

Instructions for Completing Dr. Whiting's Oxy Flush

Be sure to follow these instructions exactly.

1. Begin by taking one ounce of liquid oxygen* three times per day. (Note that the liquid oxygen MUST be taken on an empty stomach, 30 minutes before eating or drinking anything but water. Ideal times are upon awakening, 30 minutes before lunch, and either 30 minutes before the evening meal or at bedtime.)
2. After 2 weeks, increase the oxygen to two ounces three times per day, also on an empty stomach. Continue this does until the remaining liquid oxygen product in your kit is gone. (4 to 5 weeks)
3. Once the liquid oxygen is finished, begin taking 10 capsules of the acidophilus* product per day for ten consecutive days.

This completes one cycle and will assist the body in eliminating yeast and Candida activity. It will also help address low-grade virus, bacteria as well as fungus and mold. If a second cycle is necessary, contact our offices and/or wait about 2 weeks before repeating the above program again.

Note: While diet has virtually nothing to do with controlling Candida and it is certainly NOT necessary to follow the typical 'Candida diets', you will feel better during the detox if you reduce the amount of concentrated sugars and white flour products you consume.

Should you have any questions during the program, feel free to contact The Institute of Nutritional Science at 1-888-454-8464 or email at askthedoc@healthyinformation.com Website: www.healthyinformation.com

* Note: The products that Dr. Whiting refers to in the protocol are:

LiquiDaily Oxy Aloe
Megadoph Acidophilus

Both of these products are available from Phoenix Nutritionals –1-800-440-2390, or on the web at www.phoenixnutritionals.com You can also contact them at questions@phoenixnutritionals.com

This protocol and much more information may be found at:
www.candidaclinic.org