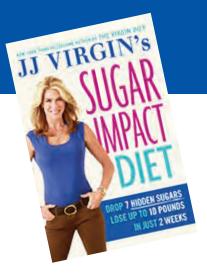
Candida Quiz



My friend Donna Gates provides this extensive quiz <u>(click here)</u>, developed by Dr. William Crook, to determine whether candida is a problem for you.

IF YOU SCORE POSITIVE ON THE QUIZ

- 1. Follow Cycle 2 Of The Sugar Impact Diet
- 2. Completely remove all vinegar, alcohol, and fruit until your symptoms improve
- 3. Use these gut-healing formulas:

DFH* MICROB-X:1-2 caps twice a dayDFH* OIL OF OREGANO:1-2 softgels twice a dayDFH* FLORAMYCES:1 cap twice a day

- **4.** Incorporate candida-zapping foods like coconut oil, onions, garlic, ginger, and extra-virgin olive oil
- 5. If you suffer chronic candida, consider heavy metal toxicity testing

* Designs for Health (DFH) products are only sold through health care practitioners. You can set up an account to order direct from them, just use **JJ Virgin** as your referrer.

Go to <u>www.designsforhealth.com</u> and click:

