

ARE YOU EXPERIENCING...

- Digestive issues?
- Increased allergic reactions?
- Joint pain?
- Nutrient deficiencies?
- Oral thrush?
- Rashes and other skin reactions?
- Recurrent urinary tract or vaginal infections?
- Strong carbohydrate and sugar cravings?

THEN YOU MAY HAVE **CANDIDA OVERGROWTH.**

While candida is a common naturally occurring species of yeast, candida overgrowth can upset the delicate balance of good and bad bacteria in the gut, causing problems in the body.

TAKE THE QUIZ

to see if candida overgrowth is the root cause of your symptoms!

1. Are you frequently taking any antibiotics, birth control (or have an IUD), corticosteroids, or proton pump inhibitors?	YES	NO
2. Do you experience chronic sinus infections (longer than a month)?	YES	NO
3. Do you experience constant bloating, cramping, or alternating constipation and diarrhea?	YES	NO
4. Do you have white coating or other buildup on your tongue?	YES	NO
5. Do you have extreme cravings of carbs or sweets during the day?	YES	NO
6. Do you feel fatigued or tired all the time?	YES	NO
7. Do you suffer from recurring yeast infections (including vaginal)?	YES	NO
8. Have you been experiencing any pain while urinating?	YES	NO
9. Have you experienced any joint pain or tenderness (mainly hips and knees)?	YES	NO
10. Have you had any rashes or other skin reactions (i.e. cystic-like acne, eczema, fungal infections)?	YES	NO

If you answered yes to some of these questions, ask your practitioner if the **C.A. Support Protocol** is right for you!

The C.A. Support Protocol is a three-month approach to optimizing drainage, digestion, and the gut microbiome, while supporting the removal of candida overgrowth. It also contains nutrients to promote immunity, nutrient absorption, and reduced sugar cravings.