



## THE ROAD TO HEALTH

*Using The Clark Method Newsletter*

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By Bonnie O'Sullivan

Dear Friends,

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## Better than Antibiotics!

### “Candida-G” Marks All Bad Bacteria and the Fungus Form of Candida as Bad Guys to Your Immune System and Your Body Immediately Destroys Them

Have you ever had a bacterial infection and the doctor's solution was an antibiotic? Did you know antibiotics set you up to have more bacterial infections, and fungal infections as well? A probiotic product, Candida-G, has the ability to stop this viscous cycle for good.

Candida-G capsules contain two active ingredients, Lactobacillus Sporogenes (500 million) and a special Aloe Vera leaf gel powder, Barbadosis Miller species (100 mg).

L. sporogenes is a very special friendly bacteria and of all the many Aloe Vera species worldwide, B. Miller Aloe Vera contains the highest concentration of mannan molecules, which are responsible for the repair of tissue damage at the cellular level.

When you take this combination of L. sporogenes and B. Miller Aloe Vera internally, or when you use it externally, it marks all bad bacteria and the fungus form of Candida as bad guys to your immune system and your body immediately destroys them.

You can swallow Candida-G capsules and/or use them mixed with water to use externally or to use as a gargle or spray in the mouth. When taking the capsules internally be careful and take them on a non-work day, as they are so powerful they often cause die-off symptoms (please see page 12 for my experience taking the capsules internally.) To use Candida-G externally or as a gargle or spray, you make a Candida-G solution yourself by putting the contents of one capsule into 2 to 4 ounces of water, let it dissolve for a few minutes and shake well. Then you can spray the solution on a cut on your skin or on a fungal rash anywhere on your body or on a cut or canker sore in your mouth (or use it as a gargle), and the pain goes away instantly . . . and the next day the sore has completely healed.

I even got rid of an earache just by spraying the solution in my mouth a few times. I had accidentally cut my upper right gum while flossing my teeth. Two days later the cut had not yet healed and I noticed an earache was developing in my right ear. The next day the

earache was worse and I decided to see if the Candida-G solution would help. In the evening, after I used the spray in my mouth several times during that day, the cut had healed and the earache felt much better. The earache was completely gone the next morning. It worked as quickly as an antibiotic! It also removed an abscess on my gum that had been worrying me.

We've also made an ointment that works for Athlete's Foot or fungus rashes and works even quicker than antibiotic ointment for healing cuts. Using a toothpick, mix the contents of one capsule of Candida-G with a small amount of Arnica gel (you can buy this gel in any Health Food Store), and spread the mixture on the cut or rash and cover it with a band-aid. You'll be amazed at how this mixture stops the pain instantly and, in a few hours, how the healing of the cut or rash has increased (the amount of healing depends on the severity of the cut or rash and in the case of a deep cut, I would only spray it with a solution of distilled water and Candida-G powder instead of using the Arnica gel). The reason Candida-G isn't sold as a gel is that the moisture in the gel would activate the *L. sporogenes*, and it would die in a couple of days making the ointment useless.

When I explained to a friend recently how to make the solution and mentioned the name of the capsule, Candida-G, he said, "I thought Candida is what women get when they have a yeast infection." I said, "You're right, vaginal infections (also known as yeast infections) are usually due to a Candida overgrowth in the vagina, but Candida is not just a woman's problem, Candida overgrowth is also responsible for Athlete's foot and jock itch among many other physical and mental problems. Candida problems are a challenge, as Candida in its yeast form is always present in our intestines. It is when Candida turns into its aggressive fungus form and crowds out our friendly bacteria that it causes pain and misery."

Note: Candida-G is excellent for getting rid of vaginal yeast infections (also known as Vaginitis, Candidiasis or moniliasis) when used as a douche (one capsule dissolved in one pint of warm water and use as a douche as needed). Also, for reducing pain of any kind in the body we have discovered using Candida-G in a foot soak works like magic.

