



Candida Support

CANDIDA DETOX RECOVERY GUIDE

FROM YOUR FRIENDS
AT CANDIDASUPPORT.ORG

LEARN
ABOUT THE
DETOX
PROCESS



UNDERSTAND THE
CORRECT DOSES AND
PRODUCTS FOR YOUR
LEVEL OF CANDIDA



COMMIT TO A LONG-TERM
PROCESS THAT WILL
PROVIDE LASTING RELIEF



CandidaSupport.org

Candida FAQ's & Detox Recovery Guide

From your friends at Candida Support
April 2021



Candida Support

Introduction

Welcome and congratulations on taking the first step toward healing Candida yeast overgrowth! This book is here to help.

In this introduction, we will present some of the key concepts that will ensure (or at least give you the best chance of) a successful recovery from the discomfort and sometimes horrible symptoms of Candida overgrowth.

As you read, please remember that we are here for you. If you have any questions or concerns, we are happy to address them via email. Please submit your questions via our [Contact Page](#).

The Truth: Healing Candida Overgrowth Requires a “One-Two Punch”

As you start on your healing journey away from the suffering of Candida overgrowth, there are two things you need to know:


1. Candida fungal yeast overgrowth is a chronic condition. We all have Candida in our gut—it is when the harmless yeast turns fungal and overgrows our microbiome that it is a problem. Our program controls your symptoms in a way that has been proven over years of watchful practice. We believe it to be the very best Candida program that has ever evolved.

Our products can make you symptom-free, but know that Candida overgrowth is never completely eliminated from your system. Your recovery can be a godsend in your life but it requires ongoing maintenance in order to prevent future flare ups.

2. Candida overgrowth ravages the body in two ways. In order to manage it effectively, you need to address BOTH stages.

The first type begins as an imbalance in the gut. Due to a variety of possible causes, the “benign,” or harmless, yeast that normally lives in the gut turns fungal. It then grows and multiplies, overwhelming “good” bacteria and microbes, and wreaking havoc in your digestive system.

In the second stage, fungal Candida cells permeate the lining of the gut and then, over time, the fungus becomes systemic (affecting areas throughout the body). This is called “candidiasis.”



Once this happens, fungal yeast can clog your organs, create fungal sinus infections, brain fog, terrible rashes and many other unpleasant symptoms.

If you have reached this imbalance, unfortunately, your body will have the tendency to tip into imbalance again, even after your initial successful recovery.

This is why the best strategy is to get Candida overgrowth under control; and then to manage it. If you take this approach, you will not have to start from scratch each time your symptoms flare up.

Because the best strategy for each stage of Candida overgrowth is separate and unique, both stages need to be addressed in specific, targeted ways. This is why we have developed our “*One-Two Punch*”: ThreeLac™ + Candizolv™ = Candida Complete™. Each of these products specifically addresses one of the two different dimensions of Candida infection:

- **ThreeLac™** is a targeted probiotic blend that attacks and kills fungal Candida in the gut.
- **Candizolv™** is a combination of enzymes that dissolve the cell wall of the yeast and helps your entire body control Candida system-wide.



Top Two Reasons Candida Overgrowth Symptoms Get Out of Control

There are two main reasons why those suffering from Candida overgrowth lose control of their healing.

The first: They stop taking their treatment.

The second? They stop taking their treatment.

We're not trying to be clever. We're not trying to be cute. We know this is serious. But although the reasons people lose control may be the same, the circumstances are different.

In the first instance, Candida sufferers give up their commitment to treatment. Maybe they get discouraged during the cleanse because of detoxification symptoms. (More on that soon.) Or maybe they lack the discipline to carry out the complete treatment program as prescribed. For whatever reason, they stop short and the symptoms come back.

The second reason that Candida sufferers stop taking their treatment is that when they complete the initial treatment they feel BETTER. Then, they may think, "I've beaten Candida. I'm done with this!" But Candida is tricky. While the symptoms may disappear, as we have explained, the Candida is not gone from your system. It's being managed.


Bottom line: Respect the Candida. Unless you maintain the program, the symptoms are likely to return. None of us want that, especially because flare-ups are always discouraging.

Don't Fear Detox

Believe it. Candida healing detox won't interfere with your daily life. But as you consider your approach to healing from Candida run amok, you should know what to expect.

No matter how you kill Candida overgrowth, whether through diet or by using any anti-Candida products, toxins released by the dead and dying fungal cells will likely cause symptoms of their own. This is known as the "Herxheimer Effect." You may feel temporarily worse as your body rids itself of the bad stuff. Your symptoms may increase, then decrease, or come and go altogether. It can be frustrating.

Despite this, you must stay with your treatment. You must push through to health. It takes some months. But at last, you will feel much, much better. We know. We've been through this over and over again, ourselves and with thousands of other people.



So, don't let the fear of detoxification stop you from regaining the balanced health and the energy you deserve! Our safe and effective Candida-fighting products, ThreeLac™ and Candizolv™, kill Candida yeast overgrowth in your body.

As your body sheds fungal Candida toxins and regains its natural balance, use this book, because it offers more tips that are useful in getting over the "detox hump" that is on the way to your healing.

What About That Candida Diet?

You may have heard of the Candida Diet. Trust us: A special diet is not the answer.

Here's why. If you could do the Candida Diet perfectly, you wouldn't need our products. You wouldn't need anything. The Candida Diet starves the yeast. If you can do it perfectly for six months, you will starve the fungal yeast to death. It will be gone.

However, there's a significant catch to the Candida Diet. If during that six-month period, you eat just one gummy bear, one chocolate kiss, one little piece of pie, you re-feed your yeast. When that happens, you are back to "Day One." Starting over. Even if you did the Candida Diet perfectly for six months, and then you ate a cookie or had a beer or a glass of wine, then you would be starting over.

The truth is that nobody can do the Candida Diet with 100% success. So in all practicality, (again, we know from experience) the Candida Diet just does not work.

What's more, the Candida Diet is not good for you in the long term. On it, you're eating green vegetables and meat—very few carbs (some fruits), no grains or sugars at all. However healthy vegetables and animal protein may be, as a complete diet they are insufficient.

On the other hand, our products are powerful, natural, professional and strong enough to deal with treating the Candida overgrowth without the restrictive diet!



Learn More

This ebook came out of all our experience and that of our customers since 2002.. It includes extensive Frequently Ask Questions (FAQs) and the complete [Candida Detox Recovery Guide™](#). We created it so that you can begin your Candida healing process with the best chance of success.

We know the journey. We are here to help.

Happy healing!

Your Friends at Candida Support

MISSION STATEMENT

Candida Support, Inc., is committed to offering our customers the highest quality and most effective fungal candida-fighting products available and to supporting each customer on the journey to health and healing.

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General Questions

Why is there Sugar and Yeast in the Threelac™?

Sugar: The sweetness in ThreeLac™ comes mainly from the lemon powder and the FOS (fructooligosacharrides), which are a prebiotic. The “Sugars” category on the nutritional label is an FDA-required category that accounts for all sources of sweetness in any given product. **There is no added sugar** in ThreeLac™. Erythritol is a ‘sugar alcohol’ that does not feed yeast.

Yeast: ThreeLac™ is so one-pointed on eating yeast that inactive yeast is added as a food to keep it alive until it can get at YOUR fungal yeast overgrowth! This tiny amount of inactive brewer’s yeast does **NOT** cause problems with feeding your Candida overgrowth and we’ve had no reports to date of allergic reactions.



How can I know your Candizolv™ is better than the cheap foreign chitinases?

Candizolv's ingredients have been formulated at, and are sourced through, the **Health Specialties Manufacturing (HSM)** facility, which is a certified *GMP facility in San Diego, California. HSM, <http://www.liquidexperts.com/>, is a wholly owned subsidiary of The GHT Companies (Global Health Trax).

