A petri dish containing a bacterial culture. The colonies are arranged in a streaked pattern, with a large, dense area of white, fuzzy growth at the top left and several smaller, distinct colonies scattered across the rest of the dish. The background is dark, making the white and yellowish colonies stand out.

Killing Candida

Stop This Deadly
Pathogen Before
You Get Cancer



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Killing Candida: Stop this Deadly Pathogen Before You Get Cancer

Nate Levitt thought he had beaten the odds. After five years in remission, his likelihood for survival was almost 100 percent.

So when his doctor broke the news last summer that his prostate cancer had returned, he was stunned. He did everything he was told to do—including the miserable chemotherapy his doctor recommended.

Yes, the chemo killed the mutated cancer cells and made it possible for him to survive longer. But what it didn't do was kill an underlying infection that encouraged the cancer to return. This infection wasn't obvious in Nate's case. So his doctor didn't catch it.

This slow-growing, dangerous pathogen spread through his tissues and bloodstream. It was killing his healthy cells and immune system. Much like the cancer he had fought off.

Now Nate was looking at another sickening round of even harsher drugs and the likelihood that his cancer had spread.

He didn't want to go through it all again. He was adamant with his doctor about that.

"I told him I wanted to do something new and I wanted to know all of my options. To my surprise, he said there were other things we could try."

His oncologist, Dr. James Hughes, knew a doctor at the University of Michigan Health System who had experimentally given another kind of treatment to a breast cancer patient. Her tumor shrank almost 90 percent.

"Since Nate was experiencing a recurrence of his cancer, it was possible it could spread more quickly this time. I wanted to give him every option and I knew this treatment wouldn't harm him in the short run. I wasn't sure it would help him either. But there is evidence that it helps even advanced cases.

This new treatment was different in that instead of directly targeting Nate's tumor, it treated his underlying infection.

The drugs for this infection are typically not thought of as cancer fighters. Most doctors simply give them to patients to help relieve the side effects of cancer treatments.

But oddly, for many people, it's these drugs that save their lives and rid them of cancer—not the chemotherapy.

That's because they target the pathogen, or microbe, that not only mutates healthy cells, but feeds the blood supply of tumors. When the medicine kills it, cell damage stops and blood supply is cut off. The tumor then shrivels and dies.ⁱ

But there's a major problem with the treatment... It's a drug that comes with dangerous side effects—like liver damage.

Because of that, Dr. Hughes told Nate they would only try it for three months.

But sure enough, Nate's tumor growth slowed down. Then it stopped. Then, remarkably, the tumor shrank. Still, Dr. Hughes told him not to get too excited. Once they ended the treatment, the cancer would likely come back and he'd have to start chemotherapy again.

So Nate started doing his own research.

His plan was to come up with a natural way to make sure the infection—and the cancer—never came back once he was done with the drugs. And to the surprise of everyone around him...his plan...well, it worked.

So why did Nate's plan work where most mainstream cancer treatments fail? It all came down to treating this pathogen. You see, even though doctors know that tumors shrink when this microbe is killed—many won't acknowledge that it can actually cause cancer.

Nate's symptoms went away and he started to feel better for the first time in years. When he finished with the drugs, he stuck to his natural attack plan and refused the chemotherapy. His doctor wasn't happy. But so far, Nate's clear. His checkups don't show any evidence of the cancer and his PSA (prostate-specific antigen) is in the normal range.

That's because doctors don't know how it works. It's not a bacteria or virus. The drug Nate's doctor gave him was itraconazole—an antifungal medication.

Itraconazole kills a fungus that grows like a parasite in the body. If this fungus gets out of control, it'll be what kills you—not the cancer. In fact, patients who take antifungals reduce their chances of dying by an enormous 45 percent.

Anyone who eats a poor diet, takes antibiotics, NSAIDs, or has chronic stress is likely to develop this fungus. In fact, this “nasty epidemic” affects an estimated one in three people.

Without knowing it, Nate had been at high risk for this infection since his first round of chemotherapy. When he finally learned about it, he decided to take control of his own health and beat this cancer causing fungus.

