconception** that people with gut problems must avoid all grains and follow a 100% gluten free diet. This isn't true. Not everybody with a gut problem has a gluten allergy.

Gluten is often to blame when a person has a chronic ongoing digestive problem, when in fact that person has poor levels of good bacteria and a Candida overgrowth in the digestive tract that needs to be resolved **before you start taking gluten out of the diet**.

You **CAN** eat wheat and gluten products in small amounts as long as it's bread from just whole meal flour, salt and water. Make sure whatever bread you buy contains no yeast and no sugar.



A **naturally fermented sourdough** bread is by far the best option.

Most people with gut problems can tolerate small amounts of sourdough in the diet even if the symptoms are severe.

Give it a try. You might be surprised.

If making your own biscuits and muffins or pancakes, use baking powder or baking soda as a leavening agent.

Be very careful with the commercial versions of these foods.

Avoid any products containing any form of sugar or yeast. If your gut problem is severe or you've been suffering for a long time, you likely have to **avoid these foods for the first few weeks** or months (or until your gut improves).

Most supermarkets and health food stores today stock gluten free breads, including cakes, muffins, pizza bases, & biscuits. Many can be found right alongside ordinary breads.

If you want to play it safe, ask your local bakery if they sell sugar-free, yeast-free wheat-free and gluten-free breads. These products have become a lot more popular in recent years & are not as difficult to find as they once were.

Be sure to also check your supermarket for more unusual foods such as oat cakes and wheat-free, gluten-free, and yeast & sugar free crisp breaks and crackers.



Always read the labels carefully.

These may include rice and corn crisp breads or cakes, **Japanese-style rice crackers**, gluten-free wraps, buckwheat or millet cookies, seaweed crackers and more.



IS SOURDOUGH BREAD OK TO EAT IF I HAVE CANDIDA?

canxida

Is Sourdough Bread OK to Eat If I Have Candida?
https://www.youtube.com/watch?v=HuLrV6Q6_1E

The general rule with grains is **it's safer to consume the ones that look more like seeds**.

These include amaranth, buckwheat, millet and quinoa. Brown rice is also a safe grain for those with gut problems like Candida.

Some "experts" say you must avoid these foods entirely until several months into your new diet, but **this isn't true**. It may be true for the most extreme cases (like 2%) but it's certainly not a major concern for the other 98%.

Many people with gut issues have a tendency to lose too much weight on the MEVY diet, and will need to eat small amounts of safe grains to counteract this.

It's all trial and error here. **There are no rules** when it comes to buckwheat, quinoa, amaranth and millet. Try them out and see how your gut reacts.



DAY 20 – Add More Raw Foods Into Your Diet

Many people talk about eating a **pH balanced diet** and how it's important to eat more **alkaline** foods. This is especially important for people with digestion issues.

Not because an acid rich diet favors the growth of bad bacteria and yeast in the digestive tract (**this is a myth**) but because acid forming foods make it easier for yeast and bad bacteria to move into your bloodstream & cause symptoms in other parts of your body.

That's why people with digestive problems often also suffer from skin problems or rashes, joint aches, migraines, brain fog, and more. **All these things are connected.**

High acid diets have been linked to many chronic diseases such as diabetes, heart disease and various cancers. **Red meat, for example, is one of the most acidic foods**, and the consumption of more than 500 grams a week is now linked in several studies to a 30% increased risk of cancer.



Raw foods, particularly raw fruits (the non sweet varieties) and vegetables are quite alkaline, whereas cooked foods, especially proteins and sugars, are acid forming.

Every time you cook food you invariably destroy some of its nutritional value.

Just because something is promoted as healthy and natural in its raw form, it may not be depending on how it's cooked.

Potatoes are healthy and natural when you **steam or bake them**. But some people think you can turn them into french fries (deep fry them) and that's just as healthy too!

So remember, it's not only about what you eat – it's about **how it's prepared**.

You've probably heard of the health benefits of antioxidants. But you may not have heard that you can only get these benefits **when you eat these foods in a raw or semi-raw state**.

Take for example foods like spinach, blueberries, and bell peppers. These foods all have vibrant colors. Researchers have found that the brighter the color of a fruit or vegetable, the more likely it is to be high in antioxidants (which help combat degenerative diseases).

