

The Sinus Survival Candida Treatment Program

Your First 30 Days – Getting Started

Fungal Sinusitis can be a very challenging condition to treat, chiefly because Candida organisms can be very aggressive and tend to mutate. That's why it usually requires a committed effort for at least 3 months (refer to the Sinus Survival Guide for more in-depth information). It is **essential** to closely follow the full program for 90 days to eliminate the candida overgrowth and restore a healthy balance of beneficial bacteria (probiotics) throughout the body:

Sinus Survival Candida Treatment Program - Core Components:

- **1). Aggressively Attack Overgrowth**- Proven Anti-fungal Supplements
- **2). Starve Yeast** – Candida-control Diet
- **3). Replace & Restore Bacteria Lost** – Beneficial Bacteria

Directions:

- 1). Begin Candida Treatment Program if you've scored high on Dr. Crook's Candida Questionnaire.
- 2). Closely adhere to the **Candida-control Diet** for at least the first 21 days of Candida treatment, then follow Fully Alive Diet.
- 3). Begin aggressive anti-fungal supplements and probiotic recommendations – [Order the Candida Bundle](#)
- 4). Watch the Sinus Survival Gold Member tutorials and download the **Sinus Survival Guide**.

The First 30 Days – Supporting Products and Dosage:

- **Allimed:** 450mg, 60 caps. 1st 10 days: 2 caps, 3x/day with or w/o meals (1 bottle for 10 days).
The next 20 days: 1 cap, 450 mg, 3x/day for 20 days (1 bottle for 20 days).
- **Candisol:** 2 caps am and pm – empty stomach); an enzyme that destroys the cell wall of candida organism (2 bottles needed).
- **Candicide:** 2 caps 3x/day w or w/o meals x 30 days; 11 anti-fungal herbs & supplements (2 bottles needed).
- **Sinus Survival Probiotic**® 1 capsule in am & 1 at night on empty stomach daily (2 bottles needed).
- **Latero-Flora:** (laterosporus bacillus): 2 in a.m. on empty stomach (1 bottle needed).

[Order the Candida First 30 Day Program Bundle](#)

Starve Yeast

Foods to strictly avoid: (Especially in the first 3 to 4 weeks):

- Sugar, sweeteners and high-glycemic foods, i.e. bread, white rice, white-flour products
- Fermented food: soy-sauce, pickles...
- Alcohol: beer, wine, liquor
- Dairy

After 3 Weeks: Follow the Fully Alive Diet Download

Important Diet Information: With candida overgrowth, the diet's main purpose is to starve the candida organisms and deprive them of their primary sources of fuel; it is also an anti-inflammatory, hypoallergenic, and nutrient-dense diet. Sinus Survival suggests to strictly avoid the foods above. For more details on the SS Candida-control diet refer to the Candida Diet PDF. Changing your diet can be a challenge. If you need guidance, contact a Respiratory Healer or a Village Green Nutritionist.

Attempting to reduce candida by just taking anti-fungal supplements without changing your diet doesn't work. It's vital that you closely adhere to this diet.

Detox reactions: some patients may experience an increase in sinus symptoms and feel a bit worse than they did before beginning the Candida Treatment Program. This may also involve muscle aching, and in some cases "flu-like" symptoms. This is the Herxheimer reaction, or "die-off effect," which can occur during the 1st, 2nd or 3rd week of the candida treatment. As the candida organisms are dying they release a "flood" of toxins, which in turn produce more inflammation. The products recommended are designed to minimize these symptoms.