



THE PRACTITIONER DIVISION OF ENZYMEDICA

Candida Techniques

An OVERVIEW
by Leyla El Moudden

Leyla El Moudden

- Director of Education for Enzyme Science UK
- Naturopath, Surrey Holistic
- 'Gut therapist'
- Contributing Editor IHCAN



About Enzyme Science UK



- Strict quality standard adherence for all ingredients in our finished product.
- Ingredients are derived from natural sources produced under strict cGMP-controlled environments.
- No artificial fillers and binders.
- Enzyme Science continually verifies product quality including purity, efficacy, and safety by evaluating products via our on-site laboratory and through accredited third-party facilities.



AUTISM HOPE



ALLIANCE



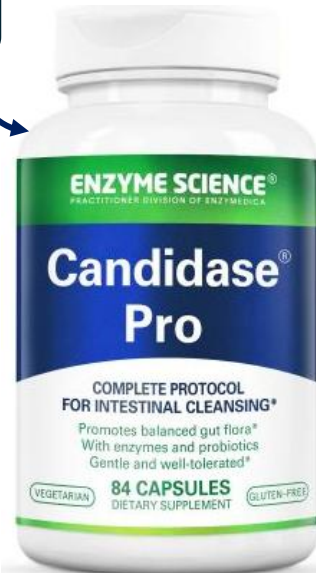
ENZYME SCIENCE®

Digestive Support Suite

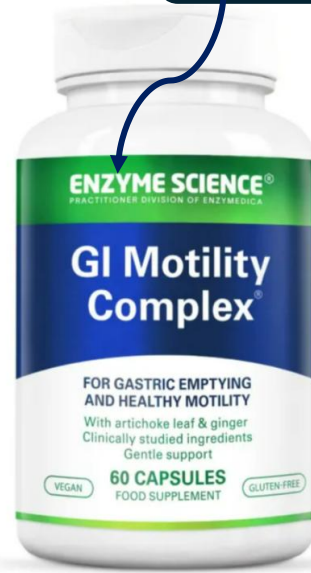


