

Confidential  
Underground  
Report

**TOP SECRET**

The Candida Cleaner

By Dr. Jennifer Daniels

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**TOP SECRET**

\$ERXW 7KH \$XWKRU

'U -HQQLIHU 'DQLHOV LV ZLGHO\ FRQVLGHUHG  
RQH RI WKH IRUHPRVW \$OWHUQDWLYH +HDOLQJ  
3K\VLFLDQV DOLYH WRGD\ 'U 'DQLHOV  
JUDGXDWHG IURP +DUYDUG 8QLYHUVLW\ ZLWK  
+RQRUV UHFHLYLQJ D %\$ GHJUHH

+HU HGXFDWLRQ FRQWLQXHG DW WKH 8QLYHUVLW\ RI  
3HQQV\OYDQLD ZKHUH VKH UHFHLYHG KHU  
0HGLFDO 'HJUHH 0' DQG DOVR DWWHQGHG  
:KDUWRQ ZKHUH VKH UHFHLYHG KHU 0%\$ LQ  
+HDOWK &DUH \$GPLQLVWUDWLRQ

6KH SUDFWLFHG PHGLFLQH IRU \HDUV DV D  
%RDUG &HUWLILHG )DPLO\ 3UDFWLFH 3K\VLFLDQ  
ZKHUH VKH VDZ ILUVW KDQG WKH SRZHU RI  
1DWXUDO 0HWKRGV

6KH KDV EHHQ FRDFKLQJ FOLHQWV WR VXFFHVVIXOO\  
KHDO QDWXUDOO\ VLQFH

'U 'DQLHOV LV WKH DXWKRU RI WKH<BZDUGYH LQ LQHL QJ XWR RWR  
%HDXWLIXO"

'U 'DQLHOV KDV DOVR DXWKRUHG DVHULHV RI &' VRQ 1DWXUD  
EXVLQJ DQG RIWHQ FRQWURYHUVLDO LQIRUPDWLYH DQG  
KWWS\_YLWDOLW\FDSVXOHV FRP

'U 'DQLHOV KDV FUHDWEDJHG MLQJH5HSCR ULWV

)URP 0LUDFOH %UHDNWKURXJK WR 'HDGO\ 5HFD00 7KH

7KH (SLGHPLF 7K\*DWUDQVWHG WR SHUPDQHQWO\FKDQJH  
WHVW UHVXOWV DQG KRZ WR SURWHFW \RXUVHOI

:K\ WKH 2¶&ORFN 1HZV LV 1RW (QRXJK

'U 'DQLHOV LV DOVR KDV LQGLYLGXDO DQG JURXS SURJUDP\













6R ILQDOO\ DIWHU DERXW VL[ PRQWKV RI JHQWOH LQTXLU\  
QRWKLQJ P\ FXULRVLW\ JRW WKH EHVW RI PH 6R , ZHQW G  
DQG ERXJKW D FDQ RI WXUSHQWLQH \$V OXFN ZRXOG KDYH  
3XUH \*XP 6SLULWV RI 7XUSHQWLQH

1RZ DQ\ WXUSHQWLQH FDQ WKDW \RX EX\ LV JRLQJ WR KDYH  
RQ LW ± LW LV WKH ODZ

.QRZQ WR FDXVH ELUWK GHIHFWV LQ WKH 6WDWH RI &DOLIRUQLD  
)DWDO

'HDGO\ LI VZDOORZHG

&RQWDFW \RXU GRFWRU LPPHGLDWHO\ LI \RX SXW DQ\ LQ V

&RQWDFW 3RLVRQ &RQWURO LPPHGLDWHO\ LI VZDOORZHG

6R WKHQ , FRQWLQXHG RQ WR WKH JURFHU\ VWRUH DQG JRW D OLWV  
WR EH WKH VPDOOHVW VXJDU FXEHV LQ WKH JURFHU\ VWRUH FP R  
WRWDOO\ LJQRUH WKH ZDUQLQJV RQ WKH FDQ , PDGH VXUH P\ ZLO  
QRWLILHG P\VHOI VLQFH , ZDV D GRFWRU WKLW VDWLVILHG WKH  
ZDUQLQJ , GHFLGHG WR WDNH WKH WXUSHQWLQH LQ WKH HYH  
WKHUH ZRXOG EH WLPH WR FDQFHO WKH QH[W GD\¶V SDWLHQV  
ZDV QRW LQ WKH VWDWH RI &DOLIRUQLD