## **Candidiasis (Yeast Infection)**

### **What is Candidiasis?**

Candidiasis, sometimes called moniliasis or a yeast infection is a fungal infection of any of the Candida species, of which *Candida albicans* is the most common, on the skin and/or mucous membranes. Although yeast is normally a harmless inhabitant of the digestive system and vaginal area, it may cause an infection when the skin is damaged or when conditions are warm and humid, or when a child or an adult has a depressed immune system. Antibiotics can also cause yeast to grow, because the normal bacteria in tissues are killed, letting the yeast grow unhampered.

### **What are the symptoms of Candidiasis?**

The symptoms of candidiasis vary depending on the location of the infection. The following are the most common symptoms of a yeast infection. However, each person may experience symptoms differently. Symptoms may include:

## Location Symptoms/Signs of Candidiasis (Yeast Infection)

### Navel rash or skin folds (between toes, etc.)

- patches of skin that ooze clear fluid
- patches of skin that have red pimples
- patches of skin that itch or burn (Athlete's foot, jock itch, etc.)

### Vagina

- white or yellow discharge from the vagina
- itching
- redness in the external area of the vagina
- burning

### Penis

- redness on the underside of the penis
- scaling on the underside of the penis
- painful rash on the underside of the penis

### Mouth (thrush)

- white patches on tongue and inside of the cheeks
- pain
- corners of the mouth (perlèche) cracks and/or tiny cuts at the corners of the mouth

### Nail beds

- white or yellow nail that separates from the nail bed
- pain
- swelling
- pus

Conventional Medical Opinion	Alternative Medical Opinion
<p><b>How is Candidiasis diagnosed?</b> In addition to a medical history and physical examination, your physician may scrape off a skin sample to confirm the diagnosis with a microscope or a culture</p>	<p><b>How is Candidiasis diagnosed?</b> On a non-work day take one Candida-G capsule and see if you have die off symptoms (feeling tired/flu like feelings). If you feel the symptoms you know you have Candidiasis.</p>
<p><b>Conventional Treatment for Candidiasis: DRUGS</b> All drugs (prescription and over-the-counter) — some are worse; antibiotics kill everything outright — slow down the action of peristalsis (a series of coordinated, rhythmic muscle contractions that occur throughout the length of the gastrointestinal tract), which causes food to either ferment or rot in your colon, which is a death sentence to your friendly bacteria and eventually to you.</p>	<p><b>Alternative Treatment for Candidiasis:</b> Gargle am and pm with a freshly made (every other day) solution of Candida-G (and then spit it out), and take 2 Flora-G Plus capsules am and pm, gradually increasing to 4 Flora-G Plus capsules am and pm over a 2 to 3 month period. When you can take 8 Flora-G Plus capsules a day without feeling die-off symptoms (feelings of tiredness or flu like feelings) add one (or more) Candida-G capsules per day. Continue for life.</p>

## Friendly Bacteria

From *Lifestyle Induced Dysbiosis Syndrome (LIDS)*, 2003, by Dr. Alene Christiano

This may come as a shock to you, but you are sort of a “walking garden.” You can’t see any of the plants, called flora, in your garden because they are too small to see. This is why they are called microflora — you need a microscope to find them. I don’t think anyone has really counted them, but researchers tell us there are many more plants in your garden than there are cells in your body.

Your garden is very interesting with over 500 different species of plants, and billions and billions of tiny individual plants. Some microflora are useful to you and give you a great deal of pleasure because they keep you healthy. These are the Good-Guy plants. Other kinds of microflora are like native grasses. They are neither good nor bad, but some are like weeds. They are potential Bad-Guy plants. They are always there, but are not a problem as long as you tend to your garden. But some of them are like bamboo or morning glory plants in a real garden. If you don’t tend to your garden they grow like crazy and take over the garden.

Your largest garden is in your intestines. But there are some other smaller gardens scattered around your body, something like the rose beds along the paths in the parks. You do not have to work hard in your inner garden — not nearly as hard as you would in a rose garden. One of your main jobs is to know when your lifestyle upsets that balance of Good-Guy and Bad-Guy. To keep everything balanced, you need to feed your plants a good diet and replant often.