Now think about what happens to these foods after they are cooked?

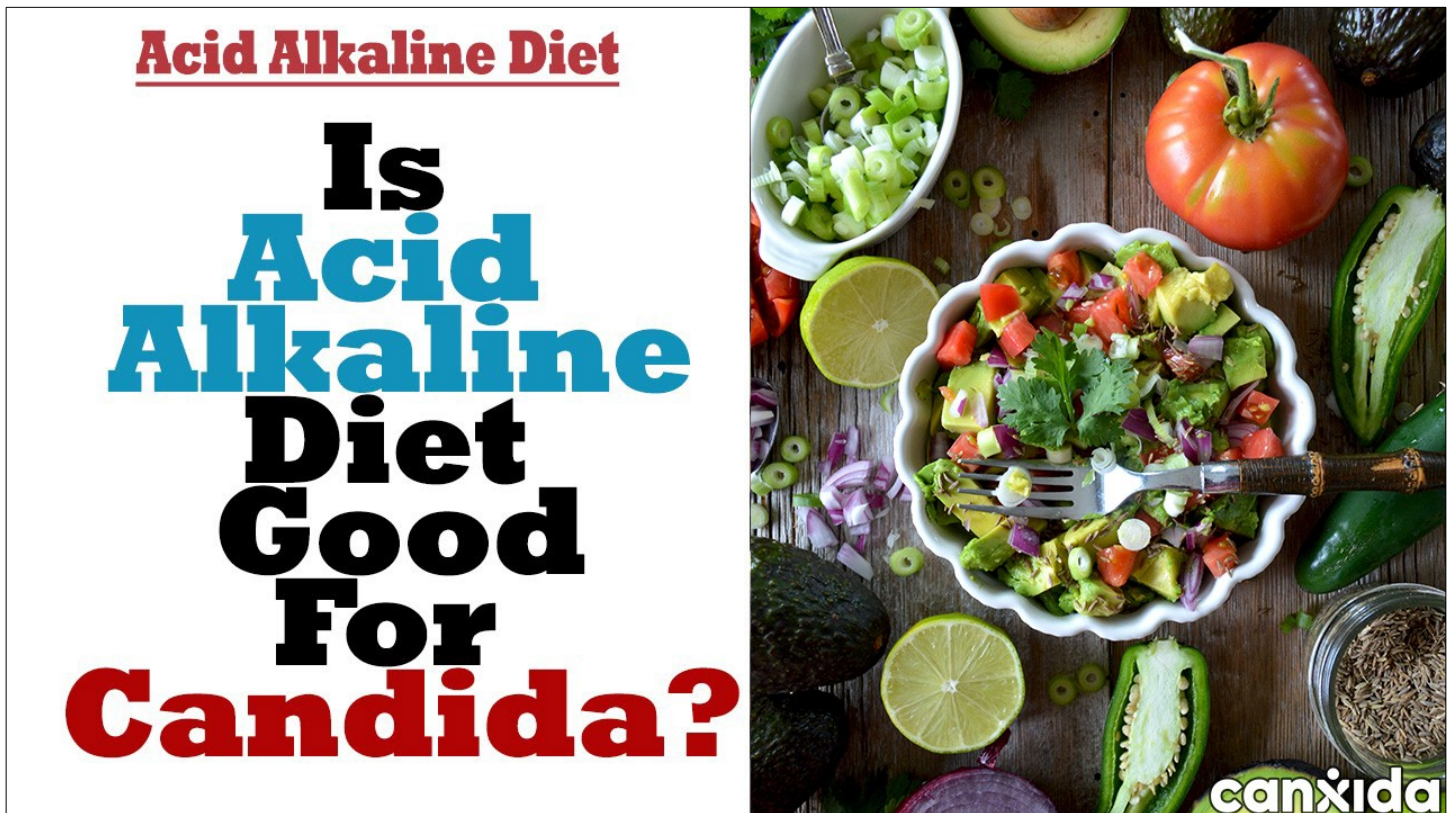


The colors fade away and they become dull.

We don't advocate for you to go on an all-raw food diet.

That would be quite boring and unappealing (as well as restrictive). **Try to find a balance** between raw, partially cooked (such as lightly steamed) and cooked foods.