, VDW GRZQ DW WKH NLWFKHQ WDEOH 3XW WKH VXJDU FXEH  
DQG , VDLG ZHOO WKLW LV LW , DP HLWKHU JRLQJ WR GLH  
RSHQHG WKH ER[ RI VXJDU FXEHV DQG SXW RQH VXJDU FXEH  
P\ WXUSHQWLQH FDQ SRUHG LW LQWR D WHDVSRQ DQG G  
FXEH , WRRN WKH VXJDU FXEH FKHZHG LW DQG ZDVKHG LV  
GLIIHUHQW , ZHQW RQ DERXW P\ EXVLQHVV DQG ZHQW WR

7KH QH[W HYHQLQJ , UHWXUQHG WR WKH VDPH FKDLU LQ P\ NL  
\$JDLQ , GLG QRW IHHO DQ\WKLQJ , EHFDPH TXLWH EROG DQ  
FXEHV 7KLUW\ VHFRQGV DIWHU WDNLQJ WKH WXUSHQWLQH  
H[FHSWLRQDOO\ FOHDU , ZDV ILOOHG ZLWK HQHUJ\ , GLGQ¶W  
P\ PHJD YLWDPLQV P\ YLWDPLQ & , ZDV WDNLQJ HOHYHQ YL  
VNLSSHG P\ YLWDPLQV WKDW GD\

7KH VHQVDWLRQ RI ZHOO EHLQJ ZDV OLNH QRWKLQJ , KDG HYH IDWLJXH MXVW HYDSRUDWHG , NQHZ WKLW ZDV WKH VHFUHW EHQHILW QRZ , QHHGHG WR ILQG WKH GRVH DW ZKLFK RQH H[ 6R WKH IRXUWK GD\ , WRRN IRXU VXJDU FXEHV WKH ILIWK GD\ , )LQDOO\ RQ WKH VHYHQWK GD\ , IHOW D WZLWFK , FDQ\ W H[S SDUWLFXODUO\ SOHDVDQW RU XQSOHDVDQW EXW KDYLQJ UH GHGXFHG WKDW WKLW PLJKW EH RQH RI WKH WKLQJV WKH WXU VWRSSHG WDNLQJ WXUSHQWLQH IRU WZR ZHHN WR OHW L

7KH QH[W WKLQJ , KDG WR ILJXUH RXW ZDV KRZ RIWHQ VKRXO VXJDU , Q RWKHU ZRUGV LI RQH WDNHV RQH GRVH KRZ ORQ QHHGHG WR FRQWLQXH WKH LPSURYHPHQW FDXVHG E\ WKH IL VXJDU FXEHV VWDFNHG WKHP XS RQH RQ WRS RI WKH RWKHU SRXUHG LW RYHU WKH WRS FXEH DQG WKH WXUSHQWLQH GUL VHFRRG FXEH DQG MXVW HQWHUHG WKH WKLUG FXEH , GLG QR RI WKH WKLUG FXEH 6R , WRRN WKHVH WKUHH VXJDU FXEHV ZRQGHUOXO

, VDLG 2. OHW PH NHHS WUDFN DQG VHH KRZ ORQJ WKLW IHHOL ZDV DERXW ILYH GD\V EHIRUH , IHOW OLNH PD\EH , FRXOG XVH FRQFOXGHG WKDW WKUHH VXJDU FXEHV WZR WLPHV D ZHHN ZD UHVXOWV

7KHQ WKH QH[W WKLQJ WR GHWHUPLQH ZDV KRZ ORQJ FRXO ZLWKRXW H[SHULHQFLQJ DQ\ DGYHUVH HYHQWV" :HOO , WK VXJDU FXEHV HYHU\ VLQJOH GD\ IRU DERXW D ZHHN , GLG EXW , GHFLGHG WKDW ZDV ORQJ HQRXJK IRU WKH SXUSRVHV

7KHQ , DSSURDFKHG P\ PRWKHU ZKR VXIIHUG IURP FKURQL KHU NQHHV ILIWHHQ \HDUV , H[SODLQHG WR KHU WKDW , I VKH SOHDVH WU\ LW 6KH VDLG ZHOO 2. DQG VR PRP WRRN JRW OHVV DQG OHVV DQG ZHQW DZD\ RYHU D SHULRG RI RQ

7KHQ , DSSURDFKHG ~~Q~~ ~~EDZLQGH~~ KHU :RXOG \RX WDNH VXJDU"