If you get lazy and just feed your garden any old thing, or if you decide to put strong chemicals in your system, the balance between the Good-Guy plants and the potential Bad-Guy plants is upset. The Bad-Guy plants put on their black hats, and you’re not sure what is going to happen, but you know it won’t be good.

When the Good-Guy plants are not robust and vigorous, the balance is lost and your foundation for health gets shaky. Unless you quickly restore the balance, your health will be as shaky as the foundation. When the balance shifts to the Bad-Guy plants, you will soon begin to notice the symptoms of LIFESTYLE INDUCED DYSBIOSIS SYNDROME (LIDS). Little things at first, like being extra tired or a tummy ache, but it will get worse unless you take charge.

### Friendly Bacteria Help:

- With digestion by producing enzymes and inhibiting putrefactive and disease-producing bacteria.
- Alleviate digestive disorders.
- Synthesize Vitamin K and B vitamins, including those heart-healthy and brain-healthy vitamins — B-6, B-12 and Folate (folic acid).
- Produce an enzyme that helps with lactose intolerance and increases the digestibility of milk products.

- Reduce total cholesterol and improve the ratio between LDL (bad) cholesterol and HDL (good) cholesterol.
- Protect against E. coli infestations and other bacterial infections by naturally producing antibiotic substances called bacteriocins.
- Prevent and control vaginal yeast infections.
- Appear to have an anti-carcinogenic and anti-tumor effect.
- Improve immunity by stimulating antibody production.
- Control Athlete's foot.
- Produce L(+) Lactic Acid that keeps pathogenic and putrefactive bacteria in check.
- Keep Candidiasis in check.
- Protect against radiation damage.
- Enhance absorption of minerals, including calcium and magnesium, which are very important in protecting against osteoporosis.
- The process of recycling estrogen, which reduces menopausal symptoms and is important in control of osteoporosis and other disorders.
- In the treatment of acne and other skin diseases.

## **Lifestyle Induced Dysbiosis Syndrome (LIDS)**

A Book Review by Bonnie O'Sullivan

Dr. Alene Christiano states in *Lifestyle Induced Dysbiosis Syndrome (LIDS)*, 2003, that LIDS is a set of symptoms or effects that are triggered when the number of beneficial flora decreases enough to alter the pH balance of the digestive tract. This imbalance of the gut microflora first sets off an imbalance in the digestive system, which effects homeostasis in every system in your body.

Dysbiosis was first identified and named by Dr. Elie Metchnikoff, a Russian physician. Dr. Metchnikoff believed that the toxins secreted by harmful organisms in the digestive system caused diseases, and that beneficial bacteria could prevent many of them. He based his theory on the observation that the truly healthy, long-lived people of the Balkans ingested fermented milk products, such as freshly made yogurt and unprocessed buttermilk daily. That seemed to be the only difference in their lifestyle and the lifestyle of the rest of the people he observed. (Note: Yogurt is an effective way to replace the friendly bacteria in the body, if you do it the same way it has been done for centuries. It must be made daily with unprocessed milk and an active culture of live bacteria, and eaten immediately.)

The rest of my review of Dr. Alene Christiano's book is in the form of an analogy:

- Our intestines are like a football field with a game in progress.
- The opposing team's offensive line up is made of *Candida albicans* (in its yeast form,

preferably) and bad bacteria [*E. coli* (cystitis), *H. pylori* (ulcers), *Salmonella* (food poisoning), *Streptococcus* (tonsillitis and other infections)]. All are normally found in our body and our friendly bacteria are in charge of keeping them from harming us.

