

Candida Clear

Professional Support for Candida Detoxification and Intestinal Support

PRACTITIONER GUIDE





PRODUCTS in the CANDIDA CLEAR PROGRAM

The Candida Clear Kit contains:

CAND:SSR Kits (2)

This homeopathic protocol provides 20 vials (10 in each kit) of sequential homeopathic dilutions of the candida fungi. These dilutions are given in a strategic order for the entire 60-day protocol to help the patient temporarily relieve symptoms of the candida infection. Vials are taken once every third day. The first kit is taken in ascending order (1-10), the second kit is taken in descending order (10 -1).

OmniFiber

Specifically formulated fiber formula to support regular gastrointestinal elimination and support the immune system when the body is exposed to endotoxins.

Intestinal Restore

This powdered formula provides multifaceted support for digestive health and intestinal integrity. *Intestinal Restore* also provides immunoglobulins, powerful proteins that support the immune system.

PathoGuard

This targeted formula supports the body's immune system in clearing bacteria, worms, parasites, and viruses. It supports the immune system and healthy gastrointestinal function.

Your patient will also need the following: (purchased separately)

Smart Silver

An engineered nanoparticle, not a colloidal silver. *Smart Silver* is a systemic approach to advanced immune support and balanced wellness.

OmniCleanse Detox Kit

This 14-day cleansing program utilizes botanical and nutritional ingredients to detoxify the body. It also contains homeopathic remedies to temporarily relieve symptoms related to regenerating multiple organ systems. The kit includes the *Comprehensive Homeopathic Detox Kit*, *OmniCleanse Capsules*, *OmniCleanse Powdered Beverage* and an *OmniCleanse Practitioner Guide*.

Comprehensive Homeopathic Detox Kit

The kit contains six homeopathic remedies — Detox I, Detox II, Detox III, CerebroMax, SpinalMax, and Matrix Support — to temporarily relieve symptoms associated with detoxification of the entire body, including the brain, spine, extracellular space, gastrointestinal tract, liver, lymph, kidneys, and bladder. The Comprehensive Homeopathic Detox Kit is included in the OmniCleanse Detoxification Kit or may be purchased separately to use with this protocol.



Candida Clear

Begin the 60-day Candida Clear Protocol

WELCOME to the DESBIO CANDIDA CLEAR PROGRAM

after completion of the OmniCleanse Detox Program.

Welcome to the Candida Clear Program. The goal of this protocol is to help your patient detoxify from candida overgrowth as well as temporarily relieve symptoms associated with candida toxicity.

To complete this program your patient will need:

- OmniCleanse Detox Kit (1)
- □ Candida Clear Kit (1)
- □ Smart Silver (32 oz)

HOW does the CANDIDA CLEAR PROGRAM work?

The *Candida Clear Program* utilizes a multi-faceted approach that combines homeopathy and nutraceuticals. It also includes recommended dietary changes to help starve and weaken the candida so it is easier for the body to eliminate.

The *Candida Clear Program* utilizes a unique homeopathic protocol known as *Series Symptom Relief*. Each *Candida Clear Kit* contains two *CAND:SSR Kits* that are intended to be used throughout the program to temporarily relieve symptoms of candida infection. The kit also includes nutraceutical formulas that help support the immune system and damaged intestinal tract. Each *Candida Clear Kit* provides enough product for the 60-Day *Candida Clear Protocol*. Some patients may need to extend the protocol if infection persists.

WHY should my PATIENT DETOX first?

Before beginning the 60-Day *Candida Clear Protocol*, your patient should follow the *OmniCleanse Detoxification Program* for 14 days to clear the body of toxic build up and prepare the system for candida elimination. Having an increased toxic load and blocked detoxification channels can impair the body's ability to clear candida toxicity as well as worsen symptoms during the clearing stage. The guidelines for this program are provided in the *OmniCleanse Practitioner Guide* that is included in the *OmniCleanse Detox Kit*. The homeopathic remedies

SYMPTOMS of CANDIDA OVERGROWTH may include:

- Chronic fatigue
- White coating on tongue
- Loss of energy
- Weight gain
- Decreased libido
- Thrush
- Food Sensitivities
- Rashes
- Bloating, cramping, and gas
- Intestinal cramps
- Rectal itching
- Occasional diarrhea or occasional constipation
- Yeast infections/bladder infections
- Prostatitis
- Interstitial cystitis (irritable bladder)
- Menstrual irregularities like pain, bleeding, etc.
- Thyroid dysfunction
- Irritability
- Inability to concentrate
- Allergies
- Chemical sensitivities
- Low immune function

in the *Comprehensive Homeopathic Detox Kit* (included in the *OmniCleanse Detox Kit*) will be continued during the *Candida Clear Protocol* to temporarily relieve symptoms associated with detoxification during the program.

