



Randall W. Robirds, D.C.

Candida Treatment Protocol

Candida is a yeast/mold overgrowth that migrates from its normal growth and function location in the Large Intestine. Candida occurs for a number of reasons including; acidic Ph imbalance, sugar imbalance, contraceptive use, hormone imbalance, chronic immune system weakness, environmental toxicity, and heavy metal toxicity. Through a number of reasons including emotional and homeostatic dysfunction, the Candida and other Probiotic bacteria migrate from the Large Intestine into the Small Intestine. This migration becomes a systemic condition called CANDIDIASIS. This new fungal form develops rhizoids (long, burrowing legs) that hook into and can penetrate the mucus membranes in the gut and can cause serious bowel pain and distress. As time goes on, the morphed fungi may burrow right through the intestinal wall. This condition, called Leaky Gut Syndrome, allows partially digested proteins and the yeast itself to travel into the bloodstream where they become toxins. Also, the Candida strains can leak through your lleo-Cecal valve and become systemic through the Small Intestine. Here are a few of the many symptoms of systemic Candidiasis:

SYMPTOMS OF CANDIDA

Intolerance of perfumes, odors, fumes, fabric shop odors and tobacco smoke

Complaints that worsen in damp, muggy or moldy places

Athletes' foot, jock itch, fungal infections

on the skin or nails

Craving for sugar, bread or alcohol

Prostitis or vaginitis

Diarrhea

Constipation **Drowsiness**

Gas or flatulence

Rectal itching or rash

Colic

Diaper rash

Sinus infections

Kidney, bladder infections

Cystitis (inflammation of the bladder

with possible infection)

Joint pain or swelling

Hypoglycemia

Feelings of swelling and tingling in the head.

Acne **Hives Rashes**

Itching skin

Eczema Psoriasis

Bad breath Dry mouth

Sore or dry mouth Sore or dry throat

Cough

Pain or tightness in the chest Wheezing or shortness of breath

Asthmatic symptoms **Shortness of Breath**

Food allergies or food reactions

Hair loss Thrush

Impotence

Constant Fatigue Feeling drained

Memory loss

Feeling spaced out

Numbness, burning or tingling

Muscle aches

Muscle pains

Flu-like symptoms

Endometriosis (irregular / painful menstruation)

Cramps or menstrual irregularities

Vaginal itch, burning or persistent infections

P.M.S. (Pre-Menstrual Syndrome)

Spots in front of eyes

Erratic vision

Irritability or jitteriness

Mood swings

Depression

Suicidal feelings

Headaches

Heartburn

Indiaestion

Belching

Intestinal gas

Loss of sex drive

Mucus in the stools

Sores or blisters in the mouth

Hemorrhoids

Nasal congestion

Nasal discharge

Nasal itching

Post nasal drip

Burning or itching eyes

Burning on urination

Ear pain

Ear aches

Ear discharges

Painful intercourse

Hay fever

General allergies

At Our clinic, we will use 3 methods of intervention to control and neutralize the systemic infection;

Step 1 (performed during the first office visit)

- 1) We will explore the various *emotional causes* of the pathology. Certain feelings of rage, hate, simmering anger, and other "Liver-based" feelings can cause the disease to be chronic.
- 2) We then treat the Candida/ Mold through Applied Kinesiology, Total Body Modification, Theta Healing, and Neurolink. These modalities have proven marvelously effective at informing the immune system of the homeostatic imbalance in these vital organs of the body.
- Dr. Robirds is certified in all of the above modalities and even teaches them to other Doctors and the general public.

<u>Step 2 (Nutritional Intervention)</u>

You will then be muscle tested for the proper nutrition for your individual case to speed and assist your body in its recovery. Most often, you will be prescribed ADP. This nutritional supplement is derived from Oregano. Oregano is the most efficient means of neutralizing the systemic Candidiasis in the blood! It SHOULD be taken with food as can be *very hot* to the digestive system. Generally, you will take the supplement for a month. A timetable has been provided at the end of this paper to assist you. I recommend taking the product on an ongoing basis for maintenance for a few months after your first month of care. This will be wonderfully beneficial to your digestive system and eliminate the majority of the Candida symptoms.

During the first few days, you may feel slightly ill and experience upset stomach, malaise, or flu-like symptoms as the Candida die-off. This is often called a "healing crisis." Medically, it is known as a Herxeimer Reaction. This condition, although unwelcomed, is somewhat normal as the body is undergoing systemic detoxification. It is especially common for chronic Candidiasis conditions. A product called Molybdenum (MO-ZYME) can eradicate these potential symptoms. As the Candida die-off, they release "death gases" such as Acetalaldehyde. These toxic gases can cause symptoms of upset stomach, gas, and bloating. You can also take Activated Charcoal, Emetrol (Drug store), or Pepto-Bismol, to help fight the feelings of sickness or even flu symptoms. Although unpleasant, it is somewhat normal as the body regains its homeostasis. As the process unfolds, you will begin feel more energy and zest for life! This is seen, on average, in about 2 of every ten patients. I suggest you stop taking ADP for a few days if this occurs. Then, begin the program where you stopped when you feel better. Candida is a DISEASE of your healthy ecosystem - it is serious!

