

**Backed By 30 Years of Experience**  
**Helping SIBO & Gut Disorder Patients**

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**The**  
**(CanXida Protocol)**

# **3-Phase SIBO Diet & Food List**

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**Based on Thousands of Stool Tests**  
**Calm Your Gut, Remove the “Bad Guys”**  
**& Restore Your Digestion (At Any Age)**

*Includes case studies, foods to eat & avoid, & more.*

**canxida**

# All the Information You Need to Heal Your Gut Is In This Guide

Dear SIBO sufferer,

Thank you for taking the time to obtain this guide. There's many experts out there & we're honored you chose us.

Whether you just found about SIBO or (like many of our former patients) are coming to us after **YEARS** of diets, drugs & doctor visits got you nowhere...

You'll quickly discover our protocol is different & unlike anything you've seen before. Because while most info online is put together by people who've never seen a SIBO patient in their entire lives...

## This Guide Is Based on **+30 Years of Experience** Treating Thousands of Gut Disorder Patients

Don't believe us? Just browse the **CanXida YouTube channel**.

We currently have **2,990** free videos on candida overgrowth, IBS, leaky gut, SIBO, & more. Most of these were made by our cofounder before he retired from practicing medicine back in 2019.

We've got case studies, before & after stool test lab results... You name it. It's there. That's why when others say you can't eat fruit, bread, beans, pasta or potatoes – period, if you got SIBO, we say **NONSENSE**.

You can eat fruits. You can eat bread. You can eat beans if you start with one spoon a day. You can eat pasta that's made with certain grains. You can eat potatoes if you cook them a certain way.

So be careful what you see online because there's a lot of **bad info**.

In the following pages you'll discover the SIBO protocol our cofounder developed after 1000's of hours in the clinic working with patients, speaking with experts & old fashioned trial & error.

You'll learn our **3-step SIBO diet**, what foods to eat & avoid, how to shop for groceries, if you'll benefit from supplements like probiotics, how to tell if a product is high quality & loads more.

You'll even learn little tricks like which cheese varieties & cooking oils **will help you recover faster**.

All the information you need to know to recover from a chronic SIBO infection is in this guide. Follow it. It works.

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*Note: This guide is for informational purposes only & doesn't replace professional medical advice. Statements about CanXida have not been evaluated by the FDA. Products mentioned in this guide are not intended to diagnose, treat, cure, or prevent any disease.*

# In Case You're Not Familiar With Us Or What We Do...

## **WE HELP PATIENTS WITH GUT DISORDERS GET WELL AGAIN**

Without wrecking their gut with drugs, antibiotics, surgeries, or making them spend thousands on treatments that too often don't even work.

It's why one of our cofounders was a world renowned naturopath with +30 years of experience treating Candida yeast infections, IBS, SIBO, Leaky Gut, Inflammatory Bowel Disease, Crohn's disease, Ulcerative Colitis & more.

You can meet him on our YouTube channel, which we launched in 2013.

## **ABOUT THE CANXIDA YOUTUBE CHANNEL**

We started this channel so people like you could get the same knowledge our cofounder used to teach his gut disorder patients before he retired from practice in 2019.

## **WITHOUT YOU HAVING TO PAY FOR EXPENSIVE VISITS**

Our channel was initially focused on candida but we've since expanded into virtually every gut related issue.

At the time of writing this, we have 2,990 free videos, 162,089 subscribers & over 16 million video views.

We urge you to use this resource whenever you're unsure about a topic mentioned in this guide or want more info on it. It's there to help you.

We've got videos on what foods to eat & avoid for different issues, how to quickly tackle symptoms like bloating & acid reflux, how to tell if a probiotic is high quality, & so much more.

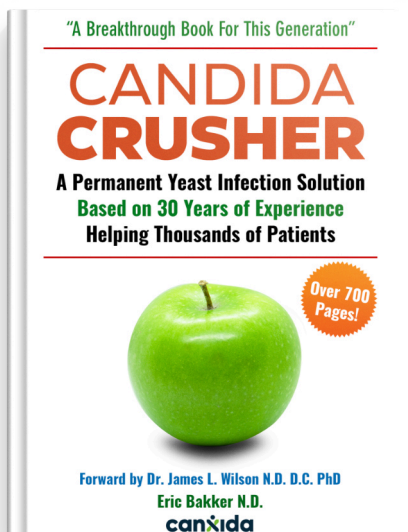
## **IF YOU CAN THINK OF IT, WE PROBABLY MADE A VIDEO ABOUT IT**

You can browse our channel at [www.youtube.com/@canxida](http://www.youtube.com/@canxida)

If you like to cook & would like some SIBO friendly recipes, we have a channel for that too. Just check [www.youtube.com/@candidadetoxrecipes](http://www.youtube.com/@candidadetoxrecipes)

We've even got channels with our most popular videos in 8 different languages. You can find them at the bottom of the CanXida YouTube page.

We've also the authors of several books on gut health including Candida Crusher, which many naturopaths





consider the **best & most extensive** book on candida currently available.

You can find it on Amazon where it's currently the #3 (sometimes it's #2) **bestselling book** on Candida.

It's also the #18 bestselling book on Amazon on Skin Ailments & #73 on Naturopathic Medicine. You can learn more about it on page 56.

### **WE ALSO MADE THE FIRST EVER CANDIDA DOCUMENTARY**

It's called Candida: The Invisible Disease of the 21<sup>st</sup> Century. You can see it for free on our YouTube channel.

We even have a CanXida mobile app with tools to help you pick out gut friendly foods while grocery shopping.

Why do we give so much info & resources away for free?

### **BECAUSE WE LIKE TO SEE PEOPLE RECOVER & GET THEIR HEALTH BACK**

It's fantastic & it's the best part of our job.

It's why we developed the CanXida range of dietary supplements, which in our opinion are the most effective gut restoring formulas in the world.



You can learn more about them on page 36 or at [www.canxida.com](http://www.canxida.com).

## **THE 3 PHASES OF OUR DIET & TREATMENT PLAN EXPLAINED**

Enough about us.

Below is an overview of our 3-step diet & treatment for SIBO.

There's also a **14-day preparation** phase we suggest new patients begin with, which starts on the next page.

### **Phase 1: MEVY Diet (3 - 4 weeks)**

**MEVY** – Meat, Eggs, Vegetables & Yogurt. This diet does 3 things:

1. Starves the bad bacteria in your small intestine of their primary food sources (like sugar).
2. Puts bad bacteria in a weakened state so it's easier to remove with supplements & antibacterial food.
3. Encourages the growth of good or beneficial bacteria.

**MEVY** may sound restrictive but it's not. It's tasty & easy to follow.

### **Phase 2: Low Allergy Diet (2 - 8 weeks)**

The goal of phase 2 is to restore your gut's immune system (so you stop reacting to foods).

Not everyone needs to do phase 2. It depends on how long you've been ill, how severe your symptoms are & if you have a history of antibiotics.

### **Phase 3: Food Reintroduction (2 - 4 weeks)**

Phase 3 is mandatory for all patients who want lasting results. It's where we return your diet back to normal.

Don't worry, we explain all 3 phases in extreme detail in the next 24 pages.

# The 14 Day Big Cleanup

If this is your first attempt at treating SIBO using diet, we **HIGHLY** recommend you do our “**14 Day Big Clean Up**” before you start Phase 1.

## 3 REASONS WHY TO DO A 14-DAY CLEAN UP FIRST

First, it allows you to slowly ease into the new diet without experiencing withdrawal from things like alcohol, caffeine, take-out foods, & chocolate.

It lets you take a break from the diet & lifestyle you had before, which likely contributed to your infection.

And it reduces your chances of getting **die-off symptoms** later.

We like to call it a “**warm turkey**” approach. Cold turkey means taking something away overnight. Warm means you make changes slowly.

In our experience, it’s not a good idea to move a patient with an average or poor diet, into a SIBO diet overnight.

Let’s say your diet isn’t the best it can be. You try to eat healthy but still eat a lot foods you know you shouldn’t.

Then **you quickly change to a super healthy diet** with daily salads, lean meats & fresh fruit. How do you think your stomach is going to react?



## YOUR GUT ISN'T GOING TO LIKE THE SUDDEN DIET CHANGE

It’s based its whole digestive system (including the output of enzymes) around your current eating habits.

## YOU’LL GET BLOATING, GAS, FATIGUE, HEADACHES & MORE

Never go from a poor diet to a very healthy diet with lots of supplements overnight. **You’re going to feel sick** & think “I can’t tolerate vegetables.”

If you have severe SIBO, been sick for a long time & have major brain fog, fatigue, & lots of gut problems, **you need to make changes slowly.**

Especially if you’re over 40, 50 or 60.

This also applies to supplements. Some patients think if you take huge dosages of something, you’ll quickly kill all the bad bacteria in your gut.

This is the wrong way of thinking.

If you want to feel terrible, make lots of changes quickly. Take 10 or 20 supplements like patients who believed they’d get rid of SIBO in a week.

**All you’re going to do is make yourself feel sick** & get aggravations.

You don’t need to feel sick during your treatment. You just need a bit of common sense & the correct protocol. That’s why the clean up is important.

So, this might sound odd but you may need to get rid of a lot of foods in your kitchen during this step.

## THE MORE SEVERE YOUR SIBO & THE WORSE YOUR SYMPTOMS ARE, THE MORE CRITICAL THIS IS

Start by grabbing a bag & filling it with foods that have been sitting in jars or bottles in your fridge. If it's been there for months, it **NEEDS** to go.

Get rid of sauces, syrups, jams, etc.

All these tend to be stored for long periods & develop mold. Even if you can't see any mold, don't take any chances. Throw it away.

Next get rid of foods with added sugar, high fructose corn syrup, & artificial sweeteners because these will halt your recovery if you eat them.

## YOU NEED TO GIVE THE CANDY AWAY, THE ICE CREAM, THE COOKIES...



All this needs to leave your home. Otherwise you'll be tempted by it later. Same goes for highly processed foods, potato chips, microwave meals, deli meats, pastries, frozen pizza, etc.

## Give it away or throw it in the trash.

These are the foods bad bacteria, yeast & other "bad guys" thrive on. By removing these foods, you're taking away their food source. This leaves them weak & far easier to get rid of later.

If you don't want to do this & wish to continue eating these foods (even in

small amounts), you may as well stop reading this now. It's that important.



Do this slowly over 1 to 2 weeks if you must, but get it done. Here's a short list of foods to get rid of:

- soda & energy drinks
- chocolate bars
- ice cream, sweets & candy
- biscuits, cookies & pastries
- donuts, muffins & cakes
- white bread & bagels
- pizza, chips & pretzels
- fried chicken & take-out foods
- nutella & peanut butter
- peanuts & pistachios
- gravies & syrups
- processed cereals
- jam or spreads
- fruit juices with added sugar

Cut your caffeine intake down to 1 to 2 cups per day. A cup of coffee or tea in the morning is usually OK as long as you don't put sugar in it.

## THE TRUTH ABOUT SIBO & DIE-OFF:

If you've had SIBO for a while you likely read that if your symptoms get worse during treatment, it's a sign of die-off (aka a **Herxheimer reaction**).

Maybe you read that as bacteria cells die, they release toxins. And that these can get into your bloodstream & cause brain fog, bloating, nausea, skin rashes, fatigue, headaches...

Or that die-off is an inevitable part of recovery & “*you have to tough it out & go through the bad*” to get well.

### **THIS IS NOT TRUE**

Die-off is real, but you don’t need to feel sick to recover from SIBO.

Some folks may get a light cough, skin rash, or headache during the clean up but rest assured this is temporary & should only last a week or two.

### **True die-off is actually very rare.**

It occurs when a large number of bacteria cells die & the immune system starts attacking them. Many chemicals (at least 79) get released in this process & can create a lot of havoc in the body.

Some get minor reactions that last for days or a week, while others can stay sick for weeks suffering from severe brain fog, pain, vomiting & nausea.

Our team has only seen true die-off about **11 or 12 times in +30 years** of working with patients.

11 or 12 isn’t a lot, but when it did happen it’s been severe. In most cases the patient was hospitalised because they really felt like they were dying.

If your symptoms include chills, fever, lots of sweating, fast heart rate, & terrible skin rashes, it’s likely die-off.

### **IF YOU DON’T FEEL LIKE YOU’RE DYING, IT’S NOT DIE-OFF**

Most patients who email us saying they’ve got die-off don’t feel like they’re dying. They just feel bad or sick.

### **This means it’s an aggravation.**

There are many reasons why you may experience symptoms which you believe are die-off. The #1 reason folks feel ill at the start of treatment is they make too many changes too quickly.

Let’s say you’re drinking 4 cups of coffee a day & all of a sudden you stop. You radically change your diet & cut out all gluten, processed foods & everything else your gut flora is used to.

And at the same time you start taking a supplement like **CanXida**.

Then when you feel sick you email us and say, “*CanXida causes die-off!*”

**Hang on.** What about the caffeine withdrawal? What about the fact that you stopped eating gluten & doubled your intake of fish or vegetables?

This can trigger a change in gut flora & make you feel tired or bloated.

Because eating more vegetables & drinking more water activates your body’s natural cleaning mechanisms.

This can make you feel fatigued & cause sore muscles, bowel changes & more. All these things can also occur just by taking dietary supplements.

Are you killing bad bacteria? Are you feeling sick because the bacteria is dying? No. It’s not the SIBO.

### **IT’S YOUR BODY FINALLY STARTING TO CLEANSE**





# The MEVY Diet

3 - 4 weeks

MEVY stands for **Meat, Eggs, Vegetables & Yogurt**.

This is a well tested diet meant to bring your intestinal flora back into balance. It calms & heals your gut from many issues including SIBO, IBS, IBD, candida overgrowth, parasite infections & more.

It's a low sugar, high protein diet. Bad bacteria loves sugar. So we'll starve it by taking sugar out of your diet.

We didn't create this diet. It's been around since at least 1986 when it was mentioned in The Yeast Syndrome by Dr. Morton Walker.

## THE MEVY DIET IS A SHORT TERM DIET

You only need to be strict with it for 3 to 4 weeks. For best results, follow it strictly for at least 2 weeks. Then you can loosen up a little for the next 2 to 3 weeks as you shift into Phase 2.

Some patients will stay on MEVY for longer. That's up to you to decide.

Either way, the MEVY Diet works. It works very well in fact & can quickly reduce most (if not all) the digestive disturbances you're struggling with.

It's a tasty and healthy diet. You're not going to starve or feel deprived.

Bad bacteria doesn't like eating meat. You're won't have problems with fresh fish, lean beef, or free range eggs.

Be careful not to overload on red meat because it can cause constipation.

Don't worry if you're a vegan. We've included a list of SIBO-friendly plant proteins later in this guide.

## The MEVY Diet is a low-carb diet.

Unlike other low-carb diets, the goal of the MEVY approach isn't to lose weight. Though you certainly will if you have excess weight to lose.

Don't worry about memorizing the specific foods you can and can't eat. You'll get a list later in this guide.

You're allowed to eat meats, eggs, most vegetables (avoid starchy ones like potatoes, pumpkin, peas, corn, carrots, sweet potato & beets) and plain yogurt.

Avoid processed cereals, pasta, conventional breads (most have yeasts & sugars), pastries, chips & alcohol.



## YOU MUST AVOID ALCOHOL

If you can't stop drinking (even one glass of wine a week) for at least 3 months, you need to stop reading this.

Alcohol has a very powerful effect on gut bacteria & will prevent recovery.

If your goal is to restore your gut function, **the alcohol NEEDS to go**.

Most patients who are serious about getting their health back are willing to take a break from alcohol.

You can go back to drinking wine once your gut is back to normal again.

## DON'T WORRY ABOUT GLUTEN

Many believe that bread is no good when you have SIBO. This is a myth.

**Sourdough bread** is OK to eat, especially rye.

Our team has worked with thousands of gut disorder patients & while gluten is an issue for some, it's **not a problem for the majority**.

Most SIBO patients can tolerate some wheat in their diet. Just be sure you're not eating bread with added sugar or **high fructose corn syrup**.

If you haven't had grains in a long time, start small. Don't load your diet up with too many grains too fast.

## YOU CAN EAT RICE

Start with half a cup a day of a brown rice such as brown basmati.

Try to avoid white rice. If you love white rice, mix it with brown. Try a ratio of 60% brown, 40% white.

Brown rice contains more fiber & B vitamins. It's better for the gut.

So is quinoa.

If you don't like brown rice, try red rice or black (purple) rice. They're high in antioxidants which means they can help with inflammation.

**Avoid all dairy products** except for natural unsweetened yogurt.



You can eat legumes like lentils. Red lentils are high in antioxidants & cook in 15 minutes.

You can eat nuts, seeds, beans, & tempeh.

## DON'T BE AFRAID OF SOY BEANS & TOFU

Particularly **organic tofu**. Don't believe the nonsense about soy beans messing up male hormones & such.