WHAT is CANDIDA?

Candida is a single-celled yeast that is naturally found in mucous membranes throughout the body, including the stomach, large intestine, bladder, and female reproductive organs. In a healthy body, the yeast lives symbiotically with us. Unfortunately, when candida proliferates outside of normal healthy levels, it can become a harmful parasite, creating havoc in the human body by robbing the body of resources. Candida also releases 80+ by-products or endotoxins. These toxic materials act as neurotoxins, interrupt cellular communication, disrupt DNA replication, and destroy organ function. Symptoms of candida and its endotoxins are exacerbated by a weakened immune system and impaired detoxification systems.

WHY did your PATIENT develop CANDIDA OVERGROWTH?

There is no definite answer on how your patient may have developed candida overgrowth issues. There are many factors that can contribute to candida issues:

- Use of Antibiotics —These medications can kill both good and bad bacteria in the gut, creating an open and hospitable environment for candida to thrive
- Use of hydrochloric acid-blocking medications

 Antacids suppress the normal acid production that acts as a protective agent against candida and other pathogens.
- Use of birth control pills, estrogens, and steroids such as prednisone

- Over consumption of carbohydrates, sugars, gluten, and processed foods can create an acidic environment that candida can thrive in. Candida also loves sugar and simple carbohydrates
- A weakened immune system due to stress, poor health, and unhealthy lifestyle habits can also promote candida overgrowth problems

HOW DO I KNOW if my PATIENT is SUFFERING from CANDIDA?

There are multiple tests available for candida but the best diagnostic tool may be taking a careful health history as well as assessing their symptoms to see if they correlate with chronic yeast issues. You should always conduct a thorough health history and physical exam as well as use the best testing methodology available to you.

WHAT can my PATIENT EXPECT while on this PROGRAM?

The desired outcome of this program is to reduce toxic levels of candida and temporarily relieve symptoms of candida overgrowth. However, it should be noted that candida detoxification can be challenging and sometimes uncomfortable. Candida detoxification programs often result in die-off or herxheimer reactions. These symptoms occur when toxins from dying pathogens (viruses, bacteria, parasites, candida, etc.) overwhelm the body's abilities to clear them out. Most symptoms occur within the first few weeks of the program and are mild to moderate. Symptoms are often flu-like in nature, including headaches, sweats, fatigue, and joint pain. Your patient may also experience increased bowel movements. As your patient progresses through the candida-clearing protocol, symptoms will resolve. Be sure to warn your patient that these symptoms may occur and remind them to keep in touch with you should they experience any extreme reactions.





DIETARY GUIDELINES for the CANDIDA CLEAR PROGRAM

Encouraging your patient to eat whole, nourishing foods to rebuild their health while avoiding foods that can aggravate or feed the candida is an **essential piece of this program**. The goal is to starve the excess candida while simultaneously healing the gastrointestinal tract and modulating inflammation. Making appropriate dietary adjustment is essential for your patient's success on this program.

Remember the goal is to starve the candida – not the patient! For some patients you may need to make very gradual changes to help them be compliant. The following guidelines are only general recommendations and you may choose to adjust them based on your patient's individual health needs.

FOODS to EAT



ANIMAL PROTEIN

Protein is essential for rebuilding body tissues as well as maintaining energy levels. Recommend at least 3 – 6 oz. of animal protein daily and stick with organic poultry, eggs, and wild fish and grass fed beef. Your patient should avoid processed meats and pork products during the program.