Some foods, such as berries, most fruits, and salad vegetables are best consumed raw. A slice of blueberry pie doesn't have the same antioxidant benefits as a cup of raw blueberries.



Acid Alkaline - Diets Do They Really Work For Candida?

<https://www.youtube.com/watch?v=QwlvdcZABmc>



DAY 21 – How to Get Rid of Chronic Fatigue & Any Final Symptoms & Prevent Your Gut Problems From Coming Back

If you've made it this far into the program you should already be seeing a dramatic reduction of most of your gut problems. If not, you need to re-examine your diet & lifestyle some more.

But even with all these changes, **almost every person with a gut disorder has one or two pesky symptoms that require extra effort** to get rid of once and for all. It's sort of like dropping those stubborn last few pounds while on a diet. It requires a little more work.

In many cases the final symptom to go way is fatigue. So that's what this section is about. Make sure you read the whole thing because we're also going to talk about **maintenance** – that is, **how to prevent your gut problems coming back** later on down the road.

This is critical because almost everyone slips up with their diet at some point. Remember, the same way a dieter can gain their weight back afterwards by returning to bad eating habits, so too can gut problems return if you don't follow basic maintenance rules. This is particularly true for the first few months after recovery. **It takes effort to stay well.** Not just get well.

**Do You Have
Chronic
Fatigue?
This Could
Be Why**



Chronic Fatigue? This Could Be Why. . .

<https://www.youtube.com/watch?v=c1yFOPnQliE>



How to Get Rid of Chronic Fatigue & Tiredness:

There are three main reasons why you may be suffering from chronic fatigue or tiredness.

The first has to do with eating meals that contain too many starches and not much else. If you often feel tired or sleepy after a meal, this is likely the cause. We covered this on Day 17.

If that's not the cause that means either **your gut is having trouble absorbing nutrients** OR **you're dealing with adrenal fatigue or hypothyroidism**.

Fatigue Cause #1. Your Gut is Having Trouble Absorbing Vitamins and Minerals

One of the main reasons you may be suffering from fatigue is a lack of vitamins and minerals.

An easy way to determine this is whether you suffer from skin issues along with the fatigue.

Now you may be thinking, *"how is that so? I've been eating all those fruits and vegetables lately, so how can I be lacking nutrients?"* This is very common. In fact, even if you started taking a multivitamin, chances are the blood tests would STILL say you're deficient.

Why? Simple – many people with gut problems will have digestive issues **preventing them from absorbing nutrients**. Their body can't absorb them from the food they eat or from supplements.

This can be determined from looking at a stool test.

Almost every time a person suffers from chronic fatigue, their stool test comes back showing a total a total lack of beneficial bacteria. The lab couldn't find them & they couldn't culture them.

Many will also have a parasite infection such as **blastocystis**.

Now this doesn't mean you've got worms or anything. **Most parasites are very small** – so small you can't even see them without a microscope (& even then they're very hard to find).

But they can cause a lot of problems such as gobbling up minerals.

One parasite in particular likes to eat iron and this can trigger an iron deficiency like anemia (even when the person is taking an iron supplement every day).



Tiny parasite in a stool sample.

Yeast & bad bacteria do this too. They just love stealing nutrients before your gut has a chance to absorb them into your bloodstream.

That's why **we don't recommend people with gut problems take conventional multivitamins**.



Many of these multivitamins contain inferior quality nutrients. Others contain fake & unwanted ingredients that could make your condition worse. Many also contain sugars.

What you need is a supplement with **antimicrobial properties**.

That is, something you take with your meals that's going to **stop bad bacteria and yeast from gobbling up those vitamins and minerals themselves**.

The 3 main natural antimicrobials we recommend are. . .

1. Gum mastic powder

Gum mastic is a resin from a tree that grows in the middle east.

Middle eastern people have used gum mastic for many, many years to heal bacterial stomach infections.

Recent studies have shown gum mastic **stops the growth of a wide range of bad bacteria species** including helicobacter pylori (h. pylori).

Studies have shown at least **1 in 5 Americans have an h. pylori infection in their stomach** and most don't even know it.



The symptoms of an h. pylori infection include burping, bloating, heartburn, low grade sensations of queasiness and various gut problems.