We've seen many patients eat tofu while on a SIBO diet. It's 100% fine.

If you're a meat eater & wish to eat more beans & legumes, be aware it takes your gut time to get used to these & you may get gas in the meantime.

Go for fresh caught fish, pastured chicken & free-range eggs.





Look for the phrase “**pastured**” or “**pasture-raised**” on egg cartons at the places you shop. They’re much tastier than eggs that say “cage-free.”

If you’re in the USA & you often buy chicken, go for organic. Otherwise the chickens are fed antibiotics & you don’t want that in your meat.

Non-organic poultry also tends to be sprayed with arsenic & chemicals to extend its shelf life. So try to avoid it.

Same with commercial beef.

### **GO WITH GRASS-FED BEEF & PASTURE RAISED CHICKEN WHENEVER YOU CAN**

Canned sardines & canned tuna is OK if packed in spring water.

Don’t get super worried about the mercury content of tuna & other fish. Albacore tuna is safe to eat. Just don’t eat shark & you should be OK.

Avoid sushi. Most restaurants add sugar to the rice. If you doubt this, ask.

### **AVOID HIGH FAT MEATS LIKE PORK & BACON**

They’re not good to eat when you’re trying to heal your gut.

**Avoid processed deli meats** like pastrami, salami, & ham. Same goes for fake cheeses wrapped in plastic.

### **BE CAREFUL WITH FERMENTED & CULTURED FOODS**

Foods like sauerkraut, kefir, & **kim chee** are fantastic for gut health, but best avoided in the beginning.

They’re great to eat as you recover but can cause aggravations if you have them while you’re sick. Yogurt is OK.



kim chee

### **AVOID SUGAR & SUGAR-CONTAINING FOODS**

Beware of sauces. Things like sweet chili sauce, shrimp sauce, oyster sauce, & barbecue sauce often contain sugar.

Avoid most fresh fruit, all fruit juice, & dried fruits (figs, dates, etc).

Blueberries, kiwi, pomegranates & avocados are OK. Any berry is usually fine as long as you don’t eat too much.

### **BAD BACTERIA & YEAST TEND NOT TO LIKE BERRIES**



Same goes for green apples (the Granny Smith variety).

Make sure any fruits you eat are fresh & raw. Don’t buy fruits in cans or jars. If you want something sweet, make a smoothie with frozen berries.

Some patients will disregard our advice, continue eating sweet fruits & still recover. **They are the minority.**

## **SIMPLY ELIMINATING SWEETS & YEAST CONTAINING FOODS IS NOT ENOUGH**

You need to eliminate fruit too.

Avoid very sweet fruits like melons, bananas, pineapples & grapes. These need to be cut out for a some time.

Some experts believe it's best to go on a grain-free Specific Carbohydrate Diet (SCD). But we don't think SCD diets are the way to go for SIBO.

SIBO varies from person to person. We've had SIBO patients who could eat fruit just fine. While others would feel sick & get gas after just a few bites.

### **TRY MODIFYING STARCHES**

Experiment with different cooking methods. We've had many patients say they could tolerate steamed grains for example. But when they didn't steam them, they get bloating & gas.

We've seen similar things with potatoes and starchy vegetables.

You may discover you can tolerate **baked** potatoes for example. But can't tolerate them boiled or steamed.

You can also try blue potatoes or **purple sweet potatoes**. Just because you can't eat one variety doesn't mean you'll react the same to all of them.



This applies to other foods as well. We had patients who could eat brown or black rice. But when they ate jasmine or basmati, they'd get bloating & gas.

So don't assume because you've got SIBO you must avoid every starchy vegetable or grain. Experiment & see what works for you.

### **REMEMBER THAT THE MICROBIOME IS VERY FLUID**

**It's always changing** in response to the different foods you eat & the supplements you take.

So just because you can't tolerate a food today, that doesn't mean you'll still have that intolerance a few weeks or a month from now.

### **THE BEST VEGETABLES FOR SIBO ARE BRASSICAS**



*romanesco cauliflower*

The brassica family includes kale, broccoli, cabbage, cauliflower, etc. The best ones are the dark leafy greens.

Always cook kale. Don't eat it raw.

#### **You don't have to eat salads.**

You can steam or stir fry vegetables & eat them with some chicken or beans. You can add them to an omelette.



Mung bean & alfalfa sprouts are also great. Bad bacteria & yeast don't like to feed on these kind of foods.

**But your good bacteria does.**

Be careful in the beginning with pumpkin, squash, sweet potato, sweet peas, corn & carrots to a lesser extent.

Cut these out of the diet for the first 3 to 4 weeks if your symptoms are very severe. You can be less strict with them as your symptoms improve.

Try not to eat the same foods every day. Rotate them around. Aim to eat different proteins. Don't just eat beef or chicken every day.

### **EATING DIFFERENT FOODS WILL HELP YOU CREATE BIODIVERSITY IN YOUR GUT**

It promotes the growth of a wider range of beneficial bacteria species, **which means faster recovery** & less stress on your immune system.

If you're feeling bored with your diet, **go to a farmer's market.**

They're often held on weekends. Chances are there's one not too far away from you. Farmers markets are great for buying fruits & vegetable varieties rarely found in stores.



pink pearl apples

The food is usually cheaper than at the supermarket & is fresher too.

Patients would often ask, *"how long do I stay on this MEVY diet? Is it a month? Is it 6 months?"*

There is no fixed timeline here.

Usually we'd keep patients on the MEVY Diet between 1 & 3 months. It depends on how you feel & how your symptoms improve.

Nothing is set in stone.

### **IF YOU GET AN AGGRAVATION ON THE MEVY DIET, TAKE A STEP BACK**



Examine if you're eating too much of a particular food. Make sure you're chewing properly. Make sure you're setting time aside to relax & work on your stress.

Be patient & kind to yourself. Don't push yourself too hard. If you get constipated, cut back on meat.

If you get bored of drinking plain water, get an organic herbal tea like chamomile, nettle or peppermint.

These will help with bloating & other SIBO issues.

If you wish to recover faster, start taking a probiotic supplement like **CanXida Restore** within a few days after changing your diet.

Doing this speeds up your results & cuts your recovery time in half.

You'll learn more about whether you need to take SIBO supplements & the **CanXida** range later in this guide.

# The Low Allergy Diet

2 - 8 weeks

## Say Goodbye to Food Intolerance & Inflammation

The purpose of this phase is to:

- (1) Restore your gut's immune system so it stops reacting to foods it shouldn't.
- (2) Reduce inflammation & heal your gut wall.

We do this by taking out all foods that can cause an **allergic reaction**.

This lets your immune system back off from what you're eating & focus fully on nailing SIBO once & for all.

Not everyone needs to go through a **Low Allergy** phase. If your symptoms prior to the MEVY Diet were mild to moderate & are now fully gone, you can go straight to Phase 3.

We recommend doing Phase 2 if you have a history of antibiotic use, had severe symptoms prior to Phase 1, or still have symptoms after following the MEVY Diet for 1 to 3 months.

The first thing you need to do is remove the key allergy foods.

**YOU WANT TO REMOVE THESE FOODS EVEN IF YOU DON'T THINK YOU HAVE AN ALLERGY TO THEM**

Because chances are they're causing inflammation somewhere.



By taking these foods out, it stops your immune system from reacting.

The foods to remove are:

- citrus (especially oranges)
- pineapple
- banana
- shellfish
- peanuts / peanut butter
- wheat / gluten
- chocolate
- cow's milk

lemon is ok



**COW'S MILK IS A BIG ONE**

Our cofounder did testing on over 350 children & found nearly 70% had a problem with cow's milk.

Bananas came back 14%. Pineapple & shellfish came back nearly 20%.

**Bread & gluten allergies are not as common as you think.**

Too many people blame wheat & gluten when in fact, these people have bacteria & yeast problems that need clearing up BEFORE they start taking gluten out of their diet.

We're not fans of telling patients to eliminate all wheat or gluten forever.

In fact, we've helped patients get **BACK into gluten** after their doctor they could NEVER eat wheat again.

Just because blogs say you should be gluten-free doesn't make it true. "Gluten Free" is like a religion today.

**ONLY 1 OR 2% OF THE POPULATION HAS CELIAC DISEASE**



Are you celiac? Probably not. Are you gluten intolerant? Probably not. Do you have an issue with your gut flora? Probably yes.

Patients are often surprised how well they can tolerate gluten after going through the Low Allergy Diet.

**You don't need to remove all dairy products during this phase.**

Unsalted organic butter is fine. Small amounts of mozzarella, Gouda, Parmesan & feta cheese is OK. Try to stay away from other cheeses.

Don't grate cheese on everything. It's not good for your gut.

Take out the cream.

Organic yogurt is always good. Try to get a high quality one from a health food shop vs supermarket. Or make your own at home.

Take out oranges, mandarins, tangelos, etc. Lemons & limes are OK.

### **REMOVE THE CHOCOLATE**

Even dark chocolate, 100% cocoa and raw cacao has GOT TO GO for a while. Chocolate aggravates SIBO & other gut disorders. You must take it out of your diet for at least 3 to 4 weeks if you wish to get well.

Cacao is high in antioxidants and is great to eat – but NOT when you're trying to heal SIBO or a gut problem.

Same goes for oranges, bananas, pineapples & shellfish.



## **YOU CAN GO BACK TO EATING THESE FOODS LATER**

The only high allergy food you may want to remove indefinitely is peanuts. They're not actual nuts & they're not good for the gut. You can learn more about this on our YouTube channel.

Take out stevia & xylitol if you've got very severe SIBO. You can try adding them back in after 4 to 6 weeks.

### **THE LOW ALLERGY DIET MEANS NO SUGAR**

You need to be tough on yourself & remove all foods with added sugar. **Sugar affects your immune system.**

Research at Cornell University found that within 5 minutes of eating even small amounts of white sugar, your white blood cell count drops.

Once you go through this phase you're going to notice a lot of foods that you thought you couldn't eat don't trigger a flare-up anymore.

And that includes wheat & gluten.

This is because we've strengthened the gut wall. We got rid of any leaky gut you may have had.

**Nearly all patients with SIBO have leaky gut to some degree.**

All you do for Phase 2 is remove the foods listed previously & keep it that way for 2 to 8 weeks.

You can continue the MEVY Diet in the meantime (although you don't have to be as strict as before). After that, you can move on to Phase 3.

## How to Shift Your Diet Back to Normal Again

After the Low Allergy Diet, you should be feeling pretty darn good.

Many people email us after doing Phase 2 & say *"I'm feeling fantastic!"* This is how you know you're ready to start reintroducing foods.

**Wait until there's some stability in your life before starting Phase 3.**

Don't start it if you just got a new job or went through a major life event.

Start by examining the foods you loved before you started treatment – when your SIBO symptoms were at their WORST.

Because it makes sense if you go back to your previous pattern of eating & living, your symptoms may return.

If you symptoms are still getting better or not all have been eliminated, stick to the diet & treatment plan for a longer period of time.

If you need to stay on Phase 2 for 4 months instead of 8 weeks, do so.

Be persistent.

**DON'T GIVE UP OR END YOUR TREATMENT EARLY**

Stopping early is the #1 reason many patients fail to fully recover.



There's no rule for how long you must stay in Phase 3. Some patients can quickly reintroduce foods & go back to their normal life within 2 months. Others may take 12.

**Do not expect a fast & easy recovery if you've been had severe SIBO for many years.**

The worse your symptoms were, the longer reintroduction takes. Be patient. Don't blow all your hard work by reintroducing foods too quickly.

**WHICH FOODS SHOULD YOU RE-INTRODUCE FIRST VS LAST?**



One way you determine which foods to reintroduce first is by asking yourself, *how did your stomach feel when you were eating that food?*

What was your sleep & cognition like? Did you feel great after eating it or did you feel lousy? If it was lousy, it's better to reintroduce that food later.

Another way is to grab a piece of paper & write down all the foods you used to eat but have since taken out.

**IT CAN BE ICE CREAM, COOKIES, BACON, ETC. WRITE THEM ALL DOWN**

Then next to each write 1, 2, or 3.

- (1) Are the foods you can live without or are indifferent do.
- (2) Are the foods you really enjoy.
- (3) Are the foods you love most.



A food like carrots would be (1) & ice cream or cookies would be (3). So of course, the foods you're going to reintroduce first are the ones with (1).

**Introduce one to two foods at a time, over a 3 to 7 day period.**

For example, when you want to introduce bananas, add one banana to your diet for 3 to 7 days.

If all goes well, try adding a 2nd banana for the next 3 to 7 days in addition to the first.

**Be patient & take things slow.**

Test out each food like this before moving to the next. Don't introduce 10 different foods in 1 week because you've been feeling good lately.

Once you've tested the (1) foods, move onto the (2) foods. Test them the same way as before – **gently & slowly**.

Don't be in a hurry to reintroduce the (3) foods. If you rush this or start immediately reintroducing (3) foods, it could cause bloating or other issues.

Phase 3 is a good time to test out foods you haven't tried before. Try adding a new vegetable or protein. You're unlikely to get a reaction from it because you haven't had it before.

**REINTRODUCE FOODS YOU LOVE & CRAVE LAST**



These are the foods your immune system is most sensitive to. Especially if they're sweets or contain yeast.

Refined carbohydrates & sugary processed foods should be last as well. As should foods that used to cause the most aggravations.

Be careful with alcohol, chocolate, cake & ice cream.

We don't like to be the food police, but if you're serious about making your new results stick, you shouldn't be in a hurry to eat these.

You can reintroduce them later & eat them here & there but they shouldn't be part of your daily diet.

Think about substituting some of your favorite foods (like ice cream) with healthier alternatives.

If you want a chocolatey dessert, get cocoa or cacao powder & make a smoothie with frozen bananas & cherries. Or choose a low sugar oat or coconut milk ice cream vs cow's milk.

**WHEN CAN YOU REINTRODUCE FRUIT?**



Fruit is one of the first food groups patients want to reintroduce. Be careful with fruit in the beginning – especially if your old diet consisted of 3 – 4 or more servings of fruit daily.

Reintroduce your favorite fruits last. Be careful with fruit juices.

Fruit should only make up a small portion of the diet, not a main part.

Try not to eat more than 2 to 3 servings of fresh fruit per day until you're 100% sure the SIBO is gone.



## WHEN CAN YOU DRINK ALCOHOL AGAIN?

Alcohol is one of the strongest foods or drinks in terms of its affect on your gut. Nothing else you add to your diet can aggravate SIBO to the same extent.

That's why it's best to wait at least 3 to 6 months before reintroducing alcohol of any kind. Wait until you feel great, then slowly reintroduce it.

Be sure to include plenty of water, fruit & vegetable juices and herbal teas into your diet at the same time.

Don't think you can get away with drinking more wine vs beer because one is better for you.

## ALL ALCOHOLIC DRINKS AFFECT YOUR GUT IN MOSTLY THE SAME WAY

Dosage & frequency are what matter. If you want to drink regularly once you've recovered, be sure to have several days during the week when you drink no alcohol at all.

This will allow your gut time to recover & will make it much less likely that your SIBO comes back.

This also gives you enough time to work out if the alcohol starts causing an aggravation.



For best results, keep taking a probiotic like **CanXida Restore** until you're finished with Phase 3.

**Restore** is our "heavy duty" digestive enzyme + probiotic formula. We made it specifically for patients with chronic gut disorders like SIBO.

It's going to help break down all the vegetables, fats & proteins you'll be eating – which will feed your beneficial bacteria & make them grow faster.

We'll tell you everything you need to know about supplements (& whether you need them) later in this guide.



## FINAL ADVICE:

If you've been following our 3 phase diet, started taking **CanXida**, & you're still not improving, you've got what we call an obstacle to recovery.

It means there's something in your path to great health that needs removing. Like a block in the road.

It may have nothing to do with food. It could be **stress related**. It can be bad relationship or an stressful boss at work. It can be a sick child.

## BECAUSE RECOVERY ISN'T ONLY ABOUT DIET

It's also about **LIFESTYLE**. So be sure to examine your life and see if there's anything that needs tweaking.

# How to Avoid Hidden Sugar

## & Other Grocery Tips That'll Help You Recover

One pattern we noticed over the years is many patients have trouble telling the difference between healthy & unhealthy food on store shelves. So this section is going to fix that.

### HOW TO SPOT HIDDEN SUGARS ON FOOD LABELS

Below are all the different types of sugars you're likely to encounter. You want to **avoid ALL** foods that contain these until the reintroduction phase.

- beet sugar
- brown sugar / raw sugar
- cane sugar
- coconut sugar / palm sugar
- disaccharides
- evaporated cane juice
- invert sugar
- muscovado sugar
- high fructose corn syrup
- glucose / glucose syrup
- barley malt
- malt syrup / malt powder
- maltodextrin
- maltase / ethyl maltol
- oat syrup / brown rice syrup
- agave nectar
- galactase
- honey
- date sugar
- molasses
- maple syrup
- fruit juice concentrate

You'll notice even healthier sugars like honey are on this list. And that is because **bad bacteria loves sugar**.