Health Specialties Manufacturing operates out of an FDA registered and inspected facility.

The sources from which they buy raw ingredients follow the strict guidelines to which they are regulated by the **cGMPs (current GMPs)** that are enforced in this industry as well as the GMP Certification rules and standards they have to live up to, as well as to maintain, the GMP Certification.

From sourcing raw materials through to manufacturing, packaging, and shipping product to its final destination, HSM follows rigorous policies and procedures ensuring that you will receive product of the highest quality.


The foreign-sourced chitinases are, at best, veterinary grade, and are not even legal to import into the US.

**(from Wikipedia: Good manufacturing practices (GMP) are the practices required in order to conform to guidelines recommended by agencies that control authorization and licensing for manufacture and sale of food, drug products, and active pharmaceutical products. These guidelines provide minimum requirements that a pharmaceutical or a food product manufacturer must meet to assure that the products are of high quality and do not pose any risk to the consumer or public.)*

What Is The Candida Saliva Test?

The Candida saliva test is one of those nutrition industry tests that has been around so long that no one knows the true origin. Many healthcare professionals, however, use it as an indication of elevated Candida presence. We have not seen clinical research proving the accuracy of the test but the logic follows:

The Candida "factory" is in the gut. As Candida starts to multiply it moves through the mucous membranes, up into the stomach (creating bloating, indigestion), up the esophagus and into the mouth where, as it increases, you can even see it as a white coating. This is the saliva that is getting spit into the glass. Fungus is heavier than water. The heavier, denser areas of yeast will sink, creating a cloudiness and/or "strings".



All people have the presence of Candida in the gut, but only those with elevated fungal candida yeast levels will fail the Candida saliva or spit test. Many believe that you can even determine the severity of your infection by the behavior of the saliva in the water. The thicker or heavier the “strings” and the faster it all sinks, the worse the fungal overgrowth is. If the saliva is light and floats in “specks” in the middle of the glass then your Candida infection is lighter.

There are other tests under our “Free Tests” link. We also recommend asking your doctor or natural healthcare provider to perform Candida antibody tests, using blood or stool samples. [all Candida tests](#)

Can Candida Truly be Cured?

Nothing “cures” Candida overgrowth, because it is not a disease, but an imbalance, or overgrowth of its fungal form. Once you have Candida overgrowth you always will need to be aware of it.

The right treatment can bring back a healthy balance and eliminate all your symptoms, but the Candida will always be there, lurking in the tissue, burrowing deeper to avoid things like the anti-fungals you’ve been taking to kill them. They just lie dormant for a while and maybe even mutate to come back out and be ever more resistant.

Fungi also can mutate between yeast and mold; when in a mold state they can release spores when under attack. These spores then wait it out until the environment becomes more friendly. Our website calls our programs “Candida Defense” and that is exactly what they are.

When our products are taken at [therapeutic levels for 4 to 5 months](#) they devastate the fungus so much that you can then take a low, inexpensive maintenance dose to keep those levels down, much like taking a daily vitamin/mineral supplement for ongoing health. Most other sellers of “Candida cures” won’t tell you this truth about Candida. Our website <https://www.candidasupport.org> has been created to provide a well-rounded knowledge of Candida and gives you the very best means of eliminating your Candida symptoms.

What are Therapeutic and Maintenance doses?

For recommended therapeutic doses of ThreeLac™ and Candizolv™, see



[Program for Moderate Candida Conditions](#), or

[Program for Deep-Rooted Candida Conditions](#)

Once your Candida symptoms have abated, maintain the recommended dosage for another 30 days and then go to the ThreeLac™ maintenance dose of one packet per day (and a bottle of Candizolv™ “cleanse” once or twice a year) to maintain the absence of your Candida overgrowth!

What should I expect once I begin this Natural Candida Treatment program?

Fungal Candida detox symptoms, or what some call Candida die-off, are often just like your Candida overgrowth symptoms—at times, even worse. The good news is, that is temporary! At first symptoms may lessen, but then they can get temporarily worse. We call this the yo-yo effect. It shows your products are working at killing the Candida overgrowth.

This exclusive “Candida Detox Recovery Guide™” will guide you through your healing time and help prepare you for this yo-yo effect or “healing crisis” (also known as the Herxheimer effect) that may present once these natural Candida overgrowth treatment formulas start purging your system of the fungal Candida yeast.

Do I keep taking ThreeLac™ after my Candida symptoms are gone?

ThreeLac™ is a Candida Defense product. After your Candida symptoms are gone, take one ThreeLac™ packet per day, and take Candizolv™ once a year, as maintenance. We believe that is good advice and cheap insurance, considering the alternatives. Our autoship programs provide the exact dosages you need to remain Candida overgrowth-free.

In *The Complete Candida Yeast Guidebook*, Dr. Zoltan P. Rona writes,

“The fact that you experienced this illness is a sign that your body, mind, and spirit are more susceptible than those of your friends or neighbors who did not. Recurrence is indeed possible if you let down your guard.”

Let ThreeLac™ be your guardian angel against fungal Candida!



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All of our natural Candida treatment products have a 60-day, 100% money back guarantee!

Where to Start?

We recommend you start with our FREE doctor-written test to help you determine just what level of Candida infestation you have.

[Take our Candida Severity Test](#)

How long do I take your natural Candida products before I am better?

Because everyone is a unique individual, it is not possible to predict how long it will take for you to be completely free of Candida symptoms. It depends on many factors: how long you have had the fungal Candida yeast overgrowth, what strains of Candida you have and where in the body it has gone. Other issues such as hormonal or blood sugar fluctuations, the need to take antibiotics and/or steroid medication, and environment and lifestyle also play a part. As you might imagine, it takes some time to turn the tide against an entrenched fungal problem. In general, we recommend taking natural ThreeLac™ doses at therapeutic levels for 4 to 6 months.

After the first 3 or 4 months most Candida symptoms should be gone. Continue taking the higher (therapeutic) ThreeLac™ doses for a month AFTER your Candida symptoms have gone—then cut back to the maintenance doses of ThreeLac™ and an annual bottle of Candizolv™ to keep Candida away.

Why is this program so expensive?

In 2002 when ThreeLac™ became available outside Japan it was the very first effective product against Candida overgrowth. We became so excited by what it did for us we created our website

<https://www.candidasupport.org> to tell the world. After all this time, we STILL believe ThreeLac™ has no rival. We've consistently tested other Candida products and continue to do so! In fact, it was through our constant searching and testing that we discovered Chitinase and chitosanase, which lead us to manufacture and offer Candizolv™.

There are “Candida cleanse” products online or in health food stores that are cheaper than ThreeLac™—why not buy them, you ask?

The true answer is that once you try them you will most likely find yourself online searching for something that will help you. You want RESULTS!

These systems can be made to sound logical and good: “Candida starts in the colon, let's cleanse it out of there!” But Candida overgrowth is one of the most difficult conditions to overcome. You can't defeat it by “cleansing your colon” or pouring large quantities of acidophilus into your system.


It just doesn't work that way. Our experience was one of spending money trying all the colon cleanses, antifungals and special diet foods—we diligently researched and experimented on this for years with no results. We spent so much money and found ourselves just going around in circles. It was extremely frustrating. We would gladly have given up years of that for what is now so readily available with ThreeLac™.

But *our* pain paid off for *you*—because it brought us to the program we share with you today, which works and has been working for many years. You don't need to go through what we did.

Spend your money where it is going to get you RESULTS and help you regain your health!