6KH KDG VRPH DFKHV SDLQV IDWLJXH DQG YDULRXV YDJXH WRRN WXUSHQWLQH DQG VXJDU DQG KHU SDLQV ZHQW DZD\

, VDLG 2K P\ JRRGQHVW WKLW FRXOG EH WKH PLUDFOH UH

\$QG VR IURP ZRUNLQJ ZLWK WKHVH UHODWLYHV DQG D IHZ RV  
YROXQWHHU , GHGXFHG WKDW WXUSHQWLQH DQG VXJDU E  
PD[LPXP GRVH RYHU WKUHH VXJDU FHEHV WLPHV D ZHHN ,  
SDWLHQWV ZKR KDG EHHQ VXIIHULQJ IURP ORQJVWDQGLQJ LQ  
ZDV QR HIIHFWLYH PHGLFDO WKHUDS\ DQG SHRSOH ZKR KDG Q  
GLHW FOHDQVLQJ DQG YLWDPLQV

, ZRXOG OLNH WR VKDUH ZLWK \RX VWRULHV RI SHRSOH ZKR KD  
DQG WKHLU H[SHULHQFH \$QG P\ H[SHULHQFH LQ ZRUNLQJ ZL  
WKHPVHOYHV RI WKH SRZHU RI WXUSHQWLQH

7XUSHQWLQH DQG VXJDU LV DEVROXWHO\ PDUYHORXV DQG  
KLODULRXV DERXW LW LV WKDW WKH WXUSHQWLQH D GHDGO\  
DQRWKHU GHDGO\ VXEVWDQFH KHDOV \$OVR LW LV FXULRXV  
KXPDQ FRQVXPSWLRQ \HW WKH RWKHU LV DOO EXW EDQQHG

6LQFH ZH DUH IREFVLQJ RQ FDQGLGD LW LV LPSRUWDQW W  
PLUDFOH EUHDNWKURXJK 7KH FDQGLGD ORYHV VXJDU \$OW  
ERG\ DV DQ HQWUHQFKHG SDUDVLWH LW FDQQRW UHVLVW V  
FDXVHV WKH FDQGLGD WR OHW GRZQ LWV GHIHQVHV ,Q LW  
WR WKH WXUSHQWLQH DQG GLHV 1RW DOO RI WKH FDQGLGD  
WKHLU EDJV DQG PDNH D PDG GDVK WR WKH H[LW \$OO UHS  
FHDVHV DV WKH FDQGLGD VHHNV WR VDYH LWVHOI DQG H[LW  
VLWXDWLRQ

+2: 72 387 7+( 0,5\$&/(( 72 :25. ,1 <285 /,))

\$W WKH WLPH WKDW , VWDUWHG XVLQJ WXUSHQWLQH , KDG PD  
EHOLHYH WKDW , GLG QRW H[SHULHQFH DQ\ FOHDQVLQJ UH  
SRVLWLYH UHVXOWV , ZLOO RXWOLQH EHORZ WKH SURSHU S  
WXUSHQWLQH IRU FDQGLGD DV ZHOO DV WKH H[SHULHQFH RI R  
FDQGLGD

)DLOXUH FDQ EH DWWULEXWHG WR WKLQJV

1RW GRLQJ DOO VWHSV

1RW GRLQJ WKHP LQ WKH ULJKW RUGHU

'RLQJ DQ\ RQH VWHS LQFRUUHFWO\

),9( 67(36 72 68&&(66

6WHS:KLFKV YHU\LPSRUWDQW LV WR JHW DV PXFK ZDWHW RXW  
LV FULWLFDO <RX FDQQRW HUDGLFDWH D SDUDVLWH LI\RXU  
WKH SODFHV ZKHUH WKH LPPXQH V\ VWHP ZRXOG WDNH WKH SDU  
WKH WUDVK WKLV PHDQV HPSW\LQJ WKH JXW

7KH PRVW QHJOHFWHG SRUWLRQ LV WKH VPDOO LQWHVWLQJ  
FXUH IRU \HDVW LQYROYHV WKH LPPXQH V\ VWHP GXPSLQJ \H  
VPDOO LQWHVWLQH YLD WKH ELOH GXFW ,I WKH VPDOO LQ  
WKH LPPXQH V\ VWHP FDQQRW GR LWV SDUW WR KHDO \RX

