

Email Sequences for the 12-Week Candida Program

The 12-Week Candida Program Day One

by Club Reduce

Hello Patient Name,

Congratulations on choosing to take control of your health and your life!

It seems Candida loves fruit as much as you do, maybe more!

Remember, to starve out your Candida infestation you must eliminate all sugar, including fruit.

At a later point in your cleanse you will add fruit back into your diet, but for now you need to get rid of the foods on which Candida thrives.

This is an essential part of the cleansing and healing process.

A good attitude will make a huge difference.

As James Allen once said, "All that a man (or woman) achieves and all the he (or she) fails to achieve is the direct result of his (or her) own thoughts!

Your success will be directly proportionate to your thoughts!

Remember to log everything into your binder for the day.

Studies done at the Mayo Clinic showed that people who kept a food diary lost twice as much weight as those who didn't!

We are here to support you, please call us with any questions or concerns at:

We look forward to seeing you for your office visits! This is a journey you won't be alone on. Welcome to the Club Reduce family!

The 12-Week Candida Program Day Two

by Club Reduce

Hello Patient Name,

You're a survivor! You can live without sugar.

Sweets containing processed sugars can be

addictive, but the longer you go without them the easier it gets.

As Norman Vincent Peale once said - "Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Never permit it to fade. Your mind will seek to develop the picture...Do not build up obstacles in your imagination."

Be sure to start taking your Solutions4 supplements today.

Don't forget to log everything into your binder for the day.

Remember, accountability is your secret weapon for successful weight loss. We're here to help you finally lose weight and keep it off!

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Three

by Club Reduce

Hello Patient Name,

Candida Albicans is an over-infestation of yeast in the body.

An overabundance of yeast can cripple the immune system, causing chronic viral and bacterial infection or allergies.

Since congested nose, hives, headache, dizziness, diarrhea, weakness, cramps, arthritis, irritability or depression, increased sensitivities to foods or chemicals are all symptoms of Candida, sticking with this program and purging your body of Candida can solve multiple health problems you may be suffering from.

You don't have to give up sweets forever; you just have to be more determined than the nasty Candida parasites.

"War is not about who is right, it is about who is left." Author Unknown

Be sure to take all of your Solutions4 supplements and choose foods from your approved food list.

This is an intense program, but the health rewards will be well worth the effort you put into it.

"Sure I am of this, that you have only to endure

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to conquer." Winston Churchill

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Four

by Club Reduce

Hello Patient Name,

Remember, Candida is an over-infestation of yeast in the body.

It invades the brain and every tissue of the body.

Candida grows and lives on what you eat, and makes your body crave what it needs.

For this reason, Candida is difficult to get rid of, but it can be eradicated if proper steps are taken.

Poor nutrition or a sluggish or impaired immune system weakens the body's ability to fight off yeast.

Stress and environmental pollutants can also play a role in reducing the body's control over Candida.

When the beneficial bacteria in your body are impaired, Candida grows out of control.

The Probiotic Blend in your Solutions4 supplement package is for the purpose of rebuilding the beneficial bacteria that act as a police force to keep invading yeast from spreading through your body.

This program is specifically designed to help you with your particular health issues.

Be sure to follow it carefully to insure success.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Five

by Club Reduce

Hello Patient Name,

A fully functioning immune system and a diet that controls the intake of yeast will help reduce the Candida to a harmless level.

Steroid drugs, hormonal birth control pills and the long-term use of antibiotics can invite the problem.

Stress and environmental pollutants can also play a role in reducing the body's control over Candida.

Some of the changes you make will be temporary, such as eliminating fruit from your diet.

Some of the changes should be permanent in order to prevent Candida from returning.

As you cleanse your body from a dangerous condition and restore its ability to heal itself, take note of the things you can live without in order to live life to its fullest.

The restrictions poor health puts upon you are far worse than a few dietary and lifestyle restrictions.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Six

by Club Reduce

Hello Patient Name,

Salads are central to a raw diet and should be used to structure your meals.

Remember that everything you need to live can be found in the produce section of your supermarket or grown in your own backyard!

Fresh, home grown herbs are a great enhancement to salads and lightly steamed vegetables.

Don't forget to log everything into your binder for the day.

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We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Seven

by Club Reduce

Hello Patient Name,

Today is the first of two prep days that will get you ready for the detox portion of your program.

Getting rid of meat, dairy and processed sugar is like cleaning out a closet full of sentimental junk.

We think we can't part with it, but it feels so good when we do.

This is an essential part of the cleansing and healing process.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Eight

by Club Reduce

Hello Patient Name,

"Victory is reserved for those who are willing to pay its price." Sun Tzu

When you pull the smelly garbage from the cupboard under the kitchen sink, it makes the whole room smell bad, but after you take it out to the curb, the air clears and your kitchen is fresh and clean smelling again.

When your body starts to eliminate toxins you might experience some uncomfortable symptoms.

This is normal and when your body is free of Candida and fully functioning again, those symptoms will disappear.

Remember to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Nine

by Club Reduce

Hello Patient Name,

You will start the lemonade detox today.

Be sure to check your Solutions 4 supplement list as it changes today.

Remember to log everything into your binder for the day.

"When performance is measured, performance improves. When performance is measured and reported back, the rate of improvement accelerates." T. S. Monson

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Ten

by Club Reduce

Hello Patient Name,

Water is critical to the treatment of any health condition, including Candida.

Every organ of the body requires water.

If you drink enough water each day, your body will function more efficiently and you will absolutely feel different.

There is no substitute for water.

This is not to say that you cannot drink other liquids, but remember they are in addition to the required quantity of water that you drink each day.

Check your Solutions4 supplement list as it changes again today.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

Email Sequences for the 12-Week Candida Program

The 12-Week Candida Program Day Eleven

by Club Reduce

Hello Patient Name.

The body has natural cleansing abilities that help to expel unnecessary or harmful substances.

When an invader enters the body, the natural process is for the body to remove that invader through diarrhea, vomiting, perspiration, fever, coughing, mucus, or nasal discharge.

These natural healing abilities are often under used, as the common response to illness or discomfort is to take chemical medications for symptom relief.

Immediate symptoms are managed, but long-term health problems are often the result.

It can be difficult to give up things you enjoy and you will most likely experience discomfort as your body rids itself of toxins, but fixing the problem will be better in the long run than merely suppressing the symptoms.

"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." - John Quincy Adams

Note the change in Solutions4 supplementation today.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Twelve

by Club Reduce

Hello Patient Name,

Wow! Day twelve already? You're doing great.

