



THE FASTING PODCAST WOW: EPISODE 22 – CANDIDA & FASTING

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The Fasting Podcast WOW (Wellness & Optimal Weight)



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Watching for Clues

Fasting can be slowed down or more difficult with yeast overgrowth candida

- Craving carbs or sugar?
- Low energy?
- White or gray coating on tongue?
- Foggy thinking?
- Belly sticks out after a carby meal?
- Nail fungus?
- Itching?
- Stubborn weight loss?
- Chronic sinus & allergy issues?
- Weak immune system?
- Urinary infections?





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Possible Reasons

- When did you take antibiotics?
- Did you replenish the flora?
- Do/did you take birth control pills?
- Do you take other meds?
- Have you had chemotherapy or radiation?
- Do you have a weakened immune system?
- Do you consume large amounts of carbs or sugar?
- Do you chew really well?
- Do you keep fats & liquids out of mouth when chewing carbs?
- Do you take digestive enzymes or probiotics or fermented foods?





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Informal Saliva Test



- Clear glass of water by bed on night stand
- Eat carby 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



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Taking Action & Monitoring

- ✓ 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 (episodes 3-6)
- ✓ Open channels of elimination (episode 17)
- ✓ Enzymes on an empty stomach to eat the coatings – VERY important & enzymes with meals valuable
- ✓ Probiotics plentiful – variety, fermented foods like kimchi & sauerkraut)
- ✓ Herbs/oils (caprylic acid, oregano, clove, milk thistle, special formulas –3-6 weeks or longer morinda 1x4/golden thread 1x4/melia 1x4/scutellaria 1x4, biofilms 1&2)
- ✓ Coconut oil
- ✓ Keep monitoring & consider your intimate partner doing this with you
- ✓ Prevent – good carb digestion, probiotics, & low net carbs



Fasting results,
here we come!



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POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:
www.TheFastingPodcastWOW.com

Watch WOW (Wellness & Optimal Weight) video: www.LifeboatDoctors.com

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

