

# Candida

## What Is Candida?

Candida is a genus of yeasts and is also one of the most common causes of fungal infection. A very tiny amount of the fungus lives in the mouth and the intestine, to aid with digestion.

## What Causes Candida?

When Candida is overproduced, it begins to break down the intestine wall, penetrating the bloodstream and thereby releasing toxic by-products into the body. This causes a leaky gut.

## Candida FAQ

**Q: I have Candida, and it's causing me numerous health problems. Can you recommend any products in particular to help relieve my problems?**

A: Relief for Candida can be found by following my Candida Health Plan. Protease is a product I highly recommend as it can help to relieve the infection, while SerraEnzyme 250,000IU can boost its effectiveness by reducing and finally dissolving any inflammation in the body. GlycoBoost can also support the growth of healthy gut bacteria, promoting healing from within the digestive tract.



**“I feel like a different woman,” she told Linda, after 10 weeks on the enzyme. “I’m taking it on honeymoon with me,” another client who suffered from Candida announced. “I can’t live without it now.”**

**- Linda Tranter**



**“Hi Robert, I want to thank you for this website. Thank you for exposing me to Serrapeptase. I now use it every day, and it is making a difference! I will probably use it for the rest of my life just to ensure my good health. Thanks again, Robert. I consider you a wonderful pioneer in the area of health and anti-aging.”**

**- Mark**



Follow the Health Plan as recommended for the best results:



## CANDIDA HEALTH PLAN

This health plan provides relief for Candida and other yeast and fungal infections when the supplements below are taken in order of priority and combined with a naturally healthy lifestyle.

*Your 4-8 Week Plan, from my eBook, by Robert Redfern  
Supplements to support a healthy immune system - in order of priority:*

- **Protease** - This contains super powerful protease enzymes that aid in relieving infections. Take 3 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **SerraEnzyme 250,000IU** - Take 1 capsule x 3 times per day with the Protease capsules. Serrapeptase SerraEnzyme clears the biofilm that protects the germ.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See [www.Probiotic29.com/studies](http://www.Probiotic29.com/studies)).**
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **GlycoBoost** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons daily.
- **D.I.P. Daily Immune Protection** - Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.

### **Other Recommended Products**

- **[1st Line \(Thiocyanate\) Immune Support Kit](#)** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.