- The opposing team's defensive line up is made of stress, antibiotics, processed food, junk foods, sodas, sugar, excess salt in food, synthetic food additives, agricultural chemicals, antacids such as Tums® or Tagamet®, anti-inflammatory drugs, steroids such as Prednisone®, pain pills, anti-anxiety pills, anti-yeast pills, anti-fungal pills, anti-seizure pills, cholesterol lowering pills, high blood pressure pills, birth control pills, other prescription medicines, anything "medicated," vaccinations, amalgam fillings, chlorinated water, chemically treated water, air pollution, polluted living and working environments, household chemical products, chemotherapy, and radiation therapy.
- The home team's offensive line up is made of the friendly bacteria that are always in our gut in varying amounts: *L. acidophilus*, *L. rhamnosus*, *L. salivarius*, *L. casei*, *L. plantarum*, *L. lactis*, *L. bulgaricus*, *L. brevis*, *L. paracasei*, *L. gasseri*, *B. infantis*, *B. bifidum*, *B. lactis*, *B. longum*, *B. breve*, and *Streptococcus thermophilus* (as supplements, these bacteria need refrigeration, are fragile and are easily damaged by heat or extreme cold, and excessive light, plus, when swallowed, they do not survive the acids and enzymes of the stomach).
- The home team's defensive line up is made of:
  1. Supplementing daily with Flora-G Plus and Candida-G capsules. *L. sporogenes*, the main ingredient of Flora-G Plus and Candida-G capsules, works by keeping our intestines slightly acid, which keeps *Candida albicans* — the yeast that becomes aggressive fungus when the pH of the intestinal environment is alkaline — in its harmless yeast form. Also, when B. Miller Aloe Vera is added to *L. sporogenes*, as it is in Candida-G, the two have a synergy of power and energy to identify proteins to the immune system as good or bad at the cellular level and the immune system removes the bad proteins immediately. *L. sporogenes* is not damaged by heat, extreme cold, or excessive light and has consistently shown that it survives the acids and enzymes of the stomach without losing bacterial count, and reaches the intestines ready to begin its work. *L. sporogenes* must be taken daily, as it does not live long in the body. *L. sporogenes* also helps keep our intestines free of bad bacteria and parasites.
  2. All of the following: avoiding everything in the opposing team's defensive line up (some exceptions are tolerated if you are taking Flora-G Plus and Candida-G daily), drinking John Ellis water (more on this in the next newsletter), eating organic food (whole grains, vegetables, fruits, lean meats and poultry or fish), eating slowly and chewing food well, including in our diet 20 to 40 grams of fiber a day (lack of fiber causes the entire digestive tract to become sluggish), being active (lack of exercise leads to a decrease in digestive enzymes and HCL), stretching often during the day to maintain healthy digestion, avoiding stress at mealtime (stress stops or slows the digestive process and disrupts the body's natural rhythms), supplementing with digestive enzymes and or HCL capsules if needed (most older people have decreasing

amounts of digestive enzymes and gastric acid), and supplementing with vitamins, angstrom size colloidal minerals, and fish oil. Also, if you often feel you are “stressed out” you could try: Acupressure, Meditation, Stress Counseling and/or Yoga.

- If the opposing team wins the game we are subject to: irritability, anxiety, sudden mood changes, Premenstrual Syndrome (PMS), foggy thinking, sudden energy loss, aching muscles, chronic fatigue, depression, heartburn, constipation, diarrhea, bloating or belching, bad breath, sugar cravings, leaky gut syndrome, allergies, eczema, tingling feelings, numbness, traveling joint pain, Fibromyalgia, chronic/recurring bacterial and fungus infections, vaginal infections, Athlete’s foot, liver problems, kidney problems, obesity, infertility, high cholesterol, prostatitis, gastritis, gastroenteritis, irritable bowel syndrome (IBS), , inflammatory bowel disease (IBD), colonic polyps, ulcerative colitis, Chron’s colitis or “Chron’s Disease,” diverticulosis, diverticulitis, and colorectal cancer.

Diseases of the colon and rectum that require surgery occur in more than 600,000 patients a year in the United States. The goal of colon surgery, or a colectomy, is to remove sections of the large bowel (colon) that are diseased and/or damaged, and linking the remaining sections together. Many times, after surgery, the patient is left with a temporary or permanent colostomy pouch.

A colostomy is a surgical procedure that involves connecting a part of the colon onto the anterior abdominal wall, leaving the patient with an opening on the abdomen called a stoma. This opening is formed from the end of the large intestine drawn out through the incision and sutured to the skin. After a colostomy, feces leave the patient’s body through the stoma, and collect in a pouch attached to the patient’s abdomen, which is changed when necessary, usually once or twice a day.