Candida Suite

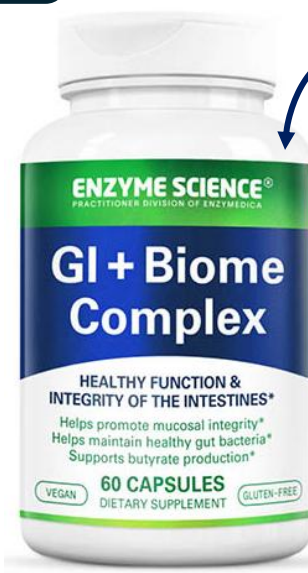
Breaks the
Candida Cell Wall



Stimulates
Migrating Motor
Complex



Local Anti
Inflammatory



For Biofilms



For digestion



Candida

DX: Intestinal Candida

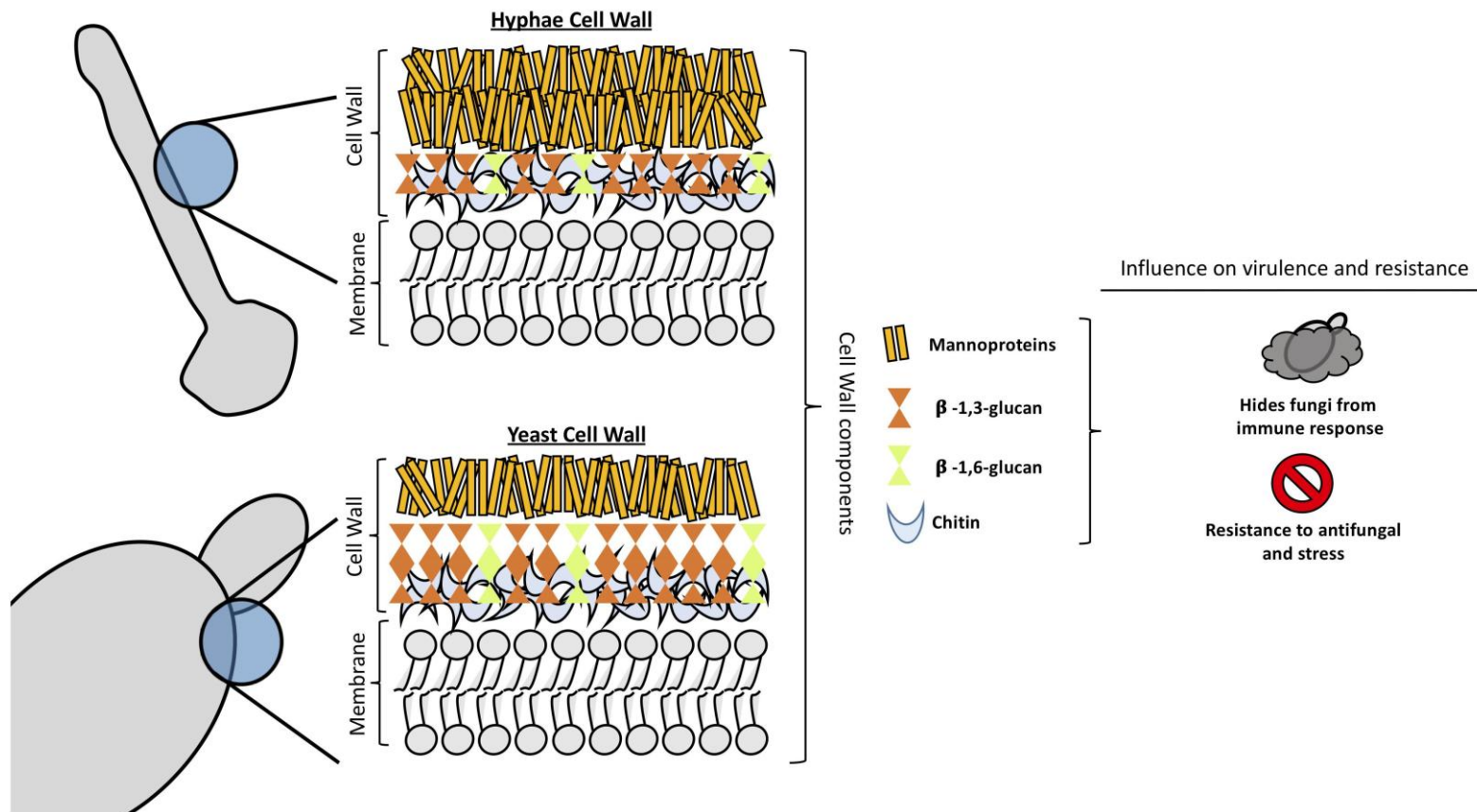
Week 1 - 2	Week 2-4	Week 4+	Timeframe
<p>Candidase Pro + Digestive Enzyme + Antifungals</p> <p>Dietary Adjustment – LOW sugar, instead of no sugar</p> <p>If Herx: Lower the dose temporarily</p> <p>Add binders (charcoal, chlorella)</p> <p>Support the liver (NAC, milk thistle)</p>	<p>Prokinetics Between Meals</p> <p>Add Biofilm protocol if indicated</p>	<p>Inhibiting regrowth</p> <p>Candidase Pro + Diet +</p> <p>S. boulardii, L. plantarum, L. rhamnosus, B. breve</p> <p>Gut Repair – Mucus Membrane</p>	<p>Mild – 3-4 weeks</p> <p>Moderate – 6-8 weeks</p> <p>Recurrent – 12+ weeks</p>