VEGETABLES

Your patient can have unlimited amounts of non-starchy vegetables including artichokes, asparagus, avocado, broccoli,

Brussels sprouts, cabbage, celery, cucumber, eggplant, garlic (raw), kale, olives, onions, rutabaga, spinach, and zucchini. No white potatoes, mushrooms, sweet potatoes, potatoes, yams, corn, all winter squash, beets, peas, parsnips and beans.



GRAINS

Whole grains that have not been bleached or stripped of their fiber and nutrients provide an excellent source of

fiber and B-vitamins. Recommend a limited amount of the non-gluten containing grains including buckwheat, millet, oat bran, quinoa, and brown rice. No more than two one cup servings per day is ideal. Any type of refined grain or flour should be avoided.



NUTS

Nuts and nut butters can be a great source of protein, healthy fats, and fiber and can be used in unlimited amounts throughout the programs. Remind patients that nuts are high in calories and to be mindful of serving sizes. Some patients may notice a sensitivity to cashews, peanuts, and pistachios.

FOODS to WATCH



FRUITS

While organic fruits provide an excellent source of nutrients and phytonutrients, they also provide sugars which can feed

the candida. While on the program stick to low sugar fruits such as tomatoes, grapefruits, apples, raspberries, blueberries, cranberries, and blackberries and limit to one to two servings per day. Avoid all other fruits, dried fruits, and juices.



DAIRY

For some patients, dairy can trigger undesirable immune responses and milk sugar can act as a food source for candi-

da, therefore it is best to minimize during the protocol. Small amounts of unsweetened kefir and yogurt with live cultures may be acceptable if patient tolerates fermented foods. Cheese may be tolerated in small amounts. Stick with low lactose varieties such as cheddar, Swiss, or parmesan. The *Intestinal Restore* formula is acceptable to be used during this program as long as your patient is not allergic to dairy.



BEANS

These are high residue foods that can remain within the GI tract for long periods of time and feed candida and

other parasites. Beans should be consumed no more than one to three times per week.



FERMENTED FOODS

This is still up for debate when it comes to candida patients. While consumption of fermented foods can help build

healthy gut ecology, for patients who have developed a sensitivity to yeast as a result of long term fungal overgrowth, avoidance of these foods may be essential until after the protocol is complete.



SWEETENERS

Remember that many sweeteners provide food for the candida and will aggravate the condition. Patients should

stick with the natural non-nutritive sweeteners like stevia or xylitol if possible. Raw honey can also be used in minimal amounts. Avoid cane sugars, chocolate, rice syrup, molasses, maple syrup, agave, high fructose corn syrup and artificial sweeteners.



OILS

Most fats and oils are acceptable on the candida protocol. Coconut oil is the optimal choice because it has natural supporting and anti-fungal properties

immune-supporting and anti-fungal properties.



SEASONINGS

Most seasonings are acceptable on the candida diet. Some seasonings, such as cumin, oregano, garlic have natural

anti-pathogen effects. Patients should avoid the manufactured form of citric acid (which can be derived from yeast) and any additives or preservatives you can't pronounce or are not food-based.



SAUCES

Most sauces like ketchups, mayonnaise, soy sauce and salad dressings contain

sugar and other additives that should be avoided on the diet. Vinegar should also be avoided since it is made from yeast cultures. Apple cider vinegar is the exception because it can actually combat candida growth. Recommend olive oil and lemon for salad dressing or coconut aminos.



BEVERAGES

Allowed beverages include unsweetened teas, organic/non-GMO milk alternatives (soy, hemp, coconut, almond, etc.), lemon

juice, and of course lots of water. Patients should avoid juices and sodas which are high in sugar.



CAFFEINE AND ALCOHOL

These should both be kept to a minimum. Excessive use of caffeine can stress your adrenals and disrupt blood

sugar. One to two cups of black coffee or tea that has been tested for mold or contaminates is acceptable. Alcohol can increase gut permeability and create a favorable environment for candida. Any alcohol should be a low sugar source and be used in moderation (fewer than two drinks per week).

KEEP THINGS MOVING

Regular elimination is essential during this protocol. This will ensure the movement of candida and other toxins out through the colon. The *OmniFiber* should assist with this process. Recommend that your patient should consult with you if they are not experiencing bowel movements on most days of the program.

