

Is Candida Making Your Life Miserable?

The Health Lady Interviews

Dr. Jeffrey McCombs

Nancy Desjardins: Hello, everyone. I'm Nancy Desjardins from www.HealthLady.com. Welcome. Today we'll talk about Candida albicans. I'm joined now by Dr. Jeffrey McCombs, who has become the world's foremost authority on Candida albicans. The McCombs Plan is formerly known as the LifeForce Plan. It is a simple and effective approach that so many of his patients and others have used to rid their bodies of disease, illness and other health concerns.

It is a successful tool for detoxifying the body, re-establishing the normal flora of the tissues, and reawakening the body's innate ability to regulate, balance and protect itself. Visit Dr. McCombs' website at www.McCombsPlan.com.

Dr. McCombs, welcome and how are you?

Dr. Jeffrey McCombs: Thank you for having me. I'm excited to be here. It's another sunny day in Los Angeles.

Nancy Desjardins: Yes. I'm calling from Bancroft, Ontario. We had snow this morning.

Dr. Jeffrey McCombs: I grew up with it, so I can relate.

Nancy Desjardins: Dr. McCombs, would you say that your book is another diet book?

Dr. Jeffrey McCombs: Absolutely not. I'm not so much concerned about what people do with their diet, per se, before or after the plan. I think whole foods are really important and getting away from sugar, and some of the more common sense approaches that most people are using. My book is really about eliminating a fungal problem—fungal Candida—that is created by antibiotics in our society today.

It's a problem that most people have, either through direct use of antibiotics or through casual exposure to it from meats. Now even vegetables and fruits can have it because there are so many medications in the waterways.

Nancy Desjardins: Your plan is needed in our society. We had so many people who signed up for the class. Obviously, people realize that they have to do something. Let's talk about your plan. What is the McCombs Plan?

Dr. Jeffrey McCombs: The McCombs Plan is a 16-week program. It's designed to eliminate the fungal Candida, detoxify the body, boost the immune system and restore the natural tissue flora. In the process of doing this, you also eliminate a lot of inflammation, and that corrects a lot of problems in the body. It's a 16-week diet. In the first eight weeks there's a food plan that we have you follow.

After the beginning of week nine you start adding food groups back in. In the food plan we have 'yes' foods and 'no' foods. On the 'yes' foods, meats are okay except for pork; fish, chicken, turkey, beef, and buffalo are all fine. All vegetables are okay. All fruits are okay except for

Is Candida Making Your Life Miserable?

The Health Lady Interviews

Dr. Jeffrey McCombs

oranges. This is because oranges tend to have a lot of fungicides and pesticides associated with them.

The only grain you can have is brown rice in one of three forms: plain brown rice, plain rice cakes, or hot brown rice cereal. You can have eggs. Tea and coffee are fine if they work for your body, and any seasoning as long as there's no sugar, yeast or dairy. That's the food portion of the plan. If there's something I didn't mention, then it's not on the plan, at least for the first eight weeks.

The second part of the plan is the supplements. We give you the supplement Candida Force to cause Candida to revert from its fungal form back to its yeast form. The yeast form is the normal form in the body. The fungal form is the pathogenic, problematic form. Detox Essentials is a detoxification supplement by way of boosting the immune system, which then gets rid of the excess yeast once we've converted it back to the yeast form from the fungal form.

Later on in the diet, in week seven, we have you start taking probiotics, which would be our Flora Prime probiotic, which has 12 different strains of probiotic colonies. In addition to that, you drink plenty of water. We recommend about one quart or one liter for every 50 pounds of body weight. We have you sweat six times a week. It is sitting and sweating. Exercise sweating doesn't count.

You are sitting in a hot bath, Jacuzzi, sauna or steam room. Some people even do Bikram yoga, which is in a room that is usually heated to 102 or 105 degrees while they're doing yoga poses. That will work. Many people get very creative on the heating and sweating part. You will do the supplements, the food plan and the sweating. You will do the sweating throughout the plan.

You will do the Candida Force the first eight weeks. You will do the Detox Essentials all the way through. Beginning week seven you add the Flora Prime and that goes to the end. At the beginning of week nine you start adding back certain food groups like soy sauce, vinegar, nuts, and legumes. In week eleven, you add back grains. This can be plain grains like white rice and Quinoa.