It's not picky.

### IF YOU DON'T FEED IT REFINED CARBS, IT WILL USE HONEY

Same goes for dried fruit, mango, grapes, etc. You need to take them out of your diet until Phase 3.

### THE 2 BEST NATURAL SWEETENERS ARE STEVIA & XYLITOL

Stevia is a small plant from South America. The leaves themselves taste sweet & like sugar without any processing required. So it's very natural.



**Stevia extract** is widely available in both liquid & powdered form. We recommend the liquid as many brands mix the powder with maltodextrin.

Stevia is very strong. You only need a few drops to sweeten a cup of coffee.

Some say stevia has an aftertaste while others say there's no aftertaste. So try it & see if you like it.

Stevia has no calories but it does have a minuscule effect on blood sugar. If you're diabetic, choose xylitol instead.

### XYLITOL IS A SUGAR ALCOHOL

It's a type of sugar, but doesn't behave like sugar. It doesn't feed bad bacteria or yeast & it doesn't shoot your blood sugar up when you eat it.

Xylitol is found naturally in many

foods such as strawberries, pumpkin & even vegetables like cauliflower.

Xylitol only comes in powdered form, & as with stevia, many brands mix it with maltodextrin. So do read labels. Only buy 100% pure xylitol.

If you don't like stevia or xylitol, try **monkfruit extract**. It's also good.



Once you reach Phase 3 you can reintroduce other sweeteners. The 3 healthiest non-zero calorie sweeteners are raw honey, date sugar & molasses.

Date sugar is just powdered dried dates. While molasses is leftover liquid from the process of making sugar. It has all the vitamins & minerals from the sugarcane plant & is high in iron.

### **AIM TO MINIMIZE YOUR CONSUMPTION OF REFINED SUGAR EVEN AFTER PHASE 3**

You don't have to be perfect, but do try. Remember, we want to help you set up healthier eating habits for life.

Not to have you go back to your old diet as soon as the SIBO is gone.

### **AVOID ARTIFICIAL SWEETENERS**

The common three are aspartame, sucralose, & saccharin. Avoid Nutra-Sweet, Sweet'N Low, Equal & Splenda. They're not good for the gut.

### **4 MORE GROCERY TIPS**

- **Be skeptical** of what's written on the front of the package. It may be there to deceive. Always check the back.

- **Ingredient order** is based on quantity. If sugar is listed first, that product has more sugar than any other ingredient.

- Aim for foods with **2 to 3 lines** of ingredients. If there's a paragraph full of strange words, it's highly processed.

- Check serving sizes. It may say "5g of sugar per serving" but list the serving as **1/3<sup>rd</sup> of a cookie** or half a can of soda.

### **11 WORDS & PHRASES TO WATCH OUT FOR ON FOOD LABELS**

**Multigrain** – the food contains 2 or more grains. All which may be refined.

**Natural** – means nothing artificial or synthetic was added. Doesn't mean the food is healthy & not highly processed.

**Light / Low Calorie** – processed to have less calories or fat (often replaced with sugar, water & thickeners).

**Low Fat** – same as Light / Low Calorie.

**No Added Sugar** – doesn't mean it's low in sugar or doesn't have artificial sweeteners or sugar substitutes.

**Made With Whole Grains** – may have 20% whole grains & 80% refined flour. Always check the order of ingredients.

**Fortified or Enriched** – vitamins or nutrients were added. "Enriched flour" means white or refined flour was used.

**Organic** – doesn't mean it's healthy.

**Gluten Free** – doesn't mean it's not high in sugar or unhealthy oils.

**Made With Real Fruit** – may barely have any fruit. Check if fruit is near the front or back of the ingredients list.

**Zero Trans Fat** – the FDA lets brands list trans fat as zero if it's less than 0.5g "per serving." It's easy to manipulate.



# So What Foods Do I Eat?

## Your Complete Grocery Shopping Guide

### Vegetables

Eating vegetables will do more for your gut than yogurt. Especially the **brassicas** (aka cruciferous vegetables) which are the #1 best food for your gut.

**WITH VEGETABLES,  
FRESH IS BEST  
BUT FROZEN IS OK**

Stay away from canned vegetables.

You can cook vegetables however you like. You can steam, bake, stir fry them with bit of extra virgin olive oil, or just eat them raw in salads.

You can even juice some, though make sure to eat whole vegetables too. As it's the vegetable fiber that feeds good bacteria & makes them grow.

If you're not used to eating raw vegetables, **start slow**. Remember, gut bacteria don't like sudden swings in diet. Some vegetables to consider are:

#### Leafy green vegetables

- lettuce
- spinach
- arugula (aka rocket)
- silverbeet (aka swiss chard)
- bok choy & other Chinese veg



### Root vegetables

- carrots
- beetroot (including leafy tops)
- potato & sweet potato
- celeriac
- parsnip
- radishes (including leafy tops)
- turnips

Eat root vegetables with **caution** during the first month. Too many patients use them as a substitute for refined carbs. Eat too much too early & you'll slow down your recovery.



### Brassicas (cruciferous veg.)

- cabbage
- cauliflower
- brussel sprouts
- kale (must be cooked)
- broccoli

### Onion (allium) family

- shallots
- onions
- chives
- garlic

### Other vegetables

- asparagus
- celery
- string beans

### Vine fruits

- cucumbers

- tomatoes
- zucchini
- okra
- eggplant
- squash & pumpkin

Pumpkin & squash are high in starch. Avoid them for the first month.



## Fruits

Many SIBO websites say you need to avoid all fruit. This is not true.

We do discourage patients from eating fruit **for the first 2 weeks** of the MEVY diet, but there's nothing wrong with eating fruit later on.

Avoid all fruit juices & citrus fruit except for lemon, lime and grapefruit.

**Grapefruit & grapefruit juice** is the best citrus to have on a SIBO diet.

### Fruits Safe to Eat Initially:

- blueberries
- raspberries
- strawberries
- blackberries
- kiwi fruit
- avocado
- green apples (Granny Smith)
- pomegranate
- lemons & limes

### Fruits NOT Safe Initially:

- pineapples
- mango
- peaches
- nectarines

- plums
- apricots
- oranges
- mandarins
- bananas
- grapes
- dried fruits (especially figs, dates, apricots, & raisins)



A rule of thumb with fruits is if it's really sweet & you have cravings for it, avoid it until your symptoms improve.

## Herbs & Spices

- allspice
- anise seed
- basil
- bay leaf
- black pepper
- cayenne
- chives
- cilantro
- cinnamon
- chipotle
- cloves
- coriander
- cumin
- dill
- garlic
- ginger
- red chili flakes
- marjoram
- mint
- nutmeg
- oregano
- paprika
- parsley
- rosemary
- sage
- sea salt
- star anise
- tarragon
- thyme
- turmeric
- vanilla



Before drugs, people used herbs as medicine. Many have antimicrobial & antifungal properties.

### **DRY HERBS ARE OK BUT TRY TO GET FRESH IF POSSIBLE**

Try using apple cider vinegar as a seasoning too (Bragg's brand is best).



### **Grains & Flours**

- brown rice flour (or flakes)
- barley grass powder
- alfalfa grass powder
- amaranth
- rye flakes
- buckwheat
- millet
- whole oat groats
- wild rice (the long black one)

Experiment with grains as your gut improves. **Try red or black rice.** Don't avoid rice because it has carbs. Even white Basmati rice is better to eat than most wheat products.

### **Pasta**

- millet pasta
- quinoa pasta
- brown rice pasta
- mung-bean starch

If you're gluten sensitive, avoid wheat entirely until Phase 3. We recommend only non-wheat pastas for all patients with chronic or severe SIBO regardless of wheat sensitivity.

### **Noodles**

- rice noodles
- rice vermicelli
- soba noodles (only if made with 100% buckwheat flour)
- udon

As with pasta, go with non-wheat noodles if you're gluten sensitive or if symptoms are severe. You'll find them in the Asian section of supermarkets.

### **Beans & Pulses**

- adzuki beans
- butter beans
- red kidney beans
- black-eye peas
- black beans
- cannellini beans
- haricot beans
- sprouted beans
- broad beans
- chickpeas (garbanzo beans)
- lentils (red, green, black, etc.)



Pulses are edible seeds of legumes like lentils, peas and chickpeas. They come in a wide range of colors & sizes.

They're a great source of protein & carbs. You can use them to reduce your meat intake & at times when you can't get high quality meat.

### **START SMALL IF YOU'RE NOT EATING BEANS ALREADY**

Then slowly add more. Start by adding 1 tbsp of **red lentils** to dishes & eat that for a few days. Then increase to 2 & then 3. Red lentils are good to start with as they cook in 15 minutes.

This let's you avoid most of the bloating & gas people associate with beans. Taking a probiotic + enzyme (like **CanXida Restore**) also helps.

Beans you buy dry & cook yourself are best but **canned beans are OK**. If buying canned, go for butter beans, red kidney beans, white beans (navy beans), chickpeas or cannellini beans.

## Nuts & Seeds

- almonds
- flax seeds
- pumpkin seeds
- Brazil nuts
- coconuts
- hazelnuts
- sesame seeds
- cashews
- pine nuts
- sunflower seeds



Nuts & seeds are high in protein & minerals but eat them in moderation. That means 1 to 2 handfuls a day.

### DON'T EAT A WHOLE BOWL OF NUTS

Some patients think they can't tolerate nuts when the issue isn't the nuts but the quantity they attempted to eat in the past.

Look for nuts & seeds in the bulk food bins at your local supermarket or health food store. These tend to be fresher than pre-packaged. Choose unsalted & buy small amounts at a time.

### AVOID PEANUTS

They aren't nuts. They're legumes that grow underground. They're highly allergenic & often cause inflammation.

Nut & seed butters are OK but keep them refrigerated & eat them within a few weeks. Don't keep them in your fridge for months.

Roasted & raw nuts are both fine. Try to just go for unsalted.



## Breads

It's a common myth that SIBO patients must avoid grains & follow a gluten-free diet. This is false. Not all SIBO patients have a gluten problem.

You can eat bread in small amounts as long as it's made from just whole wheat flour, salt & water. Avoid bread that contains yeast & sugar.

### NATURAL FERMENTED SOURDOUGH IS BEST

## Biscuits & Muffins

You can eat biscuits & muffins if you make them yourself with baking powder or baking soda as a leaven.

Be careful with store bought versions of these. It's difficult to find them without added sugar or yeast. If your SIBO is severe or you've been sick a long time, you need to avoid these foods until your gut improves.

Most larger stores today stock gluten-free breads, muffins, & biscuits. There's plenty of **rice bread & rice biscuits** out there for example.



rice crackers

If you want to play it safe, ask your bakery if they sell sugar-free, yeast-free, wheat and gluten-free products. Look around your area and you'll likely find SIBO-friendly options you can enjoy.

## Crispbread & Crackers

Many stores today carry oat cakes, rice and corn thins, Japanese rice crackers, buckwheat or millet cookies, seaweed crackers & more. Read labels carefully you'll often find something.

## Cakes, Chips & Bars

Most of these contain hidden sugars & other ingredients you want to avoid. You may be able to find coconut or nut bars, chickpea chips, corn chips, & sesame seed bars.

## Soups

With soup you want to make your own or get an organic one from a health food store. Make sure any soup or broth you buy is sugar & yeast-free.

Companies that make healthy soups tend to also make SIBO-friendly **hummus** & lentil dips too.



## Dips & Spreads

Guacamole is a dip made with avocado. Hummus is a dip made with sesame seed butter (tahini) & chickpea. Almond or cashew butter is also great.

Buy some dips or make your own. The benefit of dips is they allow you

to increase your vegetable intake while keeping dishes palatable. They'll add a lot of variety to the diet you'll be on for the next several months.



## Seafood

The best seafood for SIBO is the one you get fresh at a local fish market. Look for fish with clear (not white or cloudy) eyes & without a strong smell.

Note that fillets are more expensive vs scaled & cleaned whole fish. If you're worried about mercury or toxins, go for the smaller fish. They're cleaner.

### IF YOU DON'T WANT TO HANDLE RAW FISH, CANNED IS OK

Canned wild salmon or sardines are good choices. Make sure whatever canned fish you buy is packed in water or olive oil. Tomato sauce is also OK. Avoid fish that's packed in soy oil.

## Poultry & Eggs

The best eggs for SIBO are the ones that say **pastured** or **pasture-raised**. Pastured means the hens went outside, ate insects & got sunlight on a regular basis. It's a step above free-range which just means the hens had some outdoor access (but may not have gone outside).

Pastured eggs have brighter yolks & more vitamin A, E & **omega-3**. As well as less cholesterol & saturated fat.



If pastured & free-range eggs are unavailable, look for organic and cage-free. These hens are kept indoors but at least aren't caged.

The same goes for buying poultry. Look for organic, pasture-raised or free-range. Fresh turkey is also OK.

## Meats

Organic & grass-fed beef, lamb or goat meat are the healthiest options.

If none is available you can select lean meats from a local butcher or supermarket, though we suggest most US patients avoid non-organic beef for reasons similar to poultry (see page 11).

Grass-fed is better than grain fed beef. Venison (deer meat) and bison are also excellent if you can find them.

### BE CAREFUL WITH RED MEAT

Too much will cause constipation.

## Other Protein Sources

There's plenty of options if you're vegan or vegetarian. Sausages made from beans & vegetables are good. As is organic tofu & **tempeh**.

Tempeh is a fermented food made with whole soy beans. It's packed with good bacteria & we highly recommend patients with gut issues give it a try.

Nutmeats & casseroles made from beans, nuts & lentils are also great.



## Dairy

The best dairy is biodynamic or organic sheep, goat or cow's milk yogurt. Organic soy yogurt or acidophilus yogurt is also OK. Biodynamic is a step above organic.

### THE BEST YOGURT IS NATURAL, SOUR, GREEK YOGURT FROM FULL FAT, GRASS-FED ORGANIC MILK

Cow's milk yogurt is OK. Sheep or goat's milk yogurt is better.

The same goes for cheese. Sheep & goat's milk cheese is easier to tolerate when you have a sick gut.



### THE 2 BEST CHEESES FOR SIBO ARE GOUDA & MOZZARELLA

They have higher lactobacillus levels compared to other cheeses.

If you can't find mozzarella or Gouda made with sheep or goat's milk, cow's is fine. Feta & Parmesan are also OK. Avoid other cheeses until all your SIBO symptoms are gone.

Most patients can tolerate small amounts of cheese in their diet.

Avoid drinking cow's milk until Phase 3. Even if it's organic. Try goat's or sheep's milk instead if you want.

## Cereals

Avoid boxed cereal like cornflakes.

Even gluten-free ones often have added sugar. The same goes for muesli and granola (though you may find some OK ones at your health food shop).

If you love granola or muesli, make your own. That way YOU control what goes in it. Rice or millet porridge and puffed millet are also good options.

## Seaweed

- kelp (also called kombu)
- wakame
- hijiki
- nori
- arami
- dulse

Eating seaweed may seem strange but it's a great food for gut health. It contains a large amount of fiber which increases the growth of good bacteria.

Don't be afraid of seaweed. You already ate nori if you ever had sushi.



Seaweeds are one of the most mineral rich foods you can eat.

## Fermented & Cultured Foods

Foods like kefir, sauerkraut & kim chee are good but can cause flare-ups when your gut isn't in great shape yet. Leave them alone until Phase 3.

The best fermented & cultured foods to eat during Phase 1 & 2 are yogurt, buttermilk, tempeh & miso.

Remember that yogurt **should taste sour** & not have added sugar. If

it tastes sweet, it's not real yogurt.

You're free to add fresh or frozen berries, nuts or green apples to your yogurt. You don't have to eat it plain.

## Oils & Fats

- sesame seed oil (toasted or raw)
- pumpkin seed oil
- walnut oil
- olive oil
- coconut oil
- flax seed oil
- avocado oil



### THE BEST OIL FOR SIBO IS EXTRA VIRGIN OLIVE OIL

The second best is coconut oil. Try sesame oil too. It adds a lot of flavor to vegetables.

Aim to always add some oil to vegetable dishes as this boosts the absorption of many nutrients.

### AVOID VEGETABLE OILS

They are all GMO corn & soy oils.

## Drinks & Smoothies

Choose pure filtered water or low-sodium mineral water. Herbal teas, rice or oat milk (check the label for added sugar) are also good options.

Avoid drinking unfiltered tap water as the chlorine content isn't great for beneficial bacteria growth.

Note that you can make many non-dairy milks yourself using any basic blender. Such as almond & oat milk.

Smoothies are also a great option. We recommend smoothies over juices. **Smoothies contain fiber**, juices do not. It makes a big difference when it comes to feeding good bacteria.

