

CANDIDA CHECKLIST

You will need to follow this checklist while healing from Candida. It's quite simple, just order the supplements and food that are listed below directly from our website. Candida will take anywhere from 1 month to 1 year to heal, depending on the severity of your case. I would recommend following the spit test to determine when you are healed from candida, it is listed below. All the tests you need to take are listed on our website under "TESTS". The Spit test will only work best for Candida and not that well for SIBO or leaky gut. Also, try the HCL stomach acid test to see how much stomach acid you have and continue to do perform this test once a week. Stomach acid is crucial for digestion and health.

You can eat outside of the food menus that are on our website, but you can only eat yeast free and sugar free carbs, clean cuts of meat and vegetables. You can eat very little sugar, so no fruit.

- (1) The first thing you must do is throw out all your food and drinks in your kitchen. I'm not kidding! Just make a clean start. Keep in mind that the diets and supplements that you take on Doctor Rocker's program are only temporary. Once you completely heal your gut you can then go back to your normal diet and way of life, but you really want to keep a healthy balanced diet.
- (2) Print out the Dr. Rocker's Progress tracking sheet here - <http://doctorrockers.com/doctor-rockers-progress-chart> Each week take your measurements and weight and follow your progress. Do this for Candida, SIBO and Leaky Gut. Just keep tracking your progress. This will help to motivate you and keep you going. Envision your success!
- (3) **Candia Renew** – These are the antifungal supplements that will help to kill the candida. There is a SIBO Renew and Candida Renew be sure to pick the Candida and not SIBO. Take two capsules in the morning and two at night. If die off is severe you can decrease the dosage.
- (4) **Activate Charcoal** – This is for the die off. When Candida dies it releases toxins in your body. You will start to feel sick as this happens. The charcoal will help to remove these toxins and in turn help to lessen the die off. Take one capsule at night.
- (5) **Pro Guard I** – This is the probiotic supplement for Candida. With Candida you can take more probiotics and you need less with SIBO. Candida is an overgrowth of yeast and SIBO is an overgrowth of bacteria. With SIBO you will need much less probiotics because you can feed the bad bacteria which is SIBO. Take one capsule with each meal and have around four meals per day.
- (6) **B Complete** – B Complete is a B Complex supplement we sell. It is particularly important to supplement with B Vitamins during the entire healing process because at times you will kill a lot of healthy bacteria as you are killing bad bacteria. We will then rebuild the good bacteria. The good bacteria in your gut helps to create B Vitamins. 40% of America is deficient in B12 Vitamins. A deficiency in B Vitamins can lead to mental symptoms such as agitation, irritability, negativism, confusion, disorientation, amnesia, impaired concentration and attention and insomnia; while psychiatric disorders that may be diagnosed in patients having vitamin B12 deficiency include depression, bipolar disorder, panic disorder, psychosis, phobias and dementia. Take one capsule once per day.