In week 13, we'll bring back yeast, which is the bread and pasta and whatever else you want that matches up with that. In week 15 it's the sugars. Dairy is at the very end of the plan. That's pretty much the plan. It's very simple to follow, even though some people think 16 weeks is a long time. It goes by very quickly. The diet has built-in reinforcement and motivation because you start to feel so well that you want to keep doing the diet. That's basically the diet, in a nutshell.

Nancy Desjardins: Yes, sixteen weeks. Does it take 16 weeks to get rid of the Candida?

Dr. Jeffrey McCombs: It takes approximately eight weeks. That's to allow the Candida Force to work systemically within the body. After that, it's about maintaining the bacteria where it is and then putting the Flora Prime, or good bacteria, in there and allowing it to grow. You don't want the Candida to convert again. You want to put the bacteria in to fill up all the terrain and

Is Candida Making Your Life Miserable?

The Health Lady Interviews

Dr. Jeffrey McCombs

space where the fungus was. Once the bacteria are in, that helps to maintain the yeast Candida in its normal ratio to the other 5,600 organisms that live in the gut.

Nancy Desjardins: You wouldn't recommend this to anyone who's not committed to do the Candida Force, the Detox Essentials, the Flora Prime—which is the probiotic you would include afterwards—and the water and sweating. If people are not committed to doing those four things, then it's not the time for them.

Dr. Jeffrey McCombs: No, it isn't. It's one of the things I say on the first two pages. If you're not going to do the sweating, don't do the diet, because we're going to create a lot of yeast in the body by causing the fungus to revert back to its yeast form. Then we're going to allow the immune system to get rid of it. You will have a lot of toxicity that can take place. If you're doing the sweating, you just sweat it out.

You won't have die-off reactions, which are so common with every other anti-Candida program out there. We want to avoid that because that tends to build up mucus, and that interferes with absorption of nutrients, interferes with getting rid of the Candida, and interferes with the elimination of toxins. Those are things we wanted to avoid. We also found that the plan works as the Plan in its whole form.

If you're not going to do the Candida Force, which is the most effective supplement in terms of getting rid of the fungus, then it's really just a good diet. It's a good whole-food diet, which many people benefit from. However, it doesn't accomplish getting rid of the fungal form of Candida, which is what the diet is designed to do.

Nancy Desjardins: In your 'yes' foods you have fruits. Many people out there don't recommend fruits when you do a Candida diet, except oranges. Why is that?

Dr. Jeffrey McCombs: That recommendation was from Orian Truss, an MD who developed that particular dietary program and protocol to go with an anti-Candida diet program. He developed that in the late 1950s. We found that the fruit wasn't a problem as long as you were doing the Candida Force. On his program and most Candida programs out there, follow his protocol. They can't give you fruit.

They find they're having a hard time getting rid of the Candida using the approach they're using, so they started to eliminate everything. They eliminate fruit, potatoes, yams and things that can be beneficial to the body to not feed the Candida. Because their approach doesn't work, they start reducing and they become very restrictive in their dietary approach, which is even harder for people. We've had a lot of people who have done Candida diets come look at ours and say, "This is so much easier than if I was going to try to do it any other way."

Nancy Desjardins: It's more doable.

Dr. Jeffrey McCombs: Yes, definitely.

Is Candida Making Your Life Miserable?

The Health Lady Interviews

Dr. Jeffrey McCombs

Nancy Desjardins: You mentioned in your book that Candida releases about 80 toxins per cell. If you multiply this by billions of Candida cells present in the body, you can begin to see how a massive overload can occur. Obviously, we should be aware of Candidiasis. Can we talk about that?

Dr. Jeffrey McCombs: You definitely should be aware of it. I developed this diet when working with a patient who had a neurological problem in Chicago. That helped her tremendously. I began my discovery of Candida. An amazing amount of research was done in the '50s and early '60s after the introduction of antibiotics in the '40s. Another amazing amount was done in the '90s.

Some of the more recent research tells us that if you disrupt the flora, you're going to have a lot of systemic problems. They've shown that when you take an antibiotic, within 24 hours 98% of the yeast will convert to its fungal form. Once that escapes the intestinal tract, it causes massive infiltration of all the tissues in the body. Candida has a lot of different mechanisms; specifically, it produces a lot of enzymes.