Keep up the good work and remember "Nothing tastes as good as being thin feels." ~Author Unknown

As your joints loosen and pain melts away you will realize that losing weight is a nice side benefit, but being healthy and feeling great is the main objective.

You can do it!

"Self-respect is the fruit of discipline." - Abraham J. Heschel

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Thirteen

by Club Reduce

Hello Patient Name,

You're doing great!

"For a man to conquer himself is the first and noblest of all victories." - Plato

The weight you lose and the improvements in your health are only part of the benefits of staying with this program.

When you finish what you start, your self discipline is strengthened and your character is enhanced.

You are on a path to a better you, physically, mentally and emotionally; don't step off the path now.

If you eat anything that might re-grow the yeast you are trying to eradicate, you have to start over.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Fourteen

by Club Reduce

Hello Patient Name,

You can start eating solid food again.

But be careful, you have a great start on the path leading to a more vibrant, beautiful you.

Only eat fresh wholesome foods from the approved list.

Email Sequences for the 12-Week Candida Program

As Socrates said "Thou shouldst eat to live; not live to eat.

Check your Solutions4 supplement list, it changes again today.

And don't forget to drink plenty of pure water.

When you scrub those hard water deposits off your bathroom sink, if you don't rinse it off with clear water you end up with cloudy cleanser streaks.

You've just scrubbed the inside of your body.

Continue to rinse and flush those toxins down the drain with fresh, pure water!

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Fifteen

by Club Reduce

Hello Patient Name,

Remember to eat only raw foods again today, but eat a variety in a rainbow of colors.

Eat 5-6 small meals throughout the day as it will keep your metabolism going.

Eat your last meal of the day before 6 pm.

Go to bed early and get at least 8 hours of sleep.

It is just as important for your body to come off detoxification correctly as it is to detoxify.

Continue taking the Solutions4 herbs until they are gone.

Your body is now clean and is more sensitive to toxins so be careful to eat only foods on the approved list.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Sixteen

by Club Reduce

Hello Patient Name,

You can start adding steamed vegetables and lean meat back into your diet today.

Be sure to check the approved list, fruits are still a no no.

Fresh home made foods are the safest since you know what is in them.

Flavor enhancers or excitotoxins are added to many prepared foods and labeled under various names.

MSG (monosodium glutamate), IMP (disodium 5-inosinate), or GMP (disodium 5-guanylate) can be found in soups and broths, sauces and gravies, flavorings, spice blends, condiments and snack foods.

According to some experts these chemicals excite the neurons in our brains, enhancing flavors but also damaging those brain cells.

These substances are thought to contribute to disorders such as Parkinson's disease and Alzheimer's.

Seizures, allergies and rashes, asthma attacks, headaches and brain tumors may be side effects from eating foods containing these additives.

Our busy lives make us think we have no choice but to rely on fast food, but what can be faster than an apple (after day 23) or a handful of baby carrots?

Keep an insulated lunch bag of fresh, raw, organic foods on hand and you're good to go!

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Seventeen

by Club Reduce

Hello Patient Name,

"Science investigates, religion interprets. Science gives man knowledge which is power,

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religion gives man wisdom which is control." - Martin Luther King Jr.

We get so much conflicting information from health, science and government industries and experts.

Diet drugs come on the market and then are pulled because they are unsafe, chemical flavor enhancers and preservatives remain approved additives in our food, heavy metals such as mercury and aluminum can be found in vaccinations, foods and cosmetics.

Sometimes it is hard to know who we can trust, what information we can believe.

Who invented spinach, broccoli, apples and oranges?

There is no controversy or addiction involved with whole, natural, organically grown foods.

Be informed, but trust your heart.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Eighteen

by Club Reduce

Hello Patient Name,

On a camping trip Sherlock Holmes and Dr. Watson pitched their tent under the stars and went to sleep.

Sometime in the middle of the night Holmes woke up Watson and said "Watson, look up and tell me what you see."

Watson replied "I see millions and millions of stars."

"And what do you deduce from that?" asked Holmes.

"Well, if there are millions of stars and if even a few of those have planets, it's quite likely there are some planets like earth out there. And if there are a few planets like earth out there, there might also be life." Watson answered.

"Does it mean anything else to you?"

"Well..." Watson thought. He could go on for hours about the immensity of space and the

insignificance of man, the divine order and synchronization of the universe. "What does it mean to you?"

"It means that someone has stolen our tent."

While science and medicine may be right about how our cells and organs work and how various drugs stimulate certain responses from our bodies, the simple truth is that if we put in the good and keep out the bad we will enjoy good health.

Keep smiling and do good things with your healthy body!

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Nineteen

by Club Reduce

Hello Patient Name,

Sufficient sleep plays an important role in a successful weight loss program.

Ghrelin and Leptin are hormones responsible for regulating appetite.

Ghrelin lets you know when you need food by increasing your appetite.

Leptin is responsible for letting the brain know when you are full and decreases your appetite.

Inadequate sleep reduces Leptin and increases Ghrelin which intensifies appetite.

Insufficient sleep can result in over-eating the following day.

The success of your weight loss program will improve with a good night's rest.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

Email Sequences for the 12-Week Candida Program

The 12-Week Candida Program Day Twenty

by Club Reduce

Hello Patient Name,

"Power is the faculty or capacity to act, the strength and potency to accomplish something. It is the vital energy to make choices and decisions. It also includes the capacity to overcome deeply embedded habits and to cultivate higher, more effective ones." - Stephen R. Covey

As you focus on the positive aspects of this program, how you feel physically and emotionally, etc. you will realize that you are establishing habits, some temporary and some good lifelong habits.

You make the decision which habits will become a permanent part of your character.

"In reading the lives of great men, I found that the first victory they won was over themselves... self-discipline with all of them came first." - Harry S. Truman

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Twenty-One

by Club Reduce

Hello Patient Name,

Keep up the good work. You can do it.

Some days you will notice more progress than others, but remember:

"Constant dripping hollows out a stone." Lucretius

Your goal is important.

Your physical, emotional and mental health are worth the effort and determination required to reach it.

"It's easier to go down a hill than up it but the view is much better at the top." - Henry Ward Beecher

Don't forget to log everything into your binder

for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Twenty-Two

by Club Reduce

Hello Patient Name,

You are doing great!

You should be noticing some nice changes in your waistline and joints by now.

Stay with it, the best is yet to come.

Remember to have a good attitude and smile often.