The fact that Candida Complete™ is in the \$150 to \$200/month range and need only be used for 4 to 7 months at that level is amazingly inexpensive (you can drop down to only about 15% to 25% of this cost for maintenance after your symptoms are gone). Any “Candida clinic” that would put you through the “next best” system would probably rotate antifungals and have you on massive doses of probiotics and enzymes and would cost you thousands of dollars—often with a less clear outcome than our ThreeLac™ protocol. Here is a [Candida doctor](#) who agrees. If you do find the cost to be prohibitive then just try ThreeLac™ by itself, or ThreeLac™ and Oxygen Elements MAX™. Do whatever you can as it will still be better than any alternative.

The direct experience our family had with the struggle against Candida made it abundantly clear to us. We know this program works and can recommend it to you wholeheartedly. There are



cheaper ways to try—but do they work? And what kind of bargain are they if they leave you back where you started?

At the very least save our website in your favorites. Then do what you need to do, but please come back to Candida Support if you don't get better. We know we can help you.

[Read the history and comparing of all Candida Products](#)

If I am on the Candida Diet now, can I go off when I start GHT's formulas?

If you are already on the Candida diet you are better off staying on the Candida diet for another month or two. We say this because going OFF the Candida diet can be uncomfortable and it's harder to see the results you're getting from GHT's programs.

So continue doing what you are for a little while and slowly ease back into what you would like to eat. Leave refined sugars out of your diet until the last but you can start with the simpler things!

Note: This is ONLY for those who are already on the Candida diet at the time they begin GHT's natural Candida treatment program! ***You do not need to go on the Candida diet if you are not on it already!***


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Do I have to follow any special diet with your natural Candida products?

Our natural Candida program does not require any special diet! You may eat a normal, healthy diet. Our products will work without eating a healthy diet, but you will progress more quickly if you do choose healthier foods. We do suggest staying away from refined sugars and processed foods until your Candida symptoms or Candida yeast overgrowth has subsided for at least 30 days.

How does the 60-day guarantee work?

60-DAY Conditional GHT CONDITIONAL GUARANTEE* (please read carefully!)



Global Health Trax Offers a 60-day money-back guarantee (less shipping and handling charges) which applies **only to your initial product purchases** (autoship orders as well). It does not apply to multiple purchases or multiple unit purchases. If you are not completely satisfied with your first time purchase of a GHT product, please contact the GHT Returns Department at 760-542-3000 or ght@globalhealthtrax.com within 60 days from the original purchase date to arrange for refund.

- In order to receive a refund under our money back guarantee, you will be required to return the original container(s) and any unused portion of the product.
- Merchandise purchased on sale or in a promotional program is not refundable.
- Some of our products are offered with reduced/free shipping. Please note, if you return a product that had reduced/free shipping, our actual outbound shipping costs will be deducted from your refund.

[*You must contact Global Health Trax for a Product Return Authorization Number prior to returning any merchandise](#)

Return Procedure:


Before returning any items to Global Health Trax, consumers must contact Global Health Trax (800-305-5710 or ght@globalhealthtrax.com) to request approval for the return and receive a Product Return Authorization Number (“PRAN”). All items being returned, which must include the unused portion of the products and/or the empty containers, must be disclosed at the time the PRAN is issued.

The PRAN must appear on the exterior of the shipping package. GHT will not accept delivery of any packages without this number. Only one PRAN will be issued per invoice.

GHT does not accept COD packages.

After fifteen days, the PRAN expires and the right to return the items is lost and no return will be processed.

After the return has been received at GHT and verified, please allow five business days for the return to be processed.



It is suggested that the sender obtain delivery confirmation for the package being returned, as the risk of a loss in shipping shall be on the sender. No refund will be made if the above conditions are not met.

Packages that are “refused” delivery, and returned to Global Health Trax without a PRAN are not eligible for a refund.



Candida and Healing

Avoiding Constipation

Many people find that the beneficial intestinal flora in ThreeLac™ helps regulate their bowels. But people with a tendency toward constipation should be aware that when the fungal Candida detoxification begins, it could cause constipation. We recommend that you take a fiber product during the first few days while ThreeLac™ is ridding your body of fungal Candida. Drink plenty of water.

If you are prone to constipation, it might be a good idea to start with some good product a day or two before you start our program.

Some Remedies we like:

- [GHT's Clarifiber](#): Ready to use liquid dietary fiber supplement with prebiotics. This product is specifically formulated to enhance the effectiveness of probiotic products such as ThreeLac™ and FiveLac™. No grit, flavor-free, gluten-free. Can be combined with any food or liquid, hot or cold.
- For mild constipation try an Ayurvedic remedy called “Triphala” (available in health food stores or online). This is more like a bowel conditioner. It may take a few days to regulate your system, but it is truly an amazing formula and all natural, too. You'll need to take 2 to 6 a day—depending on the brand you buy. We use 2 of the 1000mg. size.
Triphala is very good for all your internal organs. In India there is a saying, “No mother? Take triphala!” meaning that it cares for you in all ways like a mother. It should be used for up to two weeks at a time with a week break.
- An immediate (although somewhat drastic) constipation remedy: first thing in the morning stir one teaspoon of sea salt into a quart of warm water and drink it right down. This is called an isotonic flush. It is suitable for individuals with low to normal blood pressure—not for those with high blood pressure. A solution is said to be isotonic if it contains a similar amount of salt as the blood and therefore it moves directly through you—so be ready to be cleaned out within an hour or two! This is not meant to be used every day—use once in a while for a full clean out.
- One more remedy we like for constipation is Magnesium Citrate. This is a mineral that's good for us and has the added benefit of helping to loosen stools. A magnesium product we use is called Natural Calm, which is available online and at most health food stores.



What have you heard about weight loss and Candida?

Since 2002 we have heard steady reports from our customers concerning trouble with both weight loss and weight gain. Some people experience weight loss from the onset of Candida (often due to new food allergies), others experience weight gain (perhaps because of the carbohydrate cravings that the yeast overgrowth produces). Both are very hard to reverse. We have come to believe that the presence of Candida overgrowth in the body makes it very difficult to CHANGE one's weight, whichever way you are trying to do it. Once the Candida yeast overgrowth is under control weight change comes more easily and dieting or weight gain programs become effective.

How is Candida transferred within families?

We can give you an example of family Candida from our own life. Candida Support co-founder, Marti, had Candida for years. Then her husband, Jim, became ill with diverticulitis and over a period of a year that weakened his immune system so much that he became more vulnerable to Candida yeast overgrowth and developed it himself.

So, it was always around him and could be transmitted easily enough through kissing or sex, but when his system was strong and balanced it did not “take root”. Once he was weakened, Candida did take root and quickly grew out of control. Once that system imbalance happens and the Candida yeast morphs into that fungal mode it multiplies like rabbits in Australia—and it is very difficult to re-establish the proper balance.

Even Jim and Marti's son had Candida (it is not uncommon for infants to pick up the fungus while passing thorough the birth canal of a mom with the imbalance). Despite the extreme hygiene of nervous new parents, he always had cradle cap and diaper rash—both fungal conditions—as an infant. Even as a preschooler he had itchiness and rashes. He developed behavior problems in school that they wanted to label ADHD. But then we found ThreeLac™. As we dosed ourselves and saw improvements, we started giving him 1/2 packet of ThreeLac™ per day. In 3 weeks, both his “diaper” rash and his classroom inappropriate behavior went away! [ThreeLac™ is very safe for children!](#)



Candida yeast and sex.

Candida fungus has brought the sex life of many to a screeching halt because of terrible yeast rashes in and around male and female sexual organs, and vaginal yeast infections—complete with odor and itching. These Candida skin rashes can transform what should be a wonderful sexual experience into a messy and painful one. With the help of our programs you will soon be saying “goodbye” to Candida related sexual problems and “hello” to each other again!

[Men's Candida Page](#)

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ThreeLac™, Candida and Other Diseases

Does ThreeLac™ combat Systemic Candida?

ThreeLac™ combats the strains of Candida, If they are in the yeast stage, contained within the intestinal tract.