# 186 SIBO Friendly Foods To Try

## Brassicas (#1 best)

- Arugula
- Bok choy
- Broccoli
- Broccolini
- Brussels sprouts
- Cabbage
- Cauliflower
- Collard greens
- Horseradish
- Kale (cooked)
- Kohlrabi (cooked)
- Mustard greens
- Radishes
- Rutabaga
- Turnips
- Watercress

## Other Vegetables

- Artichoke
- Asparagus
- Beet greens
- Burdock root
- Celery
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Fennel
- Lentil sprouts
- Lettuce
- Okra
- Peppers
- Spinach
- Swiss chard
- Sunflower sprouts
- Tomatoes
- Zucchini

## Allium Vegetables

- Garlic
- Onions (any color)
- Leeks
- Scallions
- Shallots

## Plant Protein

- Beans
- Chia seeds
- Hemp seeds
- Lentils
- Peas
- Quinoa
- Sprouts
- Tempeh
- Tofu

## Fruits

- Avocado
- Bilberry
- Blackberry
- Blueberry
- Boysenberry
- Cranberry
- Currant
- Dragonfruit
- Grapefruit
- Green apple
- Goji berry
- Kiwi
- Kumquat
- Lemon
- Lime
- Mulberry
- Raspberry
- Strawberry
- Pomegranate

## Animal Protein

- Anchovies
- Beef
- Bone broth
- Cheese (goat/sheep's Mozzarella & Gouda are best)
- Duck
- Eggs
- Mackerel
- Tuna
- Salmon
- Fish roe
- Game meat (rabbit, venison, quail)
- Goat
- Lamb
- Liver
- Organic chicken
- Pheasant
- Pork
- Sardines
- Turkey

## Nuts & Seeds

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Coconuts
- Flaxseeds
- Hazelnuts
- Nutmeats
- Pine nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts



# During MEVY & Low Allergy Diet



## Cultured & Fermented Foods

- Miso
- Goat yogurt
- Sauerkraut
- Sour Greek yogurt
- Tempeh
- Coconut yogurt
- Kim chee

## Oils & Fats

- Avocado Oil
- Coconut oil
- Extra virgin olive oil
- Flaxseed Oil
- Ghee
- Pumpkin Seed Oil
- Rice Bran Oil
- Sesame Seed Oil
- Sunflower Oil
- Walnut Oil

## Grains, Pasta & Noodles

- Brown rice
- Black rice
- Red rice
- Buckwheat
- Millet
- Rice noodle
- Rice vermicelli
- Soba
- Sourdough
- Udon
- Whole oat flakes
- Wild rice

## Dairy Milk Alternatives

- Almond milk
- Flax milk
- Hemp milk
- Oat milk
- Nut & seed milks
- Rice milk
- Coconut milk

## Herbs & Spices

- Anise
- Basil
- Bay leaf
- Cayenne
- Chives
- Cilantro
- Coriander
- Cinnamon
- Chipotle
- Cloves
- Coriander
- Cumin
- Dill
- Garlic
- Ginger
- Black pepper
- Marjoram
- Mint
- Nutmeg
- Oregano
- Paprika
- Parsley
- Red chili flakes
- Rosemary
- Sage

- Sea salt
- Tarragon
- Thyme
- Turmeric
- Vanilla

## Seaweeds

- Arami
- Dulse
- Hijiki
- Kelp
- Kombu
- Nori
- Wakame

## Snacks & Other Foods to Try

- Apple cider vinegar
- Buckwheat cookies
- Millet cookies
- Rice crackers
- Muesli
- Seaweed crackers
- Hummus
- Nut butters

## Foods to Try As Your Gut Improves

- Carrots
- Banana
- Pineapple
- Squash
- Potato
- Sweet potato
- Sourdough
- Squash





# What About Supplements?

## Can You Heal Your Gut With Diet Alone Or Do You Need Supplements Or Probiotics?

Patients often asked, “do I have to take supplements or antibiotics during these 3 phases?” Or “I want to get rid of SIBO with diet alone. Is this possible?”

Of course it’s possible.

### **YOU DON’T HAVE TO TAKE ANYTHING AT ALL**

Let’s say you eat all the right foods. You eat brassicas & homemade goat’s milk yogurt every day. You cut out all alcohol. All refined carbs. All fruits.

You live a low-stress lifestyle. You get 8 hours of sleep each night. You drink plenty of water & herbal tea.



If you can do everything **perfectly** & keep doing it for 6 to 9 months, you probably don’t need supplements.

But here’s the problem:

### **NOBODY CAN DO THIS**

You may be reading this at 1am at night. You may be on your phone on your way to work after barely getting any sleep. You may be eating take out.

We don’t live perfectly balanced lives. We live in the 21<sup>st</sup> century.

We all have responsibilities & need to get things done quickly & efficiently.

### **THAT’S WHY WE TAKE A SUPPLEMENT**

Diet alone doesn’t work for the majority of patients.

It can work if the patient had a mild case that was detected early & treated with diet. But **this is rare**.

People don’t make drastic changes to their diet in early stages like this. It usually happens much later when the symptoms get severe.

You can slightly lower the levels of bacteria in the small intestine via diet alone, but to fully wipe them out...

### **YOU NEED SOME KIND OF ANTIBACTERIAL AGENT**

Something like aged garlic extract, grapefruit seed extract & oregano oil.

Don’t think you can just eat these in their regular food form.

You’d have to go on a very extreme diet to get the doses of antibacterials needed to treat chronic or severe SIBO.

Especially when there’s a history of antibiotics, alcohol, pharmaceutical drugs, a high stress lifestyle, etc.

Don’t worry about antibiotics vs natural or herbal supplements yet.



aged garlic

We'll explain all that on the next page.

## **A POOR DIET ALONE DIDN'T CAUSE YOUR SIBO PROBLEMS**

Changing your diet isn't enough to get rid of chronic or severe SIBO. It's not that easy. You need to do more.



## **IF YOU FORCE A DIET TO DO ALL THE WORK, THAT EXTREME DIET IS GOING TO MESS UP YOUR MICROBIOME**

It's going to irritate your digestive system & throw the beneficial bacteria levels off balance even more.

You're going to get additional gut problems on top of the ones you have.

### **Diet alone doesn't work.**

It doesn't matter if a patient eats 10 cloves of garlic a day, big chunks of ginger & tablespoons of turmeric.

We've seen patients eat the most amazing diets. Yet when they did a stool test they still had SIBO.

## **WE DIDN'T ALWAYS HAVE THIS BELIEF**

We told patients with SIBO & gut disorders to go to health food stores.

We told them to buy foods like garlic & oregano. We told them to eat whole foods & not rely on supplements.

And guess what? **It didn't work.** People just got overwhelmed with the amount of stuff they had to eat.

## **IF YOU HAVE SEVERE GUT ISSUES, YOU NEED TO DO BOTH DIET & SUPPLEMENTS**

This is why we gave up trying to treat these issues with diet alone & created **CanXida Remove (RMV)**.

RMV is a 12-ingredient antifungal, antibacterial & anti-parasite tablet based on +30 years of research. You can learn more about it on page 36.

## **WHAT YOU CAN EXPECT IF YOU USE SUPPLEMENTS**

Thirty plus years of experience has taught us that patients who pair diet & supplements together:

- (1) Have a much higher chance of getting a full (vs partial) recovery.
- (2) See results faster compared to patients who try to rely on diet treatment alone.

- (3) Recover faster and end up with less symptoms in a much shorter period of time.

## **WHICH MEANS LESS BLOATING, LESS GAS, LESS BRAIN FOG & LESS INFLAMMATION**

Once the SIBO is gone, you can stop taking supplements & focus on eating a healthy diet long term. You don't need to take supplements forever.



**canxida**



# What Works Best For SIBO?

## Natural Supplements (Herbal Medicine) Vs Probiotics Vs Pharmaceutical Drugs

If you watch our YouTube channel, you know we're big believers in natural medicine – especially when it comes to treating SIBO & other gut disorders.

And that's because...

**SIBO RESPONDS  
BETTER TO NATURAL  
TREATMENT**



Natural treatment means herbal medicine + probiotics. That's what the studies show & what our experience has been working with patients.

Many patients think “*that natural stuff doesn't work*” & the only options they've got are drugs like antibiotics.

In fact we've done our own surveys & one thing we found is 70% of patients with moderate to severe SIBO **NEVER** tried to treat it using natural means.

The first reason we **ONLY** suggest natural treatment for SIBO is:

**NATURAL MEDICINE  
DOESN'T HARM YOUR  
BENEFICIAL BACTERIA**



It lets you take out the bad bacteria without harming the beneficial ones or causing collateral damage.

It's the difference between using a sniper rifle vs a nuclear bomb. The nuclear bomb is the antibiotic.

We stopped using antibiotics for SIBO. Why? Because nearly all patients with recurring SIBO had a history of antibiotic use **BEFORE** they got sick.

The problem with antibiotics is they don't just kill the SIBO bacteria – they kill the beneficial bacteria too.

This creates a void or empty space in your gut at the microscopic level. And if you don't quickly fill that void with beneficial bacteria, it's going to get filled with something else...

In other words, the bad bacteria & yeast will move in & take over. They'll latch onto where the good bacteria used to be & start causing problems.

The second reason is:

**BAD BACTERIA, YEAST &  
PARASITES CAN'T  
BECOME RESISTANT TO  
NATURAL INGREDIENTS**

This has been confirmed many times with studies on grapefruit seed extract, aged garlic extract, clove oil, etc.

**Resistance doesn't happen.**

It happens with drugs because they are synthetic. They have 1 ultra refined chemical with a narrow band of action.

Bad bacteria is very adaptive.

If you only hit it with 1 action, it'll soon work out how to fool this action. And you know what happens next...

The drug stops working & SIBO comes back. And you go back to the doctor who puts you on a new drug and the cycle repeats.

Natural medicines are different. They don't contain just one thing.

One herb can have MANY active chemicals. It can be antibacterial, antifungal, AND anti-parasitic. Aged garlic extract (for example) has 8 different antimicrobials that make it up.

They hit the bacteria via multiple pathways at once **so it can't adapt**.

This works even better when you combine multiple herbs together. For example garlic with grapefruit seed extract, oregano oil, berberine & more.

### **THIS HITS SIBO WITH 100 DIFFERENT THINGS AT ONCE**

If you attack SIBO like this, it is DONE.

### **USE MULTIPLE HERBS AT ONCE**

Don't just take huge doses or 1 or 2 things like garlic & cloves.

Garlic & cloves are non-toxic, but you can bet you'll get a bad reaction if you swallow 15 cloves of garlic at once.

Your gut isn't going to like it. You'll get a stomach ache & feel sick.

And that's because **there's a limit** to much of each ingredient your body can handle in a short amount of time.

When you take a massive dose of one ingredient like aged garlic extract, you get a big reaction in one direction.

When you take smaller doses of many different herbs at once, you get the same big dose of antibacterials but have a balanced reaction.

### **YOU GET THE SAME BIG ACTION WITHOUT THE IRRITATION**

That's why **CanXida RMV** has 12

natural ingredients vs 1 or 2. It lets you take 12 antibacterials at once at doses that are effective & not overpowering.

### **ANTIBACTERIAL HERBS VS PROBIOTICS, WHICH WORKS BETTER?**

The answer is **USE BOTH**.

Some think if you take a probiotic & something like **RMV**, the probiotic will be killed off. This is not true.

**Studies show they work better together, not against each other.**

You don't even need to take the antibacterial & probiotic apart. You can swallow both at the same time.

That way as RMV travels through your gut removing bad bacteria from where it doesn't belong, the probiotic is there & **REPLACES** them with the beneficial bacteria that keeps those **"bad guys"** from coming back.

Remember, beneficial bacteria is necessary for you to digest food. They break down the plant fiber & proteins our bodies can't digest by themselves.

Can you just take probiotics and ignore the antibacterial component?

Yes but **you'll slow down your recovery**. The whole point of taking supplements is to get well faster.

There's no reason to only choose one. Sure you'll save money but is it worth having to deal with SIBO for an extra few months? We don't think so.

You'll get **FAR better results** if you take both at the same time.







# 3 Key Things to Look For When Choosing a Natural Antibacterial Supplement For SIBO That Actually Works

When choosing an antibacterial supplement, **always go with a tablet.**

## **DON'T BUY A CELLULOSE CAPSULE**



A capsule is what you see above. It has loose powder inside a cellulose pill.

Tablets are different. The powder is compressed instead of sloshing around.

## **TABLETS ARE MORE EFFECTIVE**



A tablet will always have a higher dose of antibacterials – simply because more herbs can be packed into it.

## **WHEN YOU SELECT A TABLET, MAKE SURE IT'S SUSTAINED RELEASE**

Sustained release means when you swallow it, your gut doesn't get access to everything immediately.

Instead it breaks down slowly over a period of several hours. It releases the herbs at a controlled rate vs all at once.

**This does 2 things.** First, it lets you target all parts of your GI tract.

The tablet gets to work as soon as it goes in your mouth & keeps working until it reaches your "back passage."

Second, it allows the formulator (like us, CanXida) to use plant extracts with higher doses of active ingredients – without them causing side effects, irritation or "die-off" reactions.

Think of it as taking 10 cloves of garlic at once, but having all that antimicrobial activity get spread throughout the day vs hitting you at once.

## **YOU END UP WITH A STRONGER CLEANSING EFFECT - WITHOUT THE DISCOMFORT**

Now, likely any supplements you tried before weren't sustained release.

They weren't created by a naturopath with 3 decades of experience treating SIBO & chronic gut disorders.

They were likely put together by a company that's got 50 other products & barely put any thought into creating a SIBO or gut cleansing formula.

Or they've put out a product with just 2 or 3 things like oregano & clove.

That's why we created our own sustain release formula: CanXida RMV. We got tired of seeing patients get poor results with what's available in stores.

## **MANY SUPPLEMENTS TODAY ARE FILLED WITH FAKE INGREDIENTS**

This isn't an opinion. It's a fact.



Back in 2015, the New York Office of the Attorney General conducted 390 tests on a wide range of supplements.

They took bottles from 4 retailers – GNC, Target, Walmart & Walgreens.

They then sent the bottles over to a lab who DNA tested every pill to see if the ingredients matched the label.

The results:

**ONLY 21% OF SUPPLEMENTS  
HAD THE HERBS LISTED  
ON THE LABEL**

The other 79% didn't contain ANY of the herbs & were just full of fillers like rice powder & wheat!

*“The investigation found supplements, including echinacea, ginseng, St. John’s wort, garlic, ginkgo biloba and saw palmetto, were contaminated with substances including rice, beans, pine, citrus, asparagus, primrose, wheat, houseplant and wild carrot. In many cases, unlisted contaminants were the only plant material found in the product samples.*

*The retailer with the poorest showing was Walmart, where only 4% of the products tested showed DNA from the plants listed on the labels.”*

-CBS News, Feb 3, 2015

This is why we tell patients to avoid generic brand supplements.

**DON'T BUY THE CHEAP  
STUFF FROM AMAZON  
OR SUPERMARKETS**

You'll get cheap results.

To find good supplements, you have to do research. You have to ask, **where did this product come from?**



Where did the company get the raw materials? Did they select them only based on price? What kind of research has gone into this product?

Was the product formulated by a person who's an expert on SIBO?

Has it been tested on SIBO? Do they educate you about dosage or the best way to use this product?

**DOES THE SUPPLEMENT  
USE STANDARDIZED  
INGREDIENTS?**

Standardized means each time you take this supplement, you get a controlled, consistent & therapeutic dose of the active ingredient within each herb.

The strength of the herbs doesn't vary in potency from bottle to bottle as it does with normal supplements.

It's a bit like pharmaceuticals are made. An herb's active ingredients are concentrated to a higher level than exists in the plant itself, but not to the extreme degree you find with drugs.

**IF YOU'RE CONSIDERING  
GETTING A SUPPLEMENT  
FOR SIBO, TRY RMV**

**Canxida RMV** is an herbal based, naturopath formulated, sustain release tablet. It meets all the criteria we just listed, including standardization.

You won't find anything stronger. You can learn more about CanXida (& why it works so well) on the next page.

# How CanXida Remove (RMV) Naturally Cleanses Your Gut of Nearly All Yeast, Bad Bacteria & Parasites



**CanXida RMV** is a 12 ingredient antibacterial, antifungal & antiparasite tablet based on +30 years of research & working with over 16,000 patients both at a clinic & online via Skype.

## REMOVE DOES WHAT THE NAME IMPLIES

It removes the **ROOT CAUSE** of gut issues – an overgrowth of yeast, bad bacteria & parasites in the GI tract – so your good bacteria takes back control.

## WE KNOW THIS BECAUSE WE DID STOOL TESTING

Our team has +30 years experience with stool testing. **THOUSANDS** of stool tests were performed for a period of 20 years before **RMV** was created.

We used what's called a CDSA test. It stands for Comprehensive Digestive Stool Analysis. This is a very advanced microbiome test only a handful of labs in the world are equipped to perform.

You can learn more about CDSA testing in the FAQ section (page 52).

