

**STEP 3**

**KILL IT!**



*First knock it down a few notches!*

## Revert Fungus Back to Non-Pathogenic Yeast (or Prevent it From Turning to Fungus)

If your symptoms are major, there's a good chance that your Candida is in the fungal form.

Candida in its fungal form is extremely inflammatory. It creates neurological symptoms like brain fog, severe mood swings, irritability, depression, confusion, anxiety etc.

In this form, Candida is also all but immune to natural antifungals. So, the first thing we do when fighting fungal Candida is knock it down a few notches!

When it's reverted to a simple yeast, it will be much more vulnerable to the natural antifungals that we add in later.

What works best to take Candida down to a yeast form and break down its biofilm is Undecylenic acid or in a different molecule orientation it's called Undecenoic acid. Any brand that you trust is great. I like Thorne SF722 for this purpose, but it's up to you. Discuss this with your local healthcare practitioner if you have questions.

If you choose to use Thorne SF 722, be careful to work up to the full dose slowly and keep taking it for 3 months. That's most likely all you will need.

If you are aware of a bacterial dysbiosis in your gut, Thorne Undecyn will be an even better choice because it also has Berberine, which will help to beat back unbalanced bacteria and bacteria that may be in the wrong place.

What is a bacterial dysbiosis, you ask? It's insufficient beneficial bacteria with pathogenic bacteria and/or fungal overgrowths.

(notes on how to order Thorne products through me with a 15% discount are at the end of this document)

## *2 Ways to Kill Candida*

After about 2 weeks with the Undecylenic acid or Undecenoic acid, some of your Candida will likely be in its yeast form and much more vulnerable to natural antifungals. That means you're ready to start killing the little Candida buggers!

### Natural Anti-fungals

I like the idea of using natural antifungals better than prescription pharmaceuticals simply because they are far less toxic.

#### Garlic

Garlic is a huge help against Candida and very cleansing to the GI tract. It helps to chew and swallow 1 raw garlic clove twice per day while fighting Candida. If you don't like chewing it, garlic can just be swallowed, but please make sure it's small enough so you don't choke.

If you're struggling with vaginal yeast, you can try inserting a garlic clove vaginally at bedtime and leaving it in overnight. This might sting a bit at first, but it will calm down.

After 7-14 days, it can be very effective at wiping out a vaginal yeast infection.

### Antifungal extracts

These are caprylic acid, pau d'arco, olive leaf extract, oregano, thyme, etc.

I like the blend of antifungal extracts in [Metagenics CandiBactin-AR](#), built up slowly to the full daily dose, and taken for 3 months.

You will benefit from drinking pau d'arco tea for these 3 months as well, as much as you like.

### Prescription Pharmaceuticals

For a particularly persistent overgrowth, you might want to request Nystatin from your doctor or other health care practitioner. Nystatin is far less toxic than Fluconazole (Diflucan), which, in my opinion, should be reserved only for worst case, particularly persistent fungal infections.

If you do request Nystatin, make sure you get the kind that is in capsule form and not the liquid, which is swimming in sugar. Kinda doesn't make sense for fighting Candida, right?

You have to mention this to your practitioner. I once received the liquid, sugary Nystatin, and my doctor was surprised that it came like that. She didn't know.

Fluconazole (Diflucan) is very strong and will work against Candida, but it works so quickly that it doesn't allow for slow change of the gut environment. The slower change that happens with natural antifungals can prevent the yeast growth from just turning around and coming back in 6 months.

Certainly, if a person is experiencing debilitating symptoms, they would want some immediate relief. However, the damage to the liver and risk of recurrence can be a deterrent.

## *Boost your cleanse with essential oils!*

Some very powerful candida-fighting essential oils:

Tea tree oil (melaleuca), thyme, patchouli, cedarwood

Essential oils proven to inhibit biofilm:

Clove, lemongrass

These are particularly hot oils, as is thyme- use caution and always mix them in a carrier oil such as coconut oil. If you use them in a retention enema, use no more than 7 drops for comfort.

One cool trick that I learned along the way:

A retention enema with melaleuca:

To do this, use 15 drops of Melrose essential oil blend (this is what Young Living calls their blend with melaleuca) in  $\frac{1}{4}$  cup of coconut oil, put it in a syringe (turkey baster) and cool it a bit so that it's semi-solid and doesn't come right back out. Use this as a retention enema.