- (7) **Vitamin D3** – It is especially important to supplement with Vitamin D during the entire healing process because at times you will kill a lot of beneficial bacteria as you are killing bad bacteria. We will then rebuild the good bacteria. 42% of America is deficient in Vitamin D. A deficiency in D Vitamins can lead to mental symptoms such as mood changes accompanied by overwhelming feelings of sadness, and hopelessness. Other symptoms include – fatigue, forgetfulness, loss of interest in activities that previously sparked excitement, suicidal thoughts, anxiety, loss of appetite, excessive weight loss or gain. If you have a healthy gut, your beneficial bacteria produce more of a substance called butyrate, which is the by-product made when fibers are broken down by those happy bacteria. Butyrate leads to an increase of vitamin D, so the more you have, the more vitamin D you absorb. Therefore, it is so important to supplement with Vitamin D during the healing process. Take one capsule once per day.
- (8) **Biofilm Busted** – This will break the biofilm that develops around the candida. Candida is a living organism that will try to survive and will develop a biofilm that will protect it. Biofilm Busted will help to dissolve the biofilm and enable the supplements to then kill the candida. Take two capsules per day.
- (9) **NutriMinerals** – These are trace minerals. If you have an overgrowth of Candida, you more than likely are deficient in trace minerals. Take two capsules in the morning and two capsules at night.
- (10) **NU Cel** – This is a shake for Candida, SIBO and Leaky Gut. It is low in sugar and loaded with great nutrition. This formula also contains a multi vitamin formula. 92% of America is deficient in vitamins so we strongly recommend supplementing with a multi vitamin if you don't order Nu Cel. You can take a shake in replacement of food. This is good if you are in a hurry. Take the shake as a meal replacement. Take 1 or 2 shakes a day.
- (11) **Disel Fuel Bars** – This a nutritional bar for Candida, SIBO and Leaky Gut. Again, this is great for a meal replacement, and you can take it when you are in a hurry. Take the bar as a meal replacement. Take 1 or 2 bars a day.
- (12) **Food Menu Plan** – You can order all your food right from our website. We have great tasting foods with complete meals, desserts and snacks. Don't worry, you won't feel deprived at all on this diet. All our food is either air dried, frozen or room temperature stored so you can simply take it with you to work or on the go. You won't have to cook or prepare anything. We do not sell produce or vegetables. You can have vegetables on the Candida diet, but you can't have fruit because it contains sugar and sugar will feed yeast. Simply, buy organic vegetables from your local grocery store and take fruit out. You do not want to really eat anything else while you are going through the Candida healing process just what is on our diet program. Remember you can cheat here and there, and you can eat outside our meals. Just follow a simple rule for candida – no sugar, clean cuts of meat, vegetables as well as sugar and yeast free carbs. If you need to cheat you can but just one or two cheat meals a week. For example, if you want to grab ice cream with your friends on the weekend, just keep it to one or two cheat meals, once a week. Remember the healing process can take anywhere from 1 month to 1 year depending on the severity of your candida case.

- (13) Spit test – All of the at home tests and medical tests are listed on our website under “TESTS”. The spit test will help to show you if you have Candida or not. This test will not work too well for SIBO or Leaky Gut. First thing in the morning before you eat or drink anything and before you brush your teeth take a clear glass of water and spit in it. If the spit stays on top of the water, you do not have candida. If the spit drifts down into the water towards the bottom of the glass, then you do have candida. Once your spit stays on top of the water then you can move on to healing SIBO.
- (14) HCL Stomach acid test – HCL is hydrochloric acid and is simply stomach acid. This is a great test and will show the amount of stomach acid you have. We don't sell HCL capsules, but you can order them from any vitamin store. Just buy HCL capsules with pepsin. To test your stomach acid, take 1 HCL capsule with pepsin during a protein rich meal with a carbohydrate. If you have a burning sensation in your stomach as you are eating your meal, then you have enough stomach acid. If you don't have a burning sensation, then the next day repeat but take two capsules instead of one capsule. If still no burning sensation repeat the same meal the next day but with three capsules and so on until you get a burning sensation in your stomach. You want to stop once you hit ten capsules. If it takes more than one capsule you have insufficient stomach acid. This is typically caused by a lack of beneficial bacteria which creates digestion or Hy Pylori which decreases stomach acid.
- (15) Tongue Test – An effective way to see if you have candida is to simply look at your tongue. Is it Pink or is there a white coating on your tongue? If you are candida free you should have a pink tongue. A white coating on your tongue shows that you have candida overgrowth.
- (16) Remember to chew your food slowly as you eat your food. Believe it or not, this is very important for proper digestion and absorption. You aren't what you eat, you are what you can digest and absorb.
- (17) Listen to your body. Only eat when you are hungry. This is why you have an appetite, your body is telling you that you need nutrition. Try to only eat based on your appetite.
- (18) Regarding beverages that you can drink during the healing process we strongly recommend unsweetened almond milk, unsweetened Coconut milk, carbonated water, flavored carbonated water and spring water. This is all you can drink.
- (19) Limit Alcohol and Coffee consumption. You don't have to completely eliminate it, but you will have to cut back on Alcohol and Coffee to eliminate the Candida. Just have one cup of coffee in the morning. Everybody likes to drink a couple of beers here and there, but you really need to eliminate beer on the Candida Diet. If you are going to drink, you should switch to liquor instead and only a couple of drinks (1 or 2) every other weekend.
- (20) In Closing, the diets and supplementation regime aren't difficult at all to follow but you do require discipline to break away from processed foods, old habits, moderate alcohol consumption and the American excessive lifestyle. Unfortunately, there is no magic pill to

recolonize the gut and there shouldn't be. It's like anything in life, you have to work for it.
Good Luck!