

Newly Updated and Expanded

11 Step Program for Self-Healing

Candida

3RD EDITION

Learn to permanently overcome **Candida**
in 2 to 4 weeks the **natural way** with
no products or toxic therapies

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About the Author



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Introduction

Welcome to a world where you will be introduced to concepts you may have never heard of. The idea that we need something to cure a disease or suppress an ailment is not new to us, but in our society, in general, the concept that we can heal ourselves **is**, and can be a scary one. But it doesn't have to be. This book is designed for the person who has tried the other ways, and feels they have had enough short-term fixes.

I will show you step by step how to permanently heal yourself from a *Candida* overgrowth. Most therapies may suppress your symptoms and make you fairly unaware of what is going on inside your body, until another flare-up occurs. Trust me, though, your problems are far from over just because your symptoms are not at an annoying state. This program goes to the root cause.

Read the book through once, then start again, focusing on each step. Print out the principles in each chapter and put them where you can see them regularly (like the bathroom or by your computer). There are checklists at the end of each step to keep you on track. There are also resources at the end of the book for additional study and support. I am available for consultation and coaching throughout. Some folks take the information and run with it, some need more guidance along the way. See where you are at, check in with yourself. How is your commitment level?

The information contained herein is based on true health science. It is not something you will hear your doctor or pharmacist discuss with you, as it is not lucrative business to do so. The knowledge you are about to absorb, if followed, will actually keep your relationship with the conventional and alternative medical establishments at an all time low, if not non-existent. It works. Those who follow this diet and lifestyle have no primary care physicians, never go to the drugstore or use products to remove or diminish some normal bodily function. If symptoms come up, we know what to do. And now you can to.

3rd edition note: In this new edition I have added a sub chapter on children with Candida. Kids can suffer just as much as adults do and often manifest symptoms in different ways. We explore what we can do for children to them heal naturally. I'll also discuss more the challenges folks face with following such a program as this, and why some should go slower with certain aspects and while others should dive right in. I've relaxed my stance in some areas after working with numerous clients because I feel, ultimately, this puts you more in control of your

beliefs around your health, and not struggling to go in a direction that may not feel right at the time.

Chapter 1

A Candid Background

Let's be frank about it. You are here because you have tried other methods, and they did not work. To better understand how this program works, we will go briefly into what *Candida* is, and how it is commonly treated, both from a conventional and alternative medicine standpoint. Then we will dive into the model of natural self-healing care that does work, long-term.

What is *Candida albicans*?

Candida albicans is the genus species (scientific name) of a bacterium, normally unicellular, that inhabits our digestive tract. It is part of our normal flora. In an unbalanced individual, it can proliferate wildly and become multi-cellular with a long filament (tail), which imbeds in the intestinal wall, affecting the wall's permeability, leading to complications like food allergies and leaky gut. This proliferation can occur in various bodily areas, but it is NEVER only localized. Local infections are always a sign that the whole body's internal environment is not healthy.

A *Candida* overgrowth is also a protective mechanism. It is a way for the body to compensate for an imbalance that already existed. Without this proliferation, we might become comatose or die. When a serious condition (imbalance) occurs that puts the internal environment in crisis, like bowel toxemia and hyperglycemia (excess sugar in the blood), the *Candida* proliferates to eat up that excess sugar or bowel debris, basically buying time for the person to get things back in balance. Left unhindered, everything the body does is an attempt at healing, or protection. It is our *interference* that keeps self-healing from occurring naturally.

Some general symptoms you may be experiencing, which can be attributed to other ailments, and are not limited to:

Lightheadedness

Dry, itchy skin

Bloating, gas

Irritability

“Hormone imbalances”

Fatigue

Low back discomfort

Coated tongue

Athletes foot

Jock itch

Vaginal yeast infection

What does Conventional Medicine say about a systemic Candida infection?

Until only very recently, conventional medicine did not recognize that a chronic degenerative systemic condition could exist in an otherwise seemingly healthy person. They saw only localized infections like: *Candidiasis* (thrush in the mouth), *Vaginosis* (vaginal yeast infection), Athlete’s foot, or fungal ear infections, for example.

Anti-fungal treatments are prescribed and the illusion of them working briefly seems to satisfy many. Symptoms are suppressed for a short period of time, and often recur, with a vengeance. One can get creams, powders, and pills over the counter and use them as often as they like, often habitually so, to relieve them of the awful itching associated with these local infections. But as none address the root cause of the problem, the symptoms are just masked for a time until the toxic overload returns.

In conventional terms, a systemic *Candida* infection is diagnosed with a blood culture and is often not detected until it’s so severe as in patients with advanced cancer or AIDS. Generally, however, conventional medicine does not yet recognize the systemic *Candida* that we are discussing here which begins in the bowel as a result of our food choices and lifestyle habits.

What is the Alternative Medicine perspective?

Thanks to alternative medicine there is an increased awareness of this general systemic *Candida* “imbalance.” Numerous causes have been pointed to including, but not limited to, antibiotics, mercury fillings, and steroid use.

Alternative therapies include probiotics, enzymes, and vitamin and mineral supplements, among other necessary elements, and colon hydrotherapy (colonics).

The big recommendation, though, is “the *Candida* diet.” This is traditionally a no sugar, no starch diet. While the *Candida* reproduces exponentially in a “high sugar environment,” the theory has been to eliminate the sugar from the diet, thereby starving the organism. This is good in theory. I have met many people, though, who have tried the diet, and felt that they themselves were being “starved.” They were correct! They were severely limiting their consumption of sufficient nutritious calories!

This feeling is easily explained in that they essentially **are** being starved. Starved from basic needs. Whole fruit provides us with numerous vitamins and other essential nutrients that other foods or supplements cannot provide. In desperation from keeping away from the “evil” fruit, many people, end up grabbing the chocolate cake instead. Sugar is our cells’ natural fuel; fruits average 90% water and are the cleanest source of caloric fuel.

We crave fruit because it’s the basis of our natural diet. It’s that simple. We can study comparative anatomy until the cows come home to see that our bodies are designed to most efficiently digest fruit and mild, tender vegetables. Fruit gives us fuel in its easiest to obtain, and digestible form. Our bodies do not have to work hard to metabolize this food in its wholeness. So when we deprive ourselves of its luscious nectar, we are depriving our body of its most basic food source, and our body rebels from this deprivation.

As well, in time, as we eat most of our calories from fat (which is what you end of doing when you deprive yourself of fruit), we are missing vital nutrients which cannot be obtained from supplements. Nothing can replace whole food in terms of nutritional value.

Let’s explore this a bit more.

Chapter 2

The Fat-Sugar Connection

Fat Blocks the Flow

What's your favorite fruit? A mango? Great! Let's say you eat a mango, (yes, it drips down your chin first. Let's hope you are sitting on a beach). The fructose, a monosaccharide (simple sugar) is passed easily from mouth to stomach to small intestines. From there it readily gets absorbed into the blood stream, where it then flows nicely to the cells and turns eventually into energy for our body's activities. And oh so yummy in the process!

Sounds beautiful! So why do so many folks have trouble eating their favorite fruit? Why are so many getting spacey, fatigued, irritable, and itchy mucous membranes? What, at its root cause is affecting this natural flow? It's the fat.

Fat is our friend, yes, but it's one of those friends who overstays his welcome. He hangs out forever it seems. Hours upon hours in our system, slowing up everything, from digestion of our food to affecting sugar metabolism, to our BM's (bowel movements).

We need only a small amount of dietary fat. More than 11% (for adults, children need more) generally, and we are overloading our bodies, unless we are athletes, who can handle a bit more. In nature, we would come by fat only incidentally and seasonally: avocados, nuts and seeds. Last time I read the Bible, there was no almond butter tree in the Garden of Eden! All of our fruits and vegetables contain on average 5% fat, so adding large quantities of overt fats congests our system.

Our bodies are over 70% water. Water. Not fat, not protein. Like a river, the fluids flow through the tubes, veins, arteries, and ducts, through permeable walls to every inch of our flesh. Or so we hope. If you are slow to heal, feel sluggish, out of balance hormonally (or just irritable), poor hair and nail quality, skin issues, or have a host of other symptoms, get online and plug in your current diet to www.fitday.com or www.nutridiary.com and see where you are at on the fat

(percentage per calorie) scale. You may be amazed where you thought you were loading up the protein, you were tipping the scales in excess of fat.

You may say yum to fat, but if you have ever seen the lipemia (fat in blood) after someone has consumed a high fat meal, your thoughts will go to sludge! No wonder you haven't been feeling well. You were resisting the flow: the flow through your body, and the flow of your own wellbeing. And if it's cooked fats, the challenge has become even more, as these are toxic to your system. When fats are heated above 104 degrees, toxins such as Acrylomide and trans-fatty acids are created, as well as many free radicals. A toxic system breeds disease, like *Candida*, which thrives on the toxic debris in your digestive tract.

Our calories and vitamins should come from our natural source: fruits. Plant foods (including lots of leafy greens) provide us with everything we need in an easy to metabolize form. Supplements are not generally absorbed; the body does not recognize them as food.

Let's get more specific here. We are eating our nut and seed butters, avocados, "good" oils, and coconuts every day like we have been told. It lubricates our joints, keeps our hands soft and supple, and we get our Essential Fatty Acids: Omega 3's and 6's, right? Let's see.

The typical American diet contains 40-50% fat (by calories) and some "healthy" diets, more than 60%!! Getting a large quantity of our calories from fat, we don't eat as much of the other high water content foods. If eating cooked or animal products, we are consuming muscle meat, milk, butter, cheese, and water-deprived condensed constipating foods. There is very little room left for whole fresh fruits and vegetables (our natural diet), calorie wise.

Following? Because we eat these foods regularly, the fat is ALWAYS in our bloodstream. If we were to not eat fatty foods, as in water fasting, the fats would then, after many hours, if not days, be able to exit our body, thereby allowing the blood to be cleaner and flow freer. However, at this time with "high-fat blood," and intestinal tract, anything we consume will interact negatively with that fat and normal cellular processes will be inhibited. The fat molecules are lighter than water- they go to the edges of surfaces, are "clingy," and block hormone receptor sites. In this way, it affects the permeability of intestinal walls, and blood vessels and interferes with insulin, a hormone that regulates blood sugar levels. Whoa, that's a lot of info. Let's back up.

When we eat sugar, the pancreas produces insulin to regulate (either raise or lower) sugar metabolism in the blood stream. Our bodies are amazing. If, however, a lining of fat from a high fat diet blocks the insulin receptor sites on the vessel walls, even more insulin is produced in an attempt to decrease the blood sugar level. Then, because the insulin cannot transport the sugar molecules, our pancreas kicks into overtime trying to produce even more insulin. Next, our tough buddies the adrenal brothers (adrenal glands), get involved, producing adrenalin in an attempt to get the other organs (pancreas) to work harder, causing in the end, adrenal or chronic fatigue, among a whole host of other health related issues. Whew! All because, our friend Fat, hangs out too long, and we keep inviting him, over and over and over again. It's almost like a co-dependant relationship.

Make sense? Now what do you do? Do you want to feel great, have vibrant health, more energy? Start by decreasing your dietary fat intake and increasing your percentage of whole fresh high water content foods with raw fiber. That's fruits and veggies. No worries, these do contain plenty of essential fatty acids, in proper ratios.

In this ebook, I will explain my 11-step program that will guide you step by step to finally be free of *Candida* overgrowth (we don't want to rid ourselves completely of *Candida* as it is part of our normal flora). As this may be a big change, I am available for consultation, as a qualified nutritional practitioner, to help find the path that works for your individual needs and guide you through the process, avoiding any pitfalls. Follow the health principles described herein to get rid of the sludge and debris in your system, have more energy and be the vibrant self you know you truly are!

Fruit did not cause your *Candida* issue. Don't deprive yourself of your natural diet. Once your body cleanses, you can eat all the fruit you desire and feel great!

A note about purchasing fresh food: it's important to get as close to the source as possible. Learn how to choose the best fruit and vegetables. Food may be picked too early, GMO modified, sprayed with carcinogens, or handled improperly. Don't be fooled by higher prices, it doesn't always mean a better quality product. Take the time to get to know farmers, research where your food comes from, find the best sources. You want the best fuel for your body. Organic doesn't always mean better either. Many farmers cannot afford the label organic.

I have a friend who did a study for her dissertation for a German University while here in southern California. She wanted to see if organic fruit was healthier (more vitamins, minerals) than non-organic. Her discovery for this particular study was that they both were deficient in some ways and not others. Neither proved, in that respect, to be healthier (aside from the pesticide issue). I always recommend that you rotate your foods as well to get a wide variety over a year's time, just as nature does with the changing of the seasons.

Let's learn a little more about this program and self-health care model before we start.

Chapter 3

Natural Hygiene

A New Model of Health Care

Natural Hygiene is new to most people that is, though not new. Humans have been self-healing by their own powers for as long as we existed.

The following self-healing plan is based on the principles of Natural Hygiene, and will take you beyond. This is a self-health care model based on the physiological laws of life: nature's laws.

It answers the question: "as a species, what are our basic needs for optimal health?"

Here are a few principles:

- Vibrant health is our natural state, not illness.
- Symptoms are part of the body's self-healing mechanism and should not be suppressed.
- Symptoms are a way for the body to expel toxins. When suppressed, the body must then find another outlet when given the chance to.
- Only our body can heal itself. Outside substances do not act on the body; they are not alive.
- Water fasting is a key aspect to a natural health regimen.
- Our bodies heal faster when we do not interfere and provide the allowed time to self-heal.
- Remove the cause and health will prevail, as long as there exists enough vitality.

For more information on Natural Hygiene, see the resources at the end of this book. Now that you've had a brief introduction, let the healing begin!

Chapter 4

Step ONE

Commitment and Patience

To become free of *Candida*, we must make the commitment to get well and be well. This is the first step. You can start all the other steps but if you haven't truly made up your mind to follow this path, you will falter, stop, and make excuses every which way you can. The mind is more powerful than you can imagine!

Don't turn back! Once you've made up your mind to be well, know that it took you years, perhaps decades to get where you are at on the health continuum (the path from debilitating disease to vibrant health) and it will take more than a day to get back to your full potential. Be patient, and stay the course. There will be ups and downs as your body cleans and prepares for new levels of wellness.

Be very clear about what you want for your healing. Some folks are just not ready to do what it takes. You will be stepping out of your comfort zone. Have clarity about your health. Remind yourself: "I want to heal; I can heal."

Create a vision; see yourself well and vibrant. Keep this image in mind. Be strong in your convictions and do not let anyone else change that. This is your time. Now is always the best time; it is the only time!

Practice this thought in your mind before moving on. You are on this path, this journey along the health continuum. You've been hanging out at the other side for a bit too long, and enough is enough. You see your body fit and moving freely with abundant energy. It's there. And the journey is the best part. You get to enjoy the process. Yes, there will be rocks in the road, and other bumps to go over, and you will have to stop and refuel, pick up friends on the way, but nothing is going to stop you from this trip!

Commitment, patience, clarity, vision, and persistence! You got them? Are you ready to move on? Let's go NOW!

Step ONE Check

___ I am Committed to my healing.

___ I have Patience, knowing it took a long time to get where I am now.

___ I am Clear about what I want.

___ I hold a Vision in my mind of my optimal vibrant wellbeing.

___ Persistence keeps me on my path.

Chapter 5

Step TWO

Self-Acceptance and Self-Love

This step is critical. Find the space where you can accept yourself as you ARE NOW. That's right. You are perfect in your imperfections. When you look upon yourself as having something wrong, you cause constriction in your body, making it more difficult for your body to heal itself. These images of inadequacy are in our mind only. We create and perpetuate thoughts of negativity. "I'm bloated, my hair is dull, I'm always tired." We exhibit a rejection of reality when we make comments like, "if only I was a few pounds lighter" or "If I could just get rid of this acne, my social life would soar!" These thoughts and comments keep us in a place of suffering, and the same problems we complain about continue to perpetuate themselves.

Find something, anything that you do love about yourself and start there. Practice loving yourself. If you can't say you love and accept yourself as you are, then open to the possibility of it. Imagine what it would be like to let go of all those self-deprecating thoughts about whom you think you are and how you think others see you. Our outer world is a mere reflection of our inner world.

Byron Katie's book, "Loving What Is," illustrates this wonderfully. Even if the whole world told you how beautiful you are, if you did not believe it yourself, there is no one in the world who could convince you otherwise. So start with yourself. Check out her website www.thework.com for more information on her freedom from suffering technique.

You cannot move forward until you are at a place of self-acceptance. "Yes, my body is not at optimal health right now, but it's where I'm at, and that's OK." You are not your body. You are something much more than your body. Stop identifying with it and allowing your emotions to be guided by the image you have of it.

Negative emotions have proven to cause great harm to our physical being and/or impede our healing time. We cannot digest our food properly (more in a later chapter), our body becomes acidic in response (disease likes an acidic environment), our heart rate and blood pressure increase (fear, anxiety), and muscle tension increases, causing pain and discomfort.

We can blame our moodiness, and irritability on hormonal imbalances, or circumstances seemingly beyond our control or we can stop thinking about who or what to blame, because it doesn't really matter. They are just excuses for our ego to be in a hurtful, yet familiar and comfortable place. No room at our Self-Healing Inn for excuses.

It is your choice to choose healthier thoughts about yourself. Are you there yet? Can you tell yourself you love and accept yourself as you are now? Do you recognize you are not your body, that you are so much more? Have you let go of believing in those thoughts that are JUST NOT SERVING YOU in any way, shape or form? You have to provide these for yourself unconditionally because we cannot expect anyone to do it for us.

Are you there? All right! Let's go to the next step. Follow me!

Step TWO Check

___ I Accept myself as I am NOW

___ I Love myself for the wonderful whole person I am.

Chapter 6

Step THREE

Detoxification and Diet

Detoxification (internal house cleaning of toxic debris) and Diet are the key players in our plan. But before I start talking about this huge aspect of the *Candida* self-healing program, I'd like to note that although, at this point, you can take the steps sequentially, it may be helpful to put more emphasis where you need it most (where life seems to be spinning you), but don't forget that all areas are important. We are whole beings, not just our individual parts. Natural Hygiene is a whole self-health care system. This program focuses on all aspects of our being.

This chapter's emphasis is on cleansing our internal body. Although essential to self-healing, it is still part of the entire program. If you ignore the other parts, as some do, your healing will not be permanent.

That said, this is where I tell you how to heal in a very short period of time, the most efficient way. But I will also give you other ways as the fastest may not work or be appropriate for some. You can go at your own comfortable pace. Some of you have suffered for so long, you will do anything, but most will have issues come up that you don't want to deal with all at once and will find easing into the program more compatible with where you are. We connect and identify so strongly with food, it may be a challenge for us to let go of our habits. I have heard it said it is easier to change one's religion than it is to change one's diet.

The *Candida albicans* bacteria have a life span of approximately three to four days. If we do not provide an excessive food supply, they will mostly be flushed out. It is only when we provide them with their optimal environment that they proliferate like crazy. So, we want to cut off their food supply to allow them to die off and be flushed naturally from our body.

This means fasting: a complete rest, consuming only water. When you stop taking nourishment in, the body diverts its energy to eliminative functions. Fasting also strengthens these functions because healing can now take place. The *Candida* will not reproduce at the rate it had previous because it is not being fed. As the existing *Candida* organisms die off, the body sees it as a waste product and it needs to be eliminated.

Fasting is an important aspect to a healing regime. A true fast for 7 days, where you take in nothing but pure water, and rest on all levels-physical, mental, emotional, sensory, and physiologically, will allow the *Candida* excess to die off, and your body to flush out the debris and metabolic waste produced by it. Followed by a 3-4 day re-feeding time, and your *Candida* issues may be over. If you continue to live healthfully by following the principles described herein, you will not have this imbalance again. Consult with the author or another Hygienic Practitioner listed in the Resource section of this book to see if this fast track is right for you.

If you have been eating a processed conventional diet, I advise you, prior to fasting, to follow a cleansing diet (later in this chapter) for at least 2 weeks prior to prepare for the fast. This will ease your detoxification symptoms. Allow yourself to be comfortable consuming a plant based unprocessed diet before commencing a fast.

This is how, in less than one month, you can rid yourself of a *Candida* overgrowth. The fast will also help heal the damage done by the long-standing imbalance in your system. Your body wants to be well.

Follow the fasting principles on the next page and educate yourself further (see resources) prior to beginning a fast.

Principles of Healthy True Fasting

1. Fast under the guided supervision of a qualified professional experienced in fasting if longer than a couple of days (see Resources).
2. Drink only pure water as often as desired. Do not over drink.
3. Rest on a physiological level: take no food, supplements, teas or herbs in.
4. Rest on a sensory/mental/emotional level: No strenuous brain activities, media or anything that will bring about strong emotions. Rest the eyes.
5. Rest on a physical level: no marathons. Some find it helpful to move around; gentle walking may be ok the first couple of days but after that, rest is better.
6. If on medication, this must be discussed with your doctor before decreasing the dosage or stopping.
7. Trust in the process. Your body has miraculous abilities to clean house.
8. If you fear fasting, do not do it. Visit a fasting center to learn more and be comfortable with the process.
9. The re-feeding period after should be at least half the time of the fast. Plan your time accordingly. This may be with whole juicy fruits (with the fiber). Watermelon is a good choice. Do not overeat or jump into eating heavy foods.
10. Follow the fast and re-feeding time with conscious eating and observe the Principles of Healthy Eating (later in this chapter).
11. Read Herbert Shelton's "Fasting for Renewal of Life" (see Resources).

If, because of your work, finances, children, or other life factors, you are not able to fast for a week, fret not; you can still easily rid yourself of a *Candida* excess naturally. A series of shorter fasts (one to two days) is quite effective. Read these chapters thoroughly and begin to implement healthful changes at the rate you are comfortable. Remember steps 1 and 2. If your desire and motivation is there, everything else will fall into place. See the list of resources at the end of this book for further guidance and support.

If fasting is not an option, or not recommended for you, start a cleansing diet. It's critical you clean your system out. A healthy, strong internal environment does not allow imbalances such as you have now.

A Cleansing Diet Program includes a diet that allows your body to detoxify but also gives you the calories you need to function with day-to-day activities. The other aspects of the self-healing plan are still essential. This can be done at home or at a facility that offers these services. See resources. After fasting, this is the next most efficient way to clean your system.

Principles of Detoxification

1. If you are at all unsure of your health needs, consult a qualified Hygienic Practitioner before undertaking a detoxification program.
2. Start by stopping! Stop taking in toxins; this will allow your body to eliminate the stored toxins faster. Alcohol/drugs, coffee/caffeine, chocolate, flour products, salt/spices, teas, are all toxic to our body. Ease yourself off of them completely or discontinue their use immediately. They are not part of a health program.
3. Get More Sleep and Rest Often. This might mean 12 hours/day for now- its normal and OK- allow it, your body is hard at work (see chapter on Rest).
4. Eat no overt FATS – that's right. Toxins are stored in our adipose tissue (fat tissue) and this is the first tissue to be broken down during a fast or detoxification program. If we decrease the fat in our diet, and your body needs fat, it will break down what it already has, thereby releasing the toxins from our body. No oils, coconuts, avocados, nuts/seeds, or animal products. You will still be getting fat in your diet. All fruits, greens and veggies have fat, protein, and carbohydrate components, albeit small, but sufficient.

5. Eat only whole organic in-season fruits, greens and veggies in the form of Mono meals as often as possible. A Mono Meal is a meal with only one food: a fruit or vegetable. This allows our body the most efficient digestion possible. When we eat a smorgasbord of foods, we are sending mixed signals to our body on how to process the food, causing indigestion. *Candida* overgrowth is associated with food intolerances and other digestive issues. We must be gentle with our system while it is healing. Poor food combining weakens our system. During this detox period, focus on mono meals.
6. Allow yourself to eat more often. As your stomach has been used to eating condensed foods, it cannot hold large quantities of high-water content foods yet. You may feel hungry an hour after eating. Go ahead and eat.
7. Blending foods will help with digestion. Any liquid foods should be swished in your mouth first for proper digestion.
8. Do not follow a strict program of quantity of food; listen to your body. Eat more or less as it desires.
9. Follow the Principles of Healthy Eating (later in this chapter).
10. Be Persistent, your body takes time to adjust to different flavors- your taste buds have become calloused from so many years of eating heavily spiced foods. Natural flavors will soon become more pleasurable, and you won't need the strong flavors. Your taste buds will wake up!
11. If you experience any cleansing symptoms (most common: dark urine, cold, flu-like symptoms, aches/pains, coated tongue), this is a good indication you should stop eating or continue with the detox aspect until they cease. No food should ever be taken in during any fever or inflammatory process: your body cannot digest food at this time and it would be a waste of your body's energy reserves.

One may continue with this aspect for at least two weeks, but I recommend 40 days to rid your self of the *Candida* overgrowth! You will be amazed at the increased energy, mental clarity, and overall wellbeing you feel. Consult with the author or another qualified Hygienic Practitioner (see resources) if you are unsure of your nutritional needs.

Follow the cleansing diet with a healthy diet for maintenance. Now that you have begun the inner house cleaning (it may take longer for some- we never finish completely), it is time to look at what you will be eating on a regular basis.

As I've mentioned previously, our bodies are best designed to digest fruits, vegetables, and a small amount of nuts and seeds. Your digestive system has been weakened for a long time by now and you must care for it. It will not tolerate ups and downs, back and forth. It needs simplicity, moderation, and attention.

Simplicity: eat simple meals, at least 1 or 2 mono meals or 2 well-combined ingredients. No oils, spices, condiments or bottled products. Give it life from nature; think whole foods.

Moderation: tune in to when you are really hungry. Avoid overeating like the plague. Give your intestines a rest. Breathe, Be, Choose. Skip the restaurant with your friends for a while. Invite them to a juice bar instead, or take a walk in nature with a healthy picnic lunch. Your social life does not have to suffer.

Attention: Be conscious. Eat slowly, do not multi-task. Check in with your body. "Is this nourishing me? Have I had enough? Does this food bring me pleasure at this point?" How does your body feel right after? The next day? Pay attention to and listen to the signals. It is not unusual to lose your appetite, have bad breath, or have a funny taste in your mouth during the cleansing process. This is your body doing its house cleaning, and it will pass.

Principles of Healthy Eating

1. Only eat when hungry, do not overeat.
2. Earn your food. Exercise prior to eating to create a need for the nourishment.
3. Eat with Emotional Poise (see Chapter 10). Do not eat if stressed, worried, angry, etc.
4. Eat whole organic unprocessed plant based foods.
5. Properly combine your foods.
6. Chew your food thoroughly.
7. Do not eat just before sleep. Give yourself at least 3 hours prior to retiring.
8. Do not do heavy exercise after eating, your body cannot digest food then.
9. Eat consciously. Tune in to your bodies needs.
10. Eat food at room temperature.
11. Filtered or distilled water is the only beverage one should consume. Drink only when thirsty, and 15 minutes prior to eating, not during, or 2-3 hours after.

Blended salads, raw soups, green smoothies, and fresh whole fruit should provide the basis of your diet. Although it is not the optimum for healing, if you feel the need to eat cooked foods, once you have cleansed, you may lightly steam your veggies, or bake non-starchy vegetables and add to your diet.

As vibrant health, mental clarity, and increased energy overcome you, start to add in small amounts of **one** of the overt fats daily like avocado (1/3), young coconut meat (water ok, ½ small), nuts (10 to 12 kernels) or seeds (1 oz). Alternate their use. Raw organic nuts should be soaked prior to consuming. See the resources for more information on good sources of quality fresh raw foods.

If this doesn't ever seem like it will be your reality, you have options. There are choices that are more healthful than others. Choose wisely and keep your focus. This reminds me a young gentleman from Belgium who bought my ebook and sent me a very angry email, stating he thought the diet so unhealthy, that he ate mostly raw fat. Well, he was very sick, physically and emotionally at the time. We talked every week for several weeks, moving him toward a more healthful

diet. He became much more balanced, still not to optimal health, though was not “convinced” about a low fat plant based diet. Two years after we last spoke, via Skype, I received an email from him stating he had finally reached an amazing level of health and happiness, because he moved to a low fat diet. He eats more yams and tubers instead of fruit, but he focuses on staying active and keeping the fat to a minimum.

Regular consumption can be more harmful than the sporadic indulgence. Your body needs a break in between to heal. Some folks eat a more standard diet, and fast once yearly, or regularly do a detox program. I don’t necessarily recommend this, as the body can have great challenges if you do the extremes in a big way. Find your balance. There are endless possibilities to health. Often it’s our belief about our health that causes our suffering, rather than the actuality of it.

Step THREE Check

- ___ I have given my body the space to cleanse naturally.
- ___ I consume only foods that are beneficial to my wellbeing.
- ___ I eat consciously and am aware of what my needs are.
- ___ My diet consists of mainly whole, unprocessed low-fat plant-based foods.

Chapter 7

Step FOUR

Rest and Sleep

There is perhaps nothing more important to self-healing than appropriate sleep and rest. This is the time our energy is allowed to focus on healing. We are not moving, eating, thinking, or otherwise “stimulated.” Our body can take a deep sigh, and get to the task at hand, healing.

Many of us are not in tune with our sleep and rest needs. We stimulate ourselves out of fatigue in the morning, and continue to do so throughout the day with other jolts to keep us awake and attentive.

All sleep is not quality sleep. Most people with sleep disturbances I have met use some form of sleep aid. This interferes with the healing process, as now the body needs to react to whatever it is they have taken or used, whether it be a tea, an herbal remedy, or therapy of some sort. The body reacts by becoming drowsy or sleepy, but it is not rest, and it is not healthy. You end up in this cycle where if you don't take the “aid,” you have an even more difficult time getting to sleep or staying asleep.

The idea here is to allow the body to do what it needs to do, naturally, because ultimately that is what will do the healing. It is never helped at its core by any outside substance. Symptoms are only being hidden from view. If it did help, you would not have to keep repeating the use of the substance over and over again, because your body would strengthen with its help. But that is not the case. Remember, our bodies want to be and can be well, it is our natural state. We do not have to be dependant on any substance for our wellbeing.

Rest, as well, is essential to recharge our batteries during the day. As you are healing, after 4 hours of work, take 5 minutes to lie down (if possible), close your eyes, shut all your senses down, and relax your body completely. You cannot continue to work 10-12 hours every day non-stop if you want to be well. Your

body needs a break, not to be pushed to its limit. Follow these principles for optimal sleep and rest on this self-healing journey.

Principles of Healthy Sleep and Rest

1. Sleep in the dark- close the shades, turn lights off, or wear an eye mask.
2. Unplug everything in the room. Electrical currents can be disruptive and harmful to sleep. No electric blankets.
3. Sleep in natural fibers (or none at all) that are appropriate to keep your body at a comfortable temperature. People with *Candida* often have temperature regulation problems. Wear warm socks, cap, thermal underwear as needed.
4. Allow yourself as much sleep as you need. This may mean 11-12 hours/night as your body is healing.
5. No eating 3 hours prior to going to bed. If your body is busy digesting food, it cannot properly rest: it is too busy diverting its energies to the digestive organs.
- 5.5 Do not drink caffeinated beverages or other stimulants, ever! Eliminate these from your diet.
6. Do not use sleep aids. Teas, herbal pills, drugs or alcohol become a crutch and do not allow healthy rest. These products often make our body work harder, and expend more energy, taking away from healing energy. Wean yourself off of them or use them sporadically rather than habitually.
7. Keep stimulation to a minimum before retiring to sleep. This means TV, exercise, or computer for example. If you are forcing your body to process information or work strenuously, it won't be able to focus on rest.
- 7.5 Sit in stillness, meditate, or listen to pleasant music. These can be helpful to settle the mind before going to bed.
8. Throw away your alarm clock. It is disruptive to your system to be stunned into the wake world. The sun, or your inner clock works well.
- 8.5 Take a 5 -minute complete sensory rest as needed-listen to your body!

