

The Cause of Candida

The widespread use of antibiotics has resulted in the indiscriminant destruction of all the good beneficial microorganisms that protect us from a *Candida* yeast population overgrowth. Other major contributing agents are birth-control pills, steroids, smoking, and alcoholic beverages. High-stress lifestyles, lack of exercise and sleep, as well as a rich yeast-feeding diet are some of the other major factors increasing susceptibility to a *Candida* infection.

The *Candida albicans* yeast steals your strength, your endurance, and your mental focus, and robs you of your love of life

Candida Yeast Symptoms:

Dizziness, depression, mood swings, "foggy" mental focus, sugar cravings, acne, bad breath, sore/bleeding gums, fatigue, uncommon weight gain or weight loss, asthma, kidney and bladder infections, burning urination, chronic heartburn, bloating, indigestion, constipation, and diarrhea.

Candida Yeast Can Be Responsible for:

In Women: Vaginal burning, itching and discharge; menstrual cramps; frequent periods; premenstrual depression; and loss of interest in sex, as well as pain during intercourse.

In Children: Frequent ear infections, mood swings, sugar cravings, concentration problems, hyperactivity, constipation, chronic cough, and headaches.

In Men: Impotence, prostatitis, and a number of general *Candida* yeast symptoms.

The *Candida albicans* yeast is responsible for an incredible number of health problems and, once you're infected, it can quietly steal away your health, year after year. **CandidaStop** is a special program that contains 11 natural *Candida* fighters to kill off yeast infections.

Ingredients

Each vegetable capsule contains:

Black walnut (*Juglans nigra*) hull 4:1 extract 8 mg
 Odourless garlic (*Allium sativum*) bulb extract,
 1% allicin 62.5 mg
 Pau d'arco (*Tabebuia heptaphylla*) inner bark 25 mg
 Selenium (from yeast-free L-selenomethionine) 25 mcg
 Echinacea (*Echinacea purpurea*) root extract,
 4% polyphenols 25 mg
 Oregano (*Origanum vulgare*) leaf extract,
 30% carvacrol 55 mg
 Caprylic acid (zinc caprylate) 20 mg
 Caprylic acid (calcium caprylate) 90 mg
 Caprylic acid (magnesium caprylate) 90 mg
 Suma (*Hebanthe eriantha*) root 50 mg
 Grapefruit seed extract* 50 mg

Other ingredient: Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

*Combination of natural extracts of grapefruit, lemon, and tangerine seeds.

NPN 80066778 · V0428-R9

Ingredients in this product have been validated for potency and identity, and certified free of pesticides and solvent residues using:

- Inductively Coupled Plasma Optical Emission Spectrometer (ICP-OES)
- Gas Chromatograph/Mass Spectrometer (GC/MS)
- UV/VIS Spectrophotometer
- Headspace Gas Chromatography (organic solvent residues)
- Disintegration



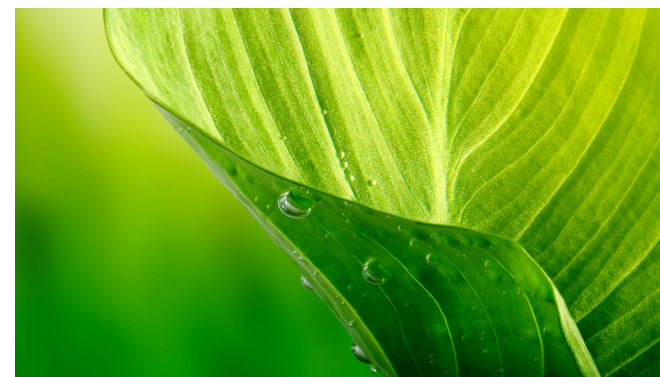
Candida Stop

Sold exclusively to finer health food stores
newrootsherbal.com/store

HP0021

CandidaStop

Conquer *Candida*
 the natural way

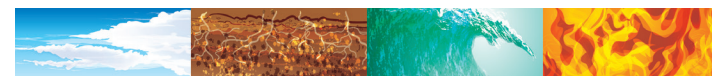


- Cures you of *Candida* overgrowth
- Essential for restoring your body's natural balance
- 11 natural ingredients work to eradicate yeast infections

Tested in our
ISO 17025
 Accredited Laboratory



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Candida-Free Diet

As with any health problem, diet is of great importance for the body to regain its health from *Candida*. An infected person must select foods that do not feed the *Candida* yeast organisms, as feeding an infection allows it to grow and thrive. Therefore, it is necessary to eliminate from your diet the following foods for at least two to three months: sugars, honey, molasses, malt, maple sugar, artificial sweeteners, fresh fruit (for at least the first month) and fruit juices (tomato juice also), dried and candied fruit, pastries, chocolate, refined carbohydrates (white rice, pasta, and flour), yeast (including wheat bread and sour dough bread, muffins, etc.), milk and dairy products (except butter), all fermented products (e.g. soy sauce), vinegars, mushrooms, peanuts, alcoholic beverages, soft drinks, caffeine, tea, tobacco, or foods containing any of the above.

