



YEAST – CANDIDA CLINICAL NUTRITION TESTING AND THERAPY Overview

Refer to “Services and Fees” for Fees for a Dietary Analysis, Consultations, Therapeutic Supplement Plans, Other Testing, Lab Fees, etc.

Initial Testing	Monthly Therapy	Dysbiosis Program	Ave. Monthly Investment	Retesting	Maintenance or Recurrence
Step 1	Step 2	Step 3	Step 4	Step 5	Step 6
- Yeast Culture:- \$170 - Lab Fee: \$47 or Paid By Your Insurance - Dietary Analysis \$150 (one-time fee and optional) - Report of Findings Tele-Consult (30 M, \$75)	Therapeutic Supplements \$95.00, plus shipping \$15.00	- Dysbiosis Program - One-Time Program - Includes consultation, written instructions and therapeutic supplements.	- Step 2, plus - Progress Reporting Tele-Consultation \$75 (30 Minute) ♦ Note: 1st Consultation is \$135 (60 minutes)	- Yeast Culture:- \$170 - Lab Fee: \$47 or Paid By Your Insurance - Report of Findings Telephone Consultation (30 minutes, \$75)	- Therapeutic Supplements \$53 (Maintenance) \$95 (Recurrence) - plus shipping, \$15
\$245 to \$442	\$110	\$280-\$340	\$185 (Ave)	\$245 - \$292	\$68 - \$110
For the purpose of this writing the term “yeast” will represent “yeast, mold, fungus, and/or Candida” in any stage and at any severity. Yeast is a culture in the Mold or Fungus Species Family. From mild yeast to severe Candida, having this culture growing inside the human body has severe consequences, from causing a myriad of symptoms (see below) to being foundational in the development of all types of auto-immune diseases, even cancer, to causing death if yeast was to enter the blood stream. One of the reasons people are constantly battling with yeast/Candida is because 1) Drugs do not work, they simply suppress the symptoms for a time, but internally they are contributing to and perpetuating yeast growth, 2) Probiotics do not get to the cause and their benefit ends when you stop taking them, 3) it is an airborne spore so re-exposures can be ongoing, and lastly 4) the Public is not aware of the exact protocol to deal with Yeast/Candida, which is provided above. This document outlines the exact steps for what you must do if you want to successfully treat yeast overgrowth: (Step 1) Obtain Yeast Culture Test and Dietary Analysis. -Dr. Smith’s Dietary Plans based on Yeast Culture Test results are not highly restrictive as some Candida Diets are. (Step 2) Take specific therapeutic whole food supplements to digest and remove (detox) yeast from the body. (Step 3) Complete a one-time Dysbiosis Program to repair the intestinal lining so it can grow its own friendly flora (or bacteria) to reduce current yeast overgrowth in the colon and prevent yeast from overgrowing again in the future. However, if you take any drugs in the future that would again damage the intestinal lining, such as antibiotics, repeat this again. (Step 4) Monthly Progress Reporting to monitor and evaluate results from taking therapeutic supplements to assure best results when retesting Yeast Culture. (Step 5) Periodic Yeast Culture Retesting (First Retest in the fourth month after starting Step #2, and updated test results will indicate when next retest is required.) (Step 6) Because yeast is an airborne spore that can grow anywhere, you may or may not be re-exposed at some time in the future. Therefore, when Retesting in Step 5 indicates that you no longer have yeast overgrowth and Clinical Nutrition Therapy (Step #4) can be discontinued, you have a choice of starting a Maintenance Yeast Program or not. If you choose not to start Maintenance, then you can simply contact us when symptoms re-appear from re-exposure (if/when this occurs) and order the therapeutic supplements for Recurrence (Repeating Step 2) for three months after all symptoms have abated. You can repeat Step #3 and #6 at any time without requiring testing or consultations. Since you have been coached and educated in these programs, and have all the written instructions you need for Step #3 and #6, simply contact us for the therapeutic supplements. SYMPTOMS: This is a list of most, but not all symptoms related to yeast exposure: acne, anxiety, allergies, athlete’s foot, bloating, blurred vision, constipation, cramping (menstrual), cystitis, depression, diarrhea, diminished sexual desire, eczema, fatigue, feelings of unreality, gum problems, headache, heartburn, hives, hopelessness, inability to concentrate, irregular periods, irritability, migraine headaches, mobile pain, muscle (numbness, tingling, weakness), nasal congestion, panic, premenstrual syndrome (PMS), poor memory, psoriasis, recurrent sore throat, spotting (menstrual), joint swelling and discomfort, toenail and fingernail fungus, tiredness, thrush, toothache, urination (frequent and painful), vaginal yeast infections, vaginitis, yeast in stools, yeast infections (male or female). Because yeast can be transmitted through sexual intercourse, it is essential that your partner is also treated. . Couples Discount: 5% of all services and products. If your partner is asymptomatic and you are completing Steps 1 to 6, your partner may complete Steps 2 for a minimum of three months, along with Step #3, only. However, if also symptomatic, Steps #1 to #6 also apply to your partner.					