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*PROTOCOLS FROM THE DESK OF DR. ANTHONY MARTIN

CANDIDA PROTOCOL

Pathology:

Main Causes of candida overgrowth

1. Antibiotics
2. NSAID's (Aleve, Motrin, Advil, Tylenol)
3. Artificial sweeteners
4. Chronic stress (high cortisol)
5. High sugar or carb diet.
6. High vegetable oil diet.

Candida is a fungus or yeast—there and there is a small amount normally present in the gut.

But, with the lack of friendly bacteria (probiotics) and low stomach acids and digestive enzymes, one can get an overgrowth of candida in the gut and this in turn can sneak through the microscopic lining in the gut to invade the blood stream.

Possible signs of candida overgrowth:

1. Chronic fatigue
2. Difficulty concentrating
3. Depression
4. Irritability and mood swings
5. Digestive issues (heartburn, bloating, diarrhea, constipation)
6. Acne—dry itchy skin
7. Rashes
8. Intense sugar cravings
9. White coating on tongue
10. Chronic congestion and sinusitis
11. Athlete's foot
12. Headaches

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Protocol: How To Get Rid Of Candida

Diet: eliminate all sugars and crappy carbs

Probiotic Complex: 3 capsules daily for several months

Digestive Enzymes: Two before each meal.

Candida/Parasite Formula: 3 capsules daily for several months

Oil of oregano

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*All protocols from the desk of Dr. Anthony Martin are for internal use only at the Martin Clinic. This information is for educational purposes only and does not constitute health advice.

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