



BRETT ELLIOTT

Ultimate Herbal Health

# THE ULTIMATE HERBAL CANDIDA PROGRAM



by Brett Elliott - Medical Herbalist

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# Introduction

Hi There, I'm Brett Elliott, Medical Herbalist and in this book, I will outline the classic types, symptoms, and causes of candida. Following this, we will discuss natural, herbal, and dietary treatments.

You can see the Ultimate Herbal Candida Program pictured here, but I will talk more about that later.

[Skip to program now.](#)



We've probably all heard about or even experienced Candida or thrush at some stage in our lives. This is because all of us actually have the yeast that causes thrush, *Candida Albicans* (CA), and usually it lives happily in balance with the rest of our gut microbes. In saying that, there are various strains of Candida that can be very invasive and dangerous to health including *Candida auris*, *Candida tropicalis*, and *Candida krusei*.

Watch this video for a great explanation of Candida.



Recently in hospital settings, these other strains have been found present in the lungs of patients with COVID-19 with dramatically increased death rates of between 50-60%. (12)

This highlights the importance of controlling candida within your body and why a regular candida program is a good strategy.

As far as parasites go, Candida is one of those silent invasive parasites that are very hard to detect. It's not something you can request in a standard blood test, and symptoms can be subtle, making candida difficult for your doctor to diagnose.

Normally it is kept under control by our natural micro-organisms and a healthy immune system, but when we are down in energy or our gut is compromised Candida can cause real problems.

What many of us don't realize is that it can be quietly chewing away at us inside, causing fatigue and insatiable cravings, draining our energy, and eventually infiltrating our entire body. It can even be fatal.

The good news is, with a little knowledge and effort you can conquer this annoying problem and win.

Before I get into the natural treatment for candida let's explore the types of candida, some of the common symptoms, and then investigate some possible causes.

It really helps to understand what you're dealing with, as the potential of the body-mind healing effect can be greatly enhanced with this powerful knowledge.

Remember to click the link throughout this book if you want to drill deeper into the subjects and see links to scientific references in the appendix.

Prepare to become a candida expert!



# Part 1

## Understanding Candida

# Candidiasis Description

Of all fungi and yeasts on earth, around 600 species are disease-causing in humans. (5)

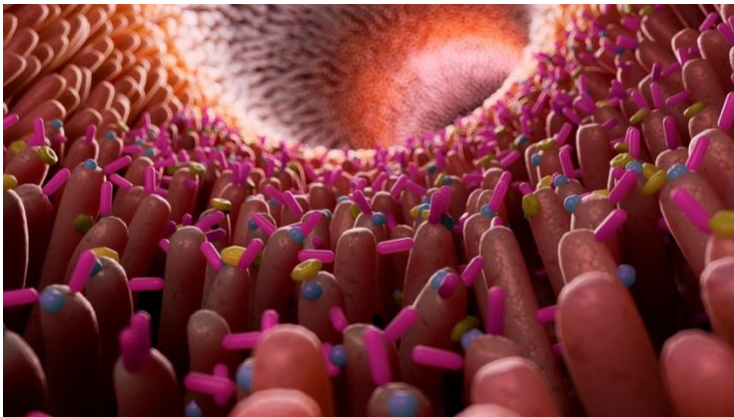
Candidiasis is a fungal infection caused by yeasts that belong to the genus *Candida*. There are over 20 species of *Candida* yeasts that can cause infection in humans, the most common of which is *Candida albicans* (CA).

*Candida* yeasts normally live on the skin and mucous membranes without causing infection; however, overgrowth of these organisms can cause symptoms to develop. Symptoms of candidiasis vary depending on the area of the body that is infected. (1)

Candidiasis that develops in the mouth or throat is called “thrush” or oropharyngeal candidiasis. Candidiasis in the vagina is commonly referred to as a “yeast infection.”

Invasive candidiasis occurs when *Candida* species enter the bloodstream and spread throughout the body. (1)

CA can cause infections that range from superficial infections of the skin to life-threatening systemic infections. (5)



## Types of Candida

The five species most commonly associated with candidiasis are *Candida albicans* (65.3%), *Candida glabrata* (11.3%), *Candida tropicalis* (7.2%),



*C. parapsilosis* (6.0%), and *Candida krusei* (2.4%)

but *Candida auris* has also been on the rise, especially in hospitals, and has earned the name “SuperBug” as it can be hard to treat and potentially lethal. (12-13)

## Oropharyngeal / Esophageal Candidiasis (“Thrush”)

Candida infections of the mouth and throat can manifest in a variety of ways. The most common symptom of oral thrush is white patches or plaques on the tongue and other oral mucous membranes. Other symptoms include:

- Redness or soreness in the affected areas;
- Difficulty swallowing; and
- Cracking at the corners of the mouth (angular cheilitis) (1).