If the Candida yeast overgrowth has moved into a systemic stage (candidiasis), ThreeLac™ will help, but it's much more effective to add Candizolv™ to ThreeLac™ to rid your body of the systemic form of Candida. (This ends up being a cost savings to you, as you needn't take as much ThreeLac™).

What about Gluten sensitivity and Celiac?

“Celiac Disease, triggered by gluten proteins from wheat in susceptible people, can damage the central nervous system. The cell walls of Candida, the yeast responsible for oral thrush, vaginal infections and intestinal Candidiasis, contain the same protein sequence as wheat gluten and may trigger or stimulate Celiac Disease.” ~from Denver Naturopathic Website. [more](#)

Is Candida connected to Chronic Fatigue, Fibromyalgia and other Autoimmune diseases?

In his book, *Complete Candida Yeast Guidebook (revised second edition)*, Zoltan P. Rona, M.D. writes:

“Autoimmune diseases [including Fibromyalgia, inflammatory bowel disease and Chronic Fatigue Syndrome] often respond to antifungal treatments. Evidence exists that fungi, through their production of mycotoxins, initiate many autoimmune diseases by triggering inflammation in the intestinal tract, which in turn leads to the development of the “leaky gut syndrome.” Diseases of “unknown etiology” often have a fungal connection, with treatment of the fungal infection bringing about an improvement or elimination of that disease.

“There is a fungal connection to CFS and fibromyalgia. While it cannot be said that fungi cause these diseases, numerous reports state that the use of antifungal remedies clears or improves many cases.”



How is Leaky Gut Syndrome related to allergies?

Leaky Gut Syndrome (which many people have and don't even know it) can occur from several causes. One theory is that when the fungal rhizomes (legs) of *Candida albicans* penetrate the gut wall, the fissures allow undigested food particles to pass through the intestinal wall into the body cavity. The body sees these substances as foreign invaders and develops an antibody to them, which we experience as an allergy the next time we eat that food.

What is Oral Thrush?

Candidal esophagitis (Oral Thrush) is a fungal or yeast infection of the esophagus. It is caused by the yeast *Candida*. People with weak immune systems are at risk for candidal infections.

Oral thrush is an overgrowth of *Candida* Yeast in the mouth, tongue or lips.

Oral Thrush Symptoms:

- difficult or painful swallowing
- painful or burning mouth due to *Candida* in the mouth (white mouth coating or sores)

Oral Thrush Complications:

- recurrent infection
- spread of *Candida* to other areas
- holes in the esophagus

Oral Thrush Treatment: [oral thrush](#)

Safety

Is All-Natural ThreeLac™ Safe?

Since 1992 in Japan and since 2002 in the US, Canada, Australia, and many other international markets, ThreeLac™ has a long, proven record of safety. The product is inspected “at will” by the FDA at import. Here is a safety report on ThreeLac completed in 2014.

[Safety Report Snowden ThreeLac™ 08-29-2014](#)

What do medical doctors say about Candida Yeast Infections?

Recently I had a phone call from a scientist in Vancouver, British Columbia, Canada, who told me we were the first website he's seen where people "get" the larger picture of Candida. He has been studying it for years and informed me that "Scientists in the field of fungi are called mycologists. But there is no specialty field for Medical Doctors that deals with fungi. They simply are not trained in it." As a result, many people find frustration or even derision from the mainstream medical community when it comes to Candida yeast infections.

Yet, some doctors, as well as alternative health care professionals, are coming to understand the Candida yeast overgrowth problem. Here is one "[Candida Doctor](#)" who does understand Candida overgrowth and who recommends Candida Support and GHT's Candida Recovery Programs as SAFE and effective.

(Healthcare professionals: you can finally help your Candida patients! Call GLOBAL HEALTH TRAX at 1-800-305-5710 (Mon-Fri 8:30 to 5:30, Pacific time).

Candida Support.org sells ThreeLac™ for the minimum price mandated by GHT and offers the exclusive Candida Recovery Guide for Free! Up to 15% discount available.

Why Pay More?

Why Not Get the Most Experienced Support?

[Benefits of buying ThreeLac™ with CandidaSupport.org](#)



Federal and State Regulation

Global Health Trax is regulated under the FDA and the State of California Food and Drug Branch. The branch of FDA that oversees imports is very concerned with public safety, and we agree with this concern. ThreeLac™ is safe and pure based on exacting tests performed by the Food and Drug Administration (FDA). While it's true the FDA does not normally govern natural products, they DO inspect ThreeLac™, as it is imported from Japan and it is subject to their import control (example of a 2004 inspection [here](#)). Both these agencies inspect GHT's facilities and monitor their activities. GHT also follows guidelines called the Good Manufacturing Practices set forth by the FDA and the quality program HACCP. All of GHT's ingredients are FCC or USP grade.


[benefits of buying ThreeLac™ with CandidaSupport.org](#)

Taking ThreeLac™ or Candizolv™ while Pregnant

There is nothing in our products that would in any way be a problem for a pregnant woman, BUT after studying this for several years, we do not recommend that expectant mothers take ThreeLac™. This is why: fungal candida overgrowth can often be the body's way of "binding" heavy metals (for instance: lead, mercury) and other toxins. When the yeast begins to die off during the course of treatment with our products, those toxins are released into the body to be disposed of by the kidneys, liver, sometimes the skin—all organs of detoxification. In a "normal" adult, this process might be uncomfortable for a short time, but certainly is not dangerous. During pregnancy, however, whatever the mother takes in or is exposed to is magnified 20 times across the placenta and to the growing infant in utero. As parents ourselves, we just would not take the chance of exposing a baby to those toxins "on their way out."

We have another recommendation: During your pregnancy you can help prepare your body for your battle with Candida by using some of ThreeLac™'s companion product [Oxygen Elements Max™](#) (but not more than 15 drops a day), although we always recommend checking with your doctor or midwife. With OE Max™ already doing its job in your body you can add ThreeLac™ once your beautiful new baby is born. You will be off to a great start.

Generally there is no problem with nursing and pursuing Candida healing, but, we have to add that if you think you have been exposed to heavy metals and/or toxins, those will be released into your milk as the Candida dies off (the rule of thumb is that 1/20th of the substance in the mother



will be passed into the milk). Depending on how long you plan to nurse, we would suggest bookmarking our site and waiting (we tend to be a bit over-careful about baby stuff!).

The other option would be to start with a low dose of ThreeLac™ (one packet daily) which should lessen your symptoms without releasing too many toxins. Then after you wean your baby, add more.

As with all recommendations for supplements taken during pregnancy we always recommend you check with your doctor.

ThreeLac™ Ingredients

Can anyone take ThreeLac™ and Candizolv™?

As part of our disclaimer, one word of caution. Please, be sure you don't need acute care for another medical condition. Many of these Candida-type symptoms can have other causes—even pathological diseases like cancer. If you are having severe symptoms be sure you first rule out all other diseases through a reliable medical professional.

Also, if you have a serious chronic disease or take immunosuppressant medications, please consult your physician before taking our products.

The only problems we have seen are those few people who have an allergy to one of ThreeLac™'s ingredients, such as the tiny amount of citrus powder. We've noticed that many people with a urinary tract condition called Interstitial Cystitis have problems with the lemon in ThreeLac™. Luckily, we also carry [ThreeLac™ caps without lemon powder](#).

I am Lactose Intolerant, Can I take ThreeLac™?

ThreeLac™ contains no lactose (milk sugar). It does have a tiny amount of casein, or milk protein (30 ppm—parts per million—or .003%), which has so far proved the best medium for growing the human-friendly, Candida-deadly probiotics. Casein is much more difficult because those who have a casein sensitivity problem can have issues with small amounts, so we do suggest checking with your doctor.

I am allergic to lemon; can I take ThreeLac™?

ThreeLac does contain a tiny amount of lemon, however, it is also available [in capsule form without any lemon in it](#).