Disclaimer

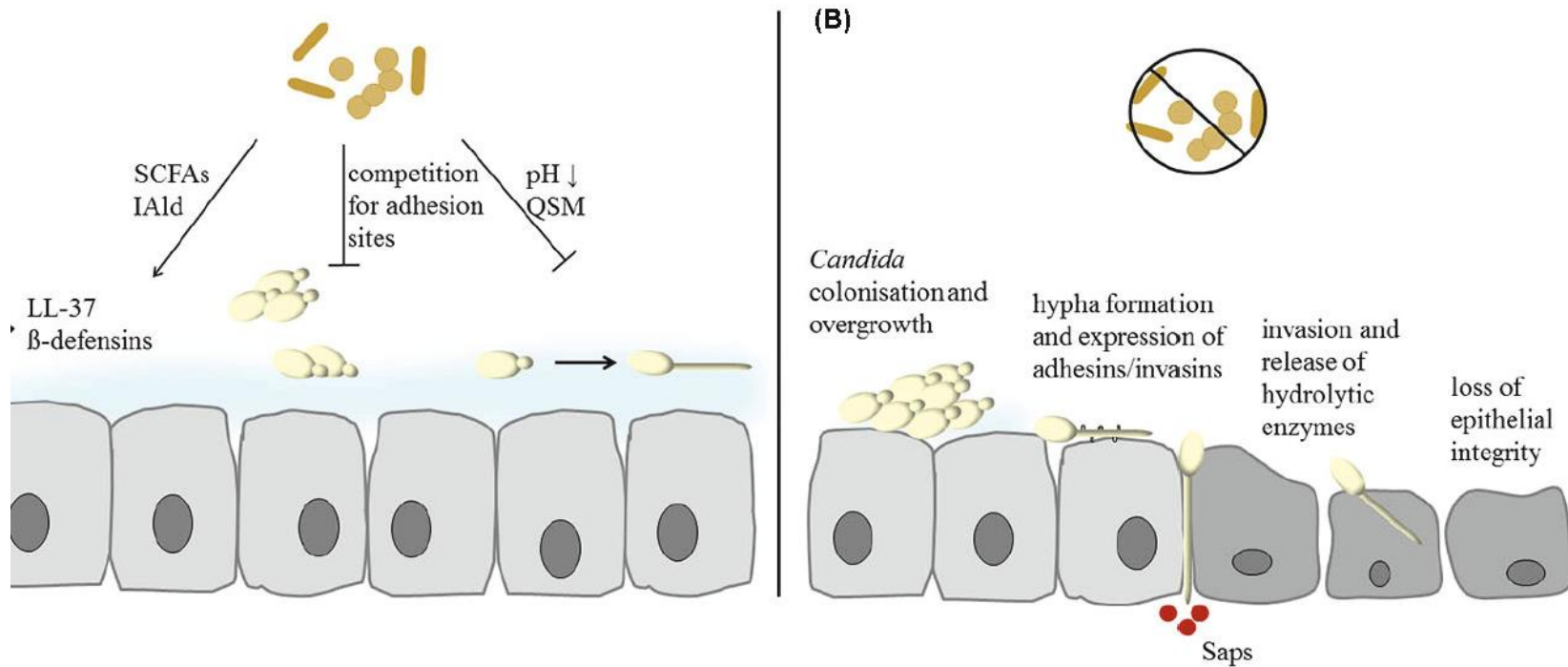
This information provided for educational purposes only and does not substitute for professional medical advice.
Please consult a medical professional or healthcare provider for immediate medical advice, diagnoses, or treatment.
These clinical trees are guidelines only - and practitioners should discern and make their own judgements regarding patient care.

The Candida Cell Wall

The *Candida* cell wall



What Candida Does to the Gut



Dx

1. Bloating, sugar cravings, white tongue, UTIs, rashes.
 - White-coated tongue
 - Sugar cravings, bloating
 - Vaginal infections
 - Fatigue, brain fog
 - Fungal skin issues
- 2. Laboratory Testing: Stool, Organic Acids Test (OAT),
- 3. Blood Work: Elevated Candida IgG/IgA/IgM, CRP.

BioFilm

DX: Resistance

2x Daily Until You Get The Result – av. 2 weeks

First dose

Take 2 capsules of Nattokinase.
Take 2 caps Serrapeptase Pro

Take a strong chelator alongside the enzymes (e.g., calcium disodium EDTA or modified citrus pectin)

30 mins later

Take one antimicrobial per day – rotate through the following options:

Herbal: berberine, artemisinin, citrus seed extract, black walnut hulls, artemisia, echinacea, goldenseal, gentian, tea tree oil, fumitory, galbanum oil, oregano oil, neem.