9. End your day on a positive note. Do not go to bed feeling angry or upset at someone or in fear. Resolve them first. (See resources for emotional work).
10. Fresh air should be circulating in the room. Air can easily become stagnant, too dry, and literally suffocating and unhealthy. Crack open a window.
11. Movement or Exercise during the day often helps to get a good nights rest.

Food sensitivities/ allergies also can keep our system feeling agitated, disrupting sleep. I remember feeling like my skin was crawling and a general numbness in my limbs when I tried to sleep. It kept me awake and agitated. When I removed gluten and soy from my diet, those symptoms went away. As your body heals from all the complications, and you remove those foods from your diet, including gluten, soy and dairy, you will note improved quality of sleep.

Step FOUR Check

- My sleep space is sleep-friendly.
- I allow myself enough time to sleep every night.
- I take rest breaks as needed.
- I wake up peacefully.
- I do not use 'sleep-aids' and am allowing/have allowed my body to adjust.

Chapter 8

Step FIVE

Movement and Exercise

In many cultures the concept or word “exercise” is foreign. Movement is part of the everyday life in those societies. However, in our society, it is not unusual to be sitting or standing with little range of motion in our limbs for long stretches of time. We sit in front of the TV or computer, on the telephone, at a desk, on a production line, or some other fairly sedentary position. Is this you?

So let’s be clear about this. If you don’t use it, you lose it! Not only do our muscles atrophy from non-use, our internal organs weaken. Our cellular processes function much more efficiently when we live an active life. A sedentary person, no matter how well one eats, is not a healthy person. We are biologically designed to move! Exercise, as ability allows, improves digestion and elimination, elevates mood, increases our oxygen (greatly needed for healing) and strengthens muscles, among other benefits. All this helps the body to move debris from our system, the *Candida* die-off debris.

A mini-trampoline, walking, biking, gardening, swimming and even golf are wonderful ways to enjoy movement. Find what you enjoy doing, and do it often.

I find movement where you are lifting the knees upward, like riding a bike, marching, walking up hill especially helpful with improving digestion. It’s like an inner massage. If you are not used to moving, or are so exhausted you have no stamina, start a graduated exercise program. This is one where you start so gentle, so easy, right where you need to be, and gradually increase as you are able. When I first started, I could bounce on a mini trampoline for 30 seconds only, and ended up going to 40 minutes within weeks.

If need be, work with a coach who is familiar with your individual needs (see resources) and will help you stay motivated. Follow the principles on the next page to maximize your movement routine!

Principles of Healthy Exercise

1. Stretch before doing any strenuous or extended exercise.
2. Set a time every day at the same time to establish a routine and maintain consistency.
3. Start slow, and build gradually.
4. Visualize yourself healthy and strong, it will make your movement more effective.
5. Do not exercise when fatigued or late at night.
6. Exercise before eating to “earn” your food. Be sure to rest briefly before eating.
7. Get a friend to exercise with you.
8. Exercise in nature if possible. Fresh air, sunshine, and beautiful views improve your practice.
9. Find something that you LOVE to do, it will make it more fun and you will be more likely to stick with it!
10. Set reasonable goals for yourself, but avoid being attached to them. It’s about feeling good in the process. Spend less time weighing yourself, counting calories, and doing numbers, and more time enjoying the movement.
11. Network with like-minded folks, like www.organicathlete.com, www.foodnsport.com, www.charliesgym.info to stay inspired! The limits are only in your mind!

Step FIVE Check

- ___ I am moving/exercising comfortably every day at my pace.
- ___ I have a network of friends I call to work out with and who support me.
- ___ I look forward to my exercising.
- ___ I try to exercise outdoors often.
- ___ I have a plan to steadily increase my movement.

Chapter 9

Step SIX

Nature

Fresh air, sunshine, and the earth

We all know the importance of sunshine for Vitamin D absorption, but do we really understand how critical it is to our well-being? Only fungus thrives without sunlight. It's that simple. We absorb sunlight through our skin and through our eyes. If you are constantly covered up and wearing sunglasses, you are depriving yourself of a much-needed nutrient.

Sun-bathing is an essential component to self-healing. These principles will help keep you in the light.

Principles of Healthy Sunbathing

1. Start out slow. Just a few minutes front and back. Increase gradually.
2. Early morning or late afternoon is the best time.
3. Expose as much skin as possible, nude is best.
4. Do NOT use sunscreen, it defeats the purpose and can actually contribute to skin cancer.
5. Do not overdo it- you can waste your vital nerve energy and exhaust yourself. More is not always better.
6. Work your way up to 30 minutes each side. That is sufficient. If only your face is exposed, then longer is needed.
7. Sunbath daily, or find some work or activity that is outside.
8. Do not use sunglasses- we absorb sun through our eyes too, and their habitual use weakens our eyes.

9. As your internal environment cleans, your body will tolerate the sun more and be less likely to burn. Diets high in refined sugars and starches are related to an increased susceptibility of burning.

10. Full spectrum light is important, not light filtered through glass. Switch your lights to full-spectrum if you are unable to get out daily to sunbath.

11. Make it enjoyable- the sun is our life-force; it gives us energy to thrive! Go to the beach, go canoeing, skiing, or take a walk in nature.

Fresh air is another vital aspect to healthy living and self-healing. We breathe in oxygen, and breathe out carbon dioxide. If you are in an environment that is poorly ventilated, or with a dirty filtration system, you are depriving yourself of oxygen. We need oxygen to survive. When we lack it, we get cranky, our muscles ache and are fatigued. If your work place is less than ideal in the fresh air department, be sure to get outside often, go for a brisk walk for 5 minutes, and focus on breathing deeply. When others are out for their cigarette or coffee break, take your fresh air break!

Yet another part of this step is our relationship with the earth. We can get disconnected from the earth and all that is living. Take time to work with the soil: plant something, grow a garden, walk barefoot in the sand, or just get muddy from time to time. Connect and feel the life force and experience the cyclical nature of this world by using your senses to explore. Smell the air in the forest, taste the salty wetness of the ocean spray on your face, listen to the birds sing, and feel the dew-laden grass on a summer morning. These experiences will help keep you connected to the energy force that moves through all life.

Step SIX Check

___ I sunbathe daily for an appropriate amount of time.

___ I get fresh air often, at least every four hours.

___ I spend time in nature, enjoying its aliveness.

___ I explore my natural world through my senses.

Chapter 10

Step SEVEN

Emotional Poise

Poise is simply defined as balance or equilibrium. So to have emotional poise can signify a balanced emotional state. This can take lots of practice for some or perhaps you are already there. Let's talk first why this is important.

There are some belief systems that say our emotions are the root cause of some, if not all, diseases. Whether or not we believe this, it has been shown scientifically that our emotions play a strong role in our health state. Fear, and other "negative" emotions cause the body to stop producing the gastrointestinal juices needed to digest food. In nature, animals do not eat when experiencing these feelings because their bodies know it would be a waste of their internal energy to do so. Food would pass undigested. We humans often don't heed these signals and have been known on occasion to eat during times of stress. Do you know anyone like that?

As well, when we are angry, frustrated, or experiencing other similar feelings, our body is constricted. Our muscles are tense; heart rate and blood pressure go up. We do not breathe well, thereby decreasing oxygen to our cells. When we do not get enough oxygen, our cells have a difficult time regenerating and less nourishment is brought to them for healing. All body functioning is less efficient. Bowels may either slow down or speed up and nutrient assimilation is not optimal. And optimal digestion is what we are aiming for to overcome *Candida*.

We often don't want to admit that we need work in this area. We'd rather blame some outside "germ" or "mercury" or something we seem to not have control of. Someone who needs emotional work holds a connotation in our society of someone who is "crazy" or needs years of psychotherapy. Fortunately, there are many techniques out there to help folks release years of stuck emotional patterns. And yes, we probably all need it, with rare exception.

Culturally speaking, we have not grown up in a very supportive environment. We are disconnected early on, with short nursing periods, baby monitors, cribs, daycare, then schools, own rooms, TV's, cell phones, computers...is it any wonder interpersonal relationships suffer? If we watch the animal world to see how other mammals (and that is how we are technically classified) treat their young, we would find our actions quite bizarre indeed. So in essence, your issues and baggage are things that **were** beyond your control. But not anymore. Now you have the tools to make a difference and start today.

An area of study which describes why this area is important to healing is Psychoneuroimmunology. Wikipedia defines it as, "the study of the interaction between psychological processes and the nervous and immune system of the body."

In my practice, the greater percentage of clients have stress challenges at the start, and end up making great strides, when they learn to question their attachment to their beliefs, grow in self-love, and let go of an attempt to control their bodies or how they should look.

A healthy, peaceful emotional state is another precious part to self-healing. Negative emotions are manifested physically, every time. See the resources for information on emotional freedom work or contact the author for a consultation in this area.

Work on these principles to help release you from your emotional triggers and gain poise.

Principles of Healthy Emotional Release

1. Question your beliefs- be open to new ideas- its easier than trying to convince the world you are right. Who cares anyway? See the big picture.
2. Change your perception. See the people and world in a new light.
3. Take a media break, as often as you can. What benefit is it to others to know of every tragedy that exists? It is often sensationalized to give you a serious emotional jolt. This is stressful to your body.
4. Let go of worrying. There is a difference between worry and concern. When you worry, you disempower. Know that all is well.
5. Being angry at others for their behavior does nothing to change it- it only makes you feel worse. Let it go. Don't let it be personal, its often not.
6. Break the pattern of negative thoughts- choose better ones, your body will thank you.
7. Our outer world is a reflection of our inner world. Start with yourself if you want the people or environment around you to change.
8. Forgive everyone in your life you feel has 'wronged' you in one way or another- then forgive yourself.
9. Choose how you react to a situation- is it a crisis, problem, challenge or opportunity for growth? We have choices. What's yours?
10. Visualize happiness and peace.
11. Relax- fear is the greatest inhibitor to our wellness.

Following is a simple technique you can start with. This three- step practice to emotional freedom is adapted from Jim Dreaver's ebook *End Your Story, Begin Your Life* (see resources for this and other life changing guides to freedom from suffering).

When you feel triggered, practice this process to help release that emotion:

1. Welcome your suffering. Feel the emotion, and see where, in your body, it is affecting you. It is showing you where you are not yet free. We want to be free

from our triggers, so when something comes up, allow it, knowing it will help you grow. Do not ignore or stuff the feeling.

2. Notice that you are being triggered because of a belief or a story you have told yourself. Realize that you are not your story. It is just a set of beliefs, expectations, habits you have grown up with. Remind yourself you are so much more than that story. That is not truly who you are. Your inner true nature is one of love and compassion.

3. Be Present. Bring yourself back to the present moment. Observe the task at hand and only that. When your mind wanders to the past or future, bring it back. Breathe, relax. Here the sounds around you, the feeling of your breath. Keep your attention in the present moment. Let go of your story. See the shift that happens when you release your “thoughts” and stay focused on being present.

Step SEVEN Check

___ I recognize that my emotional health greatly affects my physical health.

___ I am working on releasing any stuck emotions so that my mind and body can be free.

___ I accept that I too can use emotional release work and am exploring resources to see what resonates with me.

___ I choose to see events in my life as opportunities for growth.

___ I am becoming more receptive and open to others ideas and letting go of my need to be right.

Chapter 11

Step EIGHT

Moderation

What is too much anyway?

Moderation, our next step, means refers here to avoiding activities and thoughts that drain us. They suck the life force from our very being. Or maybe not so grand as that, but collectively, they can, literally. On our self-healing journey, it's important to conserve our energy, physical and mental.

Even those good things taken to excess can be harmful. Hours of daily sunbathing in the extreme heat, or eating 20 pounds of grapes every day are perhaps exaggerations, but some folks need reminding that more of a good thing is not always a good thing. Keep tabs on yourself. Do you feel drained? Trust your inner guide first, not friends or a book. Leave the "should" out of your vocabulary. "I should be able to do this or that..." has no place on the self-healing venture. It goes against reality and that is a losing battle.

Keep your life simple; remove the clutter from your space. Turn your living area into your sanctuary where simplicity is the key. Remove any stressful influences from your environment. (I am not saying here to avoid responsibility or run from confrontation.) This is all related to moderation in that our lives have been so accustomed to needing stimulation to keep going, we have trouble getting back to our roots. We don't need lots of stuff and things to bring us happiness. In fact, those things or ideals can **only** bring us temporary reprieve, not lasting contentment.

I used to work as a cruelty caseworker for animals and saw many cases of hoarders or collectors as they were once called. This is where someone amasses more animals than they have the means to care for. This is also demonstrated with relation to possessions on the popular TV show, "Hoarders." The emotional devastation that occurs when there is a threat to the loss of one of

their animals or possessions is classic. It doesn't matter if the animals are dead or dying, or the house is in shambles and everything is soiled or broken, the attachment is the same. These are common, and extreme situations. Can we find any aspect of that in our lives? What are we desperate to hold onto? Where does our breathing become shallow at the prospect of losing something? How free is that? No wonder Candida has found a home. It may seem simplistic, but I have seen too many correlations to deny the connection. Of course, skip this area if it doesn't resonate.

Excess of thought, or belief in our thoughts can work the same way. Headstrong, judgmental, wanting to be right, keeps us prisoners, closed off to others. Locked away in the dark dungeon of our minds, no air or breathing room. Hmm, like where fungus likes to grow.

Strong attachment to beliefs helps us to feel safe, secure in our sense of identity. We fear the unknown, so we hold tightly onto our convictions and this can disconnect us from others, and impede our ultimate healing.

True happiness comes from within. It cannot be bought or acquired from an outside source. Often excesses come from that burning desire to get something we feel will bring us inner peace. Modern commercialism has given us the message that we are not good enough as we are unless we buy that new dress, the new car, or the latest kitchen appliance. We spend so much time trying to keep up with the Jones. Stop that drive and need in its tracks, and begin to realize it's all right there for you now. Look within and allow your own love and acceptance to prevail.

Step EIGHT Check

___ I look to myself for love and acceptance.

___ I have de-cluttered and simplified my space.

___ My space has few distractions, so that I may focus in the present moment.

___ Stuff and things have less importance to me.

___ Only I can bring the peace that I am.

___ I am aware when enough is enough and am conscious of excesses in my life and I avoid those things that drain my energy.

___ I see my excessive thoughts may disconnect me from others and may not serve me.

Chapter 12

Step NINE

Spiritual Practice

Step nine, reveals to us the benefits of a spiritual practice. It is not meant to override your current practice or belief system. It is merely to open you to life's possibilities and help you to trust your inner guide, thereby strengthening your current practice, if you have one.

It has been shown that the most important component in the famous and very effective 12-step program has been the "letting go" or "surrendering" aspect. The belief that we are not in control, that there is some sort of higher power (whatever that may be) that, let's say, has the "upper hand." When we stop trying to control every part of our lives, and let the God/Universe/Buddha/etc. take over, life becomes easier, and we offer less resistance to our wellbeing.

When we resist, it's like we have been swimming against the river current for so long, that when we give it up and accept that life (the river) flows the other way, life begins to go easier. The fight is not there anymore. And NOW we can tune into our inner guide to help steer us in the right direction of allowing our vibrant true nature to shine.

When something is not in your best interest, you feel it. You lose your voice, your chest feels tight, or your body goes weak. These are signals from your inner guide telling you, in the moment, that what is going on (or even a thought) is not in line with your intentions.

Beware though, when you have been guided by your "ego" – your mind, for so long, you may still be getting that voice, the mind chatter, that questions the true inner guide intuition and starts making up all sorts of stories to confuse you. It may take some practice tuning in, but wow, when it's clear, you know it, and decisions in life are not decisions; you are just going with the flow.

That said, one can easily get caught up in these labels. I often hear people say, “I’ve tried to meditate and I can’t, I don’t have the time, it’s too hard, I can’t get it right.” This thing we call prayer or meditation is much bigger than that, and much less than that.

Bigger in that we are connecting to our “Source.” Less, in that there is no special form you have to take in order to have this connection. When we sing, play music, dance, or create from our heart, we allow that deeper part of us that IS who we truly are, to guide us. That is connection. We let our mind chatter go, and are in the moment, allowing life to happen around us without trying to control or manipulate it in any way.

Health is not about taking a pill, or following a strict diet, because neither will bring you happiness. It buys us time. I’ve seen more healing occur from attention in this area than any other. Clients have walked in with severe pain into my office, and after finding the stillness within, understand pain is a projection, and they have a choice in experiencing it differently. Pain resolves, replaced with peace, healing happens.

The following principles can help guide you on your path.

Principles of a Healthy Spiritual Practice

1. Your practice is not guided by doctrine but rather by what feels right to you.
2. You feel good while doing your practice and never do it under a sense of obligation.
3. Practicing with others can enhance the effect and helps to stay motivated.
4. Do not get stuck in one practice, it may be limiting you to going to another level or openness. It is a journey; don’t camp out. This world is dynamic; when we don’t move, we stagnate.
5. Trust your Inner Guide: open, surrender.
6. Meditate/pray/chant - whatever feels right to you to move the universal energy that flows through us all.
7. Visualize – it’s about the journey.
8. Be Present- the here and now is all we have. Read anything by Eckhart Tolle.

9. Allow yourself to love and be loved, because you are.
10. Give up your story- it is not who you truly are.
11. Allow all your actions and interactions to come from a place of compassion.
Practice this for one hour, then one day, until it becomes habit.

Step NINE Check

___ I have surrendered to the idea that I am not in control of everything, there is some higher force beyond myself.

___ I am open to ideas and practices that may enhance my well-being.

___ I have a spiritual practice that works for me, and am open to the changes which may come.

___ I focus on being present and try not to stress about the past or future.

___ I am aware that I am not my story, that I am much more than that.

Chapter 13

Step TEN

Support System and Healthy Relationships

Having a support system and maintaining healthy relationships may be stating the obvious. If there is something we want to accomplish, it helps to surround ourselves with supportive people. If you want to be healthy, be around healthy people.

This sounds easy enough but we all have family, friends, and co-workers who we have to be around some of the time. This is where our choice comes in. We can decide how much of our health plan we reveal to them. If we decide they are supportive, we tell all. If not, be choosy. If you know they will critique you or try to get you to do or eat things that are not on your self-healing plan, then wait to share. I say wait, because as you start looking more vibrant, your weight is to where you want it, and you have more energy, they will notice. And they will ask questions, because they will want what you have.

However, when friends want to offer advice that is not in alignment, instead of trying to convince them at this point that your way is the right way (which may not be their truth at the time), thank them for the information and tell them you will look into it, or just appreciate their concern. No one truly means ill to another and we all have our paths to follow. Focus on your own and feeling good about it.

Now, how to find those on a similar path? You can find others interested in specific aspects of health like joining a gym to meet others interested in fitness. Go to the local juice bar, or join a spiritual group, for instance. There are numerous online resources for those interested in raw foods (see resources), or natural hygiene. The more you open yourself up to these different areas, the more people and information will come to you.

Let's talk about partners, spouses, boyfriends, girlfriends, or any other significant other. It would appear easier to be without one when starting this venture if the

other is not on board. But don't just jump on the solo train! Partners can be and often are the rock we need to lean on during these times, besides ourselves of course.

Only you know when to lean and when not to lean. Read this book thoroughly first as mentioned and start to implement what you can. Our loved ones want us to be well. Accept that they may not change their diet and lifestyle or have any interest whatsoever in what you are doing. Do not expect them to share your enthusiasm. Love them as they are, just as you love yourself as you are.

As you begin to make changes, approach the subject with your significant other with confidence and information, but not too much. Only you know the best way to talk to him or her, but I suggest just casually letting them know you want to improve your health and are starting a new diet and lifestyle plan that you are very excited about. If they roll their eyes, keep your heart open and know they too are working through stuff. Thank them for listening, and do what you need to do. If they however, offer to help in any way they can, be thrilled and offer a few ideas like walking together or food preparation or sitting in stillness. Suggest anything that goes with the plan that you think they may enjoy too, but do have ideas (not too many to overwhelm- remember, now it is still your plan).

Here are a few ideas to get you started.

Creating a Healthy Support System

1. Put notices up to community online bulletin boards looking to network. <http://www.vibrance.com> forums are a great start.
2. Have a nature walk group.
3. Put notices up at local health food stores, bookstores or fitness gyms for like-minded individuals.
4. Search all those places for those same ads from others.
5. Talk to healthy looking people; ask them their secrets.
6. Allow your partner to be where he/she is at. We are not looking to change anyone but ourselves.
7. Be supportive of others on their ventures even if different than your own. Be that which you want.

8. Support yourself first- put little notes and reminders around the house, leave yourself phone messages, send yourself emails, and pat yourself on the back, often.
9. Build a Community: host potlucks, walk or ride your bike to have more contact with others.
10. Attend community meetings which interest you; you may find surprising connections!
11. Tell others how much you appreciate them and exactly why!