We had labs do CDSA tests *before, during & after* patients used CanXida. We watched patients bad bacteria, yeast & parasite levels go down & their good bacteria levels go up.

## WE WATCHED AS THEIR SYMPTOMS DISAPPEARED

Symptoms like gas, bloating, skin rashes, diarrhea, constipation, IBS,

recurring yeast infections, brain fog, low energy, stomach pain & more.

You can see this for yourself on the **CanXida** YouTube channel.

We even have a video where we hold patients before & after CDSA test lab results up to the camera...



<https://youtu.be/q2-xJdk8YwI>

## RMV IS A “HEAVY DUTY” SUPPLEMENT

We designed it to work even in very **SEVERE** cases where the patient had a chronic gut disorder for +10 YEARS & very supplement & drug they tried in the past failed or symptoms came back.

**RMV** is sustain release – meaning when you swallow it, your gut doesn't get access to all of it right away.

**RMV** releases its contents slowly (even if the tablet is crushed) – giving you 6 hours of antimicrobial action as it passes through all parts of GI tract.

This is amplified even more via ingredients like 45% **standardized** grapefruit seed extract (GSE) & 85% standardized berberine.

Standardization means each time you take **Remove**, you get a controlled,

consistent & therapeutic dose of the active ingredients inside each herb. It doesn't vary in potency from pill to pill.

Spreading the dose out also lets us pack up to 4 times more antimicrobial action into each tablet vs our competition – without side effects or die-off.

The result is a formula that's heavy duty yet non-toxic & **gentle & safe for seniors**, children & patients with sensitive digestive systems. And has a lower risk of drug interactions.

And because it's natural, RMV can't harm good bacteria. And yeast, bad bacteria & parasites can't become resistant to it.

### WHEN NOTHING ELSE WORKED, RMV DID

That's why RMV has a reputation for getting patients results after YEARS of diets & drug therapies did nothing.

### REMOVE ISN'T JUST HEALTHY HERBS AT RANDOM DOSES

The way we chose the ingredients was by looking at sensitivity panels on CDSA tests – thousands of them.

So we could find the best natural medicines to target **ALL** the yeast, bad bacteria & parasite strains we found in patients with chronic gut disorders.

That's why we say RMV is **broad spectrum**. We designed it to tackle all chronic gut disorders – SIBO included.

And we didn't stop there. Our team sourced the best possible raw materials from the top manufacturers in the world for our CanXida formulas.

We know the suppliers each herb comes from. We know how it's grown.



At **CanXida**, each herb comes with a 3<sup>rd</sup> party lab Certificate of Analysis to verify the correct herb was sent, that it has the right dose of active ingredients, that it's **free of contaminants**, heavy metals, PCBs, dioxins, GMO's & more.

Once all the herbal ingredients are verified, they're sent to a top of the line GMP certified facility in New York to be compressed into tablet form.

### HOW & WHEN TO TAKE RMV

Start **Remove** 3 to 5 days into the MEVY Diet. Don't take supplements during the Big Cleanup. Most patients can start with 1 tablet a day.

Don't worry about when to take it, different dosage scenarios or how long to take it for. Each order comes with a free booklet (both in print & pdf) with all your dosage questions answered.

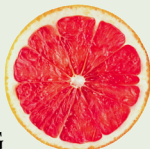
### OTHER INFORMATION

Designed to be effective against +800 different species of bad bacteria including e. coli, staph aureus, giardia, entamoeba histolytica, trichomonas vaginalis & more, along with over 150 different yeasts (including 20 species of candida) & many parasite invaders.



# 12 Natural Ingredients That

**#1 GRAPEFRUIT SEED EXTRACT (GSE) (45% Standardized)** – GSE was discovered by Korean scientists to destroy the cell membranes of over 100 different yeast species along with over 800 different pathogenic bacteria WHILE IGNORING beneficial flora. A lot of people have trouble taking GSE because of how bitter it is (which is why we put it in a tablet).



**#2 BERBERINE CONCENTRATE HCL (85% Standardized)** – Berberine is a natural antibiotic found in herbs like goldenseal. It has a broad spectrum application in that it not only weakens Candida but is also effective against some of the nastiest bad bacteria such as e. coli, staph aureus, giardia, entamoeba histolytica, trichomonas vaginalis, leishmania donovani as well as several well-known parasites.



**#3 CLOVE (4: 1 Ratio Standardized)** – Another herb very effective against yeasts and parasites, clove contains a substance called eugenol which a 2009 study at the University of Porto, Portugal, discovered RUPTURES & DESTROYS yeast cells upon contact. They also found that it almost entirely prevents Candida Albicans from producing hyphae, which are branching filaments that Candida & other fungi use to penetrate the gut wall & spread to other parts of the body. Eugenol was even found to be effective against yeast strains that had become resistant to fluconazole (Diccucan), one of the most common drugs used for yeast infections.



**#4 AGED GARLIC EXTRACT (2% Allicin Standardized)** – Garlic contains allicin, one of the most potent anti-fungals ever discovered. Studies have found it to be as effective as pharmaceutical drugs such as Ketoconazole & Nystatin for destroying Candida Albicans. You may think 2% sounds small but when that gets slow released throughout your whole digestive system it's going to have a very strong kill effect on over 800 different kinds of bad bacteria, 20 different kinds of Candida & many, many different kinds of yeasts species such as microsporum, geotrichum, aspergillus and more. Yeast hates garlic, particularly standardized, because it can't develop a resistance to it. (Don't worry if you can't handle or are sensitive to garlic).



**#5 CAPRYLIC ACID** – A short chain fatty acid derived from coconut which has been found to stop yeast & bad bacteria from replicating. It's perfect for a sustained release formula because it's not something "bad guys" can develop a resistance to. Caprylic acid works best with undecylenic acid.



**#6 UNDECYLENIC ACID** – A fatty acid that comes from castor bean. It's a little more potent than caprylic acid but prefers a slightly more acidic environment to work. Our staff has tried well over 100 gut cleansing products in different combinations and they've consistently found undecenoic acid and caprylic acid to kill off a wider range of yeast & bad bacteria species when you combine them



# Make CanXida Remove Work

vs if you take them alone.

**#7 BETAINE HCL** — Another ingredient that works extremely well with a caprylic & undecylenic acid combination. Many people with SIBO have pH issues in their small intestine which would inhibit the effect of undecylenic acid if betaine wasn't present. When slow released, it lowers the pH a little in the environments where these two acids work together. Betaine also ensures undecylenic acid works exactly where it needs to, which is the duodenum and ileum (the two parts of the small bowel most effected by SIBO). This is a strategic combination you won't find in another formula.



**#8 BLACK WALNUT HULL EXTRACT** — Contains substances called tannins, one of which is juglone, which according to a 1999 University of Mississippi study is more effective at wiping out worms, parasites and yeasts than commercially available pharmaceutical chemicals such as zinc undecylenate & selenium sulfide and even drugs like metronidazole. Don't worry if you're allergic to nuts.



**#9 PAU D'ARCO (4:1 Ratio Standardized)** — An herb from South America that's often singled out as one of the premier herbal cleansing solutions due to research conducted in the 1970's which discovered several dozen different active ingredients that inhibit Candida & other gut pathogens. Any cleansing formula that doesn't have



authentic pau d'arco in it is incomplete. (Pau d'arco is often counterfeited due to its cost so we authenticate it via lab tests).

**#10 NEEM (4:1 Ratio Standardized)** —

An Indian herb rarely found in gut cleansing formulations.

According to a 2011 study published in the Brazilian Journal of Microbiology, neem extract, even at low doses, has a very strong antifungal effect on a wide range of yeast species. It is also a very strong antibacterial & antiparasitic.



**#11 BIOTIN** — Biotin is a coenzyme produced by the beneficial bacterial in healthy people that has the ability to halt the growth of Candida and prevent it from maturing into its hyphal & mycelial form (which are VERY HARD to get rid of).

Biotin keeps Candida in check & stops it from spreading. Biotin is known as vitamin H.



**#12 OREGANO OIL** — One of the most potent natural antimicrobials. According to research conducted in 2001 at Georgetown University Medical Center, oregano oil, when injected into a culture of Candida, inhibits the growth of yeast completely. These researchers also found that systemic yeast infected mice given oregano oil were fully healed within 30 days whereas ones given olive oil were dead within 10. Using oregano on yeast & bad bacteria is very advantageous because they can't develop a resistance against it.



# Keep Those “Bad Guys” From Coming Back With CanXida Restore (RST): Time-Released Probiotic + Enzyme Formula



**Restore** is our probiotic + enzyme formula. Unlike other probiotics...

## RESTORE USES A TIME-RELEASED CAPSULE



This is an expensive capsule made by Capsugel™ that only opens up in your small intestine (so none of the probiotics are lost to stomach acid).

It's not a cheap cellulose capsule that lets half of the good bacteria get destroyed before reaching the intestine.

## MOST PROBIOTICS WON'T FULLY SURVIVE THE STOMACH, BUT RESTORE WILL



One University of London study in 2014 found 87% of probiotics tested had their good bacteria levels drop within 5 min of contact with stomach acid.

We know RST survives the stomach because we did stool testing.

Also unlike other probiotics...

## RESTORE CONTAINS NO PREBIOTICS

In case you don't know, prebiotics are special sugars that feed your good bacteria & make them grow. So why don't we use them? Because we've seen them cause **too many bad reactions** when taken in supplement form.

Anytime a patient said they tried a probiotic & it made them feel worse, we knew right away it had prebiotics.

Companies add them in thinking they're feeding the beneficial bacteria.

## OH YEAH, THEY FEED THE BACTERIA...

They feed everything from the e. coli to the clostridia & all the other bad bacteria that cause bloating, brain fog & make you feel sick.

Companies like to say these sugars are from “natural sources” but in reality that “source” is a factory or lab.

## WE'VE HAD IT WITH PREBIOTICS

We've seen them cause too many aggravations in patients. Get rid of the prebiotics & you'll get better results.

It's fine to eat foods that naturally have prebiotics (like garlic) but don't take supplements that contain them.

## INSTEAD, RESTORE USES 7 DIGESTIVE ENZYMES

New research in the past 10 years shows that when you take probiotics & enzymes at the same time, you get an **amplified effect**. In other words...

## IT MAKES THE GOOD BACTERIA MULTIPLY FASTER



Which means faster recovery, less bloating, less gas & less SIBO.

This was proven in several studies which showed that combining the two results in **less inflammation**, better

lactose & gluten sensitivity, enhanced nutrient absorption & more.

Enzymes improve the acid/alkaline balance of the stomach & small intestine.

This creates a better environment for good bacteria to grow & a hostile environment for bad bacteria & yeast.

Not all enzyme formulas work well with probiotics. It takes special skill to combine the two successfully.

If you're taking a probiotic right now & you're not taking enzymes along with it, you're missing the boat.

You really are.

### ENZYMES MAKE ALL THE DIFFERENCE

Enzymes are especially important in the first & second month of recovery because they're going to break down all the vegetable starches your new good bacteria are going to feed on.

That's why we included 7 enzymes like amylase, cellulase & protease.

RST also includes a very expensive enzyme called **serratiopeptidase**.

This is a special enzyme that hunts down toxins in your blood released by yeast & bacteria as they die off.

This is useful for patients with autoimmune issues & leaky gut as these toxins are often the cause of joint pain & other symptoms.

In total, RST contains 6 probiotics & 7 enzymes. You get the 4 best Lactobacillus & the 2 best Bifidobacterium.

### WHY ONLY 6 STRAINS?

## Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

Amount Per Serving	%DV
CanXida Premium Digestive Enzyme Blend	613 mg †
Amylase, Cellulase, Glucoamylase, Hemicellulase, Invertase, Protease, Serratiopeptidase.	
CanXida Probiotic Blend	650 mg †
L. acidophilus, L. casei, L. plantarum, L. rhamnosus, B. longum, B. bifidum.	

† Daily Value (DV) not established.

Because Lactobacillus & Bifidobacterium are what most inhibit yeast, bad bacteria & parasites.

They're what **TRANSFORM** your gut from a place where bad bacteria, yeast & parasites thrive unchallenged – into a place that's hostile to them & instead encourages friendly bacteria.

And unless they're restored, SIBO is going to come back again & again...

Don't worry about other strains. They're nowhere near as important.

### HOW TO USE RESTORE

Start Restore 1 to 3 days after starting Remove. For best results, take both formulas at the same time.

That way as RMV gets rid of the "bad guys," RST comes in & replaces them with the exact beneficial bacteria that **keeps those "bad guys" from coming back.**

Start with 1 capsule a day. As with RMV, each order comes with a booklet (both print & pdf) with full dosage instructions.



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# Fast Track Your Recovery Even More **With CanXida Rebuild (RBD):** Sustained Release Herbal Multivitamin



**Rebuild** is a synergistic formula of 32 vitamins, minerals, & trace elements – plus **9 antimicrobial herbs** & extra ingredients like betaine HCL, glutamin acid, biotin, citrus bioflavanoids (antioxidants), vitamin D3 & more.

## **IT'S A SPECIAL MULTIVITAMIN THAT HELPS YOUR IMMUNE SYSTEM**

It contains all the nutrients you need to really **nail the overgrowth** in your gut – be it SIBO, yeast, a microscopic parasite or something else.

Rebuild also increases your energy levels. It helps get rid of any lingering symptoms like gas, bloating, chronic fatigue & sugar cravings.

It's very effective at “picking up the slack” & fixing any shortcomings or mistakes you make with your diet.

We created it because we noticed many patients with gut disorders have **problems absorbing nutrients**.

You can see this in blood tests – even AFTER the patient fixed their diet & started taking a multivitamin.

And that is because...

## **MOST MULTIVITAMINS AREN'T MADE FOR SIBO PATIENTS**

They don't use ingredients that are easy to absorb no matter what the state of your gut is.

Unlike Rebuild, they don't have an

antimicrobial back-end.

That is – they don't contain antimicrobial herbs to stop the overgrowth from gobbling up those vitamins & minerals themselves.

Bad bacteria & yeast will actually do this. They'll suck out the nutrients from the foods you eat before you can.

## **LEAVING YOU TIRED & HUNGRY EVEN THOUGH YOU JUST ATE**



Certain types of bad bacteria like to gobble up vitamin K & biotin (aka vitamin H) for example. Others like vitamin B6, vitamin D & magnesium.

It's how they grow & replicate.

That's why no matter what you eat or what vitamins you take – unless you inhibit the microbes – you're also feeding yeast, bad bacteria & parasites.

It's why for Rebuild, we chose not only the best raw materials in terms of active ingredients, but also ones that are easiest for your body to absorb.

It's got an antioxidant in there in the form of citrus bioflavanoids.

That's going to reduce free radical damage & immune system stress caused by yeast & bad bacteria toxins.

## **THIS DISRUPTS ALL SORTS OF LIFE CYCLES THESE BAD BUGS HAVE**

This stops them from maturing &



spreading their poisons to other parts of your body (like the skin & nails).

It helps prevent immune dysfunction & reduces inflammation. This means less food allergies.

**THIS LETS YOU  
INTRODUCE FOODS  
BACK INTO YOUR  
DIET FASTER**



RBD has gum mastic. This is a tree resin that’s scientifically proven to kill **H. Pylori**, a nasty stomach bacteria 1 in 4 people are infected with.

**IT’S GOOD FOR  
CONSTIPATION,  
DIARRHEA & MORE**

RBD has goldenseal – the best herb for mucus membrane restoration (the body’s first line of defense against bad bacteria & invaders like viruses).

We put slippery elm bark powder in Rebuild because it’s one of the best things you can take for your colon.

It’s got ginger which is an anti-inflammatory. We added thyme which is one of the best natural antibacterials. Thyme even works against antibiotic-resistant staph and strep bacteria.

We put anise seed in there for gas and bloating. It goes on and on.



Anywhere there’s a gut imbalance that involves microbes, **RBD** is going to work. It works passively in the background & supplies you with all the nutrients you need to get well.

**WHO SHOULD USE IT**

Not all patients need to take RBD. See the FAQ section (page 53) to learn which formulas will help you the most.

You can start it when you start Restore. Start with 1 tablet a day. Like Remove, **Rebuild is sustain release.**

It’s a great maintenance tablet to take if you’ve ever relapsed or want an extra edge to prevent symptoms from resurfacing. It helps your gut stay stable.

