



SANUM REMEDIES

After 2 weeks of being on the Candida Protocol you will begin the SANUM REMEDIES or Isopathics. These remedies should not be taken together as they tend to clash with each other so below is a simple table of how and when to take these remedies so that they do not interfere with each other..

	Mon am	Mon pm	Tue am	Tue pm	Wed am	Wed pm	Thu am	Thu pm	Fri am	Fri pm	Sat am	Sat pm	Sun am	Sun pm
Albicansan Capsules or/ & Suppositories		■				■				■				■
Mucokehl Tablets	■							■						
Pefrakehl Capsules				■					■					
Nigersan Tablets					■							■		
Fortakehl Tablets							■						■	
Notakehl Tablets			■								■			

Comments:

- Please take the above remedies away from food, first thing in the morning and last thing at night – you can keep them on your bedside table.
- To take the capsules, open and pour the powder that they contain under the tongue and allow it to absorb for about a minute.
- The tablets you can also dissolve in the mouth keeping them under the tongue for a little longer.
- On occasions, your practitioner will give you Albicansan suppositories as well as capsules. These are mainly used intra-vaginally after coitus for women who suffer from vaginal fungal infections. These are obviously inserted in the vagina at night, before sleep.
- When you start the Sanum Remedies you **will stop taking only the Candida 30c** but will continue with the other supplements such as Kandidaplex, Acidophilus and Bifidus, Caprylic Acid and Horopito.

N.B. You still need to avoid fruit completely for another month from beginning the Sanum remedies.