In this special report, we'll tell you the natural steps he took to clear up his chronic fungal infection, halt his cancer, and balance his immune system. We'll also expose why cases like Nate's are so common, but you never seem to hear about them.

More important, we'll show you the red flags he overlooked. It was easy to do. This fungal overgrowth has many symptoms that go unnoticed. Worse, most doctors don't bother to look for it. And it can lead to a systemic infection that will slowly wreck your health.

That's why we've created a checklist that gives you signs you had no idea were related to a fungal overgrowth. Chances are you'll see things on the list that you or a loved one may have disregarded as nothing. We'll tell you about the tests your doctor should do to make sure you're safe.

We've also designed a unique protocol that treats fungus and cancer as one in the same condition. By helping yourself stay fungus-free, you'll help keep cancer away.

The first secret shows you how to starve cancer by not feeding it the common foods it thrives on.

These are foods you likely eat every day.

You probably know that sugar is the number one cause of candida overgrowth—the leading cause of fungal infections worldwide.ⁱⁱⁱ But we've uncovered other foods that surprisingly feed it.

You'll also discover the natural supplements that target fungus before it can ever turn into cancer.

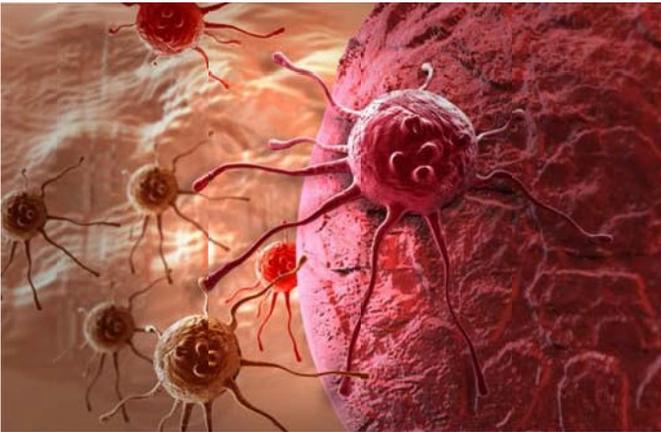
And finally, we'll explain how to properly clean out your system once you've killed the fungus. This step is critical. If you don't rid your body of these toxins correctly they will stick around and make you even

sicker.

Once you start our protocol, you will be surprised how much better you feel—whether you’re concerned about cancer or not. And since toxins create free radicals that age you, you’ll look better too.

Bottom line: Our Candida Killing Protocol helps keep your body from becoming a lush paradise for fungus...and therefore cancer.

This “Secondary” Infection is a Primary Danger



Researchers have known for decades that fungal pathogens are linked to cancer. While many doctors still consider serious fungal infections the *result* of a compromised immune system in cancer patients, history proves that fungal infections can *cause* cancer.

These pathogens attach themselves to normal healthy tissue anywhere in your body. They strangle and suffocate your cells with tentacle-like

roots called rhizoids.

Even worse, they don’t need oxygen to survive and they damage the DNA of the cells where they take root. They can even mutate in ways that fool your immune system so it can’t destroy them. Sound familiar? That’s because they *act* just like cancer.

They also secrete poisonous, carcinogenic waste products called mycotoxins.^{iv} Fungi can release more than 300 types of mycotoxins into your system. Chronic exposure—even at low levels—is enough to cause disease.^v And that’s not the only danger.

As it gets more widespread in your system, fungi secrete large amounts of another type of chemical toxin called acetaldehyde. The International Agency for Research on Cancer of the World Health Organization (WHO) has classified it as a Group I carcinogen for humans.

It produces ethanol that destroys the enzymes needed for cellular energy. And it releases the free radicals that cause premature aging. It also makes it difficult for your body to absorb iron and oxygenate you fully.

Cancer grows rapidly in a low oxygen environment. So if your body is not well oxygenated, it becomes a fertile field for cancer. Researchers showed that fungal infections are present in at least 88 percent of the cancer patients participating in clinical studies.

But it shouldn't come as a surprise...