H. pylori lives in the stomach & is virtually impossible to get rid of using antibiotics (**it almost always comes back**) but gum mastic stops it.

It's a great herb for getting rid of bad bugs in the gut so try to get some.



2. Goldenseal root

Goldenseal is a plant that grows up in Canada and the colder regions of North America.

Native Americans used it as part of their herbal medicine.

Goldenseal is one of nature's most potent antimicrobials because it contains high levels of **berberine**.



Berberine is a natural antibiotic that's been scientifically proven to wipe out bad bacteria **without harming your beneficial bacteria**.

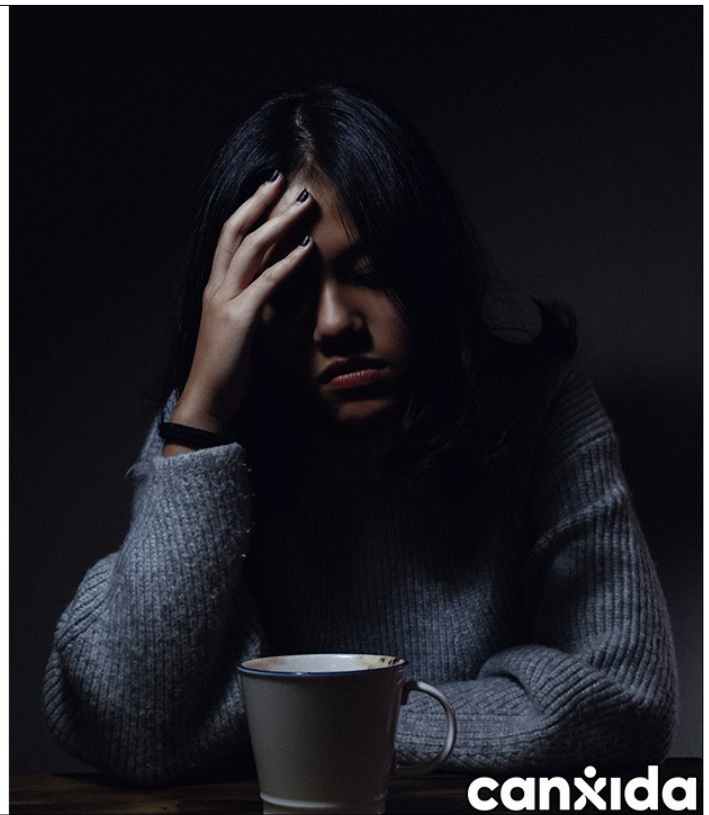
It has a broad spectrum application in that it not only weakens Candida but is also effective against some of the nastiest bad bacteria such as e coli, staph aureus giardia, entamoeba histolytica, trichomonas vaginalis, leishmania donovani as well as several well-known parasites.

Goldenseal is also the **best herb you can use for mucus membrane restoration** & for boosting immune function there.

Remember, the mucus membrane is the body's first line of defense against invaders like viruses and bacteria. It lines everything from the mouth, nose, eyelids, respiratory system, stomach, and of course the digestive tract.

The stronger you make it, **the harder it is for yeast and bad bacteria to live there**.

Is Fatigue Linked to Candida & Other Gut Problems?



Can Candida or Other Gut Problems Cause Crazy Fatigue?

https://www.youtube.com/watch?v=_P_jCwifNIU

3. Slippery elm bark

Slippery elm bark powder comes from an elm tree with a lovely pink inner bark.



It's on this list because it contains high levels of prebiotics. **Prebiotics are a special type of sugar** founds in certain plants.

This sugar is what feeds probiotics (beneficial bacteria) and make them grow. Remember, it's fine to eat natural foods that contain these sugars. You only want to avoid prebiotics that are grown in factories or labs.



Slippery elm is one of the best natural sources of prebiotics you can get.

That's why **Native American tribes traditionally fed it to their infants** for the first year of their lives. That way by the time the child was two or three they've have a powerful digestive system & strong immune health.

Slippery elm bark also has mucilaginous properties meaning it's **soothing for things like ulcers**.

What Are the Best Antimicrobial Multivitamins?



What Are the Best Antifungal Multivitamins?
https://www.youtube.com/watch?v=cb1ny0_Xfjk

Other potent antimicrobial herbs that block yeast and bacteria from absorbing your nutrients include **ginger root, cinnamon bark, thyme, rosemary, chamomile, and anise seed**.