<u>IMPORTANT</u> - If you do take Activated Charcoal, you will need to take some minerals as well! Activated Charcoal drains your system of both poisons and toxins. The problem is it also drains your body of vital minerals and nutrients. So, it is vital that you supplement as you detoxify your system. We recommend a Fulvic Mineral solution sold here at our clinic. It is clean-tasting and replenishes your body's vital nutrition.

Dr Robirds will tell you the number of ADP to intake daily. Generally speaking;

Men - Take 2 tablets daily with food (1 tablet in the morning and 1 at night)

Women - Take 1 tablet daily with food (1/2 a tablet in the morning and 1/2 at night)

Child - Take ½ a tablet a day with food

(You can find tablet splitters at a drug store if needed)

Step 3 (Cleansing and re-population)

Once the die-off procedure is finished (about a week) you should consider cleansing the bowel to clear the way for re-population of beneficial digestive bacteria.

1) Cleansing the Bowels – There are numerous dead bacteria, fungus, and mold throughout the digestive system and circulatory system. It is critical to clean the system of these dead pathogens. We recommend using our Springreen detoxifying products as an excellent way to cleanse the system. Ask for the write up and procedure at the office. We always try to keep ample supplies of the cleansing system. You will be on it for about 3 weeks. It is an easy and practical way to restore the balance of the bowels. You will see and feel excellent results from this cleanse. I recommend doing the cleanse 4 times a year (Summer, Winter, Spring, and Fall) as that is what nature itself does in cleansing itself. This is the procedure Dr. Robirds has personally prescribed to himself for years with exceptional results and health.

Another effective recommendation for colon health and cleansing is Colonic Irrigation. Have a Certified Colonic therapist perform a series of 3 bowel irrigations. This is an excellent way to cleanse the bowel and restore your health. References are available on request.

- 2) <u>Re-populating the Bowel</u> After about 2 weeks after you start the process, you need to add beneficial bacteria. You should use LIVE bacteria to perform this re-population. We sell a product called I-FLORA. It has 16 strains of probiotics in each capsule containing 15 BILLION bacteria per capsule. You should take two of these capsules daily. The best time is at night and in the morning (no food is necessary while taking these capsules). Or, you can follow the instructions on the bottle as well.
- 3) <u>DIET</u> It is important to reduce, if not eliminate, the intake of "bad" carbohydrates while performing this detoxification/cleanse. Try not to consume simple sugars, wheats, alcohols, and other carbohydrate-based foods. An easy rule to follow is eliminate *sweets & treats* during this procedure. This is very important in your body's recovery from this condition.

This program has been remarkable in eliminating Systemic Candida. Our goal is to assist you in regaining you vibrant health. If you have further questions regarding this program, you can e-mail me at dembonz@lvcoxmail.com. In you subject line write "Hey Doc - Don't Delete Me - Candida Protocol" I get a lot of spam e-mails so this helps me to assist you.

Yours in Health,

Randall W. Robirds, DC

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Suggested Timetable (If you do not choose to use Springreen, Colonic Irrigation is suggested)

ADP/ Charcoal	ADP/ Charcoal	ADP/ Charcoal	ADP	ADP	ADP	ADP	Week 1
ADP	ADP	ADP	ADP	ADP	ADP	ADP	Week 2
ADP Springreen	ADP Springreen	ADP Springreen	ADP	ADP Springreen / I-Flora	Springreen / I-Flora	Springreen / I-Flora	Week 3
ADP Springreen / I-Flora	ADP Springreen / I-Flora	ADP Springreen / I-Flora	ADP Springreen / I-Flora	ADP Springreen / I-Flora	ADP Springreen / I-Flora	ADP Springreen / I-Flora	Week 4

Delicious Canidia-Fighting Salad The Tripple O - Oregano, Oranges, & Olive Oil



This is a delicious and nutritious salad that is easy to make and tastes great! I received it from an Italian woman who said that she had not ever had Candida or the symptoms of Candida. Enjoy this natural food. It's really great for you! - Dr. Robirds



This salad is made to taste. That means that you can add or remove ingredients to your own taste. In my home, I use the following basic guidelines. Be creative – try some variations as well!

1) Cut 4-6 Oranges (navel oranges are really great) into small easy to digest pieces and place them in a bowl.



2) Buy an Oregano bunch from a health food store (ie – Whole Foods). It should be Certified as Organic for your health benefit. Be sure to wash the Oregano thoroughly and use a little bit of washing detergent to assure that the food is clean and healthy for you. This is available at the health food market as well. Cut the leaves of the Oregano into the bowl of Oranges.



3) Get a bottle of Extra Virgin Olive Oil. Put at least ½ cup of the oil into the bowl of food. Then thoroughly mix the ingredients and place them in a refrigerator for at least a half an hour. Eat the mixture as often as you like. I suggest about a cup a day. Be sure to use a bowl that can be covered and locked such as a Tupperware bowl