ThreeLac™ for Young Children and Nursing Infants

We recommend that you check with the child's physician before giving anything to a child under 5, just to make sure there are no reasons that child should not be taking that product. Many of our customers have used ThreeLac™ for young children, even infants, with good results.

A child's ThreeLac™ dosage is figured by relative weight, what is called "Clark's Rule" which is based on the "full dose" being for a 150-pound adult.

Clark's Rule for ThreeLac™

Child ThreeLac™ Dosage (75 lbs+/34 kg.)

Months 1 and 2 (children heal quicker), 1 ThreeLac™ packet a day

Month 3+, 1/2 ThreeLac™ packet a day or possibly stop altogether

(You may continue with these small amounts as maintenance)

Child Threelac™ Dosage (37 lbs+/17 kg.)

Months 1 and 2, 1/2 ThreeLac™ packet a day

Month 3+, 1/4 packet a day or possibly stop altogether


(You may continue with these small amounts as maintenance)

Child Threelac™ Dosage (18 lbs+/9 kg.)

Months 1 and 2, 1/4 ThreeLac™ packet a day

Month 3+, 1/8 ThreeLac™ packet a day or possibly stop altogether

(You may continue with these small amounts as maintenance)



A number of our customers report they have put a “pinch” of ThreeLac™ on the nipple for nursing infants, or on the baby’s tongue, to heal oral thrush.

[Children and Infants page](#)

I’m not sure if I have Candida, will ThreeLac™ or Candizolv™ be harmful?

ThreeLac™ is, in its essence, a probiotic bowel conditioner. It has all natural ingredients to support proper bowel function, so it can only be good for you. Candizolv™ weakens chitin, which does not normally exist in the human body, so it has no effect at all if there is no Candida.

All our supplements, taken as directed, excel for general health and balance. ThreeLac™, in fact, is the single best thing a person could take who does not have Candida but would like to defend against ever getting it.

[Back to FAQ menu](#)


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ThreeLac™ while taking Nystatin

We have never had any reports of a conflict between Nystatin and ThreeLac™—although there is some clinical evidence that Candida fungus is building a resistance to Nystatin. There does not seem to be any conflict between ThreeLac™ and any pharmaceutical antifungals (Diflucan, etc.) However, you should always consult your physician before discontinuing any prescription medication.

What about the Enterococcus faecalis in ThreeLac™?

Genus Enterococcus Faecalis (EF) is the name of a large family group of bacteria found natively in the human gut. In general, you want to stay away from this group, as some of its many numbers of sub-groups are not beneficial and can even be harmful. But the Japanese pharmaceutical company that developed ThreeLac™ spent years researching this group because it exhibits a rare and unique vitality that other probiotics just don’t have. Within Genus Enterococcus Faecalis this Japanese company (Snowden, Inc.) discovered a unique and powerful sub-group of Genus Enterococcus Faecalis that is very beneficial to our digestive systems.



The Enterococcus Faecalis in ThreeLac™ is a natural and beneficial resident of the intestines. It has been isolated, purified, and cultured under sterile conditions by growing it on agar media in sterile laboratories. Agar is a gelatin derived from seaweed. It contains nutrients that allow the bacteria to grow and multiply.

This strain was also found to be extremely effective against Candida overgrowth. It's this unique strain of EF that anchors the other two probiotics in ThreeLac™ and makes it what it is—the best anti-fungal Candida probiotic in the world.

The ingredients in ThreeLac™ have not changed in more than 16 years. It has been used in Japan (a multi-million dollar seller each year) since around 1992 and has been imported into the U.S. since 2002. Each year it has been tested by the FDA at a California port of entry and passed. [2004 copy of the FDA Report](#). We have shipped ThreeLac™ to both Canada and Australia since 2002.

Some beneficial bacteria have “faecalis” or “faecium” (Latin for feces) in their name. It means that these beneficial strains are found living naturally in the stool of a human baby—meaning they are natural probiotics in humans. They receive these immune-enhancing probiotics through the initial feeding from the mother's breast milk.

We at Candida Support have taken ThreeLac™ continuously since 2002 and have received great benefit.

Ancient website posts lie about ThreeLac™

Over the years competing companies have spread lies about the Enterococcus Faecalis (EF) in ThreeLac™, hoping to frighten you away from our products. The truth is, these competitors can't duplicate this effective and proprietary strain of EF in their own product. It's the only probiotic strain that has the power to make any real difference when treating Candida.

No product anywhere has the extremely unique and effective blend of probiotics to equal ThreeLac™. Many have tried to imitate ThreeLac™. **None have succeeded!** The Candida Defense product of a lifetime is here now and has been since 2002. It's tested, tried and true. Find out for Yourself!



Does ThreeLac™ have SIDE EFFECTS?

Since ThreeLac™ is not a medication, there are no side effects. You may experience cleansing symptoms such as rashes, headaches or constipation as the toxins exit the body. This *Candida Detox Recovery Guide* will help you anticipate and deal with your detox in the simplest manner.

Is ThreeLac™ cultured in milk?

There is no lactose in ThreeLac™. There is a slight amount of dairy protein, or casein. The amount of dairy in ThreeLac™ is very small (30 parts per million of casein) and to date we have no reports of lactose intolerance or other reaction problems. If you have an allergy or sensitivity to casein, please check with your doctor.

Do these products Contain WHEAT, GLUTEN or CORN?

GHT makes every effort to avoid common food allergens in their products. ThreeLac™ is free of corn, wheat, and gluten (as are almost all GHT products).

Is canola oil safe?

There is a lot of confusion about canola oil's safety, because it contains erucic acid, which is not beneficial for humans. However, canola oil contains less than 1 percent erucic acid. Actually, another name for canola oil is LEAR (Low Erucic Acid Rapeseed) oil.

While the Internet can be a great source of information, many rumors and urban legends about foods such as canola oil have circulated on websites. These often frightening stories or accusations usually lack enough detail to make scientific, logical evaluation of the claim. Our own study and use of canola oil leads us to believe it is as safe as most other vegetable oils. Many common items in health food stores have canola oil as an ingredient.

The tiny amount of canola oil in ThreeLac™ is NON GMO!

Some trustworthy links:

Mayo Clinic: <http://www.mayoclinic.com/health/canola-oil/AN01281>



Taking Oxygen Elements Max with MEDICATIONS

Oxygen Elements Max™ (OEMax) increases absorption of nutrients and ALSO OF ANY MEDICATION. Therefore, if you are taking any pharmaceuticals (including inhalers for asthma or emphysema), take the OE+ an hour either before or after taking your regular medication. Other than that, it should not interfere whatsoever with any prescribed medication.

* Disclaimer:

Results may vary, person to person.

Please be aware that we are not licensed doctors, nurses, nutritional consultants or health care professionals.

YOU are the one who must decide if our approach is valid for you. It's important to find a health professional in your area who listens to you and will spend a little time with you; someone whom you trust to guide you in your health and healing. Individual results will vary as Candida presents itself differently in each person's body.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Chapter 1

Candida Detox Recovery

What Should I Expect During Candida detox recovery?

Everyone's body is different—a person who has suffered from Candida yeast overgrowth for many years will take longer to get the condition under control than someone who has only recently developed it. After several years, the Candida is usually at the “systemic candidiasis” stage, which means it has invaded other areas of the body and it may be harder to purge.

The “Healing Crisis”

Folks, we're a group who doesn't sugar-coat the Candida healing process. This is too important. We're not concerned with just making sales. We want you to understand fungal Candida overgrowth and how to get it under control FOREVER! We want a whole life for you!