This saves you a bit of money because you don't have to buy all these ingredients separately.

We created a supplement with antimicrobial properties called **CanXida Rebuild**.

This is complex formula with multiple components. It works alongside **Remove** and **Restore** to get rid of stubborn symptoms, re-energize the body and make it harder for yeast, bad bacteria and parasites to return.

We'll tell you more about it at the end of this section.



Fatigue Cause #2. Adrenal Fatigue & Hypothyroidism

Half the population has some degree of hypothyroidism, and three quarters have varying levels of adrenal fatigue issues ranging from mild to extreme.

Chances are you're one of them.

We know this because of the high correlation between people with gut disorders and issues like adrenal fatigue. Particularly in people with chronic Candida infections as **you can actually develop adrenal fatigue as a consequence of being sick for a long time.**



Adrenal fatigue means there's not enough cortisol being produced. Without cortisol the immune system can't be powered up enough to help fight yeast, bacterial infections and parasites.

Some of the signs of adrenal fatigue include:

- Fatigue
- Brain fog
- Ongoing sleep problems like insomnia
- Inability to cope with stress physically or emotionally
- Anxiety
- Mood swings & changes (such as depression)
- Digestive issues
- Lowered immunity (if you catch colds easily)
- Low libido
- Weight gain
- Hair loss



There are many complex immune mechanisms at play here. One of the main reasons is the overgrowth caused a chronic over-activation of the adrenal glands.

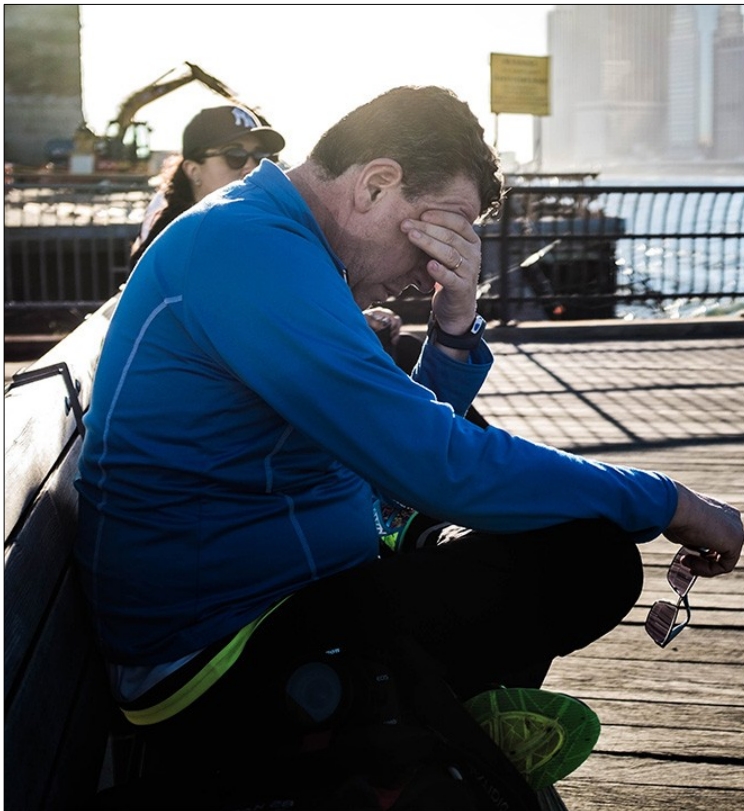
It's similar to how the pancreas can get burned out because it constantly has to produce more and more insulin to lower blood sugar (which leads to diabetes).

Constant cortisol can be released to help the immune system fight an infection in the gut that just won't go away (& over time the adrenal gland gets burned out as well).

Suffice to say, **you'll likely recover faster by addressing the adrenal fatigue** at the same time as the gut problem. If you're skeptical, try getting an adrenal test done to determine what your cortisol levels are like.

Typically when you've been sick a long time, your cortisol goes down, the bad bugs go up, and the beneficial bugs do down. And you can get stuck in this cycle for many, many years.

The best way to get out of it is to **treat the adrenal problem alongside the gut problem**. You do this with the right diet and lifestyle, along with a few carefully chosen supplements.