"The grass may be greener on the other side but at least you don't have to mow it."-Unknown

"Everything you do you're gonna regret. But if you do nothing – you will not only regret but will also suffer."-Unknown

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Twenty-Three

by Club Reduce

Hello Patient Name,

Remember to add only one fruit today and don't combine it with anything else in your stomach.

Make your calories count!

Rich, fatty foods are like destiny: they too, shape our ends. ~Author Unknown

Be creative, try a new fresh herb each day!

Blend an avocado with a little lemon juice and your favorite natural seasonings to make a delicious veggie spread or dip.

Make sure your spices are in their whole form and don't have any sugar, MSG or preservatives.

Email Sequences for the 12-Week Candida Program

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Twenty-Four

by Club Reduce

Hello Patient Name,

Add another new fruit today, but remember to eat it alone.

"The great thing in the world is not so much where we stand, as in what direction we are moving." - Oliver Wendell Holmes

You are definitely moving in the right direction. Feeling good is a choice or a series of choices.

When you choose to give your body the nutrition it needs and protect it from harmful chemicals, preservatives, MSG, aluminum etc. you are on the path to a healthier happier you.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Twenty-Five

by Club Reduce

Hello Patient Name,

Remember to add one new fruit today and don't combine it with anything else.

Hopefully by now you have this program all figured out and some good habits are established.

Remembering to log everything into your binder each day probably comes automatically.

You know where to find recipes and you know which ones are your favorites.

Making healthy choices should be second nature.

If you slip up, don't give up. Just recommit and keep moving forward.

"Our greatest glory is not in never falling but in

rising every time we fall." - Confucius

If you slipped up during the "die off" period, you will need to start over, but conquering this health destroying parasite is worth what ever it takes.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Twenty-Six

by Club Reduce

Hello Patient Name,

You're doing great!

"First we form habits, then they form us. Conquer your bad habits or they will conquer you." Rob Gilbert

It can be difficult to stick with a diet, especially when special events or holidays come up.

Be creative, find ways to celebrate that don't include body damaging foods.

Take up a new hobby or sport.

Take a community class, learn a new skill.

When we avoid a bad habit, such as emotional eating, we need to fill our time with something productive or that time becomes a vacuum, sucking us back into the bad habit.

Remember to add a new fruit again today.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Twenty-Seven

by Club Reduce

Hello Patient Name,

You are awesome!

Email Sequences for the 12-Week Candida Program

Stick to your task till it sticks to you;

Beginners are many, but enders are few.

Honor, power, place, and praise

Will come, in time, to the one who stays.

Stick to your task till it sticks to you;

Bend at it, sweat at it, smile at it too;

For out of the bend and the sweat and the smile

Will come life's victories, after awhile.

Author Unknown

Remember to add another new fruit to your diet today.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Twenty-Eight

by Club Reduce

Hello Patient Name,

You can do it!

"Nothing of great value in this life comes easily. The things of highest value sometimes come hard. The gold that has the greatest value lies deepest in the earth, as do the diamonds." - Norman Vincent Peale

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Twenty-Nine

by Club Reduce

Hello Patient Name,

Hang in there!

"We are all faced with a series of great opportunities brilliantly disguised as impossible situations." Charles R. Swindoll

Today is a prep day for your final detox.

Eliminate all meat and dairy.

"We are what we repeatedly do. Excellence, therefore, is not an act but a habit." - Aristotle

Victory is in sight!

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Thirty

by Club Reduce

Hello Patient Name,

Remember no meat or dairy today.

Tomorrow you will start another lemonade detox.

"Failure will never overtake me if my determination to succeed is strong enough." - Og Mandino

You are doing great on this program.

Stay with it and don't terminate prematurely.

There is satisfaction in knowing you finished what you started.

"Age wrinkles the body. Quitting wrinkles the soul." - Douglas MacArthur

You will in due course begin to add a variety of foods back into your diet.

Nuts and seeds, whole grains and starchy vegetables that are excluded from weight-loss diets can eventually be good choices.

Products containing aluminum should be permanently avoided.

Aluminum zirconium, sodium aluminum phosphate and aluminum silicate can be found in some anti-antiperspirants, hand lotions, baking powders

Email Sequences for the 12-Week Candida Program

and mixes containing baking powder such as cake, pancake or muffin mixes.

Aluminum can also be found in some medications and vaccinations.

Our bodies can chelate small amounts of aluminum through natural elimination, but when the intake is more than the outtake and aluminum builds up in our tissues and brain cells, it can cause serious health issues.

Read the labels on the products you use to prevent return of the harmful substances you have just cleansed from your body.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Thirty-One

by Club Reduce

Hello Patient Name,

Today is the first day of your second detox.

This one is only three days.

Note the change in supplementation as well as eliminating all food.

Be sure to drink enough pure water along with the lemonade mixture.

There are many resources for information as you establish new habits for good health.

Beware of fad diets. Quick and easy weight loss programs don't sustain proper nutrition. Remember how good you feel now.

"The trouble with most folks isn't so much their ignorance, as knowing so many things that ain't so." - Josh Billings

Using common sense is crucial in sifting through the numerous devices for health and beauty.

Sometimes the best solution is so simple and natural that it gets overlooked.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Thirty-Two

by Club Reduce

Hello Patient Name,

Second day of detox; you're doing great, just keep at it!

"When you come to the end of your rope, tie a knot and hang on." - Franklin D. Roosevelt

You have learned a lot, but remember I CAN is more important than IQ.

One third grader was bragging about her knowledge of the state capitals. She proudly said, "go ahead, ask me, I know all of them." A classmate said, "OK, what's the capital of Wisconsin?" She replied, "Oh, that's easy, W."

Your Solutions4 supplements change again today.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Thirty-Three

by Club Reduce

Hello Patient Name,

Last day of your second detox!

"When you feel like giving up, remember why you held on for so long in the first place." - Unknown

Don't think about all the food you are passing up, think about the great body you are enjoying!

"When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us." - Alexander Graham Bell

Don't forget to log everything into your binder for the day.

Your Solutions4 supplements change again today.

Email Sequences for the 12-Week Candida Program

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Thirty-Four

by Club Reduce

Hello Patient Name,

It might seem hard to live without animal products, but many people live without them and live better and longer.

"What the caterpillar calls the end of the world, the master calls a butterfly." - Richard Bach

Sticking with this cleanse is making you strong and you can do whatever it takes to be beautiful inside and out.

Health professionals warn us that consuming too much meat increases our risk for heart disease, diabetes and certain forms of cancer due to the high saturated fat content.

Studies indicate that saturated fat stimulates certain types of estrogen-receptive tumors as well.