**SUPPLEMENT FACTS**

Amount Per Serving	% Daily Value	
Vitamin A (Palmitate, water dispersible)	2,500 IU	50%
Beta-Carotene	7,500 IU	67%
Vitamin C (as Ascorbic Acid)	500mg	855%
Vitamin D3 (as Cholecalciferol)	50 IU	13%
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU	333%
Thiamine (as Thiamine HCL)	25 mg	1667%
Niacin	20 mg	100%
Niacinamide	50 mg	250%
Vitamin B6 (as Pyridoxine HCL/Pyridoxal-5-Phosphate Complex)	20 mg	1000%
Vitamin B12 (as Cyanocobalamin)	50 mcg	833%
Biotin	150 mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate)	150 mg	1500%
Calcium (from Calcium Citrate/Ascorbate)	150 mg	15%
Iron (as Ferronyl)	0.75mg	4%
Magnesium (as Magnesium Aspartate/Ascorbic)	150 mg	37.5%
Zinc (as Zinc Aspartate)	10 mg	67%
Selenium (as Selenomethionine)	100 mcg	143%
Copper (as Copper Amino Acid Chelate)	1 mg	50%
Manganese (as Manganese Aspartate)	7.5 mg	375%
Chromium (as Chromium Picolinate)	100 mcg	83%
Molybdenum (as Molybdenum Glycinate Chelate)	25 mcg	33%
Potassium (Potassium Aspartate)	37.5 mg	1%
Choline (from Choline Citrate/Bitartate)	10 mg	†
Inositol	12.5 mg	†
Citrus Bioflavonoid	50 mg	†
PABA	25 mg	†
Boron (as Boron Citrate)	1 mg	†
Trace Elements (from Sea Vegetation)	100 mcg	†
Vanadium	12 mcg	†
canXida Proprietary Blend:	400 mg	†
Gum Mastic, Golden Sea Root, Slippery Elm Bark, Ginger Root, Cinnamon Bark, Thyme (Leaf & Flower), Rosemary (Leaf & Flower), Chamomile (Flower/German), Anise Seed, Betain HCL, Glutamin Acid HCL		
† Daily Value (DV) not established.		

# Suffer From Brain Fog & Fatigue All Day?

## Add CanXida Recharge (RCH)

### & Start Getting Things Done Again



**Recharge** is a powdered mix of 36 bio-available ingredients meant to get you through your day without brain fog, fatigue, or flareups. RCH is sugar & soy free, plant-based & packed with anti-inflammatory, liver cleansing & immune supporting herbs & extracts.

**RCH** does what it says – recharges your body with fast energy so you can get things done the way you used to.

It targets brain fog, anxiety, sugar cravings, & frequent bathroom runs.

### SO YOU CAN FUNCTION AT WORK, GO OUT WITH FRIENDS & FEEL NORMAL AGAIN

Even if you still have a long way to go before your gut is fully recovered.

**Recharge** aims to tackle 6 issues:

- ▶ Low energy production
- ▶ Inflammation
- ▶ Brain fog & anxiety
- ▶ Impaired brain function
- ▶ Liver cleansing
- ▶ Burned out immune system

One way we do this is via **Japanese matcha** – a green tea renowned for its anti-inflammatory, liver protecting & brain boosting properties.

Unlike coffee which gives 3 hours of energy (followed by a crash), matcha gives 4 - 6 hours of long lasting energy which slowly subsides (with no crash).

Matcha is also known to de-stress & relax the mind at the same time it provides your body with energy.

You'll never get jitters or a headache from **Recharge**. We promise.

### CANXIDA RECHARGE ALSO GIVES YOU...

- ▶ **14g Pea & Brown Rice** protein per scoop + 3 amino acids for a complete source of vegan protein. No whey & soy.
- ▶ **Ellagic acid** (aka pomegranate hull extract) – a potent antioxidant with anti-inflammatory properties. We choose it vs other high antioxidant plants due to ellagic acid's unique ability to also help with cognition & brain function.
- ▶ **MCT** – a healthy fat from coconut that gets absorbed fast & turned into immediate energy vs being stored.
- ▶ **Milk thistle seed** – the #1 best herb for liver cleansing & detoxification.
- ▶ **Larch arabinogalactan** – a **prebiotic** fiber that ferments in the intestine & feeds good bacteria. Larch doesn't feed yeast, bad bacteria or parasites.
- ▶ 21 vitamins & minerals including Vitamin D-3, **Selenium** & B-12.
- ▶ **Ginger** – for joint pain, heartburn inflammation, & stomach cramps. Also supports immune function & causes the skin to produce the protein Dermcidin, which is a potent natural antifungal.
- ▶ **Tocotrienols** – aka vitamin E. RCH has all 4 types of vitamin E (most others use 1). Tocotrienols support immune & cognitive function & have antioxidant & anti-inflammatory properties, making them an obvious choice for **Recharge**.

As with other CanXida formulas, we choose not only the highest quality raw materials but also ones that are easy to absorb – especially with a sick gut.

You can see this if you scrutinize the ingredient label.

The calcium in **RCH** for example comes from the cytoskeleton of red algae – a superior form of calcium that’s FAR more bio-available than the cheap “calcium carbonate” others use.

**RECHARGE IS STRATEGIC**

Each ingredient does 2 or 3 things.

Larch for example helps with liver & immune function in addition to being a prebiotic. While milk thistle is a strong anti-inflammatory in addition to being a powerful liver cleanser.

The 3 amino acids L-glutamine, Taurine & Glycine, help boost your energy levels & repair tissue.

Glycine & Taurine help produce bile (which breaks down fats). While Glycine blocks neurotransmitters that cause anxiety, improves cognition & helps you sleep.

**HOW TO USE RECHARGE**

Because **Recharge** contains many of the same vitamins & minerals as Rebuild, we suggest not taking both at the same time or within the same day.

The dose is 1 scoop daily (scoop is inside). RCH is a powder & tastes great mixed with water. No smoothie needed. And it’s Low Fodmap friendly too.

For best results, drink with food. Like **Rebuild**, it’s a great maintenance formula to use long term to balance energy levels & prevent symptoms from coming back.

**HOW TO CHOOSE BETWEEN RECHARGE & REBUILD**

Choose Recharge if you suffer from severe brain fog, fatigue, joint or skin problems, inflammation, or have a hard time getting through the day due to flareups or symptoms popping up while you’re at work or out & about.

It’s great to take if you work in an office or have a busy lifestyle where you’re often on the go & don’t have time to eat healthy throughout the day.

Serving Size: 24.49 Grams (Approx. 1 Scoop)		
Servings Per Container: 28		
Amount Per Serving	% Daily Value	
Vitamin C (Ascorbic Acid)	250 mg	278%
Vitamin D (as Cholecalciferol)	10 mcg	50%
Thiamine (as Thiamine HCl)	17.8 mg	1,483%
Riboflavin (as Riboflavin-5-Phosphate)	3.93 mg	302%
Niacin (as Nicotinamide)	50 mg	313%
Vitamin B6 (as Pyridoxal-5-Phosphate)	10.26 mg	604%
Folate (as L-5-Methyltetrahydrofolate Calcium)	200 mcg	50%
Vitamin B12 (as Methylcobalamin)	200 mcg	8,333%
Biotin	50 mcg	167%
Pantothenic Acid (as Calcium-D- Pantothenate)	50 mg	1,000%
Choline (as Dihydrogen Citrate)	30 mg	5%
Calcium (from <i>F.Lithothamnion</i> spp. Marine Algae)	50 mg	4%
Iodine (as Potassium Iodide)	50 mcg	33%
Magnesium (as Magnesium Citrate)	50 mg	12%
Zinc (as Zinc Citrate)	15 mg	136%
Selenium (as L-Selenomethionine)	50 mcg	91%
Manganese (as Manganese Glycinate)	1 mg	43%
Chromium (as Chromium Nicotinate Glycinate Chelate)	25 mcg	71%
Molybdenum (as Sodium Molybdate)	50 mcg	111%
L-Glutamine	1.5 g	†
Glycine	1.5 g	†
<i>Larix laricina</i> Heartwood Extract	1 g	†
Taurine	350 mg	†
Matcha Green Tea Leaf Powder	250 mg	†
Ellagic Acid (from Pomegranate Hull Extract)	200 mg	†
Milk Thistle Seed Extract	150 mg	†
Ginger Root Powder	135 mg	†
Tocotrienols Complex Powder	110 mg	†
† Daily Value not established.		
<b>Other Ingredients:</b> Organic Brown Rice Protein, Pea Protein, Xylitol, Medium Chain Triglycerides, Natural Flavor, Xanthan Gum Powder, Rebadioside A (From Stevia Leaf Extract), Luo Han Guo Fruit Extract (sweetener).		

# WOULDN'T YOU LIKE YOUR GUT HEALTH

## **"TWO WORDS: IT WORKS!"**

*"I would sum up my CanXida experience in two words: **It Works.** I find that if I stick with it, the results are much better than with any other treatment, and I have tried literally dozens."* - S. Queensland, Australia

### **FEEL NORMAL AGAIN AFTER 15 YEARS!**

*"It changed my life. Over 15 years I couldn't find the answer to my problems. I feel so happy with the improvement that I cherish every moment of my life. Thank you! I feel normal again after so much time."* - Liam. Bulgaria

**NOTHING ELSE HAS HELPED!** *"My itchiness abated, my skin texture was smooth & clear. I don't have as much sinus issues & I feel like it is helping with bloating. I've had Candida overgrowth for 35 years & NOTHING else has helped."* - Kellie. Michigan

**10 YEARS OF RUNNING TO THE TOILET GONE!** *"Food intolerance for 10 years gone. 15 years of loose stools gone. 10 years of running to the toilet 6 times a day gone. Lots of gas at both ends gone."* - M. Melbourne, Australia

**BY FAR THE BEST OUT THERE!** *"Huge results. I had severe candida. I have been taking your products and following your protocol for over a year and I am seeing steady improvement. It takes time and diligence but your videos and canxida products are by far the best out there. My constipation, gas and bloating is improving. Rashes are leaving. Etc. Canxida is the real deal. Full of integrity and good quality products. Thank you!!"* - Jen. Kansas City, Missouri

**IT'S CLEAR THEY TRULY WANT PEOPLE TO GET BETTER!** *"Two months ago I was absolutely miserable and in constant pain. Each day I was reacting to more foods and things eventually became so terrible that no matter what I put in my mouth, my belly blew up to the point that I couldn't even do my pants up anymore. My chiropractor recommended Canxida and I had a thorough look into the brand. The selling point for me was how much information they were giving to the consumers. I could easily find the answers to all of my questions. It's very clear that they truly actually want people to get better and aren't in this for the money. Which is unfortunately a rare find these days."* - Stella. Australia

**HELPED ME GET WELL AGAIN!** *"I have improved immensely. I was very sick with Candida for quite a few years before I finally realised what was causing the physical problems. Using the CanXida products and following your advice has helped me to get well again. I still use the Remove and Restore and probably always will."* - Linda. Ontario, Canada

**I'VE HAD THE BEST RESULTS!** *"I went to a few doctors and they gave me so many medicines, I kept trying over the counter meds, nothing was working. I found canxida & I've had the best results."* - Megan. Olympia, Washington

# TO FINALLY RESTORE LIKE THESE PEOPLE?

**GOT RID OF BLASTOCYSTIS!** “Canxida Remove was the key to getting rid of a parasite in my body, *Blasto Hominis*. Canxida Restore was the necessary, quality probiotic follow-up. I watched 5 short videos on the youtube channel and was convinced that I would benefit from these products, Canxida Remove and Canxida Restore. That proved to be true!”

- Liam. Colorado

**HEALED ACNE ON MY BACK!** “So happy that it helped heal my acne (on my back)! Huge confidence booster, for sure. And so happy that it improved my digestion. :)”

- B. Texas

**NO OTHER PRODUCT WORKED!** “I was very thankful to get relief from symptoms of *Blastocystis Hominis* when no other non-prescription product I had tried beforehand had worked, including some of the most respected practitioner-only brands on the market.”

- Jena. Australia

**GIVEN ME MY LIFE BACK!** “Taking Canxida, along with a complete diet overhaul, has given me my life back. My husband told me, “You are like a whole new person!”

- C. Indiana

**MORE ENERGY!** “My health has improved since I started to take the 3 CanXida back in November last year. Not only it has improved my gut issues but my periods are more regular and not that painful as it used to be. The best of all is that I feel a lot more of energy instead of the extreme tiredness that I was experiencing. These products really work and I will keep taking them.”

- Angela. Texas

**30 YEARS OF ITCHY SKIN GONE!** “I have been suffering from increasingly itchy skin for over 30 years which began with the pregnancy of my first child. Doctors, midwives, holistic practitioners, everyone I consulted with on the problem brushed it off and suggested topical remedies. It had become unbearable, and by chance or miracle, I came across your quiz on social media. After reading some of the testimonials, watching some of your excellent videos, and getting the results from the quiz, I was certain I had found the problem. It made perfect sense. I immediately purchased and began with the CanXida Remove + Restore and within a few weeks I noticed a marked difference, and now two months into the protocol, I am nearly itch-free. I also noticed that the inflammation in my joints has diminished quite a bit, and I have far less bloating in my abdomen. I have since committed to continuing with the Remove + Restore + Rebuild and expect to follow the regimen as long as it takes. I know I will ultimately feel healthier and overall, much more happy in my body. Thank you for all of your informative videos and articles.”

- Teri. San Marcos, California

**TOENAIL INFECTION CLEARED!** “I noticed the small things first... (I only bought one jar to see if it agreed with me I’m waiting for my next shipment to arrive) but with only one jar my brain fog cleared and the infection on my toenails cleared I’m so impressed...I still have my recurring thrush but I didn’t change my diet! When my lot comes I intend to go all out to get rid of this once and for all!”

- K. United Kingdom



### **OVER 10 YEARS OF RECURRING YEAST INFECTIONS GONE!**

*"Absolutely changed my life. I got rid of my yeast infection for good. It had been recurring for over a decade. I finally have relief. My entire body is healthier. My oral health, gut health, foot health have all cleared. I also got rid of dry skin. I will forever be grateful. I also have eliminated alcohol from my diet and have changed my lifestyle to include more vegetables and exercise. It's a complete change that's needed. Your advice and products have brought me my life back."*

- Courtney. New Jersey

**LOST LOTS OF WEIGHT!** *"After a couple of very sick months I felt fantastic, plus lost lots of weight!"*

- Mathew. Greece

**SAVED MY LIFE!** *"I will never put any other supplements in my mouth on the market other than Canxida. Also I won't ever recommend any other program than the Candida Crush program. It actually saved my life. Thank you. Me and my members in my FB group Candida Cleanse Sweden can't say thank you enough for all you've done for us <3."*

- Natalie. Sweden

**HEALTHIER SKIN AND NAILS!** *"After 3 weeks on the CanXida supplements I am already starting to feel a difference. I don't have as much brain fog, I'm sleeping better at night, my intestinal spasms are less, I have more energy, my hair and skin feel healthier, and I'm having daily bowel movements, whereas before I was only having them every other day. After dealing with these symptoms for decades, my results so far are encouraging, even after a short period of time. I've told my sister about my experience and she is looking into these protocols as well. Thanks!"*

- Lisa. Utah

**LESS ITCHY WITHIN DAYS!** *"I have only been taking it for a few days but I am already feeling a little less itchy. Great product!"* - Alexandra. Seattle

**FINALLY HAVE A LIFE AGAIN!** *"Slowly but surely the countless amount of symptoms I was experiencing on a daily basis gradually subsided. I still have a few left but far less than before. I can manage my day to day chores easier, I have a life, whereas seven months ago I could barely do anything. I aim to further my treatment till the overgrowth has subsided. Thank you for these wonderful products."* - Christian. France

**LITERALLY SAVED ME!** *"Don't mean to be dramatic but your youtube channel and articles literally saved me. Horrific constipation and chronic yeast infections ruled me for so long and I finally don't have to worry about it 24/7 now. Symptoms are improving and I can finally focus on my studying. Not to mention there is literally a video on every topic one can think off on your channel."*

- Karishma. Trinidad

**BEST I'VE BEEN SINCE I GOT ILL!** *"I've suffered from parasites for three years. I now have anxiety as well. I'm the best I've been since I got ill. While using these products I went from having zero energy and drive to being able to get through the day. My Naturopath says it's the best formula he has ever seen and that nothing he could prescribe me could come close to Canxida products."* - Elly. Australia

**AMAZING LAB RESULTS!** *"I'd been watching the youtube videos with interest for a few months and then I saw the one with the before and after lab tests on a guy with inflammation and parasites that went away so I bought the \$399 deal on the spot."* - Rebecca. California

**MIGRAINES GONE!** "For 4 years my family doctor has prescribed me Fluconazole and Metronidazole to treat my infections. I went along with antibiotics, I trusted my doctor when she said "unfortunately some people are just prone to vaginal infections and we can only "cure" it with antibiotics". I had regular migraines and brain fog followed by joint pain, ringing ears, bloated stomach. I just didn't feel right knowing my doctor was just treating the symptoms and not the root cause. I purchased Canxida Remove in April 2020 as I was just getting fed up of taking antibiotics for my recurrent infections. Not long after a week of taking the supplement I could feel a massive improvement to my symptoms. It really has been a relief to finally find a natural product that is good in quality and is helping me to get my health back on track. Since taking Canxida I've not had a migraine (usually at least one headache a week), my joint pain has eased and my vaginal infections have decreased in the number or attacks. I plan to continue taking Canxida supplements as I am confident that they will fix my illnesses once and for all. **THANK YOU** for all the work and research you have and are doing to help candida sufferers like myself have a voice and not just another patient brushed aside and not believed in."