- The amount of time it takes for the home team to win the game depends on how much of your intestinal tract (the length of the gastro-intestinal tract is between 28 and 30 feet, with a surface area of nearly 6,000 square feet) *Candida albicans*, in its fungus form, has taken over control and how determined you are to withstand any die-off symptoms you feel (tiredness/flu like feelings) as it dies off and reverts back to its yeast form. You can change the *Candida albicans* in your intestines from fungus to yeast gradually, with few die-off symptoms, by gargling am and pm with a solution of *Candida-G* (and then spitting it out), and taking 2 *Flora-G Plus* capsules am and pm, gradually increasing to 4 *Flora-G Plus* capsules am and pm over a 2 to 3 month period. Then, add one *Candida-G* capsule a day and gradually increase to 3 *Candida-G* capsules daily. Continue for life.
- You win the game when you can take 8 *Flora-G* capsules and 3 *Candida-G* capsules a day. Continue taking this amount daily and you will live a healthy, happy, long life.

## **Lactobacillus sporogenes, the Main Ingredient in *Candida-G/Flora-G Plus***

*Candida-G*’s companion product, *Flora-G Plus*, contains *Lactobacillus Sporogenes* (1 Billion CFUs), FOS (fructose Oligo Saccharides) (150 mg), ginger (20 mg) and flaxseed (10 mg).

*Lactobacillus sporogenes* represents a breakthrough in *Lactobacillus* supplementation — a

safe, stable, effective, L(+)-lactic-acid-producing organism. It was originally isolated and described in 1933.

The organism requires a complex mixture of organic substrates for growth, including fermentable carbohydrates and peptides (fructoseoligosaccharides).

*L. sporogenes* is a universally occurring, gram-positive, spore forming, lactic acid producing and beneficial bacterium.

*L. sporogenes* is a probiotic, which supports the growth of friendly bacteria and helps maintain a healthy balance of microflora in the intestinal environment.

Unlike other strains of lactobacillus, *L. sporogenes* does not require refrigeration to maintain its peak potency (as measured by live colony forming units, CFUs).

*L. sporogenes* is better adapted to survive gastric acidity due to its spores. The spore coat protects the bacteria from the low pH of the stomach, but also swells in contact with the gastric juices such that by the time the bacteria reaches the intestine, it has shed its spore and germinates in the intestine.

*L. sporogenes* supports levels of healthy microflora thereby improving the gastrointestinal ecology. It also produces only the L(+) form of lactic acid, which is completely metabolized in the body.

*L. sporogenes* is considered a semi-resident, indicating it takes up only a temporary residence in the human intestines, which emphasizes the importance of continued supplementation.

*L. sporogenes* is effective before, during and after antibiotic therapy.

Seventy percent of individuals suffering from chronic constipation treated with 300-750 million spores per day of *L. sporogenes* for two to 10 days experienced an amelioration of abdominal distention and a normalization of stools.

*L. sporogenes* binds cholesterol in the gut, and may inhibit the cholesterol-producing enzyme HMG CoA Reductase. (360 million spores/day decreased total serum cholesterol from an average of 330 mg/dL to 226 mg/dL in 17 subjects with type II hyperlipidemia over a three-month interval. HDL-cholesterol increased slightly. No changes in serum triglyceride levels were observed).

Adverse reactions in humans following supplementation with *L. sporogenes* have not been reported.

A reasonable dose is 3 to 4 billion colony-forming units (CFU's) two to three times daily.