CANDIDA CLEAR PROTOCOL

Remember that your patient should complete the 14-Day *OmniCleanse Detox Protocol* before starting the 60-Day *Candida Clear Protocol*. See sample calendar in the back of this guide.

DETOXIFICATION Days 1-60 (taken throughout the entire protocol or until bottles are complete)

CerebroMax, SpinalMax, Matrix Support — 10 drops, three times daily Monday, Tuesday, Wednesday

Detox I, Detox II, Detox III — 10 drops, three times daily Thursday, Friday, Saturday, Sunday

Smart Silver — Adjust based on patient's weight, standard recommendation is 1 - 1 ½ tsps twice daily

CANDIDA ELIMINATION Days 1-30

Continue drops from the *Comprehensive Homeopathic Kit* throughout the entire protocol

First CAND:SSR Kit —

Beginning with vial 1 take one vial every 3rd day in ascending order (1 -10)

PathoGuard — 3 capsules daily

OmniFiber — 1 serving every other day

Smart Silver — Adjust based on patient's weight, standard recommendation is 1 - 1 ½ tsp twice daily

GASTROINTESTINAL REGENERATION Days 31-60

Continue drops from the *Comprehensive Homeopathic Kit* throughout the entire protocol

Second CAND:SSR Kit— Beginning with vial 10 take one vial every 3rd day in descending order (10 -1)

Intestinal Restore — 1 serving daily

OmniFiber—1 serving every other day

Smart Silver — Adjust based on patient's weight, standard recommendation is 1 - 1 ½ tsp twice daily



SAMPLE DAYS

Here are two example days using some of the recipes provided in the next section of this guide.

DAY 1	CerebroMax, SpinalMax, Matrix Support —			
Supplementation	10 drops, three times First CAND:SSR Kit — Vial # 1 PathGuard — 3 capsules OmniFiber — 1 serving Smart Silver — 1-1/2 tsp, twice			
Breakfast	Avocado omelet			
Lunch	Quinoa meatloaf			
Dinner	Chicken stir fry			
Snack	12 Raw almonds, 1 apple			
	I			
DAY 34	Detox I, Detox II, Detox III — 10 drops, three times			
Supplementation	Second CAND:SSR Kit — Vial # 9 Intestinal Restore — 1 serving OmniFiber — 1 serving Smart Silver — 1-1/2 tsp, twice			
Breakfast	Apple walnut and Greek yogurt parfait			
Lunch	Grilled chicken, zucchini noodles, crushed tomato and garlic			
Dinner	Chia and fennel crusted salmon			
Snack	Plain Greek yogurt with raspberries 6			



BREAKFAST

Apple & Walnut Yogurt Parfait

1 appleChop up the walnuts and apples. Layer them with the plain Greek½ cup of walnutsyogurt. Sprinkle with cinnamon and serve.1 cup plain yogurtCinnamon

Avocado Omelet

3 eggs
2 shallots, chopped
2 garlic cloves, chopped
1 avocado, halved and sliced
6 black olives (no vinegar)
1 tbsp. coconut oil
2 tbsp. chopped up parsley

Whisk the eggs in a bowl and set aside. Add ¾ of the parsley to the egg mixture. Heat the coconut oil. Sauté the garlic, then add the shallots and cook until slightly brown. Set aside. Now add the eggs mixture to the pan and let cook for 3-4 minutes. Spread the shallots and garlic evenly over the eggs and transfer to a plate. Add the avocado, olives, and remaining parsley to the omelet. Fold over and serve.

Baked Spinach Tomato and Onions Skillet

4 medium eggs 1 tbsp. coconut oil 1 cup spinach (chopped) 1 large white onion (thinly sliced) 1 cup tomatoes (chopped) 1 red chili (finely chopped) Salt and pepper to taste Parsley to top

Heat the oil in a large saucepan over a medium heat and cook the onions and spinach, stirring frequently, until soft. About 3-5 minutes. Add the chili and chopped tomatoes and cook for 3-4 minutes. Season with salt and pepper to taste. Make 4 indents in the mixture and break the eggs into each. Place under the broiler under a medium heat for approx. 5 minutes until the eggs are cooked. Top with parsley.

Other breakfast options: brown rice, millet, or buckwheat cereal with almond milk and cinnamon, **OptimaLean** or **OmniMeal** smoothie with berries.

