

Candida Cleanse

Much has been written about the importance of doing a Candida Cleanse - it is crucial to attaining Radiant Health and Longevity!

Unfortunately, the vast majority (Probably, 95%) have a form of candida, better known as Yeast, even guys! If you ever had an antibiotic oral or IV, it has probably killed off the 'friendly' microbes in your gut and this invader is so insidious that it will cause you to want and eat the foods "It" wants - sugars, fermented foods and yeasts!

Candida can have multiple negative effects in the body, including abdominal pain, bloating, poor memory, digestive issues, a weakened immune system, recurrent UTI's, obesity, tiredness and even depression. Candida is so common in our society today that most eat excess sugar (80 lbs avg.US individual annual consumption - per a study done in 2024). (Although, over 85% of the respondents are trying to reduce their sugar intake, most find themselves hopelessly addicted...) Candida is estimated to be a precursor to over 300 serious diseases.

So, Yes! If You seriously want to improve your Health and Longevity, the candida (an aggressive fungal parasite) has to go!

Now this is a Major Portion of the solution!

The second part is easy and consists of making and eating a special kind of 'yogurt'.

Simply, because when those childhood antibiotics "killed off" your 'friendly' bacteria, allowing *Candida Albicans* (The most common candida although, there are 16 different forms!) to take over. One of the 'friendlies' that was "killed off" was a microbe known as: *L. Reuteri*.

This "Ground-Breaking" research was done at MIT and written about in the book: "Super Gut" by Dr. William Davis.

Lactobacillus Reuteri generates the hormone 'Oxytocin', which causes Bonding between Mother and Child, Healthy Love of Self and Others, Empathy, as well as, a natural antibiotic that kills off SIBO, E.Coli and (only) the "Bad" microbes in your gut.

Fortunately, this microbe is a fungus that can be fermented to high enough levels to improve one's behaviors. *L. Reuteri* is fermented in the fridge eaten in a 'yogurt' like food. It only requires one capsule of *L. Reuteri* to begin the process and this (along with YouTube instructions) will be mailed to you upon subscribing to The Journal.