Doctors already know that *other* pathogens— like bacteria and viruses—can cause cancer. Like:

- H. pylori is linked to stomach cancer
- HPV (human papilloma virus) is linked to most cervical cancers
- Hepatitis is linked to liver cancer
- Epstein-Barr virus is linked to cancer of the lymph nodes^{viii}

So these germs can cause cancer but fungus can't? That's ridiculous. Yet, that's what most doctors believe. Many of them will even tell you a systemic fungal infection doesn't exist.

Doctors can laugh at the idea of fungus causing anything more than a toe or yeast infection. But there's more to the story. And you're not immune regardless of your age, gender, or health.

"The biggest misconception is the belief that fungal infections are rare... The last two brain tumor ICU patients we treated died of infection, not of their diseases. One patient had a rare fungus, and the other had candidemia," says Brenda Shelton, clinical nurse specialist at the Kimmel Comprehensive Cancer Center at Johns Hopkins University.^{ix}

Have Researchers Been Barking Up This Wrong Tree the Whole Time?

While nurses and doctors working on oncology floors know first-hand how dangerous fungal infections can be, researchers aren't focusing on it as a carcinogen. The American Society for Microbiology reported science largely ignores these pathogens.^x Meanwhile, 150 people die from fungal infections *every hour*.^{xi}

So what are researchers busy doing? They're instead racing to create "rational drug designs." Otherwise known as personalized cures based on cancer cell DNA.

There's just one major problem... A recent study published in *Science* suggested that DNA accounts for only a small portion of cancer and that none of the new generation of personalized drugs is a true cure.

The fact is, cancer is the end result of many different disease processes, one of them being fungal infections. So, they're trying to find the elusive needle in the haystack. Only, they're not even near the haystack.

These Common Factors are Putting YOU at Risk

Like any other disease, a fungal infection is an imbalance that affects men, women, and children alike. If you are healthy, you will have a normal, small amount of yeast in your body, including *candida*.

But once your immune system is compromised by factors like stress, a bad diet, or illness, candida spreads and overtakes your immune system. It excretes an overwhelming number of mycotoxins as it develops the dangerous root-like rhizoids that choke your cells to death.

If you've taken antibiotics—and who hasn't?— your body has more candida than it should.

Oral steroids will make the infection worse too. These two medications are the worst offenders.

Nate was frequently on antibiotics. He had recurring sinus infections, athlete's foot, and he never felt "right." After the chemotherapy, he always had muscle aches and fatigue. He just thought it was a permanent side effect.

He didn't know that something even as small as athlete's foot or a yeast infection can signal a fungal overgrowth. But rest assured, if you can see fungus on the outside of your body then it's making its way around on the inside, regardless of what your doctor says.

You can also have symptoms that mimic all kinds of common conditions. Nate suffered from

The "hocus-pocus" myth of candida

Lynn Osmun experienced this first-hand with a new doctor after having abdominal surgery. She had been in the hospital for a month but was slowly getting sicker. Lab tests showed why. She had candidemia, or candida (fungus) in her bloodstream. It was also in her abdomen. The fungal overgrowth was continuing to poison her system so she couldn't get healthy.

When she told the new doctor she had systemic candida, he laughed in her face and told her that those infections were "hocus-pocus." She then explained what the hospital had found, and the doctor was speechless. But here's the worst part... He offered her *antibiotics* to clear up the infection. Of course, antibiotics can only treat bacterial infections. And they aren't just useless against fungal infections...antibiotics make them grow like weeds.



abdominal distress, body aches, mental fog, and itchy skin.

Fungus can reach every organ and system in your body.^{xii} That's why it can cause hundreds of different symptoms that don't seem related to each other. Nick's doctors didn't get it. They said he had GERD, depression, and allergies. He was on medications for all of them.

Your immune system can only fight off the pathogen for so long. That's why many candida sufferers

Fungal infections can start locally in the gut, mouth, and urinary tract. It can also spread to your bloodstream and invade your vital organs, including your brain.

