CANDIDA SUPPORT

Supporting a Healthy Balance of Intestinal Flora!

If you suffer from diverse symptoms like fatigue, gas, bloating, and brain fog, you may have an overgrowth of yeast - a fungus commonly known as Candida albicans - in your gut. Candida is present as part of a normal, healthy balance of intestinal micro flora. But left to reproduce unchecked, it can create a host of problems, in part due to the many chemical byproducts of Candida overgrowth.

Candida Support brings together six antifungal and immune-supporting herbs - Garlic, Oregano, Pau D'Arco, Cat's Claw, Olive Leaf, and Ginger Root - developed by Dara together with a group of fellow herbalists to bring the overgrowth back into balance.

This Herbal Combination:

- SUPPORTS a healthy balance of intestinal flora
- TARGETS an overgrowth of Candida albicans with multiple natural antifungals
- HELPS the body clear out old waste that shelters yeast overgrowth
- SUPPORTS blood sugar levels already in normal range, which matters since excess sugar feeds yeast
- 100% organic, herbal, sugar-free and chemical-free

BOTANICAL INGREDIENTS: All Organic - Garlic, Oregano, Pau D'Arco, Cat's Claw, Olive Leaf, Ginger Root



Garlic

The lead herb in the blend, with powerful antifungal action against Candida, while preserving and boosting beneficial gut bacteria; also stimulates the liver and colon for a detoxifying effect.



Oregano

One of the most powerful natural antifungals, with antiviral, antibacterial, and anti-inflammatory properties as well. Candida doesn't build resistance to oregano the way it can adapt to some other antifungals over time.



Pau D'Arco (bark)

Two-fold action: gently loosens the bowels (not to the point of diarrhea) to help wash out old waste and expose the yeast, while also acting as a potent antifungal in its own right, via compounds including lapachol.



Cat's Claw

Alkaloids that strengthen white blood cells so they can attack Candida and other invaders; also antioxidant and anti-inflammatory, with a detoxifying effect on the intestinal tract.



Olive Leaf

Stimulates immune response against Candida and helps support blood sugar levels already in the normal range, since elevated blood sugar can feed yeast overgrowth; also traditionally associated with a natural energy boost.



Ginger Root

Supports circulation and liver detoxification, stimulates the immune system, eases digestion and gas, and soothes intestinal inflammation from the overgrowth.

HOW IT WORKS

Garlic and Oregano lead the antifungal action, attacking Candida directly while Candida does not build resistance to either the way it can adapt to some conventional antifungals over time. Pau D'Arco backs them up with its own antifungal compounds while also gently helping move old waste through the bowel, exposing the yeast it shelters. Cat's Claw strengthens the immune response and calms intestinal inflammation, Olive Leaf supports the immune system and healthy blood sugar levels, and Ginger Root ties the formula together - easing digestion, supporting circulation, and soothing an already-inflamed gut.

Suggested Use

As a dietary supplement, take 2 capsules three times daily, paired with 15 drops of Black Walnut Extract.

Clearing a Candida overgrowth takes a comprehensive approach - dietary changes and a good probiotic will do as much for your overall balance as any antifungal. Antifungals are only needed until Candida is back under control, which depends on the severity and duration of the overgrowth. Track how you feel; as the yeast clears, the symptoms go with it.

Note: This is a supportive, nutritional approach, not a substitute for medical care for a severe or persistent infection. There's more than one way to clear a yeast overgrowth - Candida Support is one well-tested road, not the only one.

For more on this formula, see my blog post “Bringing Candida Back Into Balance” at www.daradietz.me.