

# **Candida-G Usage Guide**

## **Maintenance Dose of Candida-G to Remain Infection Free**

Take one to three capsules of Candida-G with water daily (if taking three capsules per day spread them out throughout the day).

**Option:** Get Candida-G directly into your lymph system: mix the contents of one capsule with 2 ounces of water and swish the mixture around in your mouth and hold it in your mouth a few minutes before you swallow it. Mixing it with water activates the Candida-G and holding it in your mouth allows the activated Candida-G to be absorbed sublingually into your lymph glands. This is an excellent way to prevent tooth loss, abscesses and gum disease.

**Note:** I recommend that you also take vitamins and minerals, including your bowel tolerance amount of Vitamin C with bioflavonoids daily. (Some people can tolerate many Grams of Vitamin C daily and some can tolerate only a portion of one Gram (1000 mgs), so you need to test yourself. When taking Vitamin C, as soon as you feel uncomfortable bowel-wise, take slightly less than that amount and take it daily spread out throughout the day.)

**Usage Guide for Earaches, Sore Throats, Sinus Infections, Colds and Hayfever**  
Materials Needed:

1. 1 capsule of Candida-G.
2. 2 ounces distilled or purified water.
3. Drinking Glass.
4. Battery Operated Mini Mixer (or Glass Jar with tight fitting lid).
5. Straw (or eyedropper bottle).

Directions:

1. Put 2 ounces distilled or purified water into drinking glass or glass jar with lid.
2. Put contents of 1 capsule of Candida-G into water in drinking glass or jar with lid.
3. Mix Candida-G powder into water with mini mixer or by shaking glass jar with lid on.
4. Use eyedropper or straw to put a small amount of mixture in your ear.

(Note: To Use A Straw As An Eyedropper: Cut straw to 3 or 4 inches, place finger over one end of straw, place other end of straw into the Candida-G and water mixture, take finger off straw which will allow the mixture to enter the straw (one inch of the mixture is enough for the ear), put finger back over the opposite end of straw, place end of straw with mixture in it over ear (hold your head over washbowl or sink) and take your finger off the straw, which will release the mixture into your ear. Hold mixture in your ear for a few minutes and then stand up with paper towel or wash cloth over your ear to catch the mixture coming out.)

5. Use the eyedropper or straw method to put a small amount of the Candida-G and water mixture up each of your nostrils to clear and heal your sinuses.

6. Gargle with the remaining mixture and swish it around in your mouth (allow the mixture to remain in your mouth for a few minutes as it will be absorbed sublingually and go directly into your lymph glands), then swallow the mixture (you may have to gargle, swish and hold it in your mouth a couple of times to use all of the mixture).
7. Repeat two or three times per day (if you have had the discomfort of an earache, sore throat or sinus infection for more than three days you may have to repeat this procedure for three days. If you begin the procedure quickly after realizing you are getting any of the above, you may only need to repeat the procedure a few times in one day. Gargling, swishing and holding the mixture of Candida-G and water in your mouth daily is the best way to keep the infection from returning.

### **Usage Guide for Other Health Problems**

**Urinary Tract Infections:** Best method to treat this is by taking an implant of one capsule of Candida-G mixed well with two ounces of water (an implant is an enema that you hold after you take a plain water—one quart of water—or coffee—one cup of strong coffee mixed with three cups of water— enema and release it).

**Vaginitis** (Vaginitis is an inflammation which occurs in the vagina): Best method to treat this is either to douche with a well mixed mixture of the contents of one Candida-G capsule and 2 ounces of water or do the above Candida-G mixture implant method.

**Bladder Infections:** Best method to treat this is the same as “Urinary Tract Infection,” above.

**Rosacea** (Rosacea is a skin disease that causes redness and swelling, primarily on the face. Other areas that can be affected are the scalp, neck, ears, chest and back. Sometimes, rosacea affects the eyes.): Best method to treat this is to mix well one capsule of Candida-G into 4 ounces of distilled or purified water and place it in a spray bottle. Spray your face or other affected areas with this mixture once or twice daily. Keep bottle in the refrigerator between use and discard after five days.

**Cuts, Burns, Rashes, etc.:** Best method to treat this is the same as “Rosacea,” above.

**Tooth Abscesses and Loss:** Best method to treat this is outlined in “Gum Disease,” below.

**Gum Disease** (Receding, Bleeding Gums or Periodontal—gum—diseases, include gingivitis, periodontitis, and pyorrhea. Pyorrhea is a gum disease involving bone. The bacteria in gum disease can enter your bloodstream through damaged blood vessels that run through the gums, which can increase the toxin load in your whole body. Periodontal disease is usually a silent PROGRESSIVE INFECTIOUS DISEASE of the gum and bone tissues that surround and support teeth. Data reveals diseased gums pump high levels of harmful bacterial components into the bloodstream to affect the wholebody!” The bacteria in gum disease increases your risk of stroke, stomach ulcers, lung disease, pneumonia, low birth weight babies, heart attacks, high blood sugar levels and uncontrolled diabetes): Best method to treat gum disease is to mix the contents of one capsule of Candida-G well with 2 oz. water and gargle with it, swish it around and hold it awhile in your mouth and swallow it all twice daily.