

## Candida Test

### Quiz Results Evaluation

If you've scored in the orange to red zone it's time to take action!

| If your score is: | Women | Men | Then fungal sinusitis:   |
|-------------------|-------|-----|--|
| Greater than      | 180   | 140 | Almost certainly plays a role in causing your health problems        |
| Greater than      | 120   | 85  | Likely plays a role in causing your health problems                  |
| Greater than      | 60    | 40  | Possibly plays a role in causing your health problems.               |
| Less than         | 60    | 40  | Less apt to play a significant role in causing your health problems. |

*Note: Candida can cause very different symptoms for each individual. Fatigue is almost universal for all. The scoring will be different for women and men since seven questions apply exclusively to women, while only two apply exclusively to men. You may have some or many of the symptoms in this questionnaire.*

**Why has this happened?** If you're like most people, over time, the treatment of past viruses, infections and prescriptions has compromised your G.I. system. As a result, the healthy bacteria populations, important to digestion, nutrient absorption, and your immune health, have been diminished. These healthy bacteria also play an important function in controlling unhealthy yeast called candida. Without this counterbalance in place, candida is allowed to multiply and spread throughout the body. The severity of your symptoms is directly related to the severity of this overgrowth.

The same antibiotics that have been prescribed for ear infections, sinus infections, acne and other viruses, can kill off your healthy bacteria. With repeated rounds of antibiotics, the bad bacteria and yeast populations expand their territory.

Candida thrives on sugar, yeast and the S.A.D. diet (Standard American Diet), high in sugar, yeast and carbohydrates and low in fruits and vegetables. By creating the right conditions for candida to thrive including a pH imbalance (created by the absence of healthy bacteria, stress and the poor diet), a person can go for years feeling miserable without knowing why.



**What are the common symptoms?** Fatigue is almost universal for everyone. Other symptoms may include: body aches, joint aches, post-nasal-drip, headaches, loss of sleep, stomach and bowel issues, yeast infections, rashes, bad breath, sensitivity to foods and perfumes, allergies, loss of memory, irritability, depression, lowered immunity and other symptoms. Candida can cause these wide-ranging symptoms. The degree of candida

overgrowth correlates to the severity of symptoms.

**Can I eliminate it?** Yes, fortunately there is a solution. Unfortunately, candida may be difficult to get under control. You need to follow a specific process to eliminate it. It takes a commitment of 90 days for most of people to feel full relief, however, many feel improvement after the first 10 to 21 days.

**Why is candida so difficult to address?** In many cases, candida has spread throughout the body. Candida begins in the G.I. tract, which can also cause “leaky gut” and can spread from there to the respiratory tract, nose, throat and sinuses. Candida can also spread to the joints and to moist areas in the body. This yeast has learned how to survive and can mutate and become resistant to many forms of treatment.

**The solution.** Dr. Rav Ivker, author of best-selling *Sinus Survival*, and medical director for Sinus Survival, developed the most effective protocol for eliminating this condition. Dr. Ivker discovered that his own chronic sinusitis was linked to his G.I. symptoms. Through his 30 years of continued research, he has perfected a whole body solution that gets results. He found that the best way to permanently resolve this condition was through a specific protocol. He also found that taking a prescription medication only achieved short-term results, at best. This is why so many people struggle with sinusitis for years, without finding real relief. Dr. Ivker offers a solution to find relief naturally by:

1. Stopping candida’s main food source
2. Killing candida using specific anti-fungal herbs
3. Repopulating the G.I. tract with healthy bacteria to keep candida in check.

**The results of this process have been best described as life changing.**

*Dr. Ivker’s program changed my life. I feel like myself again.*

- Catherine P., San Francisco, CA

*Within the first 10 days of following the program, I felt a noticeable difference. Over the next six weeks my problems seemed to vