

Quick Guide

This Quick Guide has been created to clarify & outline the **five components** of The McCombs Plan to support you & your success!



- 1) Taking Supplements
- 2) Drinking Plenty of Water
- 3) Sweating in a Bath or Sauna 6x a Week
- 4) Eating From the Yes/No Foods List
- 5) Keeping Bowels Moving

1 Supplements

There are three main supplements used in the Candida Plan:

- 1) **Candida Force**
- 2) **Detox Essentials**
- 3) **Vital Flora**

Purchase Supplements:

Online: www.candidaplan.com

By Phone: (888) 236-7780

	Candida Force	Detox Essentials	Vital Flora
Usage description	5 capsules, 3x a day	4 capsules, 2x a day	5 capsules, 2x a day
Best if taken	at least 20 minutes away from food and Vital Flora	anytime	20-30 minutes before meals and away from hot drinks
Usage time period	Weeks 1-8	Weeks 1-16	Weeks 7-16
# of bottles needed for entire program	4 bottles	8 bottles	7 bottles

Note: The acidophilus bacteria (Vital Flora) are needed to reestablish the normal tissue flora in the digestive tract and throughout the entire body. Taking Acidophilus prior to week seven only provides symptomatic relief. There is no room for the Acidophilus to establish itself and grow in the digestive tract until week seven due to the overabundance of fungal Candida. Keep Vital Flora refrigerated. Vital Flora is good for up to 5 months outside of the refrigerator, although we recommend keeping it refrigerated.

2 Water

Drink 1 quart of purified water per 50 lbs of body weight per day.

Body Weight	Water Consumption (Conversion Table: Quarts = Ounces = Liters)		
50 lbs	1 quart	32 ounces	0.95 liters
100 lbs	2 quarts	64 ounces	1.9 liters
150 lbs	3 quarts	96 ounces	2.8 liters
200 lbs	4 quarts	128 ounces	3.8 liters
250 lbs	5 quarts	160 ounces	4.7 liters

3 Sweating

The major detoxification organs of the body are the liver, kidneys, lungs, GI tract and skin. Fungal Candida increases the toxicity of the entire body and overloads the detoxification system. Thus, it's essential to detoxify the body through its largest detoxification organ – the skin.

It is recommended that you sweat in a sauna or a bath; however, you can also sweat in a steam room or a jacuzzi.

	Bath (or Jacuzzi)	OR	Sauna (or Steam Room)
How many times per week?	6 times		6 times
For how long?	30 minute hot bath (once you start sweating from your forehead sweat at least 10-15 minutes).		10-20 minutes
Additional Recommendations	Using bath salts such as Masada salts (available at major health food stores), Epsom salts, or the Mustard Bath (available by phone 888-236-7780 or at www.candidaplan.com) with baths aids in detoxifying the body.		

Sweating is a MUST! Exercise sweating doesn't count!

4 Yes/No Foods

Yes Foods

- All meats (except pork)
- All vegetables
- All Fruits (except oranges)
- Eggs
- Potatoes, Sweet Potatoes and Yams
- Brown Rice (short or long grain)
- Brown rice cakes (plain)
- Brown rice cereal (hot)
- Tea, coffee
- Garlic, onions and all spices

Only use cold-pressed oils for cooking or salad dressing: extra virgin olive, coconut, almond, apricot oils, etc.

Most other oils are toxic for the body.

Seasonings include: Bragg's Liquid Amino Acids, salt, pepper, etc. (as long as there are no sugars, yeast, or anything not on the plan.)

***We recommend naturally raised and organic foods.**

Download our suggest grocery shopping list:
www.candidaplan.com/candida-plan/resources

No Foods

- Anything not on the "Yes Foods" list is not on the plan
- All sugars (malts, honey, syrups, alcohol, etc.)
- All canned and/or processed foods
- Meal replacements powders, smoothies, shakes and food bars
- Yeast
- Dates
- Dairy and dairy products (butter, cheese, kefir, yogurt, etc.)
- All grains (except brown rice)
- Dried fruit
- Fruit juices & sweet vegetable juices, including smoothies
- Nuts, seeds, etc.
- Legumes (beans, chickpeas, lentils, etc.)
- Popcorn
- Soy sauce
- Vinegar
- Alcohol
- Breads
- Pastas and pasta substitutes
- Chips (any kind including seaweed snack)
- Milk/Dairy substitutes (rice & soy milk, etc.)
- Gum (check our site for alternatives)
- Sugar substitutes (stevia, agave, xylitol, etc.)

Adding foods from the "No" list back into your diet

Note: We encourage you to add only those foods that work for your body. You may find that you continue to do best without adding back in certain foods. Listen to your body.

Week #	McCombs Plan Food Information	Reminder!
Week 1-8	Follow Yes & No Foods lists	Sweat!
Week 9	You may add back in: dried fruit, juices, soy sauce, vinegar, legumes, tofu, nuts and popcorn	Sweat!
Week 11	You may add back in: whole grains (amaranth, barley, buckwheat, millet, quinoa, oats, rye, white rice, wild rice, etc.)	Sweat!
Week 13	You may add back in: pasta, bread, chips, crackers, etc.	Sweat!
Week 15	You may add back in: sugars and alcohol	Sweat!
Week 17	You may add back in: dairy and dairy replacements	Sweat!

5 Keeping the Bowels Moving

It is important to keep the bowels moving. Normal bowel movements should be 3-4 times per day. If you find that your bowel movements are slow, taking Trace Minerals, magnesium, an herbal colon cleanser, psyllium, etc. can help keep bowels moving.

To order Trace Minerals, an herbal colon cleanser, or magnesium please visit www.candidaplan.com or call (888) 236-7780.

Tips

- ✓ Please follow the program exactly as it is outlined in this guide.
- ✓ Sweating must be done as recommended!

If you fail to follow the sweating protocol, your body will experience what may feel like a cold, sore throat, etc., due to its attempt to detoxify through an already overloaded system.

Questions? Call us at (888) 236-7780 or e-mail us at info@candidaplan.com