Step TEN Check

- I recognize which relationships are supportive and focus on those.
- I support myself.
- I support others on their path, no matter what it is. I hold no judgment.
- I have found others who are like-minded and connect with them.
- I reach out to others for networking and sharing ideas.

Chapter 14

Step ELEVEN

Creative Outlet

What's your Passion?

Having a creative outlet and living your passion may seem out of place here for some. However, especially with issues like *Candida* and other intestinal related disorders, we can easily get wrapped up and identify too strongly with our health problems. They can become us so much that we are too comfortable in the victim role. “My name is Johanna and I have *Candida*.”

When we look at how much of our thought patterns center around our health issues, we can easily see how much a part of our life it becomes. When we focus negative energy around an issue, it prevails. The idea on this step is to bring positive energy to other areas.

This ultimate, but necessary part to self-healing is also about breaking away. Breaking away from that identity and getting back to our inner child. What do you really want to do? What did you love doing as a child but stopped for whatever reason? Maybe someone told you that you weren't good enough, or school or work pushed you in other directions. What makes you feel good, your heart beat faster, and your eyes light up? It's there, maybe deep within, but it's there.

Sit with these thoughts. If you could create and play in any way you wanted, what would it be? Sing, dance, pottery play, art, mud-wrestling?

Once you come up with something, make it happen. Drop all stories about why you can't, and just do it. If you feel you are at a point where you can't do it or a modification of it, then hold the vision of enjoying whatever it is. Take baby steps towards the creative outlet, but keep moving towards it. Try these steps to find your creativity again!

Finding your Creative Outlet

1. Sit quietly, close your eyes, and allow your thoughts to wander to times you were happiest.
2. See what you were doing during those times- running through a field of flowers?
3. What were you doing? Allow your mind to go further, where does it take you?
4. When you look at the paper, listen to the radio, walk in nature, what most catches your eyes, ears, or other senses in a healthy life moving way? Take note of initial reactions, not what your mind then tells you.
5. Notice what section you find yourself in at a bookstore.
6. Listen to your body's reactions when exploring the world. When is it that you feel most ALIVE?

Step ELEVEN Check

___ I have discovered my creative outlet in life and have made plans to start living my passion!

Chapter 15

A Whole Healthy Vibrant Person for Life!

Healthy living is not about quick fixes but establishing long-term habits, which serve you in mind, body and spirit. When we focus in only one area, the others creep up feeling ignored and bring us backwards on the health continuum. By addressing all areas, we commit to our life-long wellness. You now have the informational tools you need to restore health in a safe, natural way and maintain it. If you feel you need a little extra help along the way, or would like a coaching program to walk you through, I am happy to assist. See my website <http://www.zeehealing.com> and contact me at johannazee@gmail.com.

A Summary: 11 Step Program for Self-Healing *Candida*

1. Commitment and Patience- Your illness didn't happen overnight, and healing may take time. Be patient with yourself. Long-term health is worth it.
2. Self- Acceptance and Self-Love- Love and Accept yourself as you are now. It is the only way to get where you want to be.
3. Detoxification and Diet- Physical cleansing naturally followed by a healthy low-fat plant-based unprocessed diet will ensure optimal physiological functioning.
4. Rest and Sleep- Quality sleep and rest are critical to healing.
5. Exercise and Movement- Optimal health comes only with sufficient movement. It makes all the functions of our body more efficient. We feel better in many ways too!
6. Nature- fresh air and sunshine: Nothing thrives without sunshine- its benefits can fill a book. Fresh air keeps the oxygen running through our body.
7. Emotional Poise- Maintain emotional balance; it keeps us in control and from being reactionary. It also helps digestion and promotes healing. Negative emotions offer resistance to well-being.

8. Moderation- Excesses of even good things can be harmful. De-clutter your life, and your space. Rid yourself of energy drains, and tune into your body's reactions. Know what is healthful and what is hurtful.

9. Spiritual Practice - Getting closer to our true nature helps us to tune into our Inner Guide. When we listen, we are guided by an infinite wisdom that never steers us wrong.

10. Support System- Surround yourself with supportive people. Network with other like-minded individuals. Support yourself, and be supportive to others, regardless of their path.

11. Creative Outlet - Break away from identifying with your illness; find what you love to do, and what makes you happy. What is your passion in life? Start following it now. Now is always the right time.

There are those who say we came to this earth to create, that our true nature is one of compassion, love and creativity. This healing plan is about bringing us closer to our true nature.

Chapter 16

Children and Candida

By popular demand, I have added this chapter on healing children with a Candida overgrowth. Frantic parents became scared at the notion of fasting their children. Without experience and supervision, one should not fast for any length of time. Children fast themselves naturally, just as adults do. The body makes us “lose our appetite,” because it has work to do.

I also added this chapter because children, exponentially are having more symptoms and suffering needlessly. As well, I am a mom, and want all the resources I can get for my child, so I appreciate other parent’s concerns.

Children today in general are increasingly moving away from a healthier lifestyle. Food is more processed, with more additives and substances that in and of themselves, create addictions and contribute to obesity. Television, computers, video games, cell phones, and ipods, contribute to a more sedentary lifestyle. Parents have more demands, increasing financial issues, more stress, and often let the children sit for hours in front of some sort of screen. Advertisements for junk food prevail. I could write a book on just this, though I just wanted to set the stage here and continue to focus on the Candida.

In many ways, kids can heal much faster and easier than we do. They are more active, stronger immune systems. In others, they face great challenges. It would be helpful as a parent to understand how the body heals and the nature of our self-protective mechanism. Locally, I offer workshops for parents on these issues. If one understood the principles behind our self-healing, the barrage of substances we give for coughs, sneezes, fevers, headaches, irritability, aches, would rarely, if ever, be given, except in extreme cases. We would trust in the body’s ability and not be in a state of fear of these symptoms and think they need to go away. We would know that the body is doing its perfect job of housecleaning, and that when we suppress these symptoms, the body has to find another way of removing those toxins from the body. And the way many children live makes the job much harder.

We detoxify through our bowels, lungs, skin, kidneys, and liver. As parents when we see a rash or a fever, we become afraid. We can't bear to see our children suffer and want it all to go away. We have not been educated on how the body works and why it is SO important to not interfere. We have forgotten how to be good nurses to our children through these symptoms. Children are getting more and more serious illnesses sooner in life.

Not only do we push medications of children when they are sick, but we force feed food and drink in an effort to strengthen them during their illness. We get scared when our children don't eat. I was sick often as a child, missing more than 30 days in one school year. As soon as a fever hit, I was put on antibiotics. It wasn't long before I was taking the adult doses of strong antibiotics because my body didn't respond to the normal dose. I was soon considered a "carrier" of strep, passing it along to my 9 siblings. My body was rarely given the chance to do its miraculous work. My digestion issues I see now started early on, but weren't identified as such until my early 30's despite numerous conventional tests.

A friend's 2-year-old son was being given a strong medication to reduce his fever as prescribed by the family doctor, which it succeeded fairly quickly though kept on the drug. The toddler had become very aggressive, with other erratic behaviors. It was a clear example of the strong immune systems detoxifying from the medication, though in an uncomfortable way. The toxins in the boy's system remain though until he could rid of them another way.

So, initially, to support your child's health:

1. Choose carefully when suppressing symptoms. Find a doctor who supports your desire to let the body heal itself, and will assist you in monitoring when to intervene. Unless in extreme circumstances, you need not suppress: coughing, sneezing, runny nose, fever under 7 days, growing pains (often a sign of mineral/vitamin deficiency).
2. Hydrate with water, not boxed fruit juices or soda.
3. Listen to your child's needs, if s/he is not hungry, don't force feed.
4. Always provide choices of fresh fruits and veggies. Never force them to eat anything. They have an inner wisdom that can guide them.

My son, when he was 5 years old came down with a fever. He had no desire to eat. Asking for only warm or cool water at times for the first 3 days. He became weak. I provided good nursing care, conserving his energy, keeping hydrated and comfortable. To note, he became more ill as a result of conventional, even alternative treatments. I was in consult with a medical doctor who didn't know how to treat him at this point. On day 4, he accepted fresh squeezed orange juice, and more on day 5. At this point, I was carrying him around, he was so weak. I was scared, though I trusted. I consulted with other Hygienic Doctors. On day 6, he woke up with energy, like nothing ever happened, and asked for food. Had I made him eat earlier, it would have slowed if not stopped his healing. His lungs had been so congested. His fever was burning away the toxins. My son today does not get the colds and flu of typical children.

I mentioned earlier healing for children can be easy. In this regard, children are resilient, they bounce back, and their immune systems can still be strong. Fever and inflammation, from a Natural Hygiene perspective, are mere parts of the self-healing regime, as long as we are not still contributing to the symptoms. You buy a host of products to rid your child of Candida, but you know by now, that you will just have to repeat the treatment over and over, if the underlying cause is not addressed.

I rarely find one child in a family with symptoms. Typically, the whole family has issues whether or not they know it. We cannot force one child to eat differently from the rest. This is cruel and unusual punishment. Children learn habits from their family, and will not understand why they are treated differently and not allowed some things other family members are allowed.

Many factors need be considered in deciding how your family will heal from Candida. For a highly individualized plan, contact the author. In general, consider these factors greatly contributing to Candida in children:

1. Pasteurized dairy products are very mucous producing and congesting to the system.
2. Starchy packaged products, such as cakes, cookies, cupcakes are best left on the shelf.
3. Chocolate, a stimulant, impedes the healing process and can wear down the adrenals over time.

4. Lack of high fiber, fresh alkalizing foods in the diet, leaves a body depleted and more susceptible to disease.
5. A sedentary lifestyle.

Take the time to hear your child. Often a stressful event (or stressful thoughts they hold onto) that is ongoing (even in their mind) triggers an overgrowth of Candida. The body shuts down. Get to know your child, from the inside out, and help them to feel safe in this world.

Appendix I

Easy 7-Day Candida Detox Menu Plan

So, you've decided to begin a *Candida* cleansing program, now what?? Where do you start? What do you eat? How do you shop? I've designed this quick reference guide to help answer these questions.

Before you begin this natural cleansing plan, I recommend transitioning (if you haven't already) slowly. Remove the following from your diet: caffeine, alcohol/tobacco, and animal products (meat, dairy, eggs). Spend at least two weeks allowing your body to adjust. Do not take any supplements and consult your doctor prior to discontinuing any medication. This will make the detox period much more effective.

As well, this plan is for one week only. If you are not fasting, I recommend a 40-day detoxification period. You can repeat or modify these recipes, or check out the resources for additional meals.