A fungal overgrowth can cause any of these symptoms:

- Heartburn, indigestion, bloating, or irritable bowel symptoms
- Frequent sore throat, mouth sores, or a white coating on tongue
- Frequent urinary tract infections
- Nail, toe, or foot fungus that won't go away
- Chronic headaches, ear pain, or frequent sinus infections
- Frequent cough or bouts with asthma
- Cravings for sugar, alcohol, or carbohydrates.
- Depression, anxiety, and/or "brain fog"
- Chronic yeast infections
- Muscle aches, fatigue, and arthritis
- Skin rashes, itching, or acne
- Chronic pain or fibromyalgia symptoms
- PMS, irritable bowel syndrome
- Foot odor

mistakenly get diagnosed with fibromyalgia or chronic fatigue syndrome.

They're exhausted from fighting a chronic fungal infection.

But you might be surprised at how quickly they disappear once you start following our proprietary Candida Killing Protocol.

An Important Warning

The Candida Killing Protocol gives you the strongest natural remedies for getting rid of fungal pathogens. They'll not only help you get healthier but lower your chances for developing cancer.

If you decide to do them all together, note how you feel and adjust accordingly. You may have a bigger candida problem than you realized. In fact, you may not have even realized you had one.

Once you begin the protocol you may feel worse—way worse—than you did before you started. This is called a "die-off" reaction. It's actually a good thing as long as it doesn't overwhelm you or keep you from functioning. If the reaction is severe, you should slow down and take one step at a time. That way you won't release too many toxins at once.

There are three steps to stopping fungal

infestations:

- 1) Stop feeding them. Our protocol gives you the diet tricks you know about (hint: sugar) and the ones you don't.
- 2) Kill them. These are natural immunotherapy supplements that kill fungal pathogens before they turn into cancer.
- 3) Clean them out of your body. This step shows you what to do with the toxins after you've killed them.

The Candida Killing Protocol

1. Weeks 1–2: The first step in the protocol is to stop feeding the fungus for two weeks. Cut out grains, sugars, excessive amounts of carbohydrates, and alcohol. Alcohol is a mycotoxin. But sugar is the biggest offender of all. It not only feeds fungal cells, but cancer cells love it too.

That's no coincidence. As we said before, there is very little difference between how fungal and cancer cells operate.

During your first week, eliminate these harmful foods from your diet. You can try to do this all at once but if you start having severe die off reactions, try just one or two at a time.

- All sugars, including most fruits. To

The Candida Saliva Test

There's a weird test you can do at home that may reveal whether or not you have candida—or high levels of yeast. It's called the saliva test. Many naturopaths endorse it because it's easy and requires no medical equipment. Here's how to do it:^{xii}

- When you first wake up, don't spit, rinse, brush your teeth, or drink anything. Instead, fill up a clear glass with water.
- Spit into the glass and wait 15 minutes.
- Examine the glass.
- Look for stringy legs and cloud-like specks. Cloudy saliva may settle at the bottom of the glass.

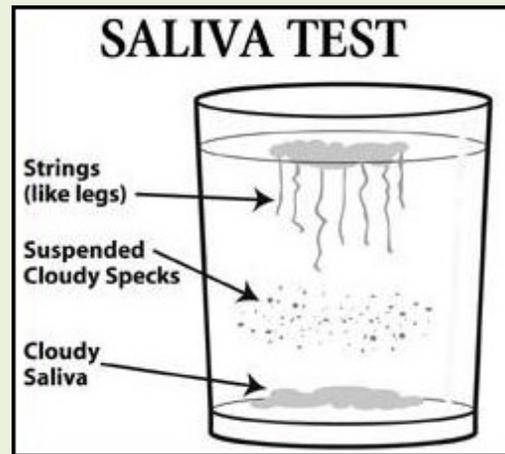


Image Credit: Candidasupport.org

It's normal if your saliva starts to sink after a few minutes. Small legs or specks here and there are also normal. But they should appear to dissolve into the water. If they look like the diagram above, it could indicate yeast overgrowth.

Though this test can reveal excess yeast, it is not 100% reliable. Instead, use this test as a starting point. If the results are positive, make an appointment with your doctor. Lab tests are the most accurate way to determine your candida or yeast status.

