

# A Path To Natural Health

Dr. Maura Scanlan, N.D., LAc.

## Dr. Maura's Yeast and Candida Detox Program

### Who is this package for?

This special 4-month natural treatment program is for people who have been diagnosed with, or who suspect they may have, a yeast overgrowth somewhere within their body. This program is specifically designed for people to meet "virtually" (on phone or Skype), making it available to anyone around the world.

### What is yeast? What is candida?

Yeast is a living organism – a fungus. Many people don't realize that it actually *co-exists* with us. In other words, we **always** have yeast living inside of us.

Candida (sometimes referred to as a "yeast infection") is when yeast becomes *imbalanced* and starts to overpopulate in our bodies. When this happens, we can experience many uncomfortable and painful symptoms. Candida can be triggered by normal hormone changes (such as pregnancy); however, in our modern era it is frequently caused by **overuse of antibiotics**.

### Why are yeast infections so difficult for many people?

The problem is that yeast LOVES our bodies. It likes to be warm, damp and moist, so it often makes a nice home for itself in our gut, causing chronic bloating and swelling. Yeast also loves sugar, which means it thrives every time we ingest sugars and carbohydrates. It can even *cause* sugar addiction, which only perpetuates the problem. Yeast is especially a problem for younger women, as it loves estrogen. That is why pregnant women are prone to vaginal yeast infections.

Candida is actually *easy to diagnose*; the problem is few traditional medical doctors look for it. This means many patients suffer the effects of untreated Candida for many years and do not know the cause. This is why Dr. Maura Scanlan has created this special package: to ensure you are properly diagnosed and treated for this condition, and given the right guidance to help you keep yeast under control for the rest of your life.

### Symptoms you might be experiencing...

- Frequent or chronic stomach bloating
- Women – chronic vaginal yeast infections
- Men – chronic jock itch
- Foot and toe nail fungus
- Skin rashes; chronic itchy skin
- Oral thrush
- Sugar addiction
- Brain fog / feeling "drunk" (especially after ingesting sugar)

## What makes Dr. Maura's treatment program effective?

While most mainstream doctors will treat you with drugs, Dr. Maura's approach is thorough, practical and natural. What's more, instead of treating your *symptoms*, she gets to the **root cause of your condition**, thus giving you the best chance for a permanent solution. She does this by:

- **GETTING the RIGHT TESTS for the RIGHT DIAGNOSIS** – After discussing your health history and symptoms, Dr. Maura will have you take an IgG food sensitivities test (and possibly a stool culture) to determine whether there is evidence of candida overgrowth and/or any specific food intolerances.
- **CANDIDA CLEANSE** – The next step is to do a thorough candida cleanse, to flush it out of your system.
- **FOOD ELIMINATION** – To get the most effective results, we also do a food allergy elimination while you are doing the Candida cleanse.
- **GRADUAL REINTRODUCTION of PROBLEM FOODS** – Once your body has stabilized, it is time to test whether you are able to bring some of the previously eliminated foods back into your diet. Doing this slowly and carefully is crucial, lest you undo all the good work you have done so far.
- **CREATING A LONG-TERM REGIME** – After four months, if you have closely followed Dr. Maura's plan for you, you will know which foods you are tolerating well and which still have the potential to create imbalances in your body. Armed with this information, Dr. Maura will create a long-term health regime just for you, to ensure you can stay healthy and symptom-free on your own.

## What is included in this treatment program?

### CONSULTATIONS (6)

- 1) Initial 60-minute consultation to discuss your condition and arrange for your testing to be done.
- 2) About 2 weeks later, one 30-minute session to go through your test results and design your course of treatment. If your tests show you are yeast-positive, you will be put on a Candida cleanse regime.
- 3) At about week 6 of your program, you and Dr. Maura will meet for a 30-minute session to assess your progress and begin a food elimination diet.
- 4) At about week 10 of your program, you and Dr. Maura will meet for a 30-minute session for a post-candida follow-up, and make a plan for gradually bringing some candida foods back into your diet.
- 5) At about week 13 of your program, you will have another 30-minute session to assess how you did with the candida foods in your diet, and bring back some foods that might have shown up in your allergen results.
- 6) Finally, at week 16, you will have a final 30-minute assessment to discuss your long-term regime so you can stay healthy – naturally.

### TESTING

In this package, you will take an IgG food sensitivities panel test for 115 foods, to determine your health issues.

*Note: This package does not include the optional stool culture, as not everyone requires it. Should you need one, it will be added to the cost of your package. If you have recently done an IgG test through your doctor, you will not need to do it again. Simply ask your doctor to send the test results to Dr. Maura's office and the price of your package will be reduced accordingly.*

Request a free consultation to discuss this package with Dr. Maura at <http://apathtonaturalhealth.com/contact>

### ADDITIONAL SUPPORT

This package also includes email support (during office hours only), where you can email your queries between your consultation sessions. Dr. Maura or a member of her team will aim to reply within 48 hours on weekdays.

### SUPPLEMENTS and NUTRIENTS

This package INCLUDES a therapeutic supply of:

- **Candisol** – an enzymes-based formula to treat yeast
- **Yeast Formula** – an herbal-based formula to kill off yeast
- **High Potency Probiotics** – to repopulate the gut with good bacteria

### SPECIAL DISCOUNTS

You will also receive a 10% discount on any additional products you might wish to purchase from A Path to Natural Health for the duration of your 4-month plan.

### **How much does this program cost?**

**The total cost of this 4-month detox program is \$1,795.** You may opt to pay in two installments: \$1,000 upon your first visit, and the balance of \$795 one month later.

*Non-US Residents: Your fee may be slightly higher to cover the shipping costs of your supplements.*

⇒ THIS PACKAGE gives you more than \$200 in savings over 'a la carte' pricing for the same services.

## **About Dr. Maura Scanlan**



**MAURA SCANLAN, N.D, L.Ac.** is a doctor of naturopathic medicine and licensed acupuncturist. Starting her extensive studies in holistic medicine in 1990, she established her professional practice in 2000. Over the years, Dr. Maura has specialized in food allergies and sensitivities, hormonal issues, thyroid issues, women's health and fertility, and fatigue. Her diverse professional background has enabled her to combine Eastern medicine and herbalism with the Western medical practice. As a mother to a child with deadly food allergies, she personally knows how challenging day-to-day living can be for people with food-related health conditions. As she has met so many people with chronic health conditions who have felt "dropped" by the modern mainstream medical system, she is passionate about helping people take back control of their own health – naturally. Based in Washington State, she serves patients worldwide through her private practice 'A Path to Natural Health'.

To request a free consultation to discuss whether this is the right treatment program for you, contact Dr. Maura at:

PHONE: 425.822.0602

EMAIL: [apathtonaturalhealth@gmail.com](mailto:apathtonaturalhealth@gmail.com)

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