If you are unsure of your healthcare or nutritional needs, or if this plan is right for you, consult with the author, before implementing the program.

Part One- The Prep Work: your mind

Mind work is the first and foremost of our tasks. Be clear about your goals, and have a vision of optimal and vibrant health. Commitment and Patience are your friends. Remind yourself, that if you feel like slipping or eating something not on the plan, its *only* food, you can always have it. You will survive.

If you are working with a hygienic practitioner, such as myself, a health diary is essential for efficient communication to ensure a highly individualized program for optimum benefits.

Part Two – Still Prepping: your physical space

Clean out your pantry, refrigerator, freezer and shelves of any foods that are not beneficial to you on your healing program. Any foods that are likely to lead you down temptation alley, or astray from your goals must not be in your reach or your sight. Unless of course you are the king or queen of self-control, then you have my complete admiration.

If you have other members in the house who do eat such foods, make a separate drawer or area for those items and put a note or tape over it to slow you down. Have a family discussion and ask for their support.

Clean out anything that you don't feel will be healthful for you in the long run. You can donate non-perishables, give away food to friends, give it to the stray cats, or compost it if you can.

You are cleaning your outer environment so that your internal environment can clean. Trust me, this is important prep work.

Part 3 – Kitchen Equipment

The following will make life easy and fun in the kitchen. You don't actually NEED these items to eat healthy, but it helps especially when you are starting out.

Knives – sharp, paring and larger all purpose

Cutting Board

Blender- high speed, good quality or Vita-mix

Food Processor- Cuisinart or Kitchen – Aid

Optimally, you have a Vita-Mix or good quality blender (see www.discountjuicers.com), if not, use a food processor and chew, chew, chew!

Part 4 – The Shopping

Familiarize yourself with the farmers markets, co-ops, produce stands and organic food stores in your area. Make friends with the produce manager!

You may want to shop at least twice for one-weeks worth of food to get everything fresh. Buy organic only and as local as possible. OK- hit the produce area and do NOT go to the chips aisle, not even to look. Think tunnel vision! I have eyes only for you my little peach!

Now lettuce look together at what exactly you should buy for one person eating this diet for one week.

Greens

Romaine- 2 heads

Baby spinach- 1 #

Kale- any kind, the younger (smaller) the better- 2 bunches

Mixed greens- 1/2 #

Sprouts: sunflower, or alfalfa- ½ # total

Other Veggies

Celery- 1 bunch

Cucumbers- 2 medium

Tomato (botanically a fruit)- 8- 10 medium

Fruit

Melons

Cantaloupe- 1

Watermelon (preferably with seeds) - 1

Sweet Fruits

Bananas- 6-8

Acid Fruits

Pineapple- 1

Oranges- 10-12

Grapefruit- 6

Kiwi- 6-8

Strawberries- ½ #

Blueberries – ½ #

Sub-Acid Fruits

Apples- not green, or red delicious- 8-10

Papaya- 1 large

Peaches- 4-6

Mango- 3-4

Optional

Avocado – 1 (see detox tips part 6)

You may substitute other foods in the same category (see end of report for more options).

Part 5 -What do you eat on a Candida detox program?

Mono meals: a meal consisting of one fruit or one green or one veggie (usually fruit) only.

Green Smoothies: A large smoothie (blended in a blender) consisting of greens and fruit to sweeten.

Raw soups: a veggie-based (more greens) soup, less sweet than the green smoothie. Using a blender, you may run it longer to warm it slightly.

Fruit smoothies: for our purposes here, a fruit smoothie is a properly combined smoothie of only fruit. No ice, no powders, milks, seeds, no cracker jacks, superfoods, etc.

Blended salads: a finely chopped/processed salad (as in the food processor) with 2 or 3 properly combined ingredients. Without fruit though, they are lower in calories. This is a good way to get lots of greens with less work from chewing.

Part 6 – Quick Tips

Digestion Tip

- Chew your food until its creamy for best digestion. Mechanically, the food is broken down further, helping with digestion. Chemically, the food is mixed with needed enzymes, and you send more signals to your body about what is coming its way so the proper gastric juices with the most appropriate pH level are produced.
- Our focus is to combine the food properly to allow for optimal digestion. We use only whole plant-based foods to help the cleansing process while permitting the eliminative organs to strengthen and do their work.

Green Smoothie Tip

- Start with more fruit, and less greens until you develop a taste for the greens. Then add more greens, less fruit. It's a good way for those not accustomed to, or who have a dislike for the taste of greens (without oils on them), to develop their natural palate for them.
- Add water as needed to keep the smoothie a thinner consistency but palatable. Too much water and the flavor is diminished.

Snack Tip

- Wait one hour after meals before indulging (if the snack is different than your meal). If you ate fat at your meal, wait 2-3 hours before snacking. Eat enough of the fruit to satiate, but don't over eat. You may find yourself hungry about an hour after the meals as they are high water content and your body is not accustomed to eating this way. Your stomach will need time to adapt. Eat more often if need be, but be conscious of food combining. Ask yourself if you are truly hungry or looking to eat out of emotional need. Don't stress it though; better to eat wisely than stress.

Breakfast tip

- Eat only if you are hungry and not out of obligation. Its ok to delay this meal, it is not the most important of the day. Take a short walk or use the mini-trampoline for 10 minutes prior to eating to "earn your food." Most people are still digesting the meal from the night before when they wake up.

Fruit Tips

- Fresh is important as it has more living enzymes to digest our food better.
- As your system is cleansing, be aware of how your body tolerates bananas, as they are sweeter. They are wonderfully filling and nutritious and part of a healthy diet. Start slow and build up as your system cleans out. If you have stayed off the overt fats for the 1st 3 days, you may do well, and can continue adding these to your green smoothies for more sweetness.
- It is critical your fruit be ripe. Bananas should be spotted. Unripe bananas are starchy, and fairly indigestible. Unripe fruit in general has an acid-ash end-product as opposed to ripe fruit which is alkaline. Disease breeds in an acidic environment.

Rest tip

- Remember to rest often and sleep as much as you need to – your body is hard at work healing and eliminating years of waste and Candida debris! Don't get in its way by making it do other chores, like working long hours.

Temperature Tip

- Ideally, food should be consumed at room temperature- never straight from the fridge. If you must keep your fruit in the refrigerator, take it out an hour prior to consuming. In colder weather and climates, raw soups may be gently warmed on the stove, but never beyond warm or you are destroying the enzymes in the food. You can also blend it longer in the blender.
- Hot foods increase peristalsis (wave-like motion of the intestines) and this affects the absorption of the food. Eating cold foods as well affects the production of gastric (stomach) juices, thereby inhibiting proper digestion. However, when enjoying foods that are not at room temperature, it can be kept in the mouth longer before swallowing to bring it to body temperature.

Detox Tip

- If you feel your detox symptoms are too strong for you, add 1/3 avocado to the soups, this will slow down the cleansing process, but it may make it tolerable enough for you to continue. You're doing great! The avocado will also add some caloric weight during this time and offer a more satiated feeling. Use avocado like you would butter. Would you eat a whole stick of butter? Don't answer that. Take 2 Tbsp avocado and massage it into your salad, it goes a long way.

Hunger Tips

- Although this is a detox, you don't have to be hungry. Check in with yourself. True hunger is not the "grum bellies" but rather a pleasant sensation at the back of the throat. Are you craving some old favorite foods? True hunger is satiated by **any** food- even plain lettuce. Heavy foods numb our emotions. Let yourself feel these emotions; you are

cleansing more than just physically here. Have an apple, and see if your hunger is satiated. Be conscious of what is happening. Stay present.

- Don't be afraid to make more of the same meal if not satiated. We all have different needs.

Fat Tip

- As mentioned earlier, you can add avocado to the soups, but note that it can be harder to not add more and more once you get started. The idea of the detox is to allow the fat tissue in your body, where the toxins are stored, to break down faster. If you take more fat in, this slows the process greatly and you should extend the detox period. All plant foods contain some fat, so you are still getting it with just fruits and veggies.

Sprout Tip

- Add a handful of sprouts to your meals. They are packed full of vitamins and enzymes!

Spice/Flavor Tip

- Why haven't we added spices or onions and garlic to the recipes? Spices, etc. are not only toxic irritants to the body, they are appetite stimulants as well. The last thing we need when detoxing is to stimulate our appetite to eat more or add anything that is not healthful to our bodies.
- If you are feeling a need for increased flavor, you may add fresh basil, parsley, or cilantro to the soups, salads or smoothies.

Water Tip

- On this diet, you can get all your hydration needs met with food alone. However, if you feel thirsty, drink filtered or distilled water only. Do not over-drink. Contrary to popular belief, it does not help you to drink beyond your physiological needs. It can be dangerous and serves to overtax your kidneys. Your water needs increase on a processed cooked diet, or with exercise and sweating. Be sure to meet your needs and follow your body's signals.

Substitution Tip

- See the categories at the end of this report and feel free to substitute other fruits that are available or that you may prefer. Variety is important throughout the year, but not on a daily basis.

Support Tip

- Be prepared to ask for help if need be.
- Write inspirational notes for yourself before getting started. Notes about your vision and goals seen everywhere you turn will keep you motivated! A lifetime of health awaits you!

Food Combining Tips

- Leafy greens, celery and cucumbers go with anything!
- Fruits within the same category combine well. Get Living Nutrition's Food combining chart for easy detailed info. on proper combining.
<http://www.vibrance.com>

Part 7 – the Menu!

Day 1

Breakfast: Blend 4 oz Romaine (about ½ head) with 4 oranges until smooth- add enough water for a liquid consistency

Lunch: Slice the Papaya in half, scoop out the seeds and enjoy.

Dinner: 2 cups spinach, 2 cups pineapple, and 1 cucumber. Blend into a soup.

Snacks: apples, peaches, berries

Day 2

Breakfast: Blend ½ large papaya, 1 mango and 2 cups of kale

Lunch: 1 cantaloupe- cut in half, scoop out the seeds and eat slowly.

Dinner: Blend 4 oz Romaine, 2 stalks celery, 3-4 medium tomatoes

Day 3

Breakfast: Blend 2 cups pineapple, and 2 oranges- yum!

Lunch: 4-6 ripe peaches- eat slowly, savoring each juicy bite!

Dinner: Blend 2 cups spinach, 2 stalks celery, 2-3 tomatoes- voila- instant soup

Day 4

Breakfast: Blend 2 bananas with just enough water for a smoothie consistency.

Lunch: ½ watermelon- slice in half and spoon it out. Picnic lunch – eat in nature!

Dinner: blend 2 mangoes, 2 apples and 2 cups of kale

Day 5

Breakfast: Blend 2 mangoes, ½ bunch parsley- add water as needed.