LUNCH AND DINNER

Chia Seed and Fennel Crusted Salmon

1 tsp. chia seeds ¼ tsp. fennel seeds 1 tsp. minced fennel fronds ½ tsp. lemon zest ½ tsp. salt ½ tsp. pepper 1 tsp. oil, such as olive or coconut 1 egg white, lightly whisked 4 oz. salmon Lemon wedges Preheat broiler. In a spice mill, electric coffee grinder or a compact blender, grind chia seeds and fennel seeds. In a small bowl, mix together ground seeds, minced fennel fronds, lemon zest, salt, and pepper. Drizzle in oil and stir well, set aside.

In a shallow bowl, whisk egg white until frothy. Dip salmon fillet in egg white, then transfer fillet to an oiled baking sheet, press seed mixture thickly on top fillet. Broil salmon fillet about 6 inches below broiler for 6 to 8 minutes. Serve.

Chicken Fajita Bowl

1 lb. boneless skinless chicken breasts

1-2 tbsp. fajita seasoning (combine red pepper, chili pepper, onion powder, garlic powder, salt, paprika and oregano) 1 red pepper, sliced into strips 1 yellow pepper, sliced into

1 yellow pepper, sliced into strips 1 onion, halved and cut into ½

inch slices

1 large clove garlic, thinly sliced

1 tbsp. coconut aminos

2 cups mixed greens

1 avocado, sliced

2 green onions, thinly sliced ¼ cup cilantro, finely chopped

In a large skillet over medium high heat, add a tablespoon of coconut oil. Sauté peppers and onion until softened, about 5 minutes. Add garlic, sauté for 1 minute more. Sprinkle with coconut aminos, season with salt and pepper to taste, toss to combine. Transfer pepper and onion mixture onto a plate, set aside.

Toss chicken breasts in fajita seasoning. Add another tablespoon of oil to the skillet and cook chicken breasts until juices run clear and meat is no longer pink in the middle. Remove from skillet, thinly slice chicken breasts crosswise.

To assemble, fill a large bowl with mixed greens. Arrange sliced chicken breasts, pepper and onion mixture, quinoa and avocado slices on top of greens. Garnish bowl with thinly sliced green onions and finely chopped cilantro. Serve with quinoa.

Zucchini Noodles (used to substitute for pasta or rice)

1 tbsp. coconut oil 1-pound zucchini 1 tsp. all purpose Chef's Shake Peel zucchini with a julienne peeler or spiralizer. Heat coconut oil in large sauté pan. Add zucchini noodles and stir for 3 -5 minutes until noodles are tender.

LUNCH AND DINNER

Quinoa Meatloaf

1 lb. minced beef
 2 eggs
 ¼ cup uncooked quinoa
 1 medium onion
 3 garlic cloves
 2 chilies
 1 tsp. coconut oil or olive oil
 1 tsp. thyme
 1 tsp. rosemary
 ¼ tsp. black pepper
 1 tsp. salt

Cook quinoa as directed. Preheat oven to 350 F. Chop the onion finely in your food processor. Now add the cooked quinoa and all other ingredients to a large bowl and mix together. Grease a loaf tray with coconut or olive oil, then add the mixture and bake for 1 hour.

Roasted Chicken and Vegetables

1 onion, cut into 8 wedges 1 fennel bulb. trimmed. halved and cut into 1/2 inch slices 1 vellow pepper. cut into $\frac{1}{2}$ inch thick strips 1 rutabaga, peeled, halved and cut into 1/2 inch slices 1 chicken, cut into 8 pieces 2 tbsp. seasoning mix (combine 1 Tbsp. paprika, 1 tsp. garlic powder, 1 tsp. onion powder, 1 ½ tsp. salt, ½ tsp. black pepper, 1 tsp. dried rosemary, 1 tsp. dried oregano, ¹/₂ tsp. cayenne) 2 tbsp. olive oil 1 lemon, cut into ¼ inch slices 6 cloves garlic, peeled and thinly sliced 1/2 cup black olives (packed in water) 1 bunch fresh thyme sprigs 1 cup homemade broth, chicken or vegetable

Preheat oven to 425 F. Spread onion, fennel, yellow pepper and rutabaga slices evenly in the bottom of a large roasting pan, creating a bed. Arrange chicken pieces on top of vegetables, sprinkle with seasoning mix (see below), then drizzle with olive oil. Lay lemon slices on top of chicken pieces, scatter sliced garlic and black olives into pan and tuck in a few fresh thyme sprigs. Finally, pour broth into the pan.