These enzymes start destroying tissue within 72 hours of escaping the digestive tract. More recent research proves and documents that. You mentioned the toxins. In the latest research I saw, Candida has about 85 cellular components that our bodies react to very strongly. This creates a lot of inflammation. Most inflammation is believed to begin in the digestive system, as are most auto-immune diseases. Candida is a very bad problem.

I think our bodies do a great job as the body is designed to do to compensate and adapt as best it can. However, a lot of things develop in your body after years. A medical doctor will say, "That's just aging. You're just aging. If your knees and joints are breaking down, if you're getting achy and having headaches, or a hormonal imbalance, it's just part of aging." In reality, more than likely it's associated with a Candida problem due to antibiotics.

Nancy Desjardins: We are overusing antibiotics, definitely. Antibiotics are prescribed by most medical specialists. That's the way it is, so we need to be aware of that. What would be the other difficulties people would experience?

Dr. Jeffrey McCombs: In terms of Candida, it can affect every tissue in the body. That is really what has been documented now. The Mayo Clinic determined in 1999 that 96% of all sinus infections were fungal. People will have gas and bloating, digestive imbalances, food allergies and lactose intolerance. That can directly be related to antibiotics and Candida. Many people get rid of their heartburn and acid reflux problems doing the diet.

They say some of the more severe cases are obesity, cancer, endocarditis—inflammation of the heart—diabetes, hypertension, high cholesterol, depression, anxiety, brain-fog, skin problems and acne. In women, of course, it's going to be vaginitis, vaginal infections, hormonal imbalance, menstrual irregularities, PMS. It will be prostatitis in men. There are a lot of lung-related issues like asthma, bronchitis, and chemical sensitivity, which is increasing in our society today.

Is Candida Making Your Life Miserable?

The Health Lady Interviews

Dr. Jeffrey McCombs

Also, any type of immune suppression disease—which could be chronic fatigue, fibromyalgia, multiple sclerosis, rheumatoid arthritis, scleroderma and lupus—have all been related to Candida.

Nancy Desjardins: So much poor health can be related to Candida. When you think about it, it's sad but true that many men and women have symptoms caused by Candidiasis. We're told in so many words that it's all in our heads, but really it's not.

Dr. Jeffrey McCombs: No, it's not in our heads. Stress does play a role. Stress suppresses the immune system. I wouldn't discount that. If you're very stressed out, part of the cause may be in your head because you're so stressed out in how you're relating to the world. However, it's not in our heads. I think that's really a poor excuse for any doctor to tell a patient that their problem is all in their head, as though it's something that's made up and not supported by any science or factual information.

My experience with the medical profession over the 25 years that I've been a doctor is that they don't really know much about physiology anymore. They're programmed to prescribe medications. Even in that sense, they don't know much about what the medications do. I had a couple of babies who were born premature and spent five months at the neonatal intensive care unit.

The doctors couldn't answer the majority of my questions about physiology or the effects of medications. One doctor even said, "We know that medications affect everything in the body. We just can't predict when something is going to be affected."

Nancy Desjardins: That's amazing. I'm sure that by the time some people hear about your practice, they may have been evaluated and treated by numerous specialists. If someone is taking lots of medications, what would be your approach?

Dr. Jeffrey McCombs: If they take a lot of medications and have had antibiotics, that's pretty much a positive indicator for me that they'll have systemic fungus. A tremendous amount of research supports that. I would put them on a diet. Even if people smoke or have some type of a habit like that, I never go after the medication or the smoking. I just make them healthy. When they get healthy, they get rid of those things.

They start to wean themselves off the medication or their bad habits. The more health you can put into the body, the more vitality, the more that feeds the person, and the more they want of that. That's a tremendous gift to give to people. When they do the diet and the plan, it's a gift that they're giving to themselves. In many instances, it's a gift they give to their spouses, children, family and friends. We see that extend out to a lot of people.

Nancy Desjardins: Investing in your health is a big thing right now. We must. I'll revisit your plan. Your plan is a 16-week plan that involves four key components, which are the diet, the sweating regiment, the water consumption, and taking three supplements, which are an anti-

Is Candida Making Your Life Miserable?

The Health Lady Interviews

Dr. Jeffrey McCombs

fungal supplement, a detox supplement, and an acidophilus supplement. Obviously, detoxification plays a major role in your program.

Dr. Jeffrey McCombs: It is a major role. That's primarily where a lot of the sweating comes in by using the skin, which is the largest detoxification organ in the body. It plays a tremendous role in eliminating a lot of water-soluble toxins. That takes a tremendous load off the kidneys and the liver. That allows these organs to start repairing and healing themselves and increases their ability to detoxify.