When you finish this program, excluding or at least reducing the amount of meat you consume will be a wise choice.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

Your Solutions4 supplements change again today. Remember to eat only approved raw vegetables and nutritional shake.

The 12-Week Candida Program Day Thirty-Five

by Club Reduce

Hello Patient Name,

Imagine you have been assigned the task to rake And dispose of all the leaves on a lot

Each time you rake and bag a pile another pile appears

You notice your neighbor is blowing all of their leaves onto your lot!

Politely you ask them if they could perhaps blow their leaves another direction

They lower the dial on their leaf blower and continue to blow leaves onto your lot, only at a slower pace

Now it is easier to keep up with raking up their leaves...

But the leaves will forever be piling up.

While "slowing down" on the intake of harmful substances is good, "stopping" is ideal.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

Remember to eat only approved raw vegetables and nutritional shake.

The 12-Week Candida Program Day Thirty-Six

by Club Reduce

Hello Patient Name,

You may now eat anything on the approved foods list!

Doesn't a fruit smoothie sound good right now?

Remember to make your own smoothies, commercially made smoothies may contain processed sugar, cooked fruit concentrates and other harmful additives.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

Email Sequences for the 12-Week Candida Program

The 12-Week Candida Program Day Thirty-Seven

by Club Reduce

Hello Patient Name,

Laughter is the best medicine; there are no negative side effects.

Don't be nervous if someone is driving ahead of you- the world is round, just think that you're driving first!

Before I buy a leaf blower I want to make sure I understand the rules. We just blow the leaves at each other's houses, right?

If every day is a gift, I'd like a receipt for Monday. I want to exchange it for another Friday.

Don't forget to log everything into your binder for the day.

Remember to choose only foods from the approved list.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Thirty-Eight

by Club Reduce

Hello Patient Name,

Obviously you are taking a break if you are checking your email.

Instead of breaking for some caffeinated drink, try taking a "breath - break" to relieve stress and energize your body and mind.

Fill your lungs completely and think about all the people and things in your life that are good, everything that makes you happy.

Exhale completely and think about everything you do well and the people that you make happy.

Life is good and you are making it even better.

Stress can motivate us to peak performance, but it can also be harmful.

Long-term exposure to stress can cause some serious health issues.

High blood pressure, suppressed immune system, increased risk of heart attack and stroke, infertility, rapid aging process, anxiety and

depression are possible symptoms of excess stress.

You may not be able to change the things in your life that cause you stress, but you can control the way you react to it.

Change the things you can and have a good attitude about the things you can't.

"God grant me the serenity to accept the things I cannot change; the courage to change the things I can and the wisdom to know the difference." - Reinhold Niebuhr

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Thirty-Nine

by Club Reduce

Hello Patient Name,

Your circulatory and lymphatic systems work together to deliver nutrients to the various cells of your body and carry away the waste products.

When the flow of lymph picks up pathogens and filters through the lymph nodes, specialized white blood cells called lymphocytes kill the pathogens.

This can cause the lymph nodes to swell and become tender.

As the nodes drain, they generally return to normal size.

When your body is cleansing an abnormal amount of toxins can be released into this system causing discomfort.

Increased blood flow from gentle exercise may aid this process.

Lymphatic massage stimulates the flow of lymph through the body, cleansing the organs and tissues of toxins and relieving pressure in swollen nodes.

Ask us about body wraps and how they facilitate this cleansing process.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

Email Sequences for the 12-Week Candida Program

The 12-Week Candida Program Day Forty

by Club Reduce

Hello Patient Name,

Laughter is the sun that drives winter from the human face. Victor Hugo

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a cat!"

Remember a good attitude can get you through almost any tough situation.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Forty-One

by Club Reduce

Hello Patient Name,

Homeopathy consists of remedies made from various plant, animal or mineral sources.

In large quantities these substances cause a particular set of symptoms.

In their diluted form they stimulate the immune

system to cure those same symptoms.

This works on basically the same principles as vaccinations without the harmful side effects.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Forty-Two

by Club Reduce

Hello Patient Name,

Look back through your binder as you log in today and note the progress you've made.

It's getting easier now that you can look back down that mountain and see how far you've come. You can do it, you are going to reach your summit!

Remember - "Obstacles are things a person sees when he takes his eyes off his goal." - E. Joseph Cossman

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Forty-Three

by Club Reduce

Hello Patient Name,

Evidence of the use of essential oils for the purpose of healing is found before written history.

Their use continues down through the ages to our present day.

Some of the oils used possess anti-bacterial elements.

Essential oils are used to relieve a wide variety of symptoms such as anxiety, depression and stress or reduce nausea, insomnia or migraines or lessen muscle sprains, aches, low blood pressure or aid in lymphatic drainage.

Be sure to consult an experienced specialist to

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get the treatment that is best for your particular condition.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Forty-Four

by Club Reduce

Hello Patient Name,

You are doing great!

You have stayed with this program for 44 days, you are amazing.

You can do anything you put your mind to.

"Attitudes are contagious. Are yours worth catching?"

- Dennis and Wendy Mannering

You are a shining example of persistence and determination.

Smile and let others know how good it feels.

Remember to check your Solutions4 supplement list as they change each day during the detox.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Forty-Five

by Club Reduce

Hello Patient Name,

"As the foundation is laid, so the walls of the house will rise." Author Unknown

You are laying a firm foundation for good health as you rid your body of harmful toxins and parasites.

Your beautiful body will rise upon that foundation brick by brick, stone upon stone if you continue

to live a healthy lifestyle beyond this program.

There might be some foods that you are anxious to return to after you finish this program.

There are some that you should return to once the Candida is eradicated.

Some of the lifestyle changes you have made should become permanent in order to maintain the beautiful you that you are becoming.

"Success is not final, failure is not fatal: it is the courage to continue that counts." Winston Churchill

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Forty-Six

by Club Reduce

Hello Patient Name,

Don't forget to drink plenty of water.

While you're on the detox portion of the cleanse it's easy to remember, but once you start eating solid food again it's easy to forget about water.

More than half of your body weight is water.

Every cell of your body needs water.

Your elimination systems, which carry away toxins and excess fat, work more efficiently when you are fully hydrated.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Forty-Seven

by Club Reduce

Hello Patient Name,

Headache, fatigue, decreased alertness mild depression, irritability and lack of concentration

Email Sequences for the 12-Week Candida Program

are common symptoms of caffeine withdrawal.

If caffeine was a problem for you, you may have experienced some of these symptoms earlier in the program.

It should be cleared from your system by now.

Caffeine blocks adenosine, a chemical that tells the body to shut down when tired.

