



YEAST CLEANSE

(Candida)



Normally, yeast exists in harmony with other organisms in your body, but when something comes along that changes the environment in your intestinal tract, all sorts of symptoms can occur over time. Every day things we do in our lifestyle cause the destruction of the good bacteria such as; alcohol, coffee, chips, nachos, preservatives in food, chlorine in tap water etc.

Symptoms may appear such as; loss of memory and concentration, fatigue, depression, anxiety, emotional illnesses, digestive problems such as bloating, indigestion, gas, diarrhea alternating with constipation, menstrual problems such as PMS, cramps, irregular periods, backache, sexual problems, infertility, arthritis, chronic skin problems such as acne and eczema, urinary and vaginal infections, asthma and other respiratory illnesses, allergies and chemical sensitivities, such sinus problems, miscarriages and endometriosis.

We all have good and bad bacteria in our colon. When bad bacteria such as yeast takes over because of drugs, birth control pills, bad diet or having it passed on from another infected person, it can take over the entire digestive trace then over your entire body. This will lead to the symptoms mentioned up above. We need to kill the bad bacteria and put back the good bacteria. We do that with a **YEAST CLEANSE**.

For 30 days take 5 Acidophilus Plus first thing in the morning

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30					

For the first 10 days take 5 Garlic Complex at dinner

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10

If after 10 days there is a strong garlic smell in your bowel movement, this means the yeast has been killed. If there is NOT a smell of garlic, take 6 Garlic Complex on Day 11 and 7 Garlic Complex on Day 12 – continue to increase the Garlic Complex by one every night until you there is a garlic smell with your bowel movement.

For ongoing management, take one Acidophilus Plus everyday.



BOWEL CLEANSE

for Unfriendly Parasites



Most people don't like the idea of parasites living within them, but to discard this fact would be to live in denial. Parasites and their bacteria do live within us and in some cases in great numbers. They have lived within us, in symbiosis since the beginning of time. Back then, we would ingest them in our food and the hydrochloric acid in our stomach killed them, or when their lifespan was spent, they simply died.

Today, chemical and solvents in our organs, and the lack of sufficient hydrochloric acid (due to the consumption of processed food and solvents), allow parasites to complete their cycles within our organs. This means parasites now lay eggs and live generation after generation increasing the number of parasites within us that can create deadly disease causing bacteria, iron deficiency and even malnourishment.

Bowel Cleanse for Unfriendly Parasites

	Day 1	Day 2	Day 3	Day 4	Day 5
Before Breakfast	1-2 servings of All Fibre Mix	1-2 servings of All Fibre Mix	1-2 servings of All Fibre Mix	1-2 servings of All Fibre Mix	1-2 servings of All Fibre Mix
Water Between Meals	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5
Before Lunch	1-2 servings of All Fibre Mix	1-2 servings of All Fibre Mix	1-2 servings of All Fibre Mix	1-2 servings of All Fibre Mix	1-2 servings of All Fibre Mix
Water Between Meals	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5
Before Supper	1-2 servings of All Fibre Mix	1-2 servings of All Fibre Mix	1-2 servings of All Fibre Mix	1-2 servings of All Fibre Mix	1-2 servings of All Fibre Mix
Water Between Meals	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5	1-2-3-4-5
Before Bedtime	2-4 Garlic Complex	2-4 Garlic Complex	2-4 Garlic Complex	2-4 Garlic Complex	2-4 Garlic Complex

Mix the All Fibre Mix with Purified Water.



BOWEL CLEANSE for Constipation & Irregularity



When the colon doesn't do its job all organs suffer. Un-eliminated waste materials soaks back through the colon wall into the lymph glands throughout the system. When these glands become overloaded with toxins, disease will set in. The bowel program consists of a variety of herbs, supplements, and minor dietary changes allowing the bowel to begin functioning properly.

Before going to bed

Take 3 Tablespoons of All Natural Fibre Food & Drink Mix in a glass of purified water and 3 – 5 Neo Lax

Upon rising in the morning

Drink one glass of purified water.
Continue this until bowel movements are regular



PROTECTION FROM ENVIRONMENTAL TOXIN & DETOXIFYING BRAIN CLEANSE



Pollution threatens our good health. The assault comes from all sides. The air we breathe both in and out doors as well as the water we drink and the food we eat. All of these are potential sources of toxic exposure. Scientific research shows that certain nutrients may boost the body's defences against environmental toxins, by interfering with toxic reactions and preventing cellular damage that may lead to disease. Signs of toxic exposure are asthma, breathing difficulties, feeling "foggy", lack of mental clarity, and poor memory.

Betaguard: Developed by world-renowned toxicologist Dr. Arthur Furst. Betagard pulls heavy metals and toxins from our cells, helping detoxify foreign substances ingested or inhaled. It also helps protect against heavy metal contamination and helps boost immune function.

Lecithin: Also known as "brain food". Lecithin contains high concentrations of two nutrients – Choline (that supports key brain functions including memory & muscle control while also assisting in fat metabolism in the liver and throughout the bloodstream) and Inositol (that supports nerve cell structure and nerve pulse transmission).

Protection from environmental toxin & detoxifying brain cleanse

First Month

Take 6 Betagard per day (2 at breakfast & 2 at lunch & 2 at supper)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30					

For 10 days drink on alternating days 4 cups of Cranberry Juice with water & 4 cups of Lemon Juice (2 freshly squeezed lemons plus water)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Cranberry Juice	Lemon Juice	Cranberry Juice	Lemon Juice	Cranberry Juice	Lemon Juice	Cranberry Juice	Lemon Juice	Cranberry Juice	Lemon Juice

Second Month

Take 6 Lecithin per day (2 at breakfast & 2 at lunch & 2 at supper)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30					



GENERAL TONING FOR THE DIGESTIVE SYSTEM

Aloe Vera Plus

Used world wide in natural beverages and traditional remedies, the soothing Aloe Vera plant has been employed both topically and internally for about 4,000 years to support health, stamina, and vitality. Research is beginning to validate many traditional uses of this succulent plant including internal use to support gastrointestinal health, a strong immune system, and normal blood sugar levels, and to help prevent inflammation. A refreshing break from daily stress, GNLD's Aloe Vera Plus features pure Aloe Vera juice, GNLD's special 3X Herbal Tea Blend (ginseng "nature's energizer" plus chamomile and passion flower to calm and relax), important electrolytes, and vitamin C. A "glycemic edge" beverage, Aloe Vera Plus is a delicious, natural way to revitalize so you can best meet the physical and mental challenges of your day. Also available Carbonated Aloe Vera.

For General Toning of Digestive System: Sip slowly 2 oz. of Aloe Vera Plus, swish around mouth and swallow. Do this 1 – 3 time per day with meals.



MAKING YOUR HOME A HEALTHY PLACE



Do you realize that every time you use a product or throw something away, you add your personal burden to the environment. Though you cannot completely stop using resources or consuming goods, there are small ways you can dramatically reduce your burden. Just using low-dose, low-burden cleaning products can deliver a huge benefit for the generations to come. For almost four decades, GNLD has offered highly concentrated cleaning products that effectively accomplish any task with a much smaller dose than their mass-market counterparts. These cleaners not only save you money with every use, but also cut the personal burden of your cleaning tasks put on the global environment. These specialized formulas can be diluted with water and mixed to match every cleaning task from windows and countertops to barbecues and driveways. This eliminates the need for cupboards full of costly, single purpose cleaning supplies. You use less which means you spend less while you are doing something good for the environment.

Link for Chasing the Cancer Answer

<http://www.cbc.ca/consumers/market/files/health/cancer/>