## Genital/vulvovaginal candidiasis (VVC)

Men with genital candidiasis may experience an itchy rash on the penis. The symptoms of VVC are similar to those of many other genital infections, so it is important to see your doctor if you have any of these symptoms.

(1)

It is estimated that approximately 75% of all women suffer at least once in their lifetime from VVC. (5) Men get it more rarely.

## Invasive candidiasis

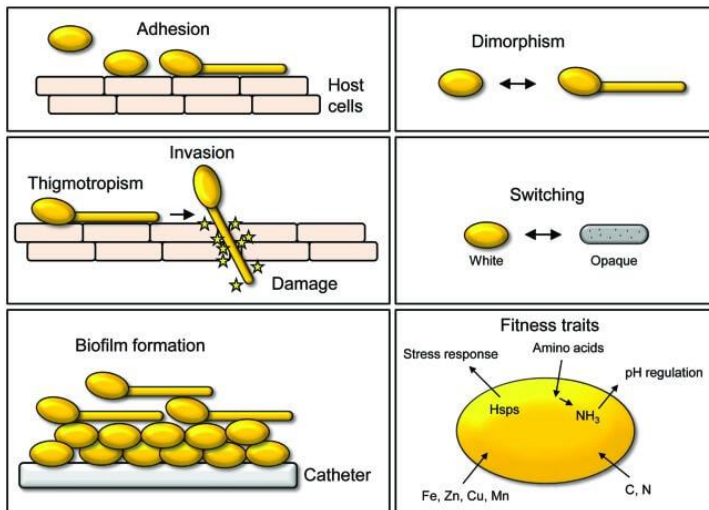
Invasive candidiasis is an infection caused by a yeast (a type of fungus) called candida. Unlike Candida infections in the mouth and throat (also called “thrush”) or vaginal “yeast infections,” invasive candidiasis is a serious infection that can affect the blood, heart, brain, eyes, bones, and other parts of the body.



## How Candida Infects the Body

Here is a basic overview of CA pathogenicity (disease) mechanisms. (6) It's a little bit of science, so you don't need to remember this, and the diagram will explain.

- 1.** Yeast cells adhere to host cell surfaces.
- 2.** Contact to host cells triggers the yeast-to-hypha morphism.
- 3.** Secretion of fungal enzymes facilitates the second mechanism of invasion, i.e., fungal-driven active penetration into host cells.
- 4.** Phenotypic plasticity (switching) has been proposed to influence antigenicity and biofilm formation of CA.
- 5.** Several fitness traits influence fungal pathogenicity. They include alkalinization (pH); metabolic flexibility and uptake of different minerals.



## What Else Encourages Candida Infestation?

In order for Candida to infect the body and cause issues, there must already be a vulnerable environment in the gut.

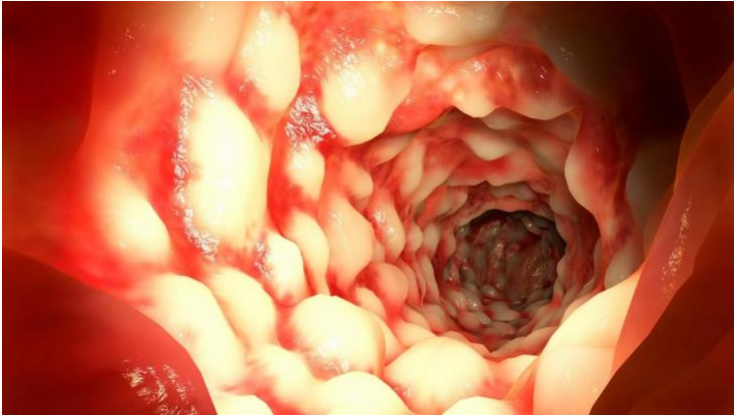
Several obvious factors can be linked to creating this environment. Let's look quickly at what these factors could be.

## The Inflammation-Candida Link

Recent studies show that high-level Candida colonization is associated with several diseases of the gastrointestinal tract including Chron's disease and irritable bowel.

Further, results from animal models argue that Candida colonization delays healing of inflammatory lesions and that inflammation promotes colonization. These effects may create a vicious cycle in which low-level inflammation promotes fungal colonization and fungal colonization promotes further inflammation. (2)

Patients with ulcerative colitis, another form of Irritable bowel disease, are also frequently colonized by Candida (2)



## The Acid-Candida Link

CA encounters and responds to varying features of the physical environment such as pH, oxygen levels, and nutrient levels. (2)

In the human host, CA is exposed to a surrounding pH ranging from slightly alkaline to acidic. Additionally, depending on the location in the host, the environmental pH can be very dynamic.