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## Candida-G Helps Sandy's Jawbone Heal

### Update on Bonnie's Daughter, Sandra Petry:

**July 31, 2006:** Sandy, who has had 25 oral surgeries during the last five years due to Dental Osteomyelitis (infected and dead bone marrow in the jawbone), had oral surgery in two areas of her mouth in Tijuana, Mexico (according to Sandy's July 14, 2006 Cavitat Examination, which is an ultrasound examination of the jawbone, these two oral surgeries should be the last oral surgeries she will need). When Dr. Villafana cleaned the dead and infected bone from the cavitation at her upper right wisdom tooth site he became very upset and exclaimed several times, "We've lost the floor of the sinus." He asked me to take pictures of the surgical site, which I did (posted on [www.sandrastory.com](http://www.sandrastory.com)). When the doctor completed the surgery I asked what losing the floor of the sinus meant. He said Sandy must be very careful not to get a sinus infection, as her jawbone is now exposed to the sinus. He said she must be careful that more dead bone isn't created in her jawbone by an infection in her sinuses. I asked what he recommended to prevent a sinus infection and he recommended using salt water as a nose spray. When we mentioned using colloidal silver as a nose spray he said that was okay, too. I asked if the floor of the sinus will grow back and he said, "No."

**August 1, 2006:** Overnight Sandy's face became swollen like a squirrel with nuts in both cheeks. This was because she had two extensive oral surgeries: the first was on her left lower jawbone where Dr. Villafana removed three cavitations beginning at the wisdom tooth site, and the second was on her upper right jawbone where Dr. Villafana removed a cavitation at the wisdom tooth site and had to remove the floor (bone) of the sinus as well, as it too had become infected and died. Sandy used Lugol's Iodine (six drops in ¼ ounce of distilled water) as a rinse immediately after the surgery and every few hours afterward, which she has done after every oral surgery she has had since 2001 (Dr. Clark recommends to use this solution of Lugol's Iodine as a rinse after oral surgery in her book, *The Cure For All Cancers*). Sandy also sprayed salt water up her nose as spraying colloidal silver up her nose caused her to feel nauseous. Sandy is taking Denali Green drops daily to assist her body in healing her jawbone and gums. She also takes enzymes, vitamins, Water Oz minerals, fish oil capsules, Flora-G Plus capsules and, as of August 14<sup>th</sup>, when Sandy was introduced to them, Candida-G capsules.

**August 4, 2006:** Sandy had her stitches removed by our family dentist in Walnut Creek and he remarked that her body was doing a great job of healing as her mouth looked like her surgery had been eight days ago, not just four days ago.

**August 7, 2006:** Sandy had her dentures adjusted by Dr. Villafana in Tijuana, Mexico, as her mouth was sore from her dentures not fitting properly due the surgery. The adjustment was made and Sandy was very happy that she could again eat without pain.

**August 14, 2006:** Sandy felt she was developing a sinus infection. We were introduced to a new product, Candida-G, a probiotic that identifies bad bacteria for the immune system, which immediately destroys it. Candida-G capsules can be made into a solution to spray up the nose. As soon as Sandy tried it she knew it was working. She also sprayed it in her

mouth, where new sore spots had developed due to her jawbone changing shape as it healed, which made her dentures not fit as well as they should. The new spray immediately stopped the pain in her mouth.

**September 11, 2006:** Sandy's mouth is healing, which is evident from the way her dentures fit (or, in her case, do not fit). She has had her dentures adjusted three times since her surgery on July 31<sup>st</sup> and plans to have a liner put in her dentures in a few months.

**September 18, 2006:** Although Sandy takes a coffee enema followed by an implant of Candida-G and Flora-G Plus everyday, she began having daily colonics at home, too.

**September 21, 2006:** Sandy found a place called New Leaf in Lafayette, Calif. (the town just west of Walnut Creek) where she is getting help to stay off prescription pain pills and anti-anxiety pills. Since her oral surgery on July 31st she has been caught between wanting to go back on pain pills and anti-anxiety pills (because her breasts have been painful and swollen) and wanting to never take them again.

I don't understand exactly how everything works with drugs, but the doctor at New Leaf is the first one who has helped us understand why, when Sandy stops taking pain and anti-anxiety pills, the swelling and pain in her breasts becomes so excruciatingly painful.

It turns out that the drug she had been taking for anxiety, the opiate clonazepam, and had stopped taking on her own (with the help of Denali Green), is/was the problem.