When adenosine is continuously blocked some negative side effects may occur.

Panic attacks happen when the fight-or-flight mechanism triggered by caffeine continues for too long.

Caffeine dependence develops and withdrawal symptoms appear when its use is interrupted.

Caffeine has diuretic properties and can cause dehydration.

Some studies show that women experience pre-menstrual syndrome more acutely with increased caffeine consumption.

Since the effects of caffeine should be cleared from your system and the dependence on it is gone, now is a good time to commit to a caffeine free life.

Replace caffeinated drinks with healthier choices in social settings.

Get enough rest so you don't need caffeine to wake you up.

You've made some lifestyle changes to improve your health and appearance, decide which ones will become permanent changes.

How many psychiatrists does it take to change a light bulb?

Only one, but the light bulb has to WANT to change.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Forty-Eight

by Club Reduce

Hello Patient Name,

A man was sitting on the edge of the bed, observing his wife, looking at herself in the mirror. Since her birthday was not far off he asked what she'd like to have for her Birthday.

"I'd like to be six again", she replied, still looking in the mirror.

On the morning of her Birthday, he arose early, made her a nice big bowl of Lucky Charms, and then took her to Six Flags theme park.

What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Monster Roller Coaster, everything there was. Five hours later they staggered out of the theme park.

Her head was reeling and her stomach felt upside down. He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake. Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&M's.

What a fabulous adventure! Finally she wobbled home with her husband and collapsed into bed exhausted. He leaned over his wife with a big smile and lovingly asked, "Well Dear, what was it like being six again??"

Her eyes slowly opened and her expression suddenly changed. "I meant my dress size!"

What is your dream size?

"A goal without a plan is just a wish." - Antoine de Saint-Exupery

Stick with your plan and you will reach that dream size.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Forty-Nine

by Club Reduce

Hello Patient Name,

Meditation has many health benefits.

Email Sequences for the 12-Week Candida Program

Because stress has so many negative effects on health, the reduction of stress is a very important benefit of meditation.

Physical ailments are often symptoms of inner turmoil.

Meditation can help us to be in control of our thoughts and conquer the negativity that generates failure.

Meditation helps to improve concentration and our ability to focus.

We can't always control the people and events around us, but we can control our reaction to them.

Meditation helps to mentally detach ourselves from problems, put them into proper perspective, to step back and rationally solve them.

Meditation promotes an inner happiness that is not dependent on outer circumstances.

"The greater part of our happiness or misery depends on our dispositions and not on our circumstances. We carry the seeds of the one or the other about with us in our minds wherever we go." - Martha Washington

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Fifty

by Club Reduce

Hello Patient Name,

"A dream doesn't become reality through magic; it takes sweat, determination and hard work." - Colin Powell

Besides making your dreams come true, sweating can burn calories and improve cardiovascular activity.

Old dead cells are replaced and the body cleanses itself through sweating.

Dream big and sweat hard!

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Fifty-One

by Club Reduce

Hello Patient Name,

Nothing that is can pause or stay;
The moon will wax, the moon will wane,
The mist and cloud will turn to rain,
The rain to mist and cloud again,
Tomorrow be today.
~Henry Wadsworth Longfellow

We are continually moving and changing for better or for worse, forward or backward.

We have the power to decide which our change will be.

Growth is the only evidence of life. ~John Henry Newman,

It is useless to resist change, but setting goals helps to direct the inevitable change.

If nothing ever changed, there'd be no butterflies. ~Author Unknown

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Fifty-Two

by Club Reduce

Hello Patient Name,

I am thankful for laughter, except when milk comes out of my nose. - Woody Allen

A wealthy man decided to go on a safari in Africa. He took his faithful pet dachshund along for company. One day, the dachshund started chasing butterflies and before long was lost.

When he noticed a leopard heading rapidly in his direction with the obvious intention of having him for lunch, the dachshund thought, "OK, I'm in deep

Email Sequences for the 12-Week Candida Program

trouble now!"

Then he noticed some bones on the ground close by, and immediately settled down to chew on the bones with his back to the approaching cat.

Just as the leopard was about to leap, the dachshund exclaimed loudly, "Boy, that was one delicious leopard. I wonder if there are any more around here."

"Hearing this, the leopard halted his attack in mid-stride, as a look of terror came over him, and slunk away into the trees. "Whew," said the leopard. "That was close. That dachshund nearly had me."

Meanwhile, a monkey, who had been watching the whole scene from a nearby tree, figured he could put this knowledge to good use and trade it for protection from the leopard. So, off he went.

The monkey soon caught up with the leopard, spilled the beans and struck a deal for himself with the leopard. The leopard was furious at being made a fool of and said, "Here monkey, hop on my back and see what's going to happen to that conniving canine."

Now the dachshund saw the leopard coming with the monkey on his back, and thought, "What am I going to do now?" But instead of running, the dog sat down with his back to his attackers, pretending he hadn't seen them yet ... and, just when they got close enough to hear, the dachshund said.....

"Where's that darn monkey? I sent him off half an hour ago to bring me another leopard."

Instead of running from your fears, figure out how to conquer them or they may conquer you.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Fifty-Three

by Club Reduce

Hello Patient Name,

"Only a life lived for others is worth living." - Albert Einstein

When we perform acts of kindness, our brains

release serotonin and endorphins which can block pain and influence our bodies, minds, spirits and the way we experience life.

They can strengthen our immune system and keep us feeling happy and energized.

Endorphins, which are chemicals produced in our brains, can improve circulation, reduce blood pressure and improve weight control.

Some reported impairments of the natural production of serotonin are alcohol, artificial sweeteners, caffeine, cigarette smoking, dietary deficiencies, hormone imbalances, lack of exercise, lack of sunlight, digestive problems, stress and anger.

So help yourself by finding someone to help!

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Fifty-Four

by Club Reduce

Hello Patient Name,

Have you ever wondered? ...

Why the sun lightens our hair, but darkens our skin?

Why women can't put on mascara with their mouth closed?

Why don't you ever see the headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that doctors call what they do 'practice'?

Why is lemon juice made with artificial flavor, and dish washing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why don't sheep shrink when it rains?

Email Sequences for the 12-Week Candida Program

If flying is so safe, why do they call the airport the terminal?

Keep smiling!

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Fifty-Five

by Club Reduce

Hello Patient Name,

While potatoes are low in saturated fat, cholesterol and sodium and a good source of vitamin C, vitamin B6, potassium and Manganese, also containing calcium and iron, it turns out that as a "couch" vegetable, they are more harmful than you might think.