The pH of human blood and tissues is slightly alkaline (pH 7.4), while the pH of the digestive tract ranges from very acidic (pH 2) to more alkaline (pH 8), and the pH of the vagina is acidic (around 4.78)

CA senses, adapts to, and strikingly, also actively modulates extracellular pH. All these features contribute to its remarkable capacity to co-exist and to prevail as a fungal pathogen in humans.

However, neutral to alkaline pH can cause severe stress to CA. In healthy humans, the pH of human blood and tissues is slightly alkaline which should inhibit CA overgrowth (6)

[Read more about Acid and Alkaline diets here](#)





## The Sugar/Candida Link

It's quite common for people with candida outbreak to have constant sugar cravings, as the yeast feeds off sugar. Results of one study indicate that dietary glucose intake is a key determinant of CA growth in the gastrointestinal tract. (7)

A study of 100 women was undertaken to attempt to gain insight into the role of dietary sugar ingestion in the pathogenesis of this disease. Urinary sugar patterns of glucose, arabinose, and ribose were elevated. These excretion patterns correlated well with the excessive

oral ingestion of dairy products, artificial sweeteners, and sucrose. Eliminating excessive use of these foods brought about a dramatic reduction in the incidence and severity of Candida vulvovaginitis. (8)

It makes perfect sense when you consider that Candida is a fungal yeast, and we all know that sugar and yeast love each other, for example, when we ferment beer or bread.

I suggest going sugar-free until you have candida under control.

[Read more about sugar addiction and quitting sugar here](#)



## The Immunity-Candida Link

Over 80% of your immune system cells live in your gut, so it's no surprise that a course of antibiotics is well known to bring on an attack of Candida. This is because antibiotics disrupt the resident bacterial community, allowing CA to colonize. (2)

Prolonged treatments with broad-spectrum antibiotics destroy the indigenous intestinal microflora, which provokes intestinal CA proliferation and adversely affects the immune system of the patient (3)

Candida albicans is a fungus that can cause life-threatening infections in immunocompromised patients (4)

Blood is relatively rich in glucose, the preferred nutrient source of most fungi. However, white blood 'immune cells' (macrophages and neutrophils) can efficiently destroy CA. (6)

This indicates that a strong immune system is essential to controlling candida.

[Read more about boosting immunity here](#)



## The Good fats-Candida Link

Much of our diets today consist of processed foods containing trans-fats, and fried foods containing denatured fats due to heat. These fats do not provide the protective benefits our body needs from fats. Results of one study indicate that fatty acid metabolic pathways can regulate the germination of CA and the local fatty acid environment can influence whether CA exists as a pathogen. (9)

Coconut oil has been found to greatly reduce inflammatory bowel conditions and support immune health. Results of one study suggest that coconut oil could become the first dietary intervention to reduce intestinal colonization by CA. (10)

[Read more about good fats here](#)

[Read more about Coconut oil here](#)



# Part 2

## Natural Treatments for Candida

# Natural Treatment for Candida

Despite their frequency and associated morbidity, superficial CA infections are non-lethal. In stark contrast, invasive systemic candidiasis is associated with a high mortality rate, even with first-line antifungal therapy. (5) Patients in hospitals often die from invasive CA after antibiotic treatments.

Therefore, prevention is the key to avoiding this insidious and potentially fatal disease.

## Key Considerations:

- Build a strong immune system
- Encourage healthy bowel flora
- Reduce the unnecessary use of antibiotics
- Avoid introducing inflammatory gut irritants



# HEALING WITH FOOD

## Dietary advice

A healthy diet is a key to a healthy gut which is the key to healthy colonization of microflora and bacteria. The growth of the CA fungus is believed to be controlled through competition with other members of the intestinal microbial flora (6)

Therefore eating the right balance of whole foods is a major consideration.

## Foods to Avoid

- Yeast and sugar and processed food in the diet
- Acid forming foods such as alcohol, red meat, cheese, coffee, and sugar
- Processed carbohydrates, pasta, noodles, crackers, chips, biscuits, and bread

- Simple starches, potato, white rice, and anything containing wheat flour

## Foods Encouraged

- Alkaline foods such as raw vegetables, fruits, and water, including sodium bicarbonate (baking soda) in water
- Consume plenty of good fats, oily fish, salmon, olive oil, coconut oil, and avocado
- Use coconut oil in smoothies and for cooking
- Use turmeric, garlic, cayenne pepper, and cloves abundantly (try clove tea)
- Try Brett's Mushroom Stroganoff recipe [Click Here](#)