If lab tests confirm you have high yeast levels, you can use the saliva test to track your progress. By following the steps in this guide, you may see your saliva become less cloudy and stringy over time as your candida decreases.

get rid of candida, you have to eliminate the sugary fruits. The few that are okay to eat are berries, grapefruit, and cranberries. And remember, sugars include those foods that you think are “natural,” like agave syrup and honey. You should limit your carbohydrate intake as much as possible. This will keep your sugar levels stable and won’t feed the fungus. Try not to eat any more than 50 to 100 grams of carbohydrates per day. To put it in perspective, one cup of strawberries has about 11 grams of carbohydrates. Add in a sweet potato at around 30 grams and you are almost at the lower limit.

- Corn. Not only is most corn genetically modified, it is contaminated with all types of fungi. And it’s everywhere in our food supply. According to the Council for Agricultural Science and Technology, corn usually contains several types of fungal toxins including aflatoxin.^{xiv}
- Wheat. Fungal contamination is just one more reason you shouldn’t eat this poison. Not only do breads—even organic, wheat types—turn to sugar in your body and feed candida, they’re poisonous because of their mycotoxin content. Breads and wheat products are full of mycotoxins because the raw ingredients sit around in silos for months at a time. The same goes for barley and rye.
- Hard cheeses. We don’t recommend dairy usually and this is another reason to stay away from it. If there’s mold on your cheese, there are mycotoxins in your cheese too.

While candida and other fungi can wreak havoc on you, there are only a few tests your doctor can do to find out if you have an overgrowth.

A blood test measures three separate antibodies your immune cells will create if you have candida. IgM, IgG, and IgA are markers of the candida antigen. That is created when a particle of a candida waste product (mycotoxin) enters the bloodstream and triggers an antibody response. The other tests measure the amount of candida or other pathogenic fungus in the sample.

The doctor can also take vaginal or stool samples and “culture” them. Culturing means the samples are placed in a cup with special substances that help them grow.^{xv}

The bottom line is that if you have many different symptoms happening at the same time, ask your doctor to test you for a yeast overgrowth.

These are the surprising foods that Nate had no idea contributed to fungal overgrowth:

- Cashews, peanuts, and pistachios. These three types of nuts have the highest concentration of mycotoxins.

- Condiments. Ketchup, soy sauce, mayonnaise, and relish usually have hidden sugars in them.
 - Alcohols. Brewer's yeast is a mycotoxin. Don't have any more than one glass of wine per day. If you have severe candida symptoms, you shouldn't have any alcohol until you can get it under control.
 - Refined oils. Peanut, soy, and corn oils are contaminated with mold.
2. Weeks 3–6: Kill the fungi with natural immunotherapy while continuing the same eating plan. Once you've removed their food sources, the fungal parasites will start dying off. This step speeds up the process.

Be warned: some "candida" supplements won't make a dent. So it's important to buy the ones that are effective and not to waste money on the ones that aren't. We recommend:

- Oregano. Wild oregano oil contains two naturally occurring antimicrobial agents called carvacrol and thymol. Studies show that carvacrol is just as effective against microbes and candida as pharmaceutical drugs.^{xvi} To take oregano, start very slowly. Buy the liquid and drink three drops in water once or twice a day. Putting more than three drops can burn your mouth. You can slowly build up to six drops per glass.

- Garlic. Studies confirm that garlic is a strong antifungal and anticandidal. One of its key components is ajoene, a proven antifungal against many strains of candida.^{xvii} Fresh garlic had a better impact than the powdered form. Two to four fresh cloves per day of fresh, minced garlic are a good dose. But you can also take concentrated garlic tablets. Look for 600-900 mg of freeze-dried garlic standardized to 1.3 percent allicin or 0.6 percent allicin.



- Coconut oil. This should be one of your first choices as an antifungal. It has three potent agents that kill candida— caprylic acid, lauric acid, and capric acid. The most important one is caprylic acid because it interferes with and weakens fungal cell walls.^{xviii} If you want to add it as a supplement, take it in gel form. That will allow it to get to your intestinal tract where you need it the most. You can take 600 mg twice a day with meals for a

powerful antifungal effect.

