



Andrew Knight D.O.
O S T E O P A T H Y

Candida Treatment Advice

You have been diagnosed as having CANDIDA ALBICANS and/or CANDIDA TROPICALIS. In order to treat this you should follow the regime set out below.

One of the following treatments will be advised the one to use will be indicated.

- **Acidophilus with Caprylic Acid** which is made by LIFEPLAN and is available from address 3 below. Take 2 per day for the 1st week then 1 per day for the two following weeks
- **Citricidal** and **Acidophilus** available from address 3 below, take 20 drops in warm water and fruit juice twice per day for 3 weeks.
- **AC support** from Metabolics at address 4 below. Take 1 three times a day before meals.

Whilst following the above you should **refrain from** the following:-

All Yeast products including brewed products and mushrooms.

All Bovine Dairy products including whey powder.

All Refined Sugar including processed white flour. Fructose or fruit sugar is allowed.

You should also refrain from any foods you have been diagnosed allergic to; you will have another sheet with this information.

Beware of the above products hidden in foods:-

Dairy in biscuits, margarine, sauces and soda bread.

Yeast in brewed products, marmite, biscuits and stock cubes.

Sugar listed as maltose, dextrose, sucrose, glucose, lactose and lactulose.

Honey is a sugar and only allowed if you know the producer has not stretched the honey with glucose syrup.

Support for the 3 weeks of the diet is included – please email with concerns and questions, where possible I will give a written reply but will call if necessary.

ADDRESSES

1) Higher Nature Ltd, The Nutrition Centre, Burwash Common, E. Sussex TN19 7LX Tel: 01435 882880

2) Nutri Imports/Exports Ltd. New Mills, Stockport, Cheshire. Tel: 0800 212742 A/C code 568

3) Cobbs Wholefoods, Brunel precinct, Somerton, Somerset Tel: Jane or Clare on 01458 274066

4) Metabolics, 5 Eastcott Common, Eastcott, Devizes. Wilts SN10 4PL 01380 812799.

5) Epigenetics – www.Epigenetics-international.com 01380 800105



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