TV junkies or couch potatoes, flood the country with impatience, laziness and false information. A blurred line forms between truth and fiction.

"Television provides an escape from reality not unlike that of drugs or alcohol. A person can slip away into the fantasy world offered by television programs and effectively impede the pressures and anxieties of their own lives. This is similar to "going on a trip" induced by drugs or alcohol." Daniel J. Hardebeck

The fast paced, action packed thrills of fiction TV tend to encourage a short attention span. Habitual TV watchers sometimes find it hard to concentrate on menial tasks or patiently wait in line.

"We now have evidence that habitual viewing (of television) can effect a young person's basic outlook and sensibilities, predisposition to violence and hyperactivity, IQ, reading ability, imagination, play, language patterns, critical thinking, self image, perception of others, and values in general. Further, habitual TV viewing can affect the physical self as it can alter brain waves, reduce critical eye movements, immobilize the hands and body, and undermine nutrition and eating habits." Karen Rivers

Advertisements are crafted to sway people to buy products and they work, whether we need them or not, can afford them or not and whether they are harmful or nutritious.

"While I was watching the back-to-back football games the other night, my wife and I got into a silly conversation about life and death, and the need for living wills. During the course of the conversation I told her that I never wanted to exist in a vegetative state, dependent on some machine and taking fluids from a bottle. She got up, unplugged the TV and threw out all my beer." Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Fifty-Six

by Club Reduce

Hello Patient Name,

A big-time sports fan was watching a football game with his grandson. He was 75 years old and feeling his age.

"You know, it's not easy getting old. I guess I'm in the fourth quarter now."

"Don't worry, Grandpa, maybe you'll go into overtime."

It isn't about quantity of life. It is about quality of life to the very end.

Eat right and keep your body and mind active so that if you go into "overtime" you will win!

"In life, as in football, you won't go far unless you know where the goalposts are." Arnold H. Glasgow

Know what your goals are and go after them.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Fifty-Seven

by Club Reduce

Hello Patient Name,

"How am I going to live today in order to create the tomorrow I'm committed to?" Anthony Robbins

Email Sequences for the 12-Week Candida Program

Setting the goal is the first step.

Make a plan that clearly defines how you will reach that goal.

Then stick to it. Don't make excuses.

Don't find ways to get out of it when it gets hard, find ways to make it work.

You might need to adjust the plan as you go, but don't lose sight of the final goal.

When you reach that goal, set another. It is in the forward motion that we find joy.

"You are never too old to set another goal or to dream a new dream." C.S. Lewis

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Fifty-Eight

by Club Reduce

Hello Patient Name,

"He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has." Epictetus

No one can possibly have everything that there is to have in this world and the mere having of things does not bring happiness.

Look at the lives of the rich and famous plastered on the covers of magazines at grocery store check lines.

Theirs are lives torn apart, full of possessions and full of misery.

"The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving."
H.U. Westermayer

Truly happy people are those who are grateful for what they have, now, today: people who find that silver lining shining behind the clouds of misfortune.

Gratitude is an art of painting an adversity into

a lovely picture. ~Kak Sri

Count your blessings and do the math.

Life + Gratitude = Life is good!

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Fifty-Nine

by Club Reduce

Hello Patient Name,

When adversity comes, and it will come, we have several options.

We can laugh, cry, be angry, learn from our problems, blame others, or blame ourselves.

"With the fearful strain that is on me night and day, if I did not laugh I should die." ~Abraham Lincoln

No one is immune to problems, but those that learn to laugh and keep things in proper perspective survive their tribulations better than those who become discouraged and give up.

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."
Jimmy Dean

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Sixty

by Club Reduce

Hello Patient Name,

"One thing which often spares people from feelings of depression or helplessness is a sense of control over their immediate or long term circumstances. A person should be able to walk away from an abusive relationship, for example, or voluntarily quit a stressful job. A psychological

Email Sequences for the 12-Week Candida Program

condition known as learned helplessness, however, can cause a person to feel completely powerless to change his or her circumstances for the better. The result of learned helplessness is often severe depression and extremely low self-esteem." Author Unknown
It is empowering to take your health condition into your own hands.

When you study the relationship between nutrition and health, you realize that you have the power to destroy your health, to cause cancer, diabetes, multiple sclerosis or other autoimmune disorders.

You also have the power to avoid or overcome these disabling diseases.

"Knowledge is power and enthusiasm pulls the switch." Steve Droke

You are learning information that will become powerful healing instruments if put to use, but as with any tool, will become rusty and useless if left out in the rain.

You can do it. The only tool you must supply yourself is discipline.

You can't get it by reading about it or forging it out of steel.

When you remain committed to this program to the end, you will not only improve your physical health, but you will strengthen your will power and self confidence.

"Teachers open the door, but you must enter by yourself." Chinese Proverb

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Sixty-One

by Club Reduce

Hello Patient Name,

For a couple years I've been blaming my exhaustion on lack of sleep, not enough sunshine, too much pressure from my job, earwax build-up, poor blood, or anything else I could think of.

But now I found out the real reason: I'm tired because I'm overworked. Here's why: The population

of this country is 273 million.

140 million are retired. That leaves 133 million to do the work.

There are 85 million in school, which leaves 48 million to do the work.

Of this there are 29 million employed by the federal government, leaving 19 million to do the work.

2.8 million are in the armed forces
Which leaves 16.2 million to do the work.

Take from that total the 14,800,000 people who work for state and city governments, and that leaves 1.4 million to do the work.

At any given time there are 188,000 people in hospitals, leaving 1,212,000 to do the work.

Now, there are 1,211,998 people in prisons.

That leaves just two people to do the work. You and me. And there you are sitting, at your computer, reading jokes.
Nice, real nice.

Keep Smiling!

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Sixty-Two

by Club Reduce

Hello Patient Name,

Sometimes it is hard to find the time to exercise, but we make time for the things that are most important to us.

"Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson and Albert Einstein."
H. Jackson Brown Jr.

Multi tasking might help to fit everything in your day, like jogging in place or doing leg lifts while making phone calls, etc.

"We say we waste time, but that is impossible. We

Email Sequences for the 12-Week Candida Program

waste ourselves." Alice Bloch

Make the most of every minute so that you won't have to look back on your days with regret.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Sixty-Three

by Club Reduce

Hello Patient Name,

In addition to vitamins K,C,E and many of the B vitamins, dark green leafy vegetables are a great source of iron, calcium, potassium and magnesium.

They provide phytonutrients such as beta-carotene, lutein and zeaxanthin.

These nutrients protect our cells from damage and help to maintain healthy eyes.

