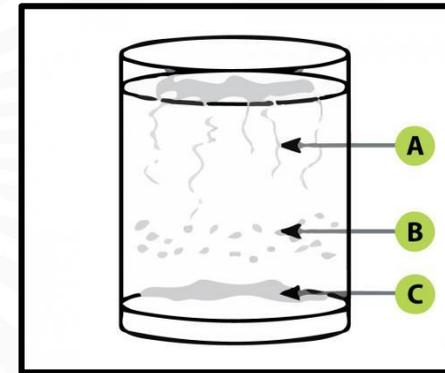




THE FASTING PODCAST **WOW**: EPISODE 113 CANDIDA – SIGNS, CAUSES, SOLUTIONS

# EPISODE 113: CANDIDA – SIGNS, CAUSES, SOLUTIONS

The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



Candida Saliva Test

Host: Julie Phillips, CNHP



# THE FASTING PODCAST **WOW**: EPISODE 113 CANDIDA – SIGNS, CAUSES, SOLUTIONS

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## THE FASTING PODCAST **WOW**: EPISODE 113 CANDIDA – SIGNS, CAUSES, SOLUTIONS

### What is Candida?



**Candida emits toxins:  
acetaldehyde  
damages DNA & >  
cancer risk;  
gliotoxin suppress  
immune & impairs  
liver detoxification**

- We all have some yeast in the body – when in proper balance, it can aid with nutrient absorption & digestion – eats flesh off a dead body
- Friendly flora/probiotics (part of immune system) keep it under control
- So many things kill friendly flora – antibiotics, other Rx, too much stress, salt, sugar, etc – allows yeast overgrowth to over-run the body
- Not only can candida auris be very serious, but the common candida albicans can cause serious life-threatening challenges
- Candida thrives on poorly digested carbs and lack of probiotics
- Carb digestion – 42% in mouth needs excellent chewing & best without too much liquid or fats in mouth at same time to distract from digestion
- So prevent - plentiful probiotics, not too many carbs & great digestion
- Candida hide in 3 coatings, so we use enzymes to eliminate them



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### Possible Signs

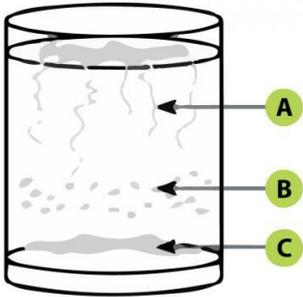
**LISTEN** to your body giving you signs and be determined to resolve issues.



- Persistent fatigue
- Mood problems (anxiety, depression...)
- Recurring infections (urinary, vaginal, sinus... weak immune system)
- Oral infection (aka thrush) tongue coat, possible bad breath
- Intestinal challenges (e.g. flatulence, burping, bloating, constipation...)
- Brain fog (e.g. focus, concentration, memory, physical coordination...)
- Skin itching, nail infections (e.g. athlete's foot)
- Hormone issues (inflammation & candida byproducts mimics estrogen – e.g. early menopause, PMS, a low sex drive, migraines, endometriosis, water retention, mood swings and an **inability to lose unwanted pounds – can interfere with fasting/weight loss goals**)
- In advanced cases, belly sticks out like pregnant look after carby meal



## Candida Saliva Test



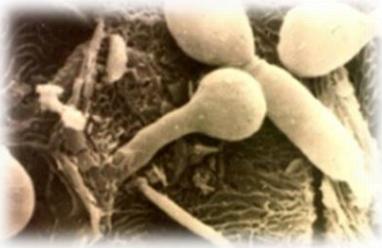
**Candida Saliva Test**

- Clear glass of water by bed on night stand
- Eat high carb food & don't brush teeth
- Upon awakening, grab glass & put all stagnant saliva in glass, stick tongue out and pull it back scraping off tongue into glass
- Watch for 5 min & even come back 30 min later (set a timer)
- If you see stringers coming down, or saliva sinking, or disappearing, not a good sign – should see it sitting on top same place
- Motivating if you see things, but not conclusive if you don't
- If you take action to purge candida, try this again when done
- Many people have this problem & it doesn't hurt to take action, in fact it can help other things

**OTHER:** comprehensive organic acids test, GI MAP DNA stool analysis, Great Plains comprehensive stool analysis, Great Plains Food Sensitivity Test w/Candida



## Possible Causes or Risk Factors



- Antibiotics kill bad & good flora
- Birth control pills
- Alcohol, smoking, heavy metals, sexual partner with candida
- Corticosteroid inhalers & other medications
- Heartburn / reflux, especially those on proton pump inhibitors
- Chemotherapy, radiation
- Diabetes – typically excess sugar in system
- Weakened immune system – leaky gut/autoimmune
- Poor diet, especially high in refined carbs/sugar, chlorinated H<sub>2</sub>O
- Poor chewing or keeping fats or liquids in mouth with carbs
- Lack of sufficient probiotic, prebiotic, enzymes



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### Possible Solutions



After program complete, review list of possible signs to see if you're free!

- ✓ Chew food 25-40 bites, keeping liquids away from meals, carbs super low & if taking – in mouth without liquids & fats – eat organic/natural
- ✓ Plentiful pure water away from meals
- ✓ Open channels of elimination (episode 17)
- ✓ Enzymes on an empty stomach to eat the coatings – CRUCIAL aid – I favor a particular enzyme/probiotic blend – do your own homework
- ✓ With enzymes, probiotics/prebiotics – variety, fermented foods e.g. kimchi
- ✓ Herbs/oils (caprylic acid, oregano, clove, milk thistle, pau d'arco, turmeric, grapefruit seed extract, Oregon grape extract, ginger...)
- ✓ Coconut oil (1 tbsp) can be mixed with 3 drops clove oil – swish 20 min
- ✓ Keep monitoring & consider your intimate partner doing this with you
- ✓ Prevent – organic eating, good digestion, probiotics, & low net carbs



## Possible Next Steps



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Please refer others to the podcast / youtube & give us a good Itunes review

For questions such as which supplement brands I prefer and quantities with timing and feedback, email [Julie@JPWOWPrograms.com](mailto:Julie@JPWOWPrograms.com)



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Stay Positive, Focused, & Determined Because  
**Where the Mind Goes, Energy Flows...** *Ernest Holmes*