- Erica. United Kingdom

### **MY GUT FINALLY FEELS NORMAL!**

"It's the only product that has helped me in over ten years suffering from blastocystis hominis. When I take the Remove and the Restore, my gut finally feels "normal" again."

- Janae. Oregon

**IT'S HEALING MY ECZEMA!** "My eczema has begun to calm down, my skin looks and feels healthy and I feel more energetic!! I'm 52 and feel better than I have in years!"

- Paula. Pennsylvania

**MONTHLY YEAST INFECTIONS GONE!** "I was getting a vaginal yeast infection every month at the time just before my period started. They're gone now!"

- Lindsay. Missouri

**I HAVE BETTER SLEEP!** "It helped me and it's been helping me, I started with 2X a day then lower to once per day. I used to feel so bloated and not so normal after I eat. But now I don't feel like that anymore. I have better sleep most of the time now. The supplements really work."

- M. Phillippines

**IT'S TAKING AWAY MY NAUSEA!** "The Canxida has helped in taking away some of my nausea, which had gotten severe for a long time. I've tried other products that actually made my symptoms worse. I know that Canxida will treat whatever is going on in my gut, which is fantastic. I can't afford to have a bunch of different testing done, but I was also at my wits end with dealing with gut problems, and all the symptoms that comes with it in other areas of the body, so I'm happy this product will take care of the problem whether it's parasites, leaky gut, or Candida. Your videos have offered so much insight that I try to soak up whenever I get the chance. They give me that assurance that I'm not stuck feeling terrible and that I will be healthy again. I can't thank you enough. Bless you for these!!!"

- Hope. Oklahoma

### **REALLY GRATEFUL FOR PRODUCTS THAT WORK!**

"I've been on Canxida for a little over a month now and have noticed a marked difference in my stomach pain and upset. I am really grateful for products that work! When I joined your emailing list I really appreciated the daily e-mails. They made me feel not so alone and like I really can kick this sickness."

- Krissy. Vancouver, Canada

### **IBS & SIBO SYMPTOMS GONE!**

"I suffered from major bloating and IBS symptoms, as well as sometimes having to immediately run to the bathroom because of bowel issues. Sometimes I had bathroom emergencies when I was not at home and would have to literally run to find a rest room. The bloating was so bad that it made me look pregnant. I had heard about SIBO and thought that may be my issue but did not know how to go about healing my gut. The information out there was confusing and I needed an actual plan to follow. I am so grateful for finding your website and youtube videos. I had results very quickly because I followed the plan exactly. Any extra weight that I had literally fell off me, I lost about 20 pounds and I was actually a little underweight! My stomach was flat again for the first time since having children. I had no more bathroom emergencies, peace of mind when out shopping, etc. IBS symptoms - gone.

- Kristen. Ontario

**I FELT SO MUCH BETTER!** "I felt so much better! My daughter also took it and was thrilled that she finally got her yeast under control for the first time in her life. It improved her general feeling of wellness for the first time, after trying so many things. I've been and will continue to take the multivitamin as I have a malabsorption problem and desperately need a good one, and I know the quality of this will continue to fill my nutritional needs."

- Beverly. New York

### **MY SUGAR CRAVINGS DISAPPEARED!**

"Within a month, my sugar cravings completely disappeared- I had no idea I could feel that way! I no longer have brain fog, I sleep better, and my acne has greatly improved. Prior to taking Canxida I was trying to address my issues through my diet, and it was really difficult."

- Christina. Hawaii

### **ALMOST ALL MY SYMPTOMS ARE GONE!**

"Within 1 month I was going to the bathroom regularly. My constipation and acid reflux eased up SUBSTANTIALY. This gave me a big boost of motivation to continue. I began doing the whole Canxida cleanse and for the past year and a half till now I have seen consistent results. At this point almost all my symptoms are gone. My muscle pain is so much less. My brain fog decreased. My anxiety and depression decreased. I am taking responsibility of my life and health and replacing bad habits with good habits. Canxida is not just taking some supplements."

- Levi. Chicago

**I CAN EAT WHATEVER I LIKE!** "CanXida Remove is a game changer. My symptoms disappeared and have never returned. I can eat whatever I like without trouble. I'm sold. Even my GI doctors thinks it's a great product."

- K. California

**I ALMOST CAN'T BELIEVE IT!** "I had recurring yeast infections for 12 years. I tried all kinds of probiotics, garlic supplements, yogurt, kefir, boric acid suppositories, tea tree oil, caprylic acid, oil of oregano, fluconazole taken preventatively 7/month, zinc/infused underwear, abstained from sex, couldn't ride my bike, feared the heat of summer. Discovered Canxida Remove in summer 2021. Been taking it since. My yeast infections have stopped. I almost can't believe it. Your product changed my life. Thank you!

- Mona. Canada

### **MY CONSTANT DIARRHEA STOPPED!**

"My constant diarrhea has stopped. I was at the point where it was preventing me from leaving the house. I had been diagnosed with the blastocystis parasite 7 years ago and after taking antibiotics several times it was only getting worse."

- Susan. Vancouver

**MY STOMACH FEELS NORMAL!** “I have suffered with yeast problems since I started taking antibiotics for acne at age 13. Over the years I have suffered with chronic fatigue, depression, constant stomach problems, and autoimmune issues, and chronic UTI’s. I have allergies and a histamine intolerance. I have had a great response to the CanXida remove and restore. No side effects what so ever! I am even eating a few things that would have negatively affected me in the past. My stomach feels normal, my allergies are better, no UTI’s, my scalp is not red. After the second month my vaginal yeast is better, too. I never miss a dose, and I am so grateful to be feeling more normal and enjoying life.” - Vaughn. Georgia

**THE MOST ENERGY I HAD IN 3 YEARS!** “Canxida is what has helped me the most in recovering from my yeast condition. I experienced the most energy, true joy and mental clarity than I had within the past 3 years. It gradually felt easier to get out of bed, I wasn’t as tired as before. I was able to concentrate better when reading or listening. I felt more positive and hopeful in life. I enjoyed my social interactions more.” - Linda. Florida

**CHRONIC UTI GONE!** “Chronic UTI gone! Bloating, smelly farts, hives, sensitive teeth, mouth/cold sores, herpes, acid reflux, anal/crotch itch, itchy skin all also gone! Hashimoto's Thyroiditis under control! Depression, foggy brain, lethargy, sleepiness greatly reduced. You are the best. Thank you!” - Leilan. Hawaii

**IT'S WORTH EVERY PENNY!** Been on and off various supplements that don't work. I've tried the remove before and it's the only thing that works. It's worth every penny. It was great when I was on it. It's literally the only thing that cuts my sugar cravings.” - Shanna. Massachusetts

**MY ECZEMA COMPLETELY HEALED!** “My very mild eczema became horrible—itchy, spreading, unsightly—in early 2020. Dermatologists, doctors and even the one naturopath I saw were of no help whatsoever. In fact, one dermatologist told me that my condition had nothing to do with food, and that it would be a lifelong affliction. I was beside myself with grief. With nothing to lose, I turned to the internet to find answers and was extremely fortunate to find your outstanding videos. After binge watching them, trying to recreate CanXida Remove product on my own with all the various ingredients, and cleaning up my diet—and still not achieving success—I took the plunge and ordered a bottle of CanXida Remove. The morning after I had taken a few of the Remove capsules, I KNEW it was going to work. In that short length of time, my angry, itchy skin looked and felt better. My feelings of hope were restored. After taking Remove—and then, a few months later, Restore—for the better part of a year, eating tons of keifer, plain yogurt and sauerkraut, removing most (even good) carbohydrates from my diet, and eating a lot of non-starchy vegetables, greens, good proteins and good oils, I am now COMPLETELY healed. I am grateful beyond measure. Thank you!!!! You saved my life.” - MaryAnn. Canada

**I WENT FROM HOUSE-BOUND WITH BLOODY STOOLS!** “Excellent! Near complete remission of Ulcerative Colitis and positive impact on skin and nail problems. Much improved digestion. I went from house-bound with bloody stools and urgency and being severely underweight to near 80% normalcy. I recommend these products to anyone I know/meet who has issues, and to my chiropractor to pass on to other clients with problems. Thank you!” - David. Australia



# CanXida Frequently Asked Questions

## Why Don't You Recommend the low-FODMAP Diet?

We're aware many websites today recommend a low-FODMAP diet for SIBO. We aren't huge fans of this diet. We've seen too many patients waste their time & get nowhere with it.

Many patients who learn about low-FODMAP think they need to be on it long term. Or that it's a treatment method for SIBO.

The reality is, a low-FODMAP diet should last 2 to 6 weeks. **NO MORE.** This is because of how restrictive it is. It takes almost all carbs out of the diet. Remember, we shape our gut bacteria by what we eat. So the more restrictive you are with food, the more restrictive your gut bacteria becomes.

And over time this creates problems. It creates a situation where if you go off the diet, you get a flare up. Which of course makes you think "I need to get back on low-FODMAP."

A low-FODMAP diet can help you discover which foods are triggering your symptoms. But unlike the MEVY diet, it doesn't shift your microbiome back to a healthy state.

If you want to try a low-FODMAP diet that's fine. Just don't think you need to be on it for months or years. For more info about our experience with FODMAPs, see our YouTube video here: <https://youtu.be/heF9siB1kr4>

## Do I Need To Get Any Tests Before Taking CanXida?

Short answer: no. We do believe in testing. We have many videos on testing.

Particularly on CDSA tests (**Comprehensive Digestive Stool Analysis**) – which in our experience is the best test you can do for the gut.

We always say, if you've had a serious gut issue for years & you want to find out what's **really** causing it, & you're sick of doctors doing blood tests, ultrasounds & colonoscopies that always come back normal...

Get a CDSA test done.

A CDSA is different because instead of only looking for problems the doctor can see with a naked eye, it looks at what's going on in your gut at the microscopic level.

It's going to reveal the levels of good bacteria you have, if there's an overgrowth of yeast, bad bacteria or parasites, their species & loads more.

We have a video on what you can expect to find if you get a CDSA done here: <https://youtu.be/JOspDcp1cOk>

Do watch it. It'll make everything in this guide make a lot more sense.

A CDSA costs about \$600 (plus the cost of consultation to interpret it), so it's not for everyone. That's why **RMV** is antifungal, antibacterial & antiparasitic. It targets **all** the problems you're likely to find if you get a CDSA done.





## Which CanXida Formulas Do I Take For My Issue?

We recommend all SIBO patients take at least **Remove & Restore**.

**Remove** cleans up the gut.

It gets rid of overgrowths of yeast, bad bacteria & parasites. Even people who think they have great health feel better after using RMV for a few weeks.

**Restore** brings your digestion back to normal using probiotics & enzymes.

The probiotics recolonize your gut wall & prevent those “bad guys” from coming back. While the enzymes break down food so the good bacteria have plenty to eat & multiply faster.

You can swallow both of these formulas at once. They work better together.

### How to Tell If You’ll Benefit From Taking Rebuild or Recharge:

**Rebuild** is a sustain release multivitamin with an antimicrobial back-end. It’s going to solve any nutrient deficiencies you may have that are slowing down your recovery.

**Recharge** also has a multivitamin component, with a greater emphasis on combating fatigue & brain fog.

If you’ve already made changes to your diet or know you’re going to have no problem eating lots of fermented foods, beans & fresh vegetables every day, just take **Remove & Restore**.

If you’re just starting out & have a history of eating lots of processed foods, you’ll benefit greatly by adding **Rebuild** or **Recharge** as well.

The better your diet is at the start of treatment, the less you’ll benefit by taking a 3<sup>rd</sup> formula.

If you have a chronic gut problem or suffer from fatigue, taking a 3<sup>rd</sup> formula will help you recover faster.

For the absolute **BEST** results, take Remove, Restore & either Rebuild or Recharge (meaning 3 formulas total).

## How Long Should I Use CanXida For?

Take **CanXida** until you no longer get a benefit from doing so.

We didn’t design CanXida to be taken indefinitely. We designed it so it makes you feel better so you can stop taking it. Some people take it for 2 to 3 months & stop. Others are still taking it in low doses 2 years later.

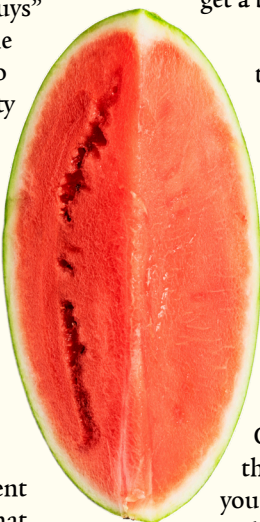
We’ve seen patients who were unwell for 20 years and had been taking CanXida for 18 months, & they were **STILL** improving. If you’re getting a benefit from something, you keep using it.

Very simple.

## Is CanXida Safe To Take With My Medication?

None of the ingredients we use are known to react with pharmaceuticals but ask your doctor just to be safe.

We recommend all patients who are on several medications to consult with their doctor prior to using CanXida. As taking many pharmaceutical drugs plus several supplements at the same time is not a good idea in general.



## Will CanXida Cause Me to Have a Die-Off Reaction?

CanXida Remove does **NOT** cause die-off reactions.

As you know, when bad bacteria, yeast & parasite cells die, they release toxins. And if a large amount of them die in a short period of time, you can get a die-off or "Herxheimer reaction."

A Herxheimer reaction is basically a worsening of symptoms for a period of time. For SIBO, this can include things like insomnia, brain fog, achy muscles, sore joints & fatigue.

Die-off is more likely in patients with kidney or liver issues or whose kidneys & livers are overloaded.

This can be caused by too much alcohol, sugar, pharmaceutical drugs, high stress lifestyles, etc. Or simply by having an infection in the gut for long time.

The reason CanXida Remove does **NOT** cause die-off is because it's sustained release.

Sustained release supplements break down slowly. They spread the antimicrobial activity out vs hitting your gut with everything all at once.

In other words, it makes the "bad guys" die slowly. That way your liver & immune system doesn't get overloaded with too many toxins in a short time.

Another way to minimize die-off is by doing the **14 Day Big Cleanup**, as we explained on page 8.

Just follow this guide you should be able to fix your gut with minimum or no die-off, side effects or aggravations.

## Why Is Dicalcium Phosphate in CanXida Remove?

Dicalcium phosphate is simply an excipient – an inactive substance used in supplements to enhance the effect of active ingredients, boost absorption or do a certain action.

CanXida Remove contains three excipients (all of which are non-toxic).

They are:

- (1) Dicalcium phosphate
- (2) Magnesium stearate
- (3) Hydroxypropyl methylcellulose

Dicalcium phosphate is here as an odor remover. It sanitizes the tablets & gives the bottle a fresh smell when you open it. It's made of calcium & phosphate – 2 essential minerals you eat every day. It's also used to add calcium to foods like cereals.

Magnesium stearate (stearic acid) is a fatty acid from coconut. It holds the ingredients together so the tablets doesn't crumble or fall apart easily. It's also in chocolate. The only way you'd react to stearic acid is if you had late stage liver or pancreatic cancer.

Hydroxypropyl methylcellulose is a plant fiber from pine trees. It's what makes Remove sustain release. It slows down the release of the standardized ingredients so they don't overwhelm your gut all at once. That's all it does.

No cases of serious side effects or allergic reactions have been reported from using CanXida products.

We don't use any weird chemicals or preservatives. Don't worry.



## If CanXida Works, Why Isn't My Doctor or Naturopath Using It?

Actually many health professionals do use & recommend CanXida.

We regularly ship CanXida to many naturopathic clinics around the world.

If you're seeing someone & they don't recommend CanXida, it often means they have their own protocol or supplement they want you to use.

This doesn't mean their supplement will be less effective. We have no issues with folks using something else. We recommend CanXida because we know it has a **high success rate**.

Whenever a medical professional recommends a supplement, ask yourself, what are they offering besides that product?

Are they giving you the standard diet sheet they give everyone else with some foods circled in green & others crossed out in red?

Do they say "eat these foods!" & rush you out the door so they can see the next patient?

Are they tailoring their protocol to suit you or teaching you how to make adjustments based on your needs?

Is it a "**cookie cutter**" protocol – meaning everyone who walks through their door gets the same exact advice?

Every patient is different. That's why each order of CanXida comes with a free booklet (both in print & pdf) with different dosage instructions for

different situations & symptoms. We want to make sure you to get the best results possible.

## How Long Does It Take For CanXida To Start Working?

With **Remove** you should notice an effect within the first week. Many people say they notice an effect within the first 24 hours. It depends on the current state of your gut, your diet, your lifestyle & many other factors.

The longer you've been eating good food, getting enough sleep & working on reducing your stress, the faster you're going to see results with CanXida.

**Restore** can take a bit longer to work – up to 14 days before you see things like changes in energy & improved sleep. That's because it takes time for the good bacteria to build up.