Remember that sauces, processed and smoked meats, condiments, packaged (canned) and processed foods, popovers, and premixes (e.g. pancake mix) almost all contain some yeast-feeding ingredients. Take time to read some of the packaging labels to identify those you can eat; it will make you aware and conscious of why your health condition has become what it is.

As for antibiotics, take only when absolutely necessary. If you have to take any after this program, it is strongly recommended that you take probiotics like **AcidophilusUltra** with PH⁵D enteric-coated capsules once the prescription is finished, to replenish what has been killed.

These dietary adjustments must take place for a minimum of two to three months. You will be starving all *Candida* yeast organisms of the foods they need to survive, and they will begin to weaken and die.

Foods You Can Eat Freely

- Meat, fish & eggs — For a lower cholesterol intake, choose poultry and fish: chicken, turkey, salmon, tuna, and any fresh or frozen fish that is not breaded. Do not use luncheon meats or breaded meats;
- Whole grains (buckwheat, millet, oatmeal, quinoa, rice, and rye), beans, and lentils;
- All vegetables except mushrooms; starchy ones moderately (carrots, beets, potatoes, and corn). Onion and garlic can be eaten in large quantity as they are good *Candida* killers;
- Unprocessed nuts and seeds, raw almond butter, first cold-pressed oils (obtained from health-food stores).
- For sugar replacement, you can use New Roots Herbal's **Stevia**, powder or liquid, as a substitute.
- FOS (fructooligosaccharides) are good as well.

After the Second Month

Depending on the absence of symptoms, you can add the foods from the following list moderately (only one or two portions per day): fresh fruit, unsweetened apple sauce, and tomato sauce. Because some cases show a systemic *Candida* infection (yeast has spread to the brain, liver, heart, skin, and mucous membranes, where it lodges and reproduces), the latest research has shown these individuals should continue the initial diet for a few more months until they fully recover and regain a strong immune system.

Some people may think this diet is quite a challenge, but you will see, after finding new recipes and planning your meals better, that it becomes quite enjoyable, and your health will benefit from positive lifestyle changes.

Directions for a 60-Day Treatment:

The four products below are to be taken daily for the 60-day treatment.

Bowel Purification;

Removing the Dead Cells and By-Products

UltraPurifiant Cleanse: Take 5 capsules in the morning and 5 capsules in the evening, both with 227 ml (8 oz.) of water.

Rebuilding Your Immune-System Responses;

Protection Against Reinfections

AcidophilusUltra: Take 1 or 2 capsules, 20 minutes before meals, with water, or 90 minutes after a meal, twice a day.

Liver Support and Rejuvenation

Liver: Take 1 capsule with each meal, three times a day.

Kill the Yeast Infection

CandidaStop: Take 2 capsules after each meal, three times a day.

CandidaStop Ingredients

This special program formula contains eleven natural *Candida* fighters that kill off yeast problems.

Black Walnut Hulls 4:1 Extract is used primarily as an agent to expel worms from the body, and to kill off parasites breeding in a *Candida* environment.

Odourless Garlic, 1% Allicin — Laboratory research exhibits garlic juice as an antifungal against a broad spectrum of zoopathogenic fungi and many strains of yeast including *Candida*.

Pau D'Arco Inner Bark 4:1 Extract — This bark contains natural antibacterial and antifungal agents. It is used to control the growth of *Candida*.

Selenium is an antioxidant mineral. Nutrients called antioxidants are important in restoring immune function and combatting what is termed "free-radical pathology."

Echinacea purpurea Root, 4% Polyphenols is one of the most popular and extensively researched herbs for stimulating the body's immune response system to fight off infections.

Oregano Extract's major chemical constituent, carvacrol, inhibits the growth of *Candida albicans*, which resides in the mucocutaneous cavities of the skin, vagina, and intestine of humans. In some studies, oregano extract inhibited the growth of *Candida albicans* in vitro as well as in vivo. Its compounds have antispasmodic and antioxidant activities, in addition to their antimicrobial potentials.

Caprylic Acids (Zinc, Calcium, and Magnesium) are short-chain fatty acids from coconut oil, which have proven strong antifungal (yeast) properties.

Suma (Pfaffia paniculata) provides increased endurance, stress resistance, enhanced immune functions, decreased cholesterol levels, and increased protein biosynthesis activity.

Grapefruit Seed Extract Concentrate is a powerful, biologically active grapefruit, tangerine, and lemon seed extract. It provides a broad-spectrum attack against intestinal parasitism and chronic candidiasis.

Should I Keep Doing This Program?

How long you want to continue the **CandidaStop** program is up to you and your body's needs. As mentioned already, depending on how severe their condition is, some people will continue as the infection is deeper rooted, while for others, this program may be sufficient. A 60-day **CandidaStop** program is usually enough for most people.

Suggested Use

Adults: Take 2 capsules three times daily with food or as directed by your health-care practitioner. Take at the first sign of infection. If you are taking supplements containing zinc, calcium, iron, or copper, take this product a few hours before or after them. For occasional use only. Consult a health-care practitioner for use beyond 4 weeks.

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