That tends to have a sort of domino effect in the body. All the tissues start to detoxify more effectively. By detoxifying the body you release a lot of water weight, which the body will hold to buffer those toxins. You will increase the function of all the cells because a lot of toxins will interfere with hormones getting to cells. They'll interfere with the effectiveness of the immune system and with the effect of enzymes. They actually block the receptors.

By getting all of this out of the body, the body starts to heal itself and perform and function in the way it was designed to. I don't think we ever lose that ability. It's with us throughout our whole life. For some people it may be a longer process, but for others it's a shorter process. However, the ability to heal ourselves is definitely a process that we always carry with us.

Nancy Desjardins: Going back to the sweating, you can use the sauna. If someone doesn't have a sauna, they can do the hot yoga or use a bath, which you would also encourage. Also, on your list of products, you have a mustard powder. When I looked at that it doesn't sound too inviting to take a bath in mustard powder, but it's mixed with essential oils. Does the mustard encourage the sweating?

Dr. Jeffrey McCombs: Yes, the mustard tends to heat up the body a little bit more and cause people to sweat more. Some people, too, will put ginger in their bath water. That will also have that effect. We recommend sea salts or Epsom salts that through osmosis have a stronger pull, so it helps to pull toxins out a little bit more effectively. We've had many people tell us that they've taken a bath with just hot water and a bath with sea salts. There was more bath scum after the bath when they were using the sea salts or Epsom salts. They thought there was more being pulled out with the salts.

Nancy Desjardins: I'm sure. Drinking water is also part of the plan. Do you add anything in the water or is it just plain water? Are you very specific on the type of water people should use?

Dr. Jeffrey McCombs: We recommend that people use filtered water. Whether you're using a home filtration system or buying filtered bottled water, those both work. Obviously, we don't want people using tea as water. It has water in it, but it's processed differently by the body. Just get the required amount of pure water. We recommend one quart to a liter for every 50 pounds of body weight.

If that is something a little outside of people's range, we suggest they gradually work up to it. If you get into 15% dehydration in the body, that will also promote more inflammation. For getting

Is Candida Making Your Life Miserable?

The Health Lady Interviews

Dr. Jeffrey McCombs

the body out of the state of inflammation, hydrating the body, putting water in to help flush out toxins, water plays a very essential role for all of us, period, but especially during the diet because we're also doing a lot of sweating. We want to replace fluids in the body.

Nancy Desjardins: That makes sense. If people are having challenges with their bowel movements and don't eliminate regularly or are constipated, what would you say to those people?

Dr. Jeffrey McCombs: We see that with the plan. We see the plan improve that, or sometimes it slows down with people who do the plan. My recommendation is always more toward trace minerals. If you are given an excess amount of trace minerals, it pulls more water into the colon to help flush out. With the more common approach of using a store-bought laxative or using an herbal colon cleanser, there is something in there that irritates the colon wall, and the body flushes more water into the colon to get rid of that irritation. I prefer the trace minerals because we're using the process of osmosis to more gently pull water into the colon as opposed to giving another irritation to the body.

Nancy Desjardins: You also have the probiotic, which I'm sure helps the colon by adding good bacteria.

Dr. Jeffrey McCombs: Absolutely. Some people find that when they get to the part of the diet where they add the probiotics, that's the effect they get. Their bowel movements become more regular. What people don't realize is that normal bowel movements are three to four times a day. That's textbook physiology of normal, although most people run around with one a day. That's actually considered constipation. We need to get the bowels to be more regular and be moving the bowels more frequently, because that is a major source of detoxification.

Nancy Desjardins: Listen, everyone. This is my favorite subject: constipation. One bowel movement is considered constipation. I'm sure in your practice you often see people who eliminate once or twice a week and consider it very normal. Really, it's not normal.

Dr. Jeffrey McCombs: What's sad is that the medical profession considers that normal. It's probably normal in society, but it's not a normal physiological process. The body is not designed that way. That's a sign of an imbalance.

Nancy Desjardins: Absolutely. How often should we repeat your diet or plan?

Dr. Jeffrey McCombs: I originally designed it to be a one-time thing. If you've had antibiotics, you need to correct the imbalance. I've had many patients over the years who come back and do it every year. Some people do it every other year or every couple of years. The ones who do it every year find that they have more and more improvement as they've kept doing it. I don't argue with more improvement. I'm all for that.