Some dark greens contain Omega-3 fatty acids.

So throw a handful of dark leafy greens into your salad or smoothie and enjoy!

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Sixty-Four

by Club Reduce

Hello Patient Name,

Vitamin K is often an overlooked nutrient.

Vitamin K regulates blood clotting, helps protect bones from osteoporosis, reduces calcium in arterial plaques, and may help prevent diabetes and arthritis.

One cup of most cooked greens each day supplies more than the minimum recommended amount of vitamin K.

Broccoli, Brussels sprouts, cauliflower, Kale, cabbage, spinach and soybeans are excellent

sources of vitamin K.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

12-Week Candida Program Day Sixty-Five

by Club Reduce

Hello Patient Name,

Flax seed oil, which contains omega 3 fatty acid, is used to treat skin diseases such as eczema and psoriasis.

There are many benefits to regular consumption of flax seeds and flax seed oil.

It has been shown to prevent or reduce the symptoms of arthritis, colitis, cancer, heart disease and acne.

Flax seed oil may help with the unpleasant symptoms of menopause as it is a natural estrogen balancer.

Flax seed is also a great source of antioxidants which help reduce the damage from free radicals.

Two tablespoons per day can easily be mixed in a smoothie or sprinkled over a salad.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

12-Week Candida Program Day Sixty-Six

by Club Reduce

Hello Patient Name,

Brown rice is an excellent source of magnesium, iron, selenium, manganese, tryptophan and vitamins B1, B2, B3, and B6.

It is also a fine source of dietary fiber and protein.

One cup of brown rice will provide 88% of the daily value for manganese.

Email Sequences for the 12-Week Candida Program

This trace mineral helps make energy from protein and carbohydrates.

It also aids the synthesis of fatty acids which are used by the body to produce sex hormones.

Manganese is a critical component of superoxide dismutase, an important antioxidant enzyme.

Studies show that women who consume whole grains consistently weigh less than women that eat less fiber rich foods and were 49% less likely to gain weight than those who eat refined grain foods.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Sixty-Seven

by Club Reduce

Hello Patient Name,

A new study shows that a warm, non sexual touch tempers stress and blood pressure.

A massage or other caring touch also enhances oxytocin which is thought to calm and counter stress.

Pain and stress relief as well as increased ability to cope and general health improvements come with regular gentle touching.

Modern technology has made actual physical contact with other people largely unnecessary.

Shopping, banking, making appointments and communicating that were once commonly done in person are now accomplished without any human contact.

Physical touching with loved ones is essential to emotional, physical and mental development.

Give someone you love a hug today, you'll both be happier and healthier.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Sixty-Eight

by Club Reduce

Hello Patient Name,

An apple a day keeps the doctor away!

Researchers have found that some nutrients found only in apples may protect post-menopausal women from osteoporosis and increase bone density.

The pectin in apples lowers LDL cholesterol.

Studies have shown that the pectin and flavonoids in apples help to reduce the risk of certain cancers.

The pectin in apples helps lower the body's need for insulin and may help manage diabetes.

If you need a snack, reach for an apple.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Sixty-Nine

by Club Reduce

Hello Patient Name,

Sprouted radish, broccoli, alfalfa, clover and soybean seeds are rich with plant compounds that can protect us against disease.

Plant estrogen's, which increase bone formation and density, prevent osteoporosis, and help control hot flashes, menopause, PMS and fibrocystic breast tumors, are plentiful in sprouts.

Sprouts are loaded with antioxidants that prevent DNA destruction and protect us from the effects of aging.

In addition to being a superb source of nutrients, sprouts boost our immune systems and lower cholesterol.

Isn't it wonderful that something so nutritionally packed also adds so much flavor and texture to a meal?

Don't forget to log everything into your binder for the day.

Email Sequences for the 12-Week Candida Program

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Seventy

by Club Reduce

Hello Patient Name,

Vitamin D is produced in the skin with exposure to sunlight.

Research shows that vitamin D increases the male sex hormone testosterone. Insufficient levels of testosterone can add to the risk of male impotence, muscle reduction, depression and osteoporosis.

Women can also benefit from adequate vitamin D levels as it helps regulate cell growth, controls genes related to cancer and facilitates the absorption of calcium in the bones.

Fifteen to Thirty minutes of sunlight daily, without sunscreen, should give your skin the exposure it needs to produce enough vitamin D.

Mushrooms and fatty fish like herring, wild salmon, catfish, halibut and mackerel are great natural sources of vitamin D also.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Seventy-One

by Club Reduce

Hello Patient Name,

Olive oil is a natural juice with all the taste, aroma, vitamins and properties of the olive fruit.

It is the only vegetable oil that can be eaten freshly pressed from the fruit.

Olive oil is full of monounsaturated fatty acids and antioxidants.

Studies show that olive oil controls cholesterol levels and protects against heart disease.

It protects against gallstone formation and

activates the secretion of bile and pancreatic hormones as well as offering a beneficial effect on ulcers and gastritis.

Because it is less processed, extra Virgin olive oil from the first pressing of the olives, has higher levels of antioxidants, vitamin E and phenols.

Try a little extra virgin olive oil and fresh basil on your salad tonight.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Seventy-Two

by Club Reduce

Hello Patient Name,

Grape seed oil is rich in vitamin E, flavonoids, vitamin C and beta-carotene.

It shows evidence of lowering LDL cholesterol while raising HDL cholesterol. This reduces the risk of coronary disease.

Grape seed oil may also check the growth of cancerous cells in the stomach, colon, prostate and lungs.

It is thought to improve vision, flexibility of joints and blood circulation as well as reduce the symptoms of allergies and asthma by suppressing histamine.

Grape seed oil has an astringent property that can tighten and tone the skin.

It can be used to treat acne and other skin problems as it provides nourishment to the skin and aids in skin repair.

Grape seed oil protects the skin from the sun and has antiseptic and moisturizing qualities which make it ideal for the skin around the eyes.

So pour some on your salad tonight and don't use a napkin, if it gets on your face, just rub it in!

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

Email Sequences for the 12-Week Candida Program

The 12-Week Candida Program Day Seventy-Three

by Club Reduce

Hello Patient Name,

When molecules have an unstable number of electrons in the outer shell, they sometimes steal electrons from other molecules, causing those molecules also to be unstable.

They in turn steal electrons from other molecules, promoting a chain of unstable free radicals, causing damage to the living cell.

Antioxidants can end this chain reaction by donating one of their electrons because they remain stable in either form. They help prevent cell and tissue damage that leads to disease.