The doctor, Dr. Eisenburg (we call her "Dr. E"), is an internal medicine physician who uses a new pharmacological innovation called Suboxone (Buprenorphine), which allows patients to detox on an outpatient basis. Suboxone, which is also an opiate, but one that is easier to taper off of, is prescribed to reduce the symptoms of opiate dependence.

Approved by the FDA in 2000, Suboxone is one of the first addiction-fighting drugs that can be prescribed and administered from a doctor's office.

Dr. E says it will take over six months to get rid of the effect clonazepam has on the body (it will take that long for the condition of Sandy's pain receptor sites — she now has thousands more than normal — to return to normal). Dr. E explained that the extra pain receptor sites Sandy developed while taking clonazepam will gradually go away and she will soon have a normal amount of pain receptor sites and won't feel pain so acutely.

Dr. E gave Sandy a prescription for the Suboxone tablets, which dissolve under the tongue, and she began taking them.

Sandy will be monitored regularly, and she will need to take Suboxone for several months. The drug cleanses the blood of the painkillers, and helps the patient through withdrawal without much discomfort. Suboxone will not cause Sandy's pain receptor sites to multiply.

As part of the Suboxone program, Sandy is required to undergo weekly psychological counseling and group therapy, which she is looking forward to doing.

**September 28, 2006:** At her second appointment at New Leaf, Dr. E asked if she could take my blood pressure. I was surprised and asked her why. She explained that she could tell how

the patient is doing by how the “caretaker” is doing. Sandy was only on the program one week, but I felt confident that I would have good blood pressure because I was feeling good that Sandy had found New Leaf and Dr. E. So, I wasn’t surprised that my blood pressure was 130/70 and the doctor said I was doing fine. (At home my blood pressure is 120/70.)

**October 20, 2006:** Sandy’s breasts are so much less swollen and painful that she is working around the house and getting all kinds of things done.

**October 25, 2006:** Sandy had a culture done of the mucus in her nose and it came back negative to bacteria of any kind (no sinus infection!). She believes the Candida-G is saving her life. She sprays the Candida-G solution up her nose twice a day and is gargling with it twice a day as well. (Note: Sandy noticed right away that the spray doesn’t work nearly as well the third day. This is because as soon as the water mixes with the L. sporogenes it is activated and it dies in a couple of days.) Sandy is swallowing both Flora-G Plus (8 a day) and Candida-G (3 a day). She also puts the contents of the Candida-G capsules in an implant that she takes after her coffee enemas and/or colonics.

### **This is Bonnie Again:**

My experience with Flora-G Plus and Candida-G has been excellent, but for a while I could only take the Flora-G Plus caps internally. It took me over two months to work up to taking 8 Flora-G caps a day with no die off feelings (the die off reaction I had was the feeling that I didn’t have the energy I usually do). When I was up to 8 Flora-G Plus caps (3 in the am, 3 at noon, and 2 in the pm) with no tiredness, I chose a non-work day and cautiously took one Candida-G cap and felt fine. I say cautiously because the first time I took a Candida-G cap, August 14, 2006, I felt so tired I just sat in my chair and watched TV, then went to bed and slept 14 hours. I realized that my reaction was a die-off symptom that meant I had a serious overgrowth of the fungus form of Candida. At the time I thought I was doing all I could to combat fungus in my body. I was taking 3 Flora-G Plus caps a day, up from 6 Geneflora caps a day (Flora-G Plus has 4 times the amount of L. sporogenes than Geneflora), but my Candida-G reaction made me realize I needed to take a lot more. So, I decided to gradually increase my Flora-G Plus intake until I was taking 8 caps a day, and see if I could then take the Candida-G caps without feeling tired. It worked! Now, October 29, 2006, I’m taking 8 Flora-G Plus caps and 3 Candida-G caps every day with no die-off symptoms at all.

I feel very privileged to be able to introduce you to these very important products, Candida-G and Flora-G Plus capsules, as I believe they are the most important additions to our diets that we can make in order to live a long and healthy life.

Love,



Bonnie

*The Material in this letter is for educational purposes only and is not intended as a prescription for any illness.*