



THE M' LIS CANDIDA PROGRAM



DAY	1	2	3	4	5	6	7	8	9	10
DATE										
INSTRUCTIONS	2 qts. water; eliminate red meat, dairy, fruit, refined sugars & flours; eat whole grains (no yeast), fresh veggies & their juice	continue as day before Candida Combo. Detox. Group #1	continue as day before exercise 30 min.	continue as day before	continue as day before exercise 30 min.	continue as day before	continue as day before eliminate all meat exercise 30 min.	continue as day before	DETOXIFY Detox. Group #1 Probiotic Herb	DETOXIFY Detox. Group #2 Probiotic Herb exercise 30 min.

DAY	11	12	13	14	15	16	17	18	19	20
DATE										
INSTRUCTIONS	DETOXIFY Detox. Group #3 Probiotic Herb continue up to 10 days	eat fresh veggies, Wrap & Massage exercise 30 min.	continue as day before add whole grains (no yeast)	continue as day before add lean protein exercise 30 min. add steamed veggies	continue as day before add "legal" dairy	continue as day before may add cooked fruit to recipes	continue as day before	continue as day before	continue as day before exercise 30 min.	continue as day before
drink 2 qts. water, take Candida Combo. & Detox. Group #1										

DAY	21	22	23	24	25	26	27	28	29	30
DATE										
INSTRUCTIONS	continue as day before exercise 30 min. Wrap & Massage	continue as day before gradually add whole grain yeast bread & fresh fruit one at a time	continue as day before	continue as day before exercise 30 min.	continue as day before	continue as day before exercise 30 min.	continue as day before exercise 30 min.	continue as day before exercise 30 min.	continue as day before	continue as day before exercise 30 min.
DETOX: see notes below if not continuing on with another M' LIS program										

CANDIDA COMBINATION			
HERB	AM	NOON	PM
CALCIUM	2		2
PROBIOTIC	2-2		2-2
DAILY	1		1
EVENING PRIMROSE OIL	2		2
FLAX SEED OIL	3		3
TRANQUILITY	2		2
VITAL	1		
ENZYME	Take 2 with each meal, or with M'lis Instant Meal		
INSTANT MEAL	Take up to 2x daily		
MAINTAIN	Use following every bath or shower to help cleanse connective tissue		
SLENDER AID	Take 2 as often as necessary (up to 3x/day) to appease appetite and regulate blood sugar		

If this program is not followed by another M' LIS program, detoxify at end of candida program. On day 26 & 27, follow the instructions for day 7; then detoxify on days 28, 29 and 30.
Exercise as listed above, or if possible, for a minimum of 20-30 minutes 5 times/week, and drink at least 8 glasses of water daily. To maintain wellness, continue to provide the body with 100% nutrition with M' LIS DAILY and M' LIS CALCIUM supplements, along with a well balanced diet. M' LIS recommends DETOXIFICATION 3-4 times each year for overall health.

DETOXIFICATION HERBS - GROUP 1		
HERBS	AM	PM
CLEANSE	2	2
DETOX	2	2
FIBER	8	8
DETOXIFICATION HERBS - GROUP 2		
HERBS	AM	PM
CLEANSE	2	2
DETOX	3	3
FIBER	8	8
DETOXIFICATION HERBS - GROUP 3		
HERBS	AM	PM
CLEANSE	2	2
DETOX	4	4
FIBER	8	8