Candida is an insidious and tenacious condition and it can take some time **and even some discomfort to beat it.**

Most people will feel a “honeymoon” period after beginning their Candida cleansing program—a time when most of their symptoms start to go away. This is a very happy time! But things may change: **most people will feel their Candida-related symptoms coming back—perhaps even getting worse—during the healing process.**

For instance, Jim's rash started to go away, then came back, and then went away again—we call this **“the yo-yo effect”**. This can go on for a few months. The GOOD NEWS is the symptoms get weaker each time they return until they stop coming back altogether

During this yo-yo effect, you may feel you are going backwards in your treatment, but be assured that you are not; this is a natural part of the process. With all our hearts we want to encourage you! Putting up with the periods of discomfort will lead you out of your chronic problems, just hang in there! You WILL OVERCOME!



Don't bail on the process. A Better Solution is...

Experiment with Your Dose

If the flare-up is too uncomfortable for you, just cut back on your dosage of ThreeLac™ for a few days to just one pack, maybe even half a pack—then work your way back up again.

We do not suggest changing your dose of Candizolv™, but sticking with the dosage of 2 capsules per day until it's gone. Cutting back on the ThreeLac™ should be enough to lessen your detox symptoms.

Take Baths to aid in Candida detox recovery

Sea Salt Bath

Once the toxins are stirred up, it's good to get them out. One way to help is with a hot bath using real sea salt (not Epsom salts).

The formula:

Add two cups of real sea salt to a hot, but not too hot (102 to 104 degrees F./39-40 degrees C.) bath to cover most of the body; stay in it for 15 to 20 minutes. This can be taken every few days if you wish.

We always feel better right away after one of these as they draw the poisons right out through the skin.

Real sea salt also charges your body with minerals and trace minerals from the sea—lots of health benefits!

We get our sea salt in 25 lb. bags (10 lb. buckets are also available) from:
<https://shop.redmond.life/collections/real-salt>

(NOTE: We have no affiliation with this company; we just like their product.)



Ginger Bath

While a sea salt bath pulls toxins out through the skin, a ginger bath moves the toxins out by moving them through the body first and then out. To make a hot ginger bath take fresh ginger root (about the size of a fist or larger – available at most grocery stores), slice them thin as coins and simmer in 2 or 3 quarts of water for 30 minutes.

Fill your tub with hot, but not too hot (102 to 104 degrees F./39-40 degrees C.) water to cover most of the body; pour the ginger tea through a strainer and stay in your tub for 15 to 18 minutes. This can be taken every few days if you wish. This bath is a bit stronger than the sea salt bath for detoxifying the body.

Whenever we felt uncomfortable, we would take one of these baths and felt better almost immediately. If you still don't feel better than cut back on your ThreeLac™ dosages for a while.

Foot Baths

If full baths are too much for your for any reason you can go soak your . . . feet!

If you can't do a full detox bath try doing a foot soak instead. There are more pores in the bottom of your feet than any other part of your body so they are perfect for releasing toxins. Follow the same instructions as a full bath but use less salt or ginger!

Enlist a Healer

If you have a doctor or natural healer whom you trust, (a “functional medicine” doctor or traditional physician open to alternative healing, a naturopath, chiropractor, acupuncturist, etc.) that person can be a valuable resource in helping you manage any detoxification symptoms. A personal referral is ideal; if that doesn't work, try asking around at healthy food stores, yoga studios or gyms, physical therapists or massage therapists.

Healing is not a race! Be patient with yourself.

It took you years to get to where you are. Let your body take the time needed to regain optimum health. Natural products often take longer than chemical drugs to have the desired effect -but they are most often the better and more permanent way to healing. Steadiness and Patience Wins the Day!

Chapter 2

How Should I Eat?

How Should I Eat?

You really can eat most foods you like. There is really only one food group we recommend you stay away from and that is refined sugars (white sugar, high fructose corn syrup, sodas, doughnuts, etc.—anything with refined sugar in it). You may eat fruits, pastas, breads, vegetables and proteins as you normally would.

In general, fresh whole food is best—the less-refined a food is, the better it is for you. Alcohol is okay in moderation.

What if I've been on the Candida diet?

If you are already on the Candida diet you are better off staying on the diet for another month or two. We say this because the sudden shock of going OFF the Candida diet gives people trouble. You don't want to add that to the healing detoxification that these formulas can sometimes create.

Slowly ease back into what you would like to eat.

This advice is ONLY for those who are already on the Candida diet at the time they begin GHT's program! **You do NOT need to go on the diet if you are not on it now!**



Chapter 3

Guide to Taking the Products

NOTE: If you are now taking natural antifungals and other “classic” remedies for Candida we suggest you stop them before you begin our program. This will avoid confusion about which supplement is having what effect.

Candizolv™

Take 1 Candizolv™ on an empty stomach once a day for a couple of days to allow your body to get used to it.

Thereafter, take 1 Candizolv™ on an *empty stomach* twice a day with a glass of warm water, 30 minutes before eating or at least two hours after eating (A half hour before breakfast and a half hour before dinner is ideal).

Take at a separate time of day from ThreeLac™!

If taken this way, the enzymes will be easily used systemically by your body. This process helps it to get to every part of your body to weaken the Candida cells wherever they may try to hide. If your bowels run too loose cut back to 1 per day for a few days.

IMPORTANT: If you are taking a time-released medication be sure to check with your physician prior to taking an enzyme based product such as Candizolv™.



ThreeLac™

You may take ThreeLac™ anytime by pouring it into your mouth and following it with a little water. You may also mix it with some yogurt or applesauce or even juice. You can take one packet at a time or all your daily packets together.

If you have thrush—the white coating on the tongue—it's most effective to take your ThreeLac™ when you will not be eating and drinking for at least 30 minutes. Swish it around in your mouth with just a little water and swallow. This will leave some ThreeLac™ in the mouth and between the teeth to help combat the Candida yeast right there in the mouth and also down the esophagus.

Take ThreeLac™ at a separate time of day from Candizolv™

Take 1 ThreeLac™ once a day for two days, then move on to 2 per day for the remainder of the first month. Then, increase to 4 per day per the Severity level you ordered below:

If you're using the ThreeLac™ gelcaps know that 2 caps = 1 packet.

Moderate Candida (5 months)

1st month: 1 bottle Candizolv (2 caps daily) + 1 box of ThreeLac (2 packets daily) \$134.95

2nd month: 2 boxes ThreeLac (4 packets daily) \$90.00

3rd month: 1 bottle Candizolv (2 caps daily)+ 2 boxes ThreeLac (4 packets daily) \$169.95

4th month: 2 boxes ThreeLac (4 packets daily) \$90.00

5th month: 1 box ThreeLac (2 packets daily) \$45.00



Deep-Rooted Candida Program (7 months)

1st month: 1 bottle Candizolv (2 caps daily) + 1 box of ThreeLac (2 packets daily) \$134.95

2nd month: 1 bottle Candizolv (2 caps daily) + 2 boxes ThreeLac (4 packets daily) \$169.00

3rd month: 1 bottle Candizolv (2 caps daily)+ 2 boxes ThreeLac (4 packets daily) \$169.95

4th month: 2 boxes ThreeLac (4 packets daily) \$90.00

5th month: 2 boxes ThreeLac (4 packets daily) \$90.00

6th month: 1 bottle Candizolv (2 caps daily) +2 boxes ThreeLac (4 packets daily) \$169.95

7th month: 1 box ThreeLac (2 packets daily) \$45.00

Once you have reached the end of your needed months you will go to the “maintenance dose” of one packet per day, which is meant to maintain the absence of Candida symptoms.

This maintenance dose is very important or your symptoms WILL return!

Chapter 4

On-Going Probiotics!