1 hour later

Take binders to mop up die-off debris and toxins:

- Chitosan, citrus pectin, special bicarbonate formula, organic germanium, chlorella, and others

Daily

Use buffering agents such as buffered vitamin C.

Purpose: Counteract acidity created during microbial die-off and support pH balance.

Assess and replete essential minerals such as magnesium, zinc, and others based on individual need

Disclaimer

This information provided for educational purposes only and does not substitute for professional medical advice. Please consult a medical professional or healthcare provider for immediate medical advice, diagnoses, or treatment. These clinical trees are guidelines only - and practitioners should discern and make their own judgements regarding patient care.

The Role of Enzymes

- Key Enzymes and Actions:
- Cellulase: Breaks down yeast cell wall.
- Hemi cellulase: Weakens structure.
- Protease: Degrades protein biofilm.
- Amylase: Disrupts matrix.
- Lipase: Penetrates lipid biofilm.
- Chitosanase: Weakens cell wall integrity.

The Role of Biofilms

- Biofilm shields Candida from antifungals and immune response.
- Increases resistance; requires enzyme-based disruption
- If Candida is not responding, consider a biofilm protocol

Vaginal –pH issue

Goal: Restore low vaginal pH (3.8–4.5) and dominate with Lactobacillus

Lactic Acid Lactobacillus species in the vaginal and gut microbiomes:

Lowers local pH (typically to ~3.5–4.5)

Acidic environments inhibit Candida growth and virulence

Reduces hyphal (invasive) form of *Candida albicans*

Enhances epithelial barrier integrity

Boric acid, intravaginal probiotics

Hygiene

Oral Sex

Every evening for **7–14 days** or as needed

Oral Candida – Immune issue

- High sugar/carbohydrate diet
- Antibiotic, steroid, or birth control use
- Denture use (poor hygiene)
- Dry mouth (low saliva production)
- Inhaled corticosteroids (rinse mouth after use)
- Immune suppression, diabetes, nutrient deficiencies

Caprylic Acid or Coconut Oil + Oregano Oil drops – 1 tablespoon
Biocidin – 1-2 sprays in mouth, hold and swallow
Use 2–3 times daily, swish for 1–2 minutes before spitting or swallowing

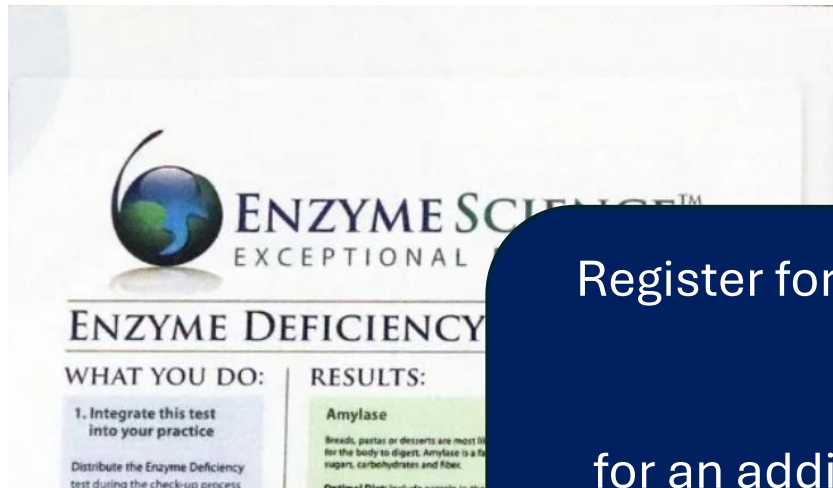
Monitor and Rebalance

- Markers: Reduced symptoms, normalised labs.
- Maintenance: Enzyme use post-clearance, avoid antibiotics, manage root causes.

Case Study

- Female, 32: Intestinal Candida, bloating, fatigue.
- Intervention: Diet, Candidase Pro, enzymes, p'au darco, caprylic acid, probiotics.
- Outcome: Total symptom resolution in 6 weeks

Practitioner support



Register for a practitioner account today-
Use code:
CAND1DA
for an additional 10% off your first order

enzymescience.co.uk
leyla@enzymescience.co.uk