&OHDULQJ WKH VPDOO LQWHVWLQH FDQ EH DFFRPSOLVKHG EV  
SRXQGV RI ERG\ ZHLJKW HDFK GD\ DV D ILUVW VWHS 7KHQ W  
D ZHHN RU ERWWOH RI PDJQHVLXP FLWUDWH ZHHNO\ RU 'U'D  
GLUHFHWG YLWDOLW\FDSVXOHV FRP 0DQ\ SHRSOH SUHIHU '  
FDQ EH DGMXVWHG IRU \RX [XWSSUVRQDO ERFDVXOHV FRP](#)

'DLO\ ZDUP ZDWHU HQHPDV XVLQJ GLVWLOOHG ZDWHU TXDU  
WKH ZHHN EHIRUH DQG ZKLOH \RX DUH WDNLQJ WXUSHQWLQ

1RW\RX DUH KDYLQJ RU PRUH ERZHO PRYHPHQWV D GD\ \RX  
OLNHO\ FOHDU

6WHS 6WRS HDWLQJ FDQGLGD V IDYRULWH IRRGV  
7KLV LV DQ\ IRRG WKDW LV EOHQGHG FRRN ~~EGHRRX~~ HG ZLWK  
LW <HV ULFH PLON ULFH FDNHV SRZHU EDUV JUDQROD HV  
ZDWHU 1R DOFRKROLF EHYHUDJHV DUH WR EH FRQVXPHG

%UHDGV ULVHQ ZLWK \HDVW DUH D PDMRU KDJDUG 6WXGL  
\HDVW LQ ZRPHQ ZLWK UHFXUUHQW YDJLQLWL LV IRXQG LW Z  
PDNLQJ EUHDG 6R VWRS HDWLQJ EUHDGV PHDWV DQG GD  
SDUDVLWHV WKDW VWUHV \RXU V\ VWHP DQG PDNH \RXU E  
)RU WKH SXUSRVHV RI VXFFHHGLQJ ZLWK WKH &DQGLGD  
RIHQGLQJ IRRGV E\ IRU ~~Defeating Ourentine Pirquark~~  
not able to eliminate them completely from your diet.

6WHS6WUHQJ ~~WKH~~ LPPXQH V\ VWHP ZLWK IRRG WKDW LV RUJ

SXUFKDVHG IUHVK DQG SUHSDUHG LQ \RXU KRPH

7KH GLHW , DGYLVH LV JUHHQ OHDI\ YHJHWDEOHV URRW YHJ  
VTXDVK DQG QR PRUH WKDQ SLHFH RI IUHVK UDZ IUXLW D GD\  
DV TXLQRD PLOOHW DQG EURZQ ULFH RU EODFN ULFH DQG

6SLFHV WR XVH DUH DQ\ JUHHQ OHDI\ KHUE FXUU\ JDUOLF

1RWLFH WKDW QXWV FRRNHG IUXLW DQG GULHG IUXLW DUH DEVHQV  
IRU DOORZLQJ KHDOLQJ FRQGLWLRQV LQ \RXU ERG\ 'ULHG IUXLW  
7UDLO PL[ LV DQ DERPLQDWLRQ DQG KDV GHVWUR\HG WKH KHDOWK  
LQ , XVHG WR PL[ P\ RZQ 7KDW LV KRZ LJQRUDQW , ZDV 'ULHG IUXLW  
&RRNHG GULHG IUXLWV FRQWDLQ WRR PXFK VXJDU

%\ IROORZLQJ P\ GLHWDU\ UHFRPPHQGDWLRQV PXFK RI WKH  
WKHLU IDYRULWH IRRGV DUH QRW UH DGLO\ DYDLODEOH 1H[W  
WKH &DQGLGD &OHDQHU ,W LV LPSRUWDQW WR VWD\ ZHOO K\  
VWHS RI WKH VWHS &DQGLGD &OHDQHU SURWRFRO

&DQGLGD &OHDQHU 6DPSOH OHQXV

OHQX

%UHDNIDVW

:DWHU

)UHVK IUXLW ZLWK RU ZLWKRXW KRW RDWPHDO RU FRRNHG  
FRQVLVWHQF\ FKRS WKH IUXLW DQG VWLU LQWR WKH FRRN  
/XQFK

6DODG WKH ODUJHU WKH EHWWHU \*DUOLF RU SDSD\D GUHY  
LQJUHGLHQW

%URZQ ULFH DQG YHJHWDEOHV

OD\ VXEVLWXWH TXLQRD VZHHW SRWDWRHV ZKLWH SRWD

:DWHU

'LQQHU

6DPH DV OXQFK

:DWHU

1RWH LW LV PDQGDWRU\ WKDW \RX HDW DW OHDVWWRQH UI  
OHDVW OHDYHV RI D JUHHQ OHDI\ YHJHWDEOH

<RX FDQ JHW PRUH LQIRUPDWLRQ DQG UHFLSHV WKDW KDYH  
[KWWS YLWDOLW\FDSVXOHV FRP SURGXFWV](#)