PROBIOTICS are important to reset your intestinal balance

Once you have your symptoms under control with ThreeLac™ and Candizolv™, it's a good idea to begin taking a solid replenishing bacteria to help reset your body's balance! We suggest something with at least 20 billion cfu's (colony-forming units) of probiotics. High quality probiotics are easier to find these days with so much awareness put on them in the general media. To make it easier for you, our parent company, Global Health Trax, also offers two formulations of ThreeLac™ that include the repopulating bacteria: [FiveLac™](#) and new [SevenLac™](#). We do recommend that you start with the ThreeLac™ to reduce the yeast population for a month or two before switching to the FiveLac™ or SevenLac™ for repopulation of the “good guys”.


This is also the time to adopt a course of Candizolv™, to root out any pockets of yeast that have taken up residence in your body outside the gut. Once you have killed off the yeast in your body with Candizolv™, you need to be diligent about replenishing your friendly flora and reset the balance in your body! Here's one more tip:

Saccharomyces Boulardii is the most popular probiotic in Europe. It is different from most probiotics because it is a YEAST (Yes!), not a bacteria. Remember, when yeast overgrows it morphs and becomes a problem by morphing into fungal Candida yeast. This probiotic, Saccharomyces Boulardii, will not do that! It is a YEAST that will NEVER morph into Candida!! We think of Saccharomyces Boulardii as the most important probiotic for overall maintenance and good health. Because Saccharomyces Boulardii is yeast-based it should not be taken in tandem with Candizolv™—so the timing of this additional probiotic will depend upon your own schedule of use for Candizolv™

(People with “Moderate” and “Deep-Rooted” conditions may use this in the 5th month).

Saccharomyces Boulardii may be taken during your maintenance period as well.

Take a LOT OF IT!!! Yes!



If you are taking a traditional acidophilus along with your Saccharomyces Boulardii then take the Saccharomyces Boulardii in the morning and your acidophilus in the evening or visa versa. Jim actually takes one for 3 or 4 days and then switches to the other.

This broad spectrum thinking addresses many different types of fungi/bacteria that may be populating your intestinal tract. If you have deeper interest in the microbiome, here is a great [article](#) on the importance of friendly bacteria by food writer Michael Pollan.

Remember, none of these probiotics replace [ThreeLac™](#)—ThreeLac™ eliminates the Candida; these probiotics repopulate the gut with “good” bacteria.

Good health begins in the digestive tract!!

Chapter 5

Don't Give Up Too Soon

Don't quit prematurely; for most people, significant changes come within weeks, and it seems like a miracle once you are "over the hump". But many people will find it will take several months to reach that point.

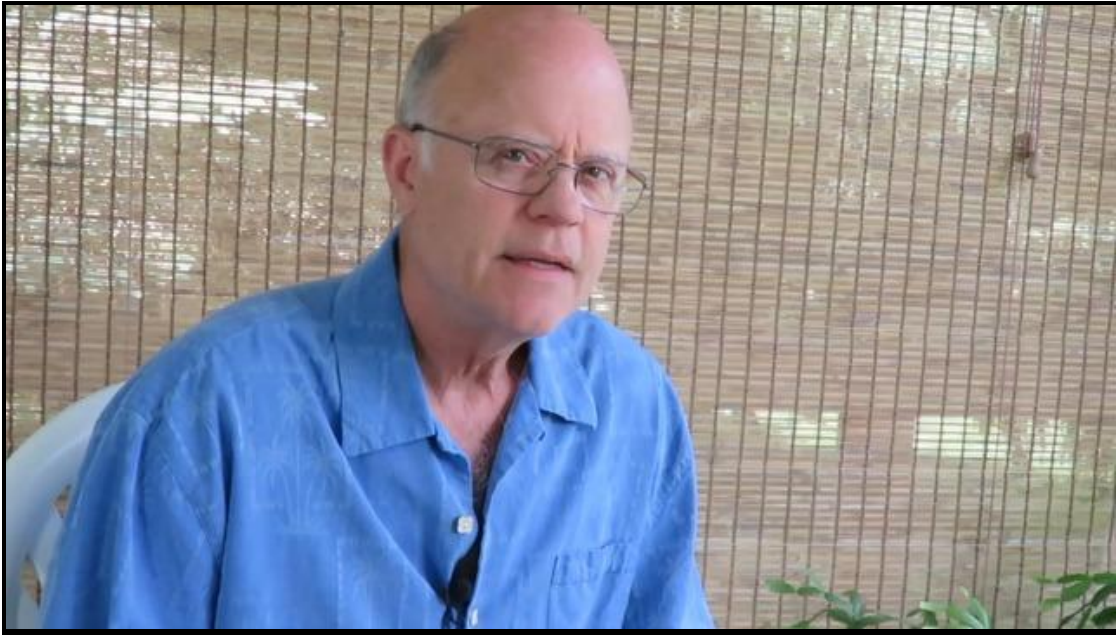
You should see significant changes within the [60-day guarantee period](#). But it's also possible that, if you are taking a second dose of Candizolv™ in your third month, it might be worse than your earlier months! **Please, hang in there!** Know that detox symptoms are a sign you are getting control of your Candida infestation.

We suggest you download and print out the "[progress chart](#)" in Chapter 7 to help you to see more clearly what is truly happening and help you to make that choice.

Don't run out! We ran out when we first started – and it sets you back. If you are not on Auto Order, count out how many packets you're using a day and figure out how long they will last you. When you order your product, *plan ahead!!!* Regular shipping typically takes 5 to 7 days. Better yet, go on our [Auto Order](#) programs for Candida-free living. You get 10% to 15% discounts on the products and Free Shipping and will always have just what is right when you need it.

The two main reasons people fail in their Candida Treatment

Click [here](#) to watch a short video with Candida Support co-founder, Jim White on why people relapse.



You are reading the Candida Detox Recovery Guide from Candidasupport.org. This is one way we guide our customers through their detox and back into health!

[Check out the Powerful One-Two Punch of ThreeLac™ and Candizoly™](#)

Chapter 6

Continue Your Defense

Continue Your Defense!

Once you feel that robust, healthy feeling again remember where you got it and especially how to keep it!

We made the mistake . . .

We stopped taking our products the first time our symptoms all went away. We thought we were “cured”! But a few months down the road our symptoms came back. We had let the monster back out of the cage!

This is where most people fail—don’t let it happen to you!

Marti and Jim had to go back on the therapeutic doses of the products all over again to get rid of our symptoms. We’ve been very up-front about this program being a Candida Defense—not a cure. AND in dealing with our own Candida conditions, researching, and trying each new option out there, we have yet to find a “cure” . . . It’s simple: if you just stay on ThreeLac™, it will protect you.

Maintenance is the KEY!

*Honor and respect your body’s health
and your health will support you all your life!*

“

Hi All,

All of the symptoms that pertain to Candida I had, and more. The most pronounced were the Brain Fog, Insomnia, Depression, IBS, Lack of Energy, Massive Bloating (My wife said I looked bigger than her when she was pregnant), Headaches, Muscle Pain, Skin Rashes, etc, etc, etc. I Started taking ThreeLac in Mid December and kept a journal of my results for the first few months. I could not believe how good I was feeling. After a month I threw out all of my prescription medication as well as eliminating most of the above mentioned issues, with exception to minor bloating and skin rashes.

Eventually, I felt as though I had beat the Beast and could move on with life (by quitting Threelac! -ed.). This was a big mistake! Needless to say I had a major relapse and now am in the middle of trying to come back.

I guess the point to this email is that if you do not stay disciplined, and stay on top of the problem it will come back and come back worse. I really enjoy your website and will continue to reference it on a continual basis going forward. - Andy S

”

Chapter 7

Progress Chart

Print this simple chart to help see more clearly just exactly what is happening with your recovery.

[printable chart](#)

Date	List symptom here	Date	Symptom now
ex: 2/8/07	bloating and gas	2/16/07	completely gone!
02/8/07	Fatigue	3/1/07	80% gone
			etc.