I've even had that experience myself. I've done the plan now 14 times in the past 17 years. I always feel great as soon as I get on it. I always feel better. I pretty much live by the plan as far

Is Candida Making Your Life Miserable?

The Health Lady Interviews

Dr. Jeffrey McCombs

as food choices these days. Even though it's one-time thing, we can have casual exposure to antibiotics through foods. That will affect the immune system, the digestive tract and Candida.

If you have a suppressed immune system, that's another thing that can facilitate the spread of Candida in the body. It doesn't always have to be antibiotics, but antibiotics are the sure way to get it.

Nancy Desjardins: Taking an actual anti-fungal every year is also, as you mentioned in the beginning, a boost to the immune system. We all have Candida, but you're doing the plan because it's prevention.

Dr. Jeffrey McCombs: It's prevention. It's re-building the bacterial flora. It's detoxification. It's all these other things the body also needs. It's a great food plan to follow. It's definitely something that we need. Something I've found over the years, which is something you mentioned in your book, is the ability to develop routines in your life. That can be so supportive, so we don't just do this and that, and then we find ourselves in trouble.

We need a routine or something we follow. The plan really sets you up on a routine for 16 weeks. Many people keep that routine once the plan is done. When it comes to the point of adding foods back in, many times they don't add the foods back in, because they're sold on the routine and the effect on their bodies. They like that feeling.

Nancy Desjardins: You touched on a point, and this is so important. Creating routine habits doesn't happen overnight. The longer you repeat something, the more likely it's going to stay with you for the rest of your life. If you look at the diet, sweating, water and supplementation, those are things we should do daily, regardless of if it is a plan or not.

Dr. Jeffrey McCombs: Absolutely. We need the routines, especially the good routines and not the bad ones. I think it's easier if you're trying to let go of a bad routine that you have a good routine to replace it with. You need repetition or something in there as a routine. I think that gives us greater accountability and greater awareness of what's happening in our bodies.

The longer you do something that's good for your body you'll start to reawaken the feedback process. This is something we see with the McCombs Plan. As people start reawakening the feedback systems within their bodies, they can actually look at a food and say, "No, I don't want that." When most people come off the diet, especially the first time, they're really not attracted to a lot of sugars anymore.

They don't even feel a draw or craving in their bodies. It's not there anymore. They can look, have the feedback and say, "No, I don't want that or that." That's really where your body should be. You're working very consciously and aware in your body about what you're doing.

Nancy Desjardins: Yes, and I'm sure their taste buds change, too.

Is Candida Making Your Life Miserable?

The Health Lady Interviews

Dr. Jeffrey McCombs

Dr. Jeffrey McCombs: Yes. There are some things people think they can't live without. Two or three weeks into the plan they say, "I never want to have that again." It's definitely a whole body-wide change.

Nancy Desjardins: What would be the most difficult challenge for most people that you experience in your office? Would it be sugar, salt or fat? What challenge would make people give up or have a hard time to be without?

Dr. Jeffrey McCombs: Salt as a seasoning is okay. Sea salt is better. The things we tend to find are vinegar, bread or pasta. There are people who have had a glass of wine with dinner for the last 35 years. They thought that was hard. Definitely, alcohol is one of the things people tend to think will be hard in the beginning because they're very social. Alcohol is part of their social life. They think it will be hard to give up.

However, they find that it's really not. When they start to feel better and look around at their friends, they've really transformed their lives, which is one of the key things we've honed in on with the McCombs Plan over the past years. It's more a process of transformation than it is about the diet or correcting the imbalance. It's really about transforming people in their bodies and in their lives.

Nancy Desjardins: People can move on with their lives afterwards because they don't feel so terrible. Going back to the daily meals, coffee and black tea are in the 'yes' foods.

Dr. Jeffrey McCombs: Some people feel that works for them. I've had people over the years say, "Caffeine is bad." Yes, there are many things with caffeine that can be very hard on the body. However, it's about reversing the effect of the antibiotics. I'm not trying to approach everything all at once. If we tried to do that, it would be very restrictive. That's really taking somebody out of their comfort zone and making them do too many things.