How to perform a retention enema:

Remember, this works really well, but it's not for everyone! Only do what you feel comfortable with. Just know that this can speed up your recovery quite a bit (by weeks or months).

You simply empty the syringe into your back door while laying on your left side (maybe lay on a towel or something else washable on the floor) and hold it in for 15 minutes before carefully walking to the toilet to let it empty out.

Make sure you try to pass gas before doing this. Hehe!

# KILL IT!

This may sound scary at first, and you won't necessarily be successful with your first go around. It's a learning process. Trial and error, ya know?

Do this every few days, and you may cut this whole process by weeks or even months!

I know it seems like this process doesn't include anything that targets systemic Candida directly, but the Melrose will spread out of the colon to the rest of the body and attack the fungal Candida wherever it is, provided that you are doing the other steps and especially starving the Candida with what you're eating.

Candida is a fierce opponent, and you cannot give it any wiggle room. Give it an inch, it will take a mile!

## Essential oils to help with detox reactions

For an acute reaction, Young Living's Juva Cleanse and Purification can help quite a lot.

Dr. Young recommends a unique way of using the oils. It goes like this:

1 drop by mouth (under the tongue or on the inside of the cheek) every minute for 10 minutes

Then 1 drop every 10 minutes until the reaction stops and you feel better I've done this. Totally a life saver!

If you are not already a Young Living Essential Oils member, you can join through me if you wish. Instructions on how to do that are at the end of this document.

You can also get Young Living products through Amazon (at a higher price) or possibly you already know a member and can ask them to include your desired products in their next monthly order. That way you will still get the member discount! 😊

If you prefer DoTerra, that's just fine. I'm sure they have comparable products that will work just as well.

## Quick Note on Detox

You definitely want to continue supporting your detox organs during this time. They will be working overtime.

Please refer to the Detox Symptom Relief PDF in the “Lessons” section of the Guts and Glory Galley, and make sure you are doing a few of those things now to support detox.

I like Metagenics CandiBactin-BR to really support liver and gallbladder detoxification, as well as immune and elimination functions. That’s something I don’t mention in the Detox Symptom Relief PDF.

(notes on how to order Metagenics products through me with a 20% discount are at the end of this document)

## Probiotics

After about 2 weeks on Step 3: Kill it, you’ll probably be ready to begin Step 4: Evict it!

That’s where we bring in some probiotics to the mix and fill your gut with more welcome organisms.

It’s important not to start this step too soon to avoid discomfort.

Remember, these steps overlap.

## *Get Your Discounts!*

### How to Order Thorne Products Through Me With a 15% Discount

To get your 15% discount on Thorne products as my client, simply go to the Thorne website sign up page

<https://www.thorne.com/signup/customer>

Where it says, “Were you referred by a health professional?” click on Yes.

My affiliate code is HCP1162452. Have that handy. They will ask for it.

All my clients get the 15% discount. You’re all set!

### How to Order Metagenics Products Through Me With a 20% Discount

To get your 20% discount on Metagenics products as my client, simply call Metagenics directly at 1-800-692-9400.

Tell them you are my client and that you get a 20% discount. My affiliate code is [lseely](#).

Have that handy. They will ask for it.

# KILL IT!

## How to Join Young Living Through Me and Get Their Member Discount

To join Young Living and get their member discount, you can create a new account at [youngliving.com](http://youngliving.com) and use my member number when asked for one.

My member number is 10882219, and I'm working on figuring out how to change my name in my profile back to my maiden name of Seely, so I might still show up as Laurie Vassalli in there.

Use that number as both the enroller and sponsor.

In order to become a member, you do need to purchase a starter kit for \$160. It's totally worth it with well over \$300 worth of high quality, pure essential oils and a beautiful diffuser of your choice included.

If you do this, please make sure you let me know! I will send you an essential oils pocket reference book and gift you the essential oils reference guide smart phone app, which is VERY helpful to get you started in using your new oils!

If you want some advice on which starter kit to get, shoot me a text and we'll set up a time to chat about it.

917-328-9696

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