Can Candida & Other Gut Problems Cause Adrenal Fatigue?

canxida

Can Candida & Other Gut Problems Cause Adrenal Fatigue?

<https://www.youtube.com/watch?v=nbLeidHI300>



Many of the ingredients in **CanXida Rebuild** are good for adrenal function (particularly the multivitamin component) so make sure you check it out.

For more information on adrenal fatigue, we recommend you look up our good friend Dr. James Wilson @ adrenalfatigue.org.

Another way to help with fatigue (until you get a good multivitamin) is to start eating **sea vegetables**.

Sea vegetables contain an incredibly wide variety of trace minerals rarely found in other foods.

They're one of the best ways to get cobalt, copper, chromium, fluorine, iodine, manganese, molybdenum, selenium and zinc for example.



We recommend everyone who experiences fatigue adds some sea vegetables into their diet. It helps regardless if the cause is in the gut or adrenal glands or thyroid.

The only reason not to eat sea vegetables is if you have an auto-immune disease such as Hashimoto's or Grave's Disease. As these can make you particularly sensitive to iodine.

Some of the benefits of sea vegetables include:

- Improves the condition of hair, nails, bones, connective tissues, skin and teeth.
- Inhibits growth and reproduction of pathogenic bacteria, candida and viruses.
- Helps you detox heavy metals, especially lead, mercury, arsenic and cadmium.
- Increases the fiber content of your diet which helps with constipation.
- Facilitates healthy thyroid function, due to the iodine content.
- Assists with adrenal fatigue, stress and burnout.
- Has prebiotic qualities, (feeds your the good bacteria).
- Fights the growth of cancer cells.
- Can help lower blood pressure.
- Is high in antioxidants.
- Has anti-inflammatory actions.
- Reduces cholesterol levels.
- Alkalizes the blood.

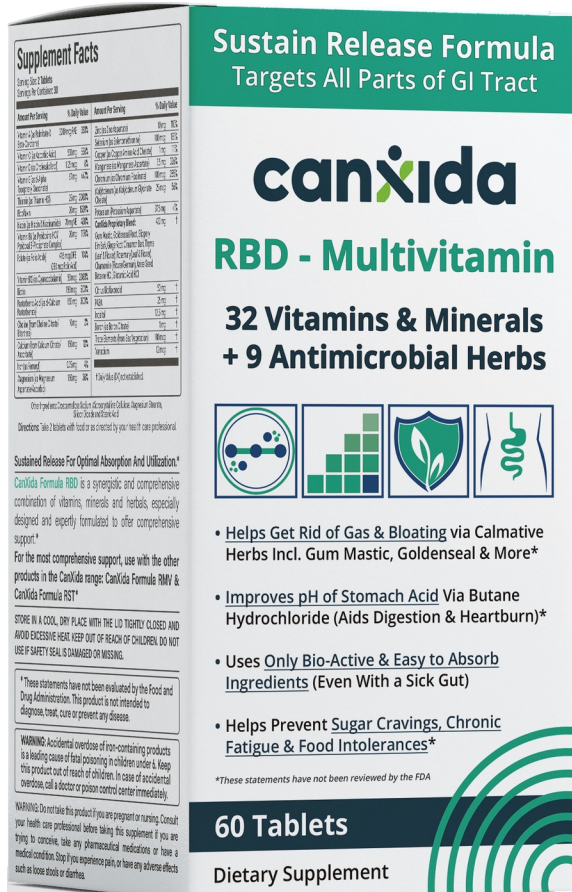
The 7 most common edible sea vegetables are agar, arame, dulse, hijiki, kombu (kelp), nori, & wakame. They all have different uses. Some are good for soups while others are tasty in salads. If you've eaten sushi before, you've already tried **nori** (it's the black stuff they wrap the rice in).

Look up some of their uses later on and pick one up the next time you're at the grocery store.



We'd like to conclude this section by telling you more about our 3rd and final CanXida formula – **Rebuild**. This is a complex formula with multiple functions.

Rebuild is a synergistic formula of 32 different vitamins, minerals, and trace elements — plus 9 antimicrobial herbs & additional ingredients like betaine hydrochloride, glutamic acid, citrus bioflavonoids (antioxidants), biotin & more.