It's like **growing a garden**. You can't transform soil that's full of weeds & has been sprayed with chemicals into a beautiful garden within a few days or even a few weeks. It takes time. And it's the same with your health.

**Rebuild & Recharge** can pick you up as quickly as Remove. If you're very deficient in minerals – meaning you've been sick for a long time – you should notice your energy levels start to bounce back within 7 to 10 days.

If you're not seeing results it means your dosage is wrong or you need to work on your diet or lifestyle more. If you need help or support, see page 63.





# Why You Should Read Candida Crusher

We want to take a moment to talk to you about our 718-page ebook, **Candida Crusher**.

People say *“I thought I knew everything about Candida until I watched your YouTube channel.”*

This is how you’re going to feel about **Candida Crusher**.

This book was written out of a sense of frustration after many initial years of working in the clinic & only getting partial results.

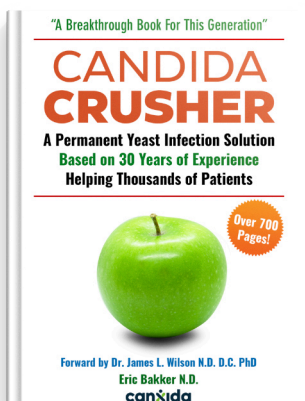
It was written so that future Candida sufferers wouldn’t have to go through the devastating anxiety, depression, and constant relapses (with little hope of having a full recovery) all too often experienced by patients with chronic Candida.

Inside **Candida Crusher** you’ll find a simple yet highly effective two-stage yeast infection treatment plan.

## **A permanent yeast solution.**

**Candida Crusher** is the end result of thousands of hours spent in the clinic working with patients, as well as researching countless books, online resources, speaking with many experts, & old fashioned trial & error.

This book took 3 years to write and contains information extracted from over 15,000 yeast infection cases, 1,000 stool tests, 500 food allergy tests, & many blood tests.



**THIS BOOK IS GOING TO TELL YOU WHAT EVERY OTHER BOOK ON CANDIDA WON'T**

That getting well is not easy and that remaining well will require plenty of time and commitment for the first one to two months – particularly if you’ve been suffering with a chronic yeast infection for many years!

**Candida Crusher** was written to be as informative and “baloney-free” as possible with minimal technical jargon, so it would be a easy to read and yet informative & comprehensive enough to be considered the ultimate guide on this subject.

And in fact we’ve been told by many practitioners it’s one of the **BEST** books on Candida they’ve ever seen.

It’s got over 200 pages on diet, 50 pages on the link between Candida and stress, 70 pages on lifestyle, 35 pages on detoxifying, many pages on diagnoses & laboratory tests, tons of information on the correct herbal treatments, the correct washes, the cleanses, it goes on & on...

So if you like our videos, try the ebook. It’s \$7.99 on Amazon for the Kindle version & \$22 for the paperback.

On the next page is the forward, written by Dr. James L. Wilson, N.D., D.C., Ph.D. & author of Adrenal Fatigue, the 21st Century Syndrome.

## Forward to Candida Crusher (By Dr. James L. Wilson)

“Candida overgrowth is not something to take lightly. That is why there is such a need for a book like this. This book takes Candida treatment to the level it needs to be taken. It is a **breakthrough book** for this generation like Dr. William Crooks books were to the generation of the 1980s.

This book is a **quantum leap forward** and allows the reader to successfully treat what can become a persistent health problem that continually pulls down your overall health. This is a book providing a comprehensive protocol to truly help regain your health and be **free of the Candida scourge**. This is a book you can rely on and use as a guide to get yourself back to health.

If you are the patient, you can give a copy to a trusted doctor and say, “this is how I want to be treated”. If you are the health care provider, you can use this as a guide to help you establish a written protocol to successfully treat this commonly occurring health problem.

If you have to go it alone and treat yourself, you can use Candida Crusher as a reliable guide to get yourself out of the woods and on your way to a “Candida-free” life. It’s not because the book contains a lot of information – although it does, that makes it so useful. It is **because it is written from the perspective of a physician with a lot of years of experience** and from a place of wisdom that can only be obtained through seeing thousands of patients, pouring over books after hours and a commitment to helping people recover their health, not just feel better.

In my many conversations with this naturopath, I have come to know him as the **real deal**. A lot of doctors write books on health and disease. Few are written with the abundance of practical information combined with scientific understanding like this book. I believe this book is destined to become a classic and invite you to read and follow its instruction because in my opinion, **it is the best, most practical book addressing the Candida problem ever published.**

This is a book that has been needed for a long time, but needed someone with vast knowledge & experience to write a book like this. Use this book as your guide and then contact him to thank him and provide your feedback. That is the true reward to an author who writes at this level.”



Dr. Wilson is acknowledged as an expert on alternative medicine, especially in the fields of stress & adrenal function. Dr. Wilson regularly speaks at some of the most prestigious medical conferences such as:

- the American Academy of Anti-Aging Medicine (AAM)
- the American Academy for Advancement in Medicine (ACAM)
- the American Academy of Environmental Medicine (AAEM)
- Fellowship in Anti-Aging & Environmental Medicine (FAAFM)



# How Long Does Recovery Take?

## & Other Answers to Questions About What to Expect During the Gut Healing Process

Many patients who come to us believe chronic SIBO (& other gut issues) can be resolved via a single course of a single pill.

And you don't need to do much other than take that pill. Sadly it's not so easy.

### **THERE'S NO QUICK FIX FOR CHRONIC GUT ISSUES**

There's no 24-hour or 7-day solution. You need to have realistic expectations – especially if you've been unwell for years.

How long it takes to recover depends on how long you've been sick. If you've been ill for 10 to 20 years, it may take you one year to fully recover.

Whether you take antibiotics during the course of your treatment & if you have diabetes also impacts recovery time.

### **RECOVERY TENDS TO HAPPEN IN 1 OF 4 WAYS**

**Fast Recovery:** more common when a patient was sick for a short time (such as 1 to 2 months). If you've been sick for longer, you can still get fast symptom relief. It just tends to take longer to recover fully.

**Partial Recovery:** these are patients who got partial results & then relapsed. A relapse isn't the end of the world. It takes time & effort to change your diet. If you don't get it right the first time, try again.

**Almost Recovered:** is when a patient goes through multiple rounds of feeling better & then relapses. These patients have what we call an obstacle to recovery. It may not be diet related. See our YouTube as we have several videos on what to do here.

**Full Recovery:** happens when you identify what diet & lifestyle habits need to change & are persistent.

### **PERSISTENCE IS THE KEY TO FULL RECOVERY**

If you get results & then find yourself slipping back into old habits, don't give up. You can recover fully. Reread this guide, watch our YouTube videos & try again.

### **OTHER THINGS THAT SLOW RECOVERY**

**Giving Up:** the #1 reason patients fail to recover. Be persistent you'll get results.

**Misdiagnosis:** many patients get told they have IBS when in reality, they have an overgrowth of bad bacteria & yeast (which the doctor would have found if they did a CDSA test). This can lead to years of wasted time & wrong treatments.

**Alcohol & Drugs:** some patients will change their diet but continue drinking alcohol or soda. Certain pharmaceutical drugs & the oral contraceptive pill can also halt recovery (see our YouTube channel).

**Lifestyle:** is as important as diet. If you've got a poor sleep schedule or a bad relationship that causes constant stress, these can become obstacles to recovery.

Recovery is not always linear. Ups & downs and slip-ups are normal.

### **THE MOST COMMON PATH**

A patient gets massive results in the first 1 - 3 months – which makes them feel like they've recovered. This causes them to let their guard down & fall back into poor diets & unhealthy habits – which causes a few symptoms to resurface. After a while, they recommit & begin to see results again.

If this happens to you, it's OK. It isn't easy to be perfect all the time. Get back on the MEVY diet & try again. You can heal.

# Symptoms to Track & Bristol Stool Chart

The next few pages contain charts to help you track your recovery. Using them is optional. To get a 1-page printable pdf of the logs on page 60 & 61, visit [www.canxida.com/resources](http://www.canxida.com/resources).



**Bloating**



**Gas**



**Burping**



**Stomach Pain**



**Cramping**



**Diarrhea**



**Constipation**



**Mucus in Stool**



**Heartburn**



**Long Term Gut Problems**



**Fullness After Small Meal**



**Nausea**



**Joint Pain**



**Skin Rashes**



**Food Intolerance**










**Fatigue**



**Brain Fog**



**Inability to Concentrate**

Constipation (Severe)	Constipation (Mild)	Normal	Normal	Normal (Lacking Fiber)	Diarrhea (Mild)	Diarrhea (Severe)
Type 1	Type 2	Type 3	Type 4	Type 5	Type 6	Type 7
						
Separate hard lumps	Sausage shaped & lumpy	Sausage shaped with cracks	Soft smooth sausage or snake	Soft blobs with clear-cut edges	Mushy pieces with ragged edge	Liquid with no solid pieces

# Diet & Symptom Log

DATE: \_\_\_\_\_

Your Stress Level (Circle):    Low    Med    High

Did You Sleep Well (Circle):    Yes    No

Mood Today: 😞 😟 😐 😊 😄

Today's Energy Level (1 to 5): \_\_\_\_\_

Sleep Quality (1 to 5): \_\_\_\_\_

Exercised Today (Circle):    Yes    No

Symptom Rating: 1 = Very Mild, 10 = Very Severe

Time of Meal (or Snack)	Food / Drink (list food & quantity)	Bowel Activity	Symptoms (Rate 1 to 10)
		<b>Bowel Movement?</b> Yes No  <b>Bristol Scale:</b> 	Rate Symptoms: _____
		<b>Bowel Movement?</b> Yes No  <b>Bristol Scale:</b> 	Rate Symptoms: _____
		<b>Bowel Movement?</b> Yes No  <b>Bristol Scale:</b> 	Rate Symptoms: _____
		<b>Bowel Movement?</b> Yes No  <b>Bristol Scale:</b> 	Rate Symptoms: _____
		<b>Bowel Movement?</b> Yes No  <b>Bristol Scale:</b> 	Rate Symptoms: _____
		<b>Bowel Movement?</b> Yes No  <b>Bristol Scale:</b> 	Rate Symptoms: _____

# Food Intolerance Log

Use this chart to keep track of **foods that caused flare-ups or aggravations**. Try to list all the foods the meal contained so you can look back & find patterns. Be sure to record the date you experienced the symptoms, as your tolerance to many of these foods can improve as your health improves.

List of Trigger Foods	Symptoms	Amount of Food

# Stop Putting Up With the Pain, Embarrassment, Self-Doubt & Unsupportive Doctors!

If you read this far, you know we're the REAL DEAL. And while we may not have experienced every symptom you're having, our patients **certainly have**.



We know about the constant bathroom runs. The self-doubt you feel when doctors imply it's **"all in your head."** The embarrassment of telling someone you have **"problems down there."** The feeling of being "unclean" after you've just showered. The itchiness, irritability, depression, anxiety, sugar cravings & inability to lose weight.

We know the feeling of despair & frustration associated with bouncing from doctor to doctor and having each one tell you **nothing is wrong** and prescribe you the same medications that do nothing & make you feel awful.

We know about the constipation, the discomfort, the **overwhelming fatigue**, misery, brain fog & everything else.

We know about the constant bloating and horrible gas & having to wear loose or baggy clothing **because your stomach swells** so much you look as if you're pregnant & how all this is affecting your relationships & social life.

We also know you've tried MANY solutions already. **They didn't work so well did they?** Maybe you were able to get rid of your symptoms for a few weeks or months only to have them ALL creep back up on you.

We've been at this for a LONG time & let us tell you, it's not uncommon for new folks to say they've been suffering like this for YEARS! That's why we urge you to **take your first step towards recovery** & give CanXida a try.

If you're still skeptical whether CanXida will work for you, just check our YouTube channel. Spend a few minutes browsing around. Do a search for any gut health topic you can think of.

Chances are we made a video about it. If you prefer to read, see our articles on [www.yeastinfection.org](http://www.yeastinfection.org) & [blog.canxida.com](http://blog.canxida.com).



Read the recovery stories on page 46 of this guide. They're **100% REAL**. We also have 30 video testimonials you can watch at [canxida.com/stories](http://canxida.com/stories).

Verify whatever you like. Then see our **special offer** on the next page...



# Skeptical? Here's How to Test CanXida For Only \$45

## Get 1 Bottle of CanXida RMV at 25% Off

Order a **1 - 2 month supply** of CanXida Remove (RMV) – our clinically tested, 100% herbal based, antifungal, antibacterial & antiparasite tablet based on +30 years of experience – for the low price of **\$44.99** (& FREE USA shipping).

**Buy:** [www.canxida.com/coupon/sibo1](http://www.canxida.com/coupon/sibo1)



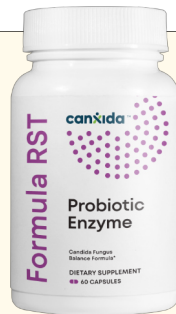
~~\$59.99~~ **\$44.99**

## Get RMV + RST (2 Bottles) at 25% Off

Order a **1 to 2 month supply** of Remove plus CanXida Restore – our time released probiotic + enzyme capsule that only opens up in the small intestine – for **\$89.98** (FREE shipping).

**Click Below to Buy Now or Visit:**  
[www.canxida.com/coupon/sibo2](http://www.canxida.com/coupon/sibo2)

~~\$119.98~~  
**\$89.98**



**Note:** This 25% discount offer is **REAL**. If you check [www.canxida.com/remove](http://www.canxida.com/remove) you'll see RMV & RST each sell for \$59.99 for 1 bottle. This is the only place you'll see RMV for **\$44.99** & RMV + RST for **\$89.98** instead. It's a special 1-time discount for **new customers only**.

**More Bundles Are Available at [www.canxida.com/packages](http://www.canxida.com/packages) Including:**



**3 Bottle Kit With Rebuild**  
Order a 1-2 month supply of Remove, Restore & Rebuild (3 bottles) for just **\$142.99**. That's only \$47.66 a bottle! You SAVE \$36.98.

[visit canxida.com today](http://www.canxida.com)



**3 Bottle Kit With Recharge**  
Order a 1-2 month supply of Remove, Restore & Recharge (3 bottles) for just **\$149.99**. Normal price individually: \$209.97. You SAVE \$59.98.

[visit canxida.com today](http://www.canxida.com)



### Order Online Or By Phone

You can order via our website – [www.canxida.com](http://www.canxida.com) or by calling our toll-free support hotline at +1 (888) 508-3171. We're available Monday to Friday from 9am to 10pm & Saturday & Sunday from 8am to 5pm, Eastern Time.

Please note that while we're happy to assist you & answer any questions you may have 7 days a week, we can only take orders over the phone on weekdays.



**If You Need Support** or help with any of the CanXida formulas, the diet, or have questions about your specific situation or symptoms – contact us.

Call us toll-free at +1 (888) 508-3171, email us at [support@canxida.com](mailto:support@canxida.com) or just visit [canxida.com/contact](http://canxida.com/contact).

We have a dedicated email staff & will usually get back to you within 15 minutes – even late at night & on weekends.

# More Free Resources To Help You Recover

## **You** **Watch +3000 Videos On Our YouTube Channels**



Our two main channels are the CanXida YouTube channel at: [www.youtube.com/@canxida](https://www.youtube.com/@canxida) & the Candida Recipes channel at: [www.youtube.com/@candidadetoxrecipes](https://www.youtube.com/@candidadetoxrecipes).

We've got videos on what foods to eat & avoid for different issues, how to quickly tackle symptoms like bloating & acid reflux, how to tell if a probiotic is high quality, & so much more.

We urge you to use this resource whenever you're unsure about a topic mentioned in this guide or want more info on it.

It's there to help you.



## **Read Hundreds of In-Depth Articles On Our Website**

Prefer to read vs watch videos? Check out our free articles at [www.blog.canxida.com](https://www.blog.canxida.com) & [www.yeastinfection.org](https://www.yeastinfection.org). We got several hundred articles on gut health & post new ones each month.



## **Stay Connected With Us On Social Media**

Follow us on Instagram at [www.instagram.com/canxidaguthealth](https://www.instagram.com/canxidaguthealth) & on Facebook at [www.facebook.com/canxida](https://www.facebook.com/canxida). We're always posting food charts, graphics, & occasionally discount codes too.



## **Get the Free CanXida Diet Mobile App**

Download the CanXida mobile app for your Android or iPhone device. It's ad-free & full of tools that'll make it easier to stick to your new diet. You'll find it near the bottom of [www.canxida.com](https://www.canxida.com).

**For More Info About Our Supplements, Visit [www.canxida.com](https://www.canxida.com)**

**Bundle Deals Are Available at [www.canxida.com/packages](https://www.canxida.com/packages)**

*Note: This guide is for informational purposes only & doesn't replace professional medical advice. Statements about CanXida have not been evaluated by the FDA. Products mentioned in this guide are not intended to diagnose, treat, cure, or prevent any disease.*