The antioxidant nutrients found in fresh fruits and vegetables strengthen our immune systems and defend us against serious diseases.

Be sure to fill the majority of your diet with a variety of fresh, live, antioxidant filled foods to maintain healthy organs and glands throughout your body and an efficient autoimmune system.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Seventy-Four

by Club Reduce

Hello Patient Name,

Regular physical activity helps the circulation of blood through your heart and blood vessels delivering oxygen and nutrients to your tissues.

Exercise stimulates brain chemicals that produce a happier mood and deeper relaxation afterward.

Engaging in physical activity burns calories; the more energy used in the activity, the more calories you burn.

Burning more calories than are taken in through diet, results in weight loss.

Weight reduction and toned muscles can boost your confidence and improve self-esteem.

If you don't feel you have time for a regimented

exercise program, physical activity can be introduced by taking the stairs instead of the elevator, walk instead of driving when possible or turn off the TV and play a lively game, take a dance class or go for a hike.

Regular exercise can improve cholesterol levels and help control high blood pressure.

An active lifestyle can produce a better night's sleep, which improves concentration and productivity.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Seventy-Five

by Club Reduce

Hello Patient Name,

"I joined a health club last year, spent about 400 bucks. I haven't lost a pound. Apparently you have to show up!"

Are you showing up?

Are you logging everything into your binder each day?

Are you taking all the required Solutions4 supplements?

Are you choosing foods from your approved list?

Are you doing everything in your power to be successful in this program?

"If you are going to try cross country skiing, start with a small country."

Take one aspect of a healthy lifestyle and improve it, then take another.

We are here to support you, please call us with any questions or concerns at:

Email Sequences for the 12-Week Candida Program

The 12-Week Candida Program Day Seventy-Six

by Club Reduce

Hello Patient Name,

Strap some weights around your ankles and wrists and get moving!

Weight training tones your muscles and raises your basal metabolism which helps you burn more calories even while you sleep.

Weight bearing exercise strengthens your bones and reduces the risk of osteoporosis.

It improves muscular endurance, making daily activities easier.

Strong back muscles reduce the risk of back injury and improve your posture.

"The journey of 1000 miles starts with a single step."
Lao Tzu

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The 12-Week Candida Program Day Seventy-Seven

by Club Reduce

Hello Patient Name,

"Integrity is doing the right thing, even if nobody is watching." Author unknown

Only you know if you are sticking to your program, and you stand to benefit the most from it.

"Success is the sum of small efforts, repeated day in and day out." - Robert Collier

You can do it, you've made it this far and you are doing great.

"Only as high as I reach can I grow, only as far as I seek can I go, only as deep as I look can I see, only as much as I dream can I be." - Karen Ravn

Don't forget to log everything into your binder for the day.

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The 12-Week Candida Program Day Seventy-Eight

by Club Reduce

Hello Patient Name,

Today is a prep day for the final detox of this program.

Choose only approved veggies and fruit.

You are doing great and you are on the final lap, just keep going.

"Character may be manifested in the great moments, but it is made in the small ones."
-- Phillips Brooks

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Seventy-Nine

by Club Reduce

Hello Patient Name,

Beta-Carotene is a powerful anti oxidant that can aid in the maintenance of healthy skin, good vision and a hearty immune system.

Beta-Carotene protects cells and slows their aging process helping to prevent night blindness and other vision problems, colds, flu and infections.

It protects against toxins and the formation of some cancers.

Studies indicate that beta-carotene may help to prevent heart disease, cataracts and aid the formation of bones and teeth.

Sweet potatoes, fresh thyme, carrots, kale spinach, turnip greens, winter squash, collard greens, cilantro, tomatoes, broccoli, cantaloupe and especially apricots are good sources of beta-carotene and should be eaten raw or lightly steamed.

Don't forget to log everything into your binder for the day.

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Email Sequences for the 12-Week Candida Program

The 12-Week Candida Program Day Eighty

by Club Reduce

Hello Patient Name,

Today you start the final detoxification phase of this program.

Everything your body does takes energy; exercise, stress, anger, digesting food and processing and eliminating toxins all take energy.

When you take in more toxins than your body can process and eliminate, they are stored in fat tissues, cysts and tumors; away from your vital organs.

Reducing as many of these energy consumers as possible will help your body to focus on clearing away the stored toxins.

Listening to classical music while driving, helps to reduce road rage.

Breathe deep and let your frustrations go. Are petty problems worth damaging your health?

Drink plenty of water and allow your body to achieve peak performance.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

Remember to check your Solutions4 supplement list as they change each day during the detox.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Eighty-Two

by Club Reduce

Hello Patient Name,

"Success means having the courage, the determination and the will to become the person you believe you were meant to be."
- George Sheehan

You have learned some important lessons about your body and your character.

You were meant to be beautiful inside and out.

Success is yours! Don't let go of it.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Eighty-One

by Club Reduce

Hello Patient Name,

You are doing great!

You have stayed with this program for 81 days, you are amazing.

You can do anything you put your mind to.

"Attitudes are contagious. Are yours worth catching?"
-Dennis and Wendy Mannering

You are a shining example of persistence and determination.

Smile and let others know how good it feels.

The 12-Week Candida Program Day Eighty-Three

by Club Reduce

Hello Patient Name,

You can eat solid food again today, but remember to keep it raw.

Raw vegetables have live enzymes that your body thrives on.

Cooking food chemically changes it from alkaline to acidic, disrupting the balance, which is a major cause of excess weight and disease.

Heating food above 118 degrees F causes chemical changes that create acidic toxins, carcinogens and free radicals which promote serious disease.

Make every calorie count, eat only nutrition packed, raw, organic foods and it will take less

Email Sequences for the 12-Week Candida Program

food to fill your sustenance needs.

Don't forget to log everything into your binder for the day.

We are here to support you, please call us with any questions or concerns at:

The 12-Week Candida Program Day Eighty-Four

by Club Reduce

Hi Patient Name!

CONGRATULATIONS!!!

We can't even fit how proud we are of you into this email - you are on your final day of this lifestyle change and we hope this experience has been all you wanted and more!

The great thing about your experience with Club Reduce is you can continue to live happy and healthy, because you have learned what your body needs to be in its best possible condition.

It's important to continue following the guidelines you have learned during your 12-Week Candida program and implement them for the rest of the days, months and years following.

Remember, the lemonade detox can be your best weapon against unwanted weight gain. If you splurge too much on a weekend getaway, come home and begin your prep days, followed by the lemonade detox, and kiss those extra pounds goodbye!

We look forward to seeing your end result!

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