We just left the chart out on a table and each time we remembered a symptom we thought was related to the Candida we wrote it in the left column. Then, in the right column we noted how that symptom changed over a period of time. You can print up a number of them once the symptoms are all written down and date them and do one a week or one a month.

[printable chart](#)

This simple chart helped us to see more clearly what the formulas had done for us over time. In fact, we found it extremely interesting. Some of the symptoms that cleared up were things we never thought were related to Candida. It's also a way to test US! See if what we've told you is true! Put it on paper.

We encourage you to make and keep this simple "truth finder" chart.

Disclaimer:

Results may vary, person to person.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Chapter 8

Keep Your Liver and Kidneys Healthy

Your liver and your kidneys are two of your more important cleansing organs.

You are going through a major extermination of your Candida. These dead Candida cells must then be removed from your body. That puts an additional strain on these the liver and kidney (our organs of detoxification) and can potentially cause them to become congested. It is essential to keep them clean.

If you have a natural health professional they would easily understand what this is about. Certain herbs can help support and cleanse these organs in a gentle manner. Consult your healthcare provider for more information.

Chapter 9

Additional Recovery Tips

Avoiding Constipation

Many people find that the beneficial intestinal flora in **ThreeLac™** helps regulate their bowels. But people with a tendency toward constipation should be aware that when the Candida detoxification begins, it could cause constipation. We recommend that you take a fiber product during the first few days while **ThreeLac™** is ridding your body of Candida . Drink plenty of water. If you are prone to constipation it might be a good idea to start with some good product a day or two before you start our program. We offer additional ideas on treating constipation below.

Fiber is also very important, both to keep the bowels moving and because it is rich in prebiotics, which will make your ThreeLac™ even more effective. We recommend [Vibrant Nutraceutical's Claifiber™ liquid](#).

Some constipation remedies we like:

- For mild constipation, try an Ayurvedic remedy called "triphala". Made up of three tropical fruits, this is more like a bowel conditioner than a laxative. It may take a few days to regulate your system, but it is truly an amazing formula and is all natural, too. You'll need to take 2 to 6 a day, depending on the brand you buy. We use 2 of the 1000 mg. tablet. Triphala is very good for all your internal organs. In India there is a saying, "No mother? Take triphala!" meaning that it cares for you in all ways like a mother. It can be used for up to two weeks at a time with a week break.

- For an immediate constipation remedy: first thing in the morning stir one teaspoon of sea salt into a quart of warm water and drink it right down. This is called an isotonic flush. It is suitable for individuals with low to normal blood pressure—**this is NOT for those with high blood pressure**. A solution is said to be isotonic if it contains a similar amount of salt as the blood and therefore it moves directly through you—so be ready to be cleaned out within an hour or two! This is not meant to be used every day—use once in awhile for a full clean-out.

- Other remedies we like for constipation are magnesium citrate and Vitamin C. Magnesium is a mineral that's good for us and has the added benefit of helping to loosen stools. A magnesium product we use is called Natural Calm. Vitamin C is a natural detoxifier and can be taken to "bowel tolerance." Start with 500-1,000 mg several times a day.

Most of these products are available online or at healthy food stores.

Additional Support for Healing

Some natural ways to help flush your body during treatment:

- Drink plenty of water!
- Certain sea vegetables (especially kombu), chlorella and cilantro (the "poor man's chelation therapy") help rid your body of heavy metals*.
- Drinking a warm cup of ginger tea several times a day is also cleansing and detoxifying. The easy recipe is to cut a dozen nickel-thin slices from a fresh, unpeeled ginger root, add to a quart of boiling water, then simmer for 30 minutes—absolutely delicious!

**exposure to heavy metals – lead, mercury from fish or dental fillings, industrial metals – often trigger the body to "defensively" create fungal overgrowth.*



If Detox Presents “On the Surface”

Sometimes as Candida is leaving the body, it will show up briefly as rashes on the skin, a white coating in the mouth, or even as a vaginal yeast infection. One easy way to ease all these symptoms is by using pure coconut oil. This semi-solid oil is available online and even at most grocery stores these days.

- Using a clean spoon, scoop a small amount out of the jar and apply to skin rashes, letting it absorb before dressing. (If you need to dress quickly, simply wipe off excess with a damp cloth.)
 - Coconut oil can be used as an oil “swish” in the mouth (it has a pleasant taste). Put about a teaspoonful in the mouth and “chew” it, working it around in the mouth as you would mouthwash, for about two minutes, spitting out the excess.
 - You can apply coconut oil vaginally with clean fingers, or make suppositories with a small ice cube tray and insert before bed. (Be sure to wear a panty-liner to protect underwear and sheets).
-

Ordering Products

Auto Orders

Auto-Orders are an option all customers may choose.

Benefits include*:

- FREE SHIPPING.
- Up to 15% Discount on all products with Auto Orders.
- Products are delivered monthly or you may choose bi-monthly so your health needs are met without running out!
- Call the GHT service number 1-800-305-5710 (M – F, 8:30 a.m. – 5:30 p.m. PST) and set up or change your auto order.

AutoShip Program Rules

How to Re-Order

1. Go To: www.globalhealthtrax.com/
2. Click on PRODUCTS tab on gray bar at the top of page
3. Place items in your shopping cart – then click CHECKOUT
4. You will be prompted with two choices; one of which is “I am an existing customer”
5. You will then be asked for your ID # or email address (this is the email address you have on file with Global Health Trax) and your password. Enter the info requested, then click LOGIN.
6. The system will then automatically fill in the information on file with Global Health Trax. Please be sure to verify the shipping information on the screen and choose your shipping option.
7. If you encounter any problems or are unable to log into your account – please contact the Global Health Trax Customer Service Department @ 1-800-305-5710. (M – F, 8:30 a.m. – 5:30 p.m. PST)

Your initial order made within this 60 day period is covered under the guarantee!*

*please see [here](#) for complete details

Or [email](#) GHT to request this info



Product Returns

There is never any problem returning products within the 60-day guarantee period.

Don't make your return too soon! There is a 100% refund up until 60 days so you have nothing to lose and everything to gain by giving the products a full chance to work for you. For some people it starts working right away, for others it can take weeks or even months.

If there's any doubt in your mind the [progress chart available here](#) truly helps you see what benefits you have received. Sit down with it for a few minutes, it can be enlightening. We're just saying be sure. Candida is a tricky condition and we don't want you to miss out on getting better.

Remember:

You receive a 100% refund whether you return in 20 days or in 60 days.

Our 60-DAY GHT CONDITIONAL GUARANTEE appears [here](#) (please read carefully!)

About Us

We are happy to help you with your cleansing and healing. But also know that we are not doctors or health professionals. We are people who have done our own studying and experimenting with natural healing for many years. We believe in using natural means whenever possible and believe in treating the **causes**, as well as the **symptoms** of illness. We try to be proactive in our health with diet, exercise and balance in life.

While we are not “experts” in these fields, we will make you a promise—that we will share what we have learned from our own experiences, answer your questions if we can, and when we don’t know the answer, we’ll tell you that, too.

Both of us take our business very seriously. Candida laid a dark, wet blanket over our lives and made us feel years older than we were. Our intent with this business is that you find a great healing—and we are excited to play a small part in that.

If you just ordered and would like to add any other products to your order you may still do that. Simply go back online using the personal link you should have just received via email, and order what you want, then in the comments box after the order let them know you just made one order and to include this with it. That will cut down on your shipping costs. You may also call GHT and add to it that way 1-800-305-5710 (Mon-Fri 8:30 to 5:30, Pacific Time).

Contact Us

Feel free to [e-mail](#) us with any questions and to share your experiences with us. We love to hear from you and to correspond!

We wish you Health and Healing.

May your life be a benefit to all.

Sincerely,

Marti & Jim

The Candida Support website:
<http://www.candidasupport.org>

Or email us at:
[email us](#)