### To Build The Immune System:

- **Garlic:** Eat 6-8 cloves of garlic daily. A vaginal cream containing garlic and thyme was tested and was as effective as much as Clotrimazole vaginal cream (Canesten) for the treatment of Candida vaginitis. (11)
- **Onions:** In studies, Although garlic killed the fungi *C. albicans* and *C. parapsilosis* more efficiently than the onion it is my recommendation to use these together abundantly in your diet to keep Candida under control. (14)
- Eat foods high in vitamin C and consume 1 tsp Vitamin C powder daily

### Anti-inflammatory Herbs To Eat With Food:

- Turmeric 2 tsp with an evening meal
- 6 Cloves into herbal tea 2 x daily
- 1 x raw onions in a salad

# HEALING WITH HERBS

## The Ultimate Herbal Candida Program

**PART 1** - Complete a 30-day Double Deep Cleanse Program. These AntiFungal herbs are Included:

- [Goldenseal](#)
- [Black Walnut](#)
- [Cloves](#)
- [Wormwood](#)



The Herbal program includes to following:

1 x BodiClenz smoothie powder 500g (contains 28 Herbs). ***Take one smoothie each morning.***

1 x Ultimate Herbal DETOX (480 capsules), Colonaïd 120 caps, Digezaid 120 caps, LivaFood 120 caps, Symlax 120 caps. ***Take 4 capsules from each bottle at bedtime with water.***

While completing this 4-week program follow the other dietary advice and recommendations above, and also use the other herbal remedies mentioned in the following pages.

You will also see the full Ultimate Herbal Candida combination program in a few pages.



## ALOE VERA JUICE

**PART 2** - To heal the gut wall and encourage healthy gut flora.

***Take 50ml from the fridge first thing each morning  
before your BodiClenz Smoothie***



**To encourage healthy gut flora:**

**PART 3** - Take a good course of 30 capsules ([Biogaia L-Reuteri pictured](#)) ***Take 1 daily over the 30 days adding them into your morning smoothies.***

[To Order Biogaia Probiotics CLICK Here](#)

Eat natural unsweetened acidophilus yogurt 200-500ml daily

- **Brett's Probiotic implant:** Something I have personally seen wonderful results with. This involves an enema containing acidophilus culture. Take 1 liter of acidophilus yogurt and combine it with 1 liter of warm water. Stir in 6-10 capsules of pure acidophilus. Just empty the powder out and stir. Put a sealed lid on the liquid and place it in the warming cupboard overnight. The culture will become many times stronger overnight. The next morning you can use the liquid in an enema or colonic. Fill your lower bowel as much as possible and attempt to hold the liquid for up to 30 minutes before emptying. There may be a period of bloating and discomfort as the culture works on killing Candida. After completing our full 4-week program first, this can be the final solution to long-term infestation.





## **ParaClenz – Herbal Liquid Formulation**

**PART 4** - ParaClenz Antimicrobial, and antifungal Liquid Formulation 500ml.

### **Ingredients**

It contains a blend of the following herbal extracts in a base of pure New Zealand bush honey.

Click the names to read more about each ingredient.

- NZ Bush Honey
- [Licorice](#)
- [Horopito](#)
- [Pau D 'arco](#)
- [Wormwood](#)
- [Black Walnut](#)
- [Goldenseal](#)
- [Thyme](#)
- [Olive leaf](#)

***Take 15ml diluted in water at bedtime, over the 4 weeks.***

For severe chronic conditions, Brett will arrange an extra 200ml bottle of Goldenseal Liquid for you. *You may need to speak to him on the live chat to arrange that one.*

[Click Here to Order the ParaClenz formulation](#)

## The Ultimate Herbal Candida Combo Program



[Click Here to Order the Complete 'All in One' \*\*Ultimate Herbal Candida Program\*\* and Save over \\$180.00](#)

I hope you feel inspired to take control of Candida for good, and I wish you well on the journey.

Many Blessings

*Brett Elliott*

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## About the Author

Brett is a respected medical herbalist with 22 years of clinical practice. He is a regular seminar presenter both at health and wellbeing expos and at other private venues. Brett has helped



over 120,000 people in over 45 countries complete his herbal health program. Brett began his journey into natural medicine in the early 1990s when his own health began to deteriorate. He'd spent 10 years in hard manual work which resulted in severe spinal injuries requiring major surgery, which he declined. His search for alternatives led him to herbal medicine which quickly became his life's passion. Brett has operated his own retail health stores for 8 years, built a pharmaceutical-grade manufacturing facility in 2006, and has run a private clinical practice for over 24 years. During this time Brett identified a common pattern of events relating to the most common health conditions of our time. This led Brett to write his first paperback book '[CLEANSED & CURED](#)' which has been widely distributed through good bookstores. [Read Brett's Full Bio Here](#)