Roast chicken for 15 minutes at 425 F, remove from oven, baste with pan juices. Reduce temperature to 375 F, return chicken to oven. Roast chicken for about an hour more, until juices run clear and temperature reaches 165 degrees F in the thickest portion of the chicken. Let rest 10 minutes before serving. Garnish with sprigs of fresh thyme.

LUNCH AND DINNER

Chicken Stir Fry

1 pound boneless, skinless chicken breast 2 tbsp. coconut oil 1 medium onion, finely chopped (about 1 cup) 2 heads broccoli, sliced into 3-inch spears (about 4 cups) 2 medium carrots, sliced (about 1 cup) 2 heads baby bok choy, sliced crosswise into 1-inch strips (about 1½ cups) 4 oz. shiitake mushrooms, stemmed and thinly sliced (about 1 cup) 1 small zucchini, sliced (about 1 cup) ½ tsp sea salt 1½ cups water 2 tbsp. arrowroot powder 2 tbsp. sesame oil 2 tbsp. vinegar

Rinse the chicken and pat dry. Cut into 1-inch cubes and transfer to a plate. Heat the coconut oil in large skillet over medium heat. Sauté the onion for 8 to 10 minutes, until soft and translucent Add the broccoli, carrots, and chicken and sauté for 10 minutes until almost tender. Add the bok choy, mushrooms, zucchini, and salt and sauté for 5 minutes. Then add 1 cup of the water, cover the skillet, and cook for about 10 minutes, until the vegetables are wilted.

In a small bowl, dissolve the arrowroot powder in the remaining ½ cup of water, stirring until thoroughly combined. Add the arrowroot mixture to the vegetables and cook for 2 to 3 minutes, stirring constantly, until the sauce thickens and becomes glossy. Stir in the sesame oil, and vinegar, then serve.

Vegetables (Side dish)

1 tbsp. coconut oil ¼ fennel bulb, fronds removed, thinly sliced ¼ red onion, thinly sliced ¼ yellow pepper, seeded, thinly sliced ¼ zucchini chopped

Heat oil over medium heat in a large skillet. Add sliced fennel bulb, red onion, yellow pepper, and zucchini. Sauté until vegetables soften and just begin to brown, about 8 to 10 minutes.

Snack Ideas: Raw almonds, nut butters on apples or rice cakes, *OptimaLean* or *OmniMeal* shake, hummus or guacamole dip and veggies or rice crackers, greek yogurt with berries



Candida Clear

SAMPLE CALENDAR for the 60-Day CANDIDA CLEAR PROTOCOL

Begin the 60-day Candida Clear Protocol after completion of the OmniCleanse Detox Program.

The 60-Day *Candida Clear Protocol* should be done in combination with the dietary guidelines discussed on pages 4-5.



CerebroMax, SpinalMax, Matrix Support (10 drops of each product three times daily Monday, Tuesday, Wednesday)

Detox I, Detox II, Detox III

(10 drops of each product three times daily, Thursday, Friday, Saturday, Sunday)

First CAND:SSR Kit

Beginning with vial 1 take one vial every 3rd day in ascending order (1 -10)

Smart Silver

(Adjust based on patient's weight - standard recommendation is 1 - 1 % tsp twice daily)

PathoGuard

(3 capsules daily)

OmniFiber

(1 serving every other day)

DAYS 1-30	order (1 -10)			
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CerebroMax, *SpinalMax, Matrix Support* (10 drops of each product three times daily Monday, Tuesday, Wednesday)

Detox I, Detox II, Detox III

(10 drops of each product three times daily, Thursday, Friday, Saturday, Sunday)

Second CAND:SSR Kit

Beginning with vial 10 take one vial every 3rd day in descending order (10-1)

Smart Silver

(Adjust based on patient's weight - standard recommendation is 1 - 1 % tsp twice daily)

