



**JUDY N. GREEN**  
Certified RAW Food Nutrition Coach  
judy@rawngreen.com  
902-249-1772  
www.rawngreen.com

# Conquer Your Yeasty Beasties

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

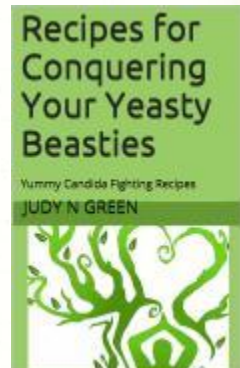
**EVERYONE IS WELCOME ! ! !**

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 are available from:**  
[www.amazon.com/author/judyngreen](http://www.amazon.com/author/judyngreen)

**NEED MORE INFORMATION?  
NOT SURE IF YOU NEED A CANDIDA CLEANSE?  
COME TO A FREE INFORMATION SESSION ON MONDAY  
16 JAN AT 7:00 PM.**

One-on-One Coaching • Group Coaching  
Workshops & Classes





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## How do I know if I have a Candida Overgrowth?

### Top 10 Signs that you Have a candida Yeast Overgrowth

1. Skin and nail fungal infections, such as athlete's foot or toenail fungus
2. Feeling tired and worn down, or suffering from chronic fatigue or fibromyalgia
3. Digestive issues such as bloating, constipation, or diarrhea
4. Autoimmune diseases such as Hashimoto's thyroiditis, Rheumatoid arthritis, Ulcerative colitis, Lupus, Psoriasis, Scleroderma or Multiple sclerosis
5. Difficulty concentrating, poor memory, lack of focus, ADD, ADHD and brain fog
6. Skin issues like eczema, psoriasis, hives and rashes
7. Irritability, mood swings, anxiety or depression
8. Vaginal infections, urinary tract infections, rectal itching or vaginal itching
9. Severe seasonal allergies or itchy ears
10. Strong sugar and refined carbohydrate cravings

If you are suffering from any of these symptoms and have been on antibiotics at any time in your life, or have taken birth-control pills long-term or have had one or more pregnancies.

This might be the solution you are looking for

Call for more information.

Helping you turn over a new leaf

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