- Paw Paw. This is a North American tree with antimicrobial and antifungal properties. It has more than five long chain fatty acids that stop production of ATP in cancer cells. This stops cancer cells from cloning themselves. In trial studies, a standardized extract of paw paw reduced tumor markers, tumor sizes, and increased life spans among 9 cancer patients.
- Pre and Probiotics. Anytime you have a fungal overgrowth, you know your good fungus-fighting bacteria are already wiped out. You have to replenish the good guys with both prebiotics and probiotics. You should buy the highest quality probiotic you can with as many strains and live cultures as you can. Research shows that Lactobacillus Acidophilus cuts down the duration of a candida overgrowth. The DDS-1 version is the more potent strain.

Probiotic supplements will sometimes come with prebiotics (they help feed the probiotics). Prebiotics will also help strengthen any good bacteria in your gut. Good sources are raw sauerkraut, kimchi, and coconut kefir.

3. This last step is actually just as important as the other two. Start on it two weeks after you begin your immunotherapy.

Fungal pathogens excrete mycotoxins when they're alive. But they also become additional toxins in your system when they die. That increases your "Herx" die-off reaction and makes it harder to stick to the protocol (see sidebar). Here's how get rid of them:

- Take glutathione. This is your "master" antioxidant. It's what you need to make all of your other antioxidants. It's especially good at improving your liver enzymes and helping it release mycotoxins. Take 500 mg in the morning with breakfast.
- Use milk thistle. The active ingredient in this herb is silymarin—a phytochemical that works with glutathione to cleanse your liver. It helps repair damaged liver cells and strengthens your cell membranes so toxins can't enter them. It should be standardized to at least 70 percent.
- Raise your core body temperature. Increasing your core body temperature ushers toxins out of your body through sweat. Obviously, exercise should be your first choice to raise

your body temperature. Infrared saunas are also effective in releasing toxic contaminants.

You need to progress in these steps if you find that you have many fungal overgrowth symptoms. Otherwise, you can release too many toxins into your system at the same time and you will feel sick.

Many anti-candida diets suggest that you also cut out mushrooms since they're a fungus. Some candida sufferers are so sensitive that they should follow this advice. But there are a few types of mushrooms most people should definitely include. Certain mushrooms—like reishi and shiitake—have strong cancer-fighting properties. Studies show they shrink tumors, prevent cancer cells from spreading, and cause cancer cells to commit suicide.^{xix}

Unlike medicinal mushrooms, fungal pathogens are opportunistic. And compared to bacteria, fungi are more evolutionarily advanced. No other type of microbe is better at transforming itself to take over another organism and avoid being killed.^{xx} In the way that fungus takes “root” in your system and doesn't let go (remember the rhizoids we talked about). It acts more like cancer than any other pathogen.

But, fungal pathogens won't survive unless you provide them with the right environment.

Antifungal medications are dangerous and, just like other drugs, stop working as fungal pathogens become more resistant.

Rare fungal infections doctors haven't seen before, like aspergillus, are showing up in cancer patients. Clearly, fungus is becoming more opportunistic.^{xxi} That's why it's important to fight any symptoms of fungus before it creates the roots that are so hard to get rid of.

A fungal die-off reaction is called a Herxheimer or “Herx” reaction. Dr. Karl Herxheimer noticed his patients would react to toxins from dying pathogens like yeast, bacteria, and parasites after they received medications. It's because the body gets overwhelmed trying to clear them out. The reaction can be mild to severe. You may experience any or all of these symptoms:^{xxii}

- Fever and chills
- Muscle aches and headaches
- Skin rashes and hives
- Excess mucus production and cold or flu-like symptoms
- Brain fog, memory problems, and anxiety
- Increased GI problems (diarrhea, constipation, etc.)
- Fatigue and an overall sluggish feeling

The longer you wait, the chances for developing cancer are higher simply because of the way the rhizoids infiltrate your tissues.

The Candida Killing Protocol will help make sure they don't take hold. You'll naturally keep candida and other fungal pathogens that can cause cancer away for good.

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