Intestinal Restore

(1 serving daily)

OmniFiber

(1 serving every other day)

31 Vial #10 from Series Kit #2 30 drops of CerebroMax 30 drops of SpinalMax 30 drops of Matrix Support 1 serving Intestinal Restore 1 serving OmniFiber 1 to 1½ tsp Smart Silver (am) 1 to 1½ tsp Smart Silver (pm)	30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 30 drops of Detox III 1 serving Intestinal Restore 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 30 drops of Detox III 1 serving Intestinal Restore 1 serving OmniFiber 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	34 Vial #9 from Series Kit #2 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	35 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 serving OmniFiber 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)
36 30 drops of CerebroMax 30 drops of SpinalMax 30 drops of Matrix Support 1 serving Intestinal Restore 1 to 1½ tsp Smart Silver (am) 1 to 1½ tsp Smart Silver (pm)	37 Vial #8 from Series Kit #2 30 drops of CerebroMax 30 drops of SpinalMax 30 drops of Matrix Support 1 serving Intestinal Restore 1 serving OmniFiber 1 to 1½ tsp Smart Silver (am) 1 to 1½ tsp Smart Silver (pm)	38 30 drops of CerebroMax 30 drops of SpinalMax 0 drops of Matrix Support 1 serving Intestinal Restore 1 to 1½ tsp Smart Silver (am) 1 to 1½ tsp Smart Silver (pm)	39 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 serving OmniFiber 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	40 Vial #7 from Series Kit #2 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 to 1½ tsp Smart Silver (am) 1 to 1½ tsp Smart Silver (pm)
41 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 serving OmniFiber 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	42 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	43 Vial #6 from Series Kit #2 30 drops of CerebroMax 30 drops of SpinalMax 30 drops of Matrix Support 1 serving Intestinal Restore 1 serving OmniFiber 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	44 30 drops of CerebroMax 30 drops of SpinalMax 30 drops of Matrix Support 1 serving Intestinal Restore 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	45 30 drops of CerebroMax 30 drops of SpinalMax 30 drops of Matrix Support 1 serving Intestinal Restore 1 serving OmniFiber 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)
46 Vial #5 from Series Kit #2 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	47 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 serving OmniFiber 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	48 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	49 Vial #4 from Series Kit #2 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 serving OmniFiber 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	50 30 drops of CerebroMax 30 drops of SpinalMax 30 drops of Matrix Support 1 serving Intestinal Restore 1 to 1½ tsp Smart Silver (am) 1 to 1½ tsp Smart Silver (pm)
51 30 drops of CerebroMax 30 drops of SpinalMax 30 drops of Matrix Support 1 serving Intestinal Restore 1 serving Omnifiber 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	52 Vial #3 from Series Kit #2 30 drops of CerebroMax 30 drops of SpinalMax 0 drops of Matrix Support 1 serving Intestinal Restore 1 to 1½ tsp Smart Silver (am) 1 to 1½ tsp Smart Silver (pm)	53 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 serving OmniFiber 1 to 1½ tsp Smart Silver (am) 1 to 1½ tsp Smart Silver (pm)	54 30 drops of Detox 1 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 to 1½ tsp Smart Silver (am) 1 to 1½ tsp Smart Silver (pm)	55 Vial #2 from Series Kit #2 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)
56 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 to 1½ tsp Smart Silver (am) 1 to 1½ tsp Smart Silver (pm)	57 30 drops of CerebroMax 30 drops of SpinalMax 30 drops of Matrix Support 1 serving Intestinal Restore 1 serving Omnifiber 1 to 1½ tsp Smart Silver (am) 1 to 1½ tsp Smart Silver (pm)	58 Vial #1 from Series Kit #2 30 drops of CerebroMax 30 drops of SpinalMax 0 drops of Matrix Support 1 serving Intestinal Restore 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	59 30 drops of CerebroMax 30 drops of SpinalMax 30 drops of Matrix Support 1 serving Intestinal Restore 1 serving OmniFiber 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)	60 30 drops of Detox I 30 drops of Detox II 30 drops of Detox III 1 serving Intestinal Restore 1 to 1 ½ tsp Smart Silver (am) 1 to 1 ½ tsp Smart Silver (pm)





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