

Katie's Story

For years Katie's health had been declining and she began suffering from severe, constant fatigue. After visiting countless doctors, all of whom told her there was nothing wrong and that "she just needed rest," Katie was at her wit's end. She turned to digestive care expert Brenda Watson, who helped Katie understand that all of her problems were the result of an unhealthy, unbalanced digestive tract.



Brenda and Katie worked together with Dr. Erika Bradshaw, a traditionally trained medical doctor who currently practices integrative medicine, to help Katie bring balance back to her system with the help of pharmaceuticals, natural supplements and essential dietary and lifestyle changes. Today Katie credits Brenda and Dr. Bradshaw with "changing her life" and restoring her health and energy.

Katie's Treatment & Protocol

Pre-Testing | 6/10/09

Comprehensive Digestive Stool Analysis (CDSA) Findings:

- Severe Candida (overgrowth of yeast in the body can cause extreme fatigue, headaches and make weight loss difficult)
- No good bacteria in her body
- Parasites in her system

Integrative Medicine Protocol

Prescription pharmaceuticals

- Antibiotic
- Antifungal
- Anti-parasitic

Natural Supplements

- CandiGone™ anti fungal/anti yeast product
- High doses of probiotics –
 - Ultimate Flora Super Critical 200 Billion™
 - Ultimate Flora Critical Care 50 Billion™
- IntestiNew™ - helps heal and repair intestinal lining

Dietary Changes

Strict Anti-Candida Diet

- Limit certain foods, such as sugars and starches—which usually translate in to foods that feed yeast in the body
- Increase fiber intake to help absorb toxins from the digestive tract

Post-testing | 11/15/09

Comprehensive Digestive Stool Analysis (CDSA) Findings:

- Inflammation much lower
- Normal bacteria, parasitic and yeast levels
- No fungal or Candida infection
- Immunity marker up
- Much more energy

Daily Maintenance

- Continue moderate anti-Candida diet
- Ultimate Flora Critical Care 50 Billion™
- IntestiNew™