There has been more and more research on coffee, tea and green teas, and the benefits you find with those. It's about knowing it works for your body, and hopefully in the process of doing the plan you will begin to feel and find out what works for your body the best. Sometimes we find a lot of people get off coffee because they find it wasn't working for them.

Nancy Desjardins: A lot of people are drinking coffee, because the first thing in the morning it's a pick-me-up. Also, it's a laxative for many people.

Dr. Jeffrey McCombs: Yes, that's one of the reasons people are glad to drink the coffee. They find that as long as they drink coffee, it moves the bowels. In the holistic field, caffeine and coffee enemas have been around for many years because it does stimulate the same response through an enema, as opposed to exposing the rest of the body to the effect of caffeine.

Nancy Desjardins: That's right. How do you feel about doing a coffee enema or a water enema? I don't think that's in your plan.

Is Candida Making Your Life Miserable?

The Health Lady Interviews

Dr. Jeffrey McCombs

Dr. Jeffrey McCombs: No, we don't go into it. Usually, when people send me emails about anything related to constipation, that will be one of the suggestions we'll offer to them—enemas, colonics, et cetera—to help address that problem. Enemas have been around a long time. There are definite benefits from them. There are all types of enemas you can do, like probiotic enemas.

You can get benefits from enemas and colonics. There are a lot of benefits to be had from these different holistic tools that we can use to assist our body in detoxification, re-building and repair.

Nancy Desjardins: If anyone listening to the call has no idea what we're talking about with colonics and enemas, just Google 'colonic' or 'enema'. You'll get details and information. Actually, we're doing a seven-day cleanse. I'm hosting a seven-day cleanse this week. Enemas were highly recommended. Don't allow yourself to be constipated. Elimination is so important.

When I look at the plan—the diet, the sweating, the water consumption and the supplements to assist detoxification—it's a pretty organized protocol, as far as I'm concerned. Now let's talk about how antibiotics work.

Dr. Jeffrey McCombs: Antibiotic means 'against life'. Probiotic is 'for life'. In the simplest explanation, an antibiotic is designed to destroy the bad bacteria in the body. They're effective against bacteria. They're not effective against fungus or viruses. The reason it's prescribed most often is for viral conditions and respiratory infections, especially in children. Most of these kids don't have a bacterial infection, which is the only thing it would be effective against.

Antibiotics work through different mechanisms to destroy the cell wall membrane or to affect the DNA or the RNA of the bacteria. It really destroys bacteria, good and bad, in our bodies, which is the problem. In reality, all the good and the bad bacteria are, in one essence, good because they have all evolved together to work a certain way within the body.

Just destroying bacteria in the body is really a bad idea, unless you can specifically know what you're doing. My awareness is that the real reason antibiotics are given is because they also suppress the immune system response. They suppress an inflammatory response that's created by the immune cells. That inflammatory response creates the runny nose, achiness and pain in the body.

However, that is needed because that stimulates another part of the immune system. My belief is that antibiotics don't really work that well, and they do more harm than good. The good that most people are experiencing is by stopping the inflammatory reaction. Many times antibiotics are given as an anti-inflammatory because they are not specific enough to destroy whatever is causing the problem.

Nancy Desjardins: Yes, that makes sense. I'm going to revisit the diet. Obviously, you don't allow artificial sweeteners. What about stevia, which is more natural?

Dr. Jeffrey McCombs: We don't recommend that on the plan. I found over the years that it doesn't raise the blood sugar level, but it will stimulate responses in the body as though you had

Is Candida Making Your Life Miserable?

The Health Lady Interviews

Dr. Jeffrey McCombs

raised the blood sugar level. These are learned responses. That's also the thing with dairy. Something that smells, looks or tastes like dairy can, through conditioning, stimulate the exact type of physiological response that dairy would.

We find that with sugar, too. Stevia is very sweet and you get that sweetness taste. That can actually stimulate a response in the body that works against the diet in many ways. Stevia has been around a long time. It is much more beneficial than sugar, but it can stimulate a response that we feel works against the diet in getting rid of the Candida.

Nancy Desjardins: In your plan, the sweeteners would come from the fruits only.

Dr. Jeffrey McCombs: Yes. People always remark on how much sweeter the food tastes once they get rid of all the artificial stuff, which overwhelms the taste buds. They actually start to taste the food itself.

Nancy Desjardins: For the protocol, if someone wants to start on the program, you have a Start Up Combo, which is the Candida Force, the probiotic and the Essential.