It's designed to supply your immune system with all the nutrients necessary to hit the "bad guys" hard – **REAL HARD** – as well as block them from accessing the vitamins and minerals in the foods you eat (so they starve & wither away).

It also increases your energy levels and helps get rid of any lingering symptoms like gas, bloating, chronic fatigue and sugar cravings.

Rebuild is the CanXida product you want to take for the longest & **should be the last supplement you stop taking.**

It's extremely effective at "picking up the slack" and fixing any shortcomings or mistakes you may be making with your diet.

It's a fantastic maintenance supplement to take if you've ever relapsed or want an extra edge to prevent your gut problems from resurfacing. We highly recommend taking it especially as you reintroduce foods back & are still figuring out your new habits related to diet and lifestyle.

Other Information About CanXida Rebuild:

- Is all natural with all active ingredients extracted from plants.
- **Helps get rid of gas and bloating** via a blend of calmative herbs.
- Improves pH of your stomach acid with the use of betaine hydrochloride.
- Contains gum mastic, goldenseal, slippery elm bark & **6 more antimicrobial herbs** to prevent "bad guys" from feeding off the nutrients in your food.
- Can be taken long term. **No risk of toxic build-up as certain other multivitamin products.**



- Uses only vitamins, minerals & herbs that are bio-active & in forms that are super easy for your gut to absorb (no matter how dysfunctional your digestion is).
- Contains hard to find trace minerals such as **molybdenum, manganese, chromium and vanadium** (some of these are almost impossible to get unless you eat seaweeds).
- Helps get rid of h. pylori (a nasty stomach bacteria that's **nearly impossible to eliminate via pharmaceutical drugs** because it always comes back).
- Contains NO sugars, artificial sweeteners, hidden sugars like maltodextrin, or synthetic prebiotics.
- Is **sustained release** (just like CanXida Remove), is easy to swallow and can even be blended into smoothies without effecting the taste much.
- Contains high potency citrus bioflavanoids (antioxidants) to help reduce free radical damage and immune system stress caused by Candida and parasite toxins (this is going to disrupt all sorts of life cycles these bad bugs have).
- Helps prevent immune dysfunction & **reduces inflammation** so your body is no longer trained to have food allergies.
- Assists with adrenal fatigue & chronic fatigue in general.
- **Accelerates recovery** so you can start reintroducing the foods you love back into your diet.

Get it now at www.canxida.com/rebuild.



Best CanXida Dosages For Maintenance

<https://www.youtube.com/watch?v=BAZsd-lgrfs>



CONCLUSION

Thank you again for buying our ebook and getting this far.

You now have an effective long term strategy for how to get your gut health back to where you want it to be. If you subscribed to our newsletter, be sure to watch your inbox as we have a lot more to teach you in the coming weeks and months.

If you haven't subscribed yet, you can do so by clicking [HERE](#).

Should you have any questions not addressed in one of our YouTube videos, reach out to us.

Each new email subscriber is given the opportunity to contact our in-house naturopath / nutritionist so they write you a personalized response answering any questions you have.

This service is **free of charge** and is an additional thank you for signing up.

Please note that in order to help everyone, our in-house expert can only write one personal response per new subscriber.

Below you'll find a list of **additional resources** that will help you on your journey to great gut health. Most of these have already been mentioned throughout this guide but we included them here so they'd be easy to find.

- Our YouTube Channel: <https://www.youtube.com/c/CanXidaGutHealthNetwork/videos>
- Our Articles: <https://www.yeastinfection.org/>
- Our Supplements: <https://www.canxida.com/>
- Our Shopping Guide: <https://candida.yeastinfection.org/wp-content/uploads/Candida-Shopping-List-2022.pdf>
- Our Recipe Book: https://candidarecipes.com/wp-content/uploads/download.php?file=candida_recipe_book_by_canxida.pdf
- Our Mobile App: [iPhone version](#) or [Android version](#)
- Our Newsletter: <https://candida.yeastinfection.org/newsletter/>
- Our 718-page Candida Crusher ebook: <https://www.candidacrusher.com/>

We also have an in-dept **CanXida User Guide** pdf which you'll receive with your order if you choose to use our supplements.

Thanks again,

~CanXida Customer Care Team

