



Overcoming Your Yeasty Beasties

A group adventure to clean up our microbiome and regain our health.

Join us for 6 weeks as we work together to conquer our Yeasty Beasties.

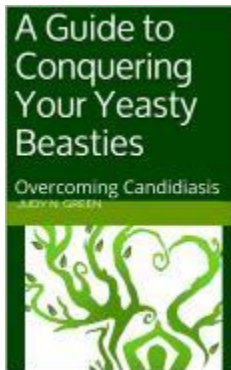
Starts Monday 6 February 2017

Mondays 7-8 pm

Annapolis Natural Foods, Annapolis Royal NS

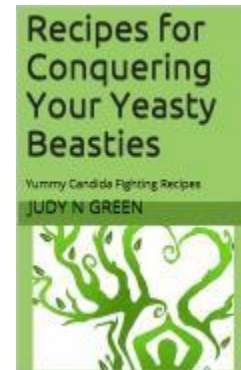
\$150 + HST

Supplements and Books are additional



Kindle e-books

<http://www.amazon.com/author/judyngreen>



Candida Cleanse Guide (Required)

http://www.amazon.ca/Guide-Conquering-Your-Yeasty-Beasties-ebook/dp/B0140UVG8K/ref=asap_bc?ie=UTF8

Recipe Book (Optional)

http://www.amazon.ca/Recipes-Conquering-Your-Yeasty-Beasties-ebook/dp/B014E9KELC/ref=asap_bc?ie=UTF8

If you wish to print the books you will need to install a program called Calibre

It is FREE

<http://calibre-ebook.com/>

6 Week Candida Cleanse Supplements

Candida Killer

Candida Stop (CS): Start with 1 capsule x 3 per day and work up to 3 capsules x 3 per day

(1-3) After Breakfast

(1-3) After Lunch

(1-3) After Supper

6 Weeks = 315 capsules

(Four bottles of 90 capsules = \$156 + HST or Two bottles of 180 capsules = \$145)

OR

Grapefruit Seed Extract (GSE): Start with 3 drops x 3 per day. Work up to 15 drops x 3 per day.

(3-15) drops 3 times a day in tomato juice

or

3 drops 1-3 times a day in tomato juice if taking in addition to CS

6 Weeks = 1 bottles of liquid GSE (112 mL = \$32 + HST), or

6 Weeks = 315 capsules (4 bottles of 90 capsules = \$94 + HST)

Replenish Healthy Bacteria

Healthy Intestinal Tract (HIT):

(1) Before Breakfast on an empty Stomach

(1) Before Bed on an empty Stomach

6 Weeks = 84 HIT packets

(3 boxes (\$18 each box) of 30 packets of two tablets = \$54 + HST)

Colon Cleanse

Nature's Tea (CT):

(1) Steeped cup of tea in the evening before bed

6 Weeks = 42 tea bags (21 bags, if steeped twice) (1 box of 30 bags = \$24 + HST)

Lifibre (LF):

(1) Teaspoon in Am and PM

6 Weeks = 1 canister (1 canister = \$50 + HST)

Optional:

Parasite Cleanse Program

Paraway (P):

(2) Capsules daily for 10 days

(5) Capsules daily for 20 days

30 days = 120 capsules (1 bottle of 120 capsules = \$45 + HST)

Total Health Pack

THP:

1 – 2 bags of vitamins daily

(1 bag of 30 = \$79.00 + HST - Approximately)