Dr. Jeffrey McCombs: The first month's Start Up Combo is the Detox Essentials and the Candida Force. The second month includes the Flora Prime in addition to the Detox and the Candida Force. The Start Up Combo is just the Candida Force and Detox Essentials.

Nancy Desjardins: That's pretty simple. People can order the Start Up Kit on your website. It's very clear where to get the Start Up.

Dr. Jeffrey McCombs: Yes, we have a great website that we worked very hard on for the past year. We're constantly improving it, but we're really proud of what we've created.

Nancy Desjardins: Why is the McCombs Plan the right one for anyone listening?

Dr. Jeffrey McCombs: Yes, definitely. I have yet to find someone who hasn't benefitted from the plan.

Nancy Desjardins: Really? Anyone can benefit from the plan. That's great. Is there anything else, Dr. McCombs, that you would like to add before we end this call?

Dr. Jeffrey McCombs: I want to remark again that it's really a process of transformation. We feel antibiotics have created a lifelong imbalance that will have many detrimental effects, and have transformed the body in the wrong direction. Our plan is really a process of transformation. We have seen it many times, and continue to see it on a daily basis. It transforms lives through the process of diet and correcting the imbalances. We're here to support people. We encourage people to do it.

Is Candida Making Your Life Miserable?

The Health Lady Interviews

Dr. Jeffrey McCombs

Nancy Desjardins: You can visit Dr. McCombs website at www.McCombsPlan.com. I'm holding your book right now, *LifeForce*. We can also purchase your book on your site. Are you writing another book, as well, Dr. McCombs?

Dr. Jeffrey McCombs: Yes. I have ideas. We've actually updated the book that you have. We're going to update it again in a month or so. I have an idea to write another dietary program, which will be more inclusive of a lot of different lifestyle factors. That's in the making. We're creating a Candida library, which gives all the data and research and facts to back up everything we say and everything that's out there in terms of Candida. People can also purchase our products or order the book through our 800 number, which is 888-236-7780. We're staying really busy here.

Nancy Desjardins: I'm sure. Are you working in the office fulltime, or are you working a few days a week with the rest of the time on research?

Dr. Jeffrey McCombs: I see patients a couple mornings a week. The rest of the time is research. I'm here five days a week researching. At home, when I get a moment or two, I'm always researching and answering emails.

Nancy Desjardins: How's your lifestyle, Dr. McCombs? What does your life look like?

Dr. Jeffrey McCombs: My life is a lot about research. I have two new babies, so that's very time-consuming at the moment. It will take the next few months before that settles down. I exercise almost on a daily basis. I eat whole foods. I do my diet once a year. I do other detoxification programs, like a heavy metal cleanse and a parasite cleanse. I think those are necessary. Just being alive on the planet, we have to assist our bodies and be able to function at our best. I stay busy and also meditate and find time to relax and enjoy family and friends.

Nancy Desjardins: You have time to meditate and relax. That's a good thing. You're actually one of those people who walk their talk.

Dr. Jeffrey McCombs: Yes. To me, it's a necessity. I could choose to look the other way, but I would see my health suffer as a result of it if I ever tried to go off that path. More than that, I always have so much more benefit and so much more fun when I'm being aware of what I'm doing, being accountable, and having these routines in my life.

Nancy Desjardins: Exactly. This is how I look at things. How can we help other people if we can't help ourselves? I think we should put ourselves as the priority when it comes to health and taking care of the one body we have. Then we're able to help other people: our loved ones, our clients, and people who surround us.

Dr. Jeffrey McCombs: Yes, it's one thing to tell people what to do, but if they can look at you and see by example that you're actually living your words, then they can actually see what it looks like in process in life, as opposed to what somebody tells you to do.

Is Candida Making Your Life Miserable?

The Health Lady Interviews

Dr. Jeffrey McCombs

Nancy Desjardins: Thank you. You've been listening to Dr. McCombs. You can visit his website at www.McCombsPlan.com. Dr. McCombs, thank you so much for your time. I know you are super busy. Let's keep in touch. I would love to do another interview with you in the near future, especially when the other book is out.

Dr. Jeffrey McCombs: Yes, it sounds great. Thank you.

Nancy Desjardins: Until next time, I'm Nancy Desjardins from www.HealthLady.com. Goodbye, for now. Thank you, Dr. McCombs.

Dr. Jeffrey McCombs: Thank you.