

Email Sequences for the 5-Week Candida Program

The 5-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 infestations 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 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:

The 5-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.

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

The 5-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 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:

Email Sequences for the 5-Week Candida Program

The 5-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 5-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 5-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.

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

Email Sequences for the 5-Week Candida Program

The 5-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 5-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 5-Week Candida Program

Day Nine

by Club Reduce

Hello Patient Name,

You will start the lemonade detox today.

Be sure to check your Solutions4 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 5-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 5-Week Candida Program

The 5-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 5-Week Candida Program Day Twelve

by Club Reduce

Hello Patient Name,

Wow! Day twelve already? You are 1/3 finished with your program.

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 5-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 5-Week Candida Program Day Fourteen

by Club Reduce

Hello Patient Name,

Hurray!

Email Sequences for the 5-Week Candida Program

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.

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 5-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 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 5-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.

Email Sequences for the 5-Week Candida Program

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

The 5-Week Candida Program Day Seventeen

by Club Reduce

Hello Patient Name,

"Science investigates, religion interprets.
Science gives man knowledge which is power,
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 5-Week Candida Program Day Eighteen

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 5-Week Weight Loss 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:

The 5-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

Email Sequences for the 5-Week Candida Program

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 5-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 5-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.

David received a parrot for his birthday. This parrot was fully grown with a bad attitude and terrible vocabulary. Every other word was an expletive. Those that weren't expletives were, to say the least, rude.

David tried hard to change the bird's attitude. He was constantly saying polite words and playing soft music, he did anything he could think of. Nothing worked. When he yelled at the bird, the bird got worse. If he shook the bird, the bird got madder and ruder.

Finally in a moment of desperation, David put the parrot in the freezer. For a few moments he heard the bird squawking, kicking and screaming and then suddenly, there was quiet.

David was frightened that he might have actually hurt the bird and quickly opened the freezer door. The parrot calmly stepped out onto David's extended arm and said: "I'm sorry that I might have offended you with my language and actions, so I ask for your forgiveness. I will endeavor to correct my behavior."

David was astounded at the bird's change in attitude and was about to ask what had changed him when the parrot continued:

"May I ask what the chicken did?"

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 5 Week Candida Program Day Twenty-Three

by Club Reduce

Email Sequences for the 5-Week Candida Program

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.

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 5-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 5-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 5-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.

Email Sequences for the 5-Week Candida Program

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 5-Week Candida Program Day Twenty-Seven

by Club Reduce

Hello Patient Name,

The end is in sight! You are 75% finished!

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

Choose anything on the approved food list including all fruit.

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 5-Week Candida Program Day Twenty-Eight

by Club Reduce

Hello Patient Name,

You can do it. You're on the final lap!

"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 5-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 5-Week Candida Program Day Thirty

by Club Reduce

Hello Patient Name,

Remember no meat or dairy today.

Tomorrow you will start the final lemonade detox of this program.

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

You are nearing the end of your five week program. Stay with it and don't terminate prematurely.

Email Sequences for the 5-Week Candida Program

There is satisfaction in knowing you finished what you started.

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

You will soon 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-perspirants, hand lotions, baking powders 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 5-Week Candida Program Day Thirty-One

by Club Reduce

Hello Patient Name,

Today is the first day of your second and final detox.

This one is only three days!

Note the change in Solutions4 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.

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 5-Week Candida Program Day Thirty-Two

by Club Reduce

Hello Patient Name,

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."

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

Your Solutions4 supplements change again today.

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

The 5-Week Candida Program Day Thirty-Three

by Club Reduce

Hello Patient Name,

"When you feel like giving up, remember why you

Email Sequences for the 5-Week Candida Program

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.

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

The 5-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

After sticking with this cleanse, you can do whatever it takes to be beautiful inside and out and you only have 2 days left!

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.

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

Your Solutions4 supplements change again today.

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

by Club Reduce

Hello Patient Name,

Give yourself a pat on the back. You should have enough range of motion to actually do it now!

Look back through your binder and examine your progress. Notice how you feel now compared to how you felt five weeks ago. How will you feel in another five weeks if you don't return to bad eating habits?

Reducing animal product consumption, if not eliminating it entirely, will help to reduce the risk of serious diseases as well as facilitate weight loss.

Experiment by replacing the meat in your diet with high protein vegetable substitutes such as spinach, broccoli, watercress, kale, Brussels sprouts, collard and turnip greens and bean sprouts.

Delicious non-dairy milks, creams and butters can be made fresh in your blender that are high in protein and calcium.

Try liquefying almonds and water in a blender and adding bananas or the fruit of your choice.

"The world is round and the place which may seem like the end may also be only the beginning." - Ivy Baker Priest

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 5-Week Candida Program Day Thirty-Five