6WHS 6XSSOHPHQW EH PLQLPDO DV WKH FDQGLGDOLWV \RX  
DQ\ JRRG SDUDVLWH JHWV IHG ILUVW

, KDYH WROG PDQ\ D SDWLHQW WR FXW EDFN DQG HYHQ VWRS  
UHDVRQ , XVHG WR IHHO WKDW WKH PRUH VXSSOHPHQWV WK  
SDWLHQWV WKDW UHOLHG RQ VXSSOHPHQWV MXVW NHSW W

+HUH LV D OLVW RI ZKDW , UHFRPPHQG

% &RPSOH[ YLW \$ ,8 RQH GDLO\ YLWPLQ & J D  
WRFRSKHUROV ,8 GDLO\ 6HOHQQLXP PFJGDLO\ 7KLV FRI  
SDUWLFXODU UDWLR VR WKDW \RX GR QRW GHSOHWH RWKHU

% VXEOLQJXDO PFJ  
7UDFH PLQHDOV 6KLODMLW PJ WR PJ D GD\ DV WDU

6 FXS EURZQ IOD[ VHHG ± VRDN RYHUQLJKW LQ FXS RI ZDV  
WKH PRUQLQJ 0D\ VXEVLWXWH 7DEOHVSRRQV FKLD VHHO

6WHS .LOO DQG UHSO SDUDVLWHV WKDW KDYH QRW \R

7KLV ODVW VWHS ZLOO WDNH \RX WR KRZ \RX IHOW EHIRUH \R

WXUSHQWLQH ,I\RX ZHLJK EHWZHHQ SRXQGV DQG SRXQ  
WHDVSRRQ D GD\

,I\RX ZHLJK DQG DERYH \RX PD\ KDYH PRUH &DQGLGD WKD  
DFWXDOO\XVH OHVV WVS ZLOO JLYH OHVV GLH RII DQG GLV  
WROHUDWHG LW LV RN WR JUDGXDOO\ LQFUHDVH WKH GRVH

7,0( 2) '\$<

7XUSHQWLQH PD\ EH WDNHQ LQ WKH PRUQLQJ EXW PRVW SHRS  
WDVWH RI WXUSHQWLQH WKURXJKRXW WKH GD\ ,W FDQ EH W  
KRXUV EHIRUH EHGWLPH 6RPH SHRSOH IHHO WKDW WKH\ VO  
EHIRUH EHGWLPH

5(/\$7,21 72 0(\$/6

,W FDQ EH WDNHQ ZLWK RU ZLWKRXW IRRG ,W VHHPV WR E  
\$02817

,I\RX ZHLJK EHWZHHQ SRXQGV DQG SRXQGV WKH 0\$;,080  
GD\

8VH ZKLWH JUDQXODWHG VXJDU 'HFLGH KRZ PXFK WXUSHQW  
WKDW DPRXQW RI VXJDU RQ D VSRRQ SRXU WKH WXUSHQWLQH  
VXJDU VKRXOG UHPDLQ GU\ RU XQWRXFKHG E\ WXUSHQWLQH  
WXUSHQWLQH ',6&\$5' 7+,6 63221)8/ 5HSHDW ZLWK OHVV WX  
PRXWK DQG FKDVH ZLWK ZDWHU 1R QHHG WR FKHZ

3XW WKH VSRRQ LQ \RXU PRXWK UHPRYLQJ WKH VXJDU DQG V  
ZDWHU LQ \RXU PRXWK DQG VZDOORZ WKH ZKROH PL[ '2 127 6:  
OHWWLQJ WKH VXJDU DQG WXUSHQWLQH PL[WXUH JR GRZQ \RX  
DV \RX QHHG WR LQ RUGHU WR JHW HYHU\WKLQJ GRZQ  
,I\RX ZHLJK DQG DERYH \RX PD\ KDYH PRUH &DQGLGD V  
DFWXDOO\ XVH OHVV WXUSHQWLQH

WVS ZLOO JLYH OHVV GLH RII DQG GLVFRPIRUW ,I WKLV  
RN WR LQFUHDVH WR WVS RYHU D SHULRG RI GRVHV

,QVWUXFWLRQV IRU 3HRSOH ZLWK &DQGLGD 6\PSWRPV IRU