Lunch: Picnic: finish that watermelon! Share with a child, watch the joy they get from eating it!

Dinner: Blend 1 cup pineapple, 4 oz romaine, and 2 tomatoes

Day 6

Breakfast: Blend 2 cups of pineapple with 4 kiwi fruit.

Lunch: 4-6 oranges

Dinner: blend 6-8 oz mixed greens, 1 cucumber, 3 medium tomatoes, 1 celery stalk, basil if desired

Day 7

Breakfast: Blend 2 mangoes and 2 bananas- add water as needed

Lunch: Berry lunch of strawberries and blueberries

Dinner: Blend 6- 8 oz romaine, 2 oranges, 1 celery stalk, 1 banana (if desired)

Follow-up: Arm yourself with the great resources at the end of this report for more simple healthy recipes that will give you more variety and ideas to continue on this path. Make up your own, go to potlucks ask others for recipes, but keep it simple! There is no need to replicate the old style of eating. Focus on high water content fruits and greens as the basis of your diet.

After cleansing naturally, fat from whole un-fragmented, unprocessed foods should constitute approximately 11% (calorie-wise) of your diet for optimal nutrition and overall health. Visit www.zeehealing.com and contact me, johannazee@gmail.com if you have any questions or seek further guidance on your self-healing journey.

A nice side-effect of this detox plan is that after eating a simpler, pure diet, you lose the cravings for junk food. It just doesn't taste the same. The longer you eat healthy, the better and more natural it will be for you to reach for the apple and not the cupcake.

Alternate Food Choices

Acid Fruits

Blackberries

Grapefruit

Lemon

Lime

Orange

Pineapple

Raspberry

Strawberry

Tangerine

Tomato

Sub-Acid Fruits

Apple

Apricot

Blueberry

Cherimoya

Cherry

Fresh fig

Grape

Kiwi

Mango

Nectarine

Papaya

Peach

Pear

Plum

Sweet Fruits

Bananas

Dates

Dried Fruits

Durian

Persimmon

Raison

Sapote

Melons

Cantaloupe

Honeydew

Watermelon

Greens – explore new greens- here is a small sampling

Arugula

Bok Choy

Broccoli

Celery

Collards

Dandelion

Endive

Edible flowers

Kale

Lettuce- green and red leaf

Tops of any root vegetables

Mizuna

Romaine

Spinach

Sprouts

Appendix II

Maintenance Menu for Vibrant Life

Chef Johanna's simply seasonal sensations serving the raw vegan society!

These recipes are based on a 2,000 calorie/day diet. Adjust for your own needs!

Summer

Breakfast: ½ med. Seeded watermelon

Eat slowly and consciously, savoring every bite

Est. cal: 614

Lunch: 6 oz romaine leaves, 4 bananas, 4 medjool dates

Blend the dates and bananas with a small amount of water if needed and dip the leaves in for a crunchy pudding surprise

Est cal: 700

Dinner:

Course 1: ¼ pineapple, 2 cucumbers *chop into small pieces, mix and enjoy*

Course 2: 8 figs *yummy figs, just eat whole, leave stem for more adventurous epicureans*

Course 3: 8 oz spring mix, 4 tomatoes, 1/3 avocado *blend avocado and tomatoes, drizzle over salad*

Est. cal: 636

Spring

Breakfast: 6 peaches, 4 plums *put in large wooden bowl, go to a nice sunny spot with a friend, and savor the sweetness*

Est. cal: 425

Lunch: 3 apples, 3 pears, 4 oz kale leaves *chop all finely for a fine salad*

Est. cal: 376

Dinner:

Course 1- 10 oz cherries *skip the pits, they are too crunchy anyway*

Course 2- 2 bananas, 8 figs *Now this is what I call figgy pudd- blend ingredients with small amount water*

Course 3- 1 oz walnuts, 2 oranges, 8 oz romaine *peel oranges and blend with walnuts, drizzle over chopped greens*

Est. cal: 1175

Autumn

Breakfast- 4 oz blackberries, 6 oz strawberries *light breakfast delight- berry yummy (sorry I just had to)*

Est. cal: 150

Lunch: 6 figs, 4 bananas *More figgy pudding, eat separate or blend for a creamy texture*

Est. cal: 790

Dinner

Course 1- 6 nectarines

Course 2- 2 cucumbers, 6 tomatoes *a simple man's gazpacho or a simple gazpacho for anyone*

Course 3- 1 oz almonds, 8 oz red bell pepper, 8 oz red leaf lettuce *blend almonds and pepper until smooth, dabble and drizzle but don't dribble over the lettuce*

Est. cal: 1350

Winter

Breakfast- 6 persimmons, 2 bananas *A match made in heaven, chop, mix and eat*

Est. cal: 640

Lunch- 1 med. papaya and 6 mangos *better if you are near a beach for the mangos- chop and put into the papaya halves, leave the seeds and pits for the birds or wild horses*

Est. cal: 535

Dinner

Course 1- 6 oranges, 6 oz pineapple *Blend into a refreshing smooth smoothie- take your time...*

Course 2- 4 cucumbers *I like to scrape the sides first with a fork, then slice into discs for that gourmet look!*

Course 3- 8 oz spinach, 1 oz almond butter, 6 tomatoes *blend tomatoes and butter and mix in spinach- let sit for a few minutes to marinate the spinach- yum!*

Est. cal: 925

Appendix III

Q & A

Q: I seem to get stuck on Day 2 or 3 of the water fast. Then I feel like I failed and have to start all over again. Should I even bother trying?

A: Yes!! Day 2 and 3 of a water fast can be a challenge, but it does get easier. As long as when you do break the fast, you do it properly, you are making progress. Every break you give your body is another step ahead, another layer removed. Try doing several days of no overt fats prior to the fast. Remember, shorter fasts are of benefit too. Go at your own pace, and get support if need be.

Q: Should I continue to take my probiotics and enzymes on this plan?

A: I have not met anyone yet who says that probiotics were a key factor in their healing. I have met many who are very sick and have been taking them for years. That said, if you feel like you are getting benefit from them, then take them. However, many supplements are not absorbed by the body and have to be eliminated. That's more work for your system. Keep it simple. When you take substances that are not the raw building blocks that our body can turn into blood, tissue, and bone, the body has to adjust and react to these substances, thereby potentiating further imbalance. This plan focuses on getting out of the way, eating simply for health and healing.

Q: I've been eating raw foods for a couple of years and I didn't realize how much fat I was eating. I bloat and have gas! I eat way too many nuts it seems, but I am having trouble breaking this habit. My Candida flairs up every time I eat them. Any suggestions?

A: Get off the nuts girl, they are poison to you! Seriously. Most nuts you buy in the stores are rancid. They are a dried food, which, unless you soak and sprout them, will suck the water from your cells. Unless you get them from the tree directly, I consider them a fragmented food (water removed), which can never be the same after soaking. Once you heal, they can be a healthy fat in SMALL QUANTITIES! For now, getting off the fat wagon takes commitment, motivation, and patience. Nuts and dried fruits are big culprits in bloat/indigestion issues. Try cutting down slowly, rationing your intake, cleaning out the house, putting NO NUTS ALLOWED signs in your kitchen, whatever it takes. Use avocado instead and follow the healthy principles of eating, (pay close attention to food combining) found within this ebook strictly, to alleviate these cravings.

Q: I get constipated when I fast. I've heard that enemas and colonics are helpful to cleanse. Do you recommend them?

A: As a rule, no. They are not part of a natural self-healing program. At least I have never seen any animals partake in such practices. I could go into great detail here but the use of an occasional tepid water enema at the start of a fast can provide relief, but it does nothing to promote self-healing or strengthen the body. In fact, the regular use of colonics can do much damage by forcing an unnatural amount of water in a direction substances were not meant to go. It's like using laxatives your whole life, your body forgets how to function on its own, and it easily becomes a crutch. Get plenty of rest on all levels, drink water as thirst dictates; you will have a bowel movement. If you are not eating, intestinal peristalsis slows down, so after an initial BM, you will have less need to have one during the fast.

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RESOURCES

Coaching/Consultation

www.zeehealing.com

www.selfhealingempowerment.com

De-clutter

www.livingsimply.net

Detoxification/Fasting Programs

www.zeehealing.com

www.truenorthhealth.com

Emotional-Release Work

www.thework.com

www.thejourney.com

www.tatlife.com

www.emofree.com

Fitness

www.organicathlete.org

www.foodnsport.com

www.fruitarianfitness.com

www.charliesgym.info

Raw Foods

www.rawfoodhowto.com

www.vibrance.com

www.discountjuicers.com

www.rawfoods.com

www.fredericpatenaude.com

www.veganrawdiet.com

Spiritual

www.jimdreaver.com

www.amma.org

www.adyashanti.org

www.eckhartolle.com

www.deepakchopra.com

www.drwaynedyer.com

Natural Hygiene

www.unh-edu.org

<http://www.zeehealing.com>

www.transformationinstitute.org

Recommended Reading

Anything by Dr. Herbert Shelton, TC Fry, Dr. David Klein, Dr. Doug Graham, Frederic Patenaude

Available through: <http://www.vibrance.com> or www.fredericpatenaude.com

Natural medicine believes that healing will prevail when the conditions for health exist. When traditional water therapies, herbs, physical medicine, and nutrition are properly utilized, the body's Natural Health Science Online via distance learning.Â Specialist, Bachelor's, Master's, Doctor - Natural Health Science Online via distance learning. Faculty of Natural Health Science via distance learning. You may enroll at Bircham International University from anywhere in the world and at any time in the year and earn distance degree programs choosing from over 200 majors of study and with complete compatibility with your professional career. More info The Birth Healing Specialist certificate program will prepare you to address these issues. By learning and mastering the specialized techniques of the Schulte System for Delivery Preparation and Postpartum Recovery your treatments will be more effective with better outcomes. You will become known as the go-to expert for Moms! The certification program.Â Attend all three courses: Holistic Treatment of the Pregnant Body, Holistic Treatment of the Postpartum Body, and Advanced Treatment of the Postpartum Body. We will be offering an External and Internal certification. Internal is for those that completed the internal coursework and the External for those that do the external portion of the coursework. After each course, a written exam is given. Passing is 85% or greater. Holistic nursing is a practice of nursing that focuses on healing the whole person. This practice recognizes that a person is not simply his or her illness. Holistic healing addresses the interconnectedness of the mind, body, spirit, social/cultural, emotions, relationships, context, and environment. All of these aspects combine to create the person, so in order to heal the person, the holistic nurse looks at all aspects and how they can affect the patient's health. The field combines nursing knowledge, theory, intuition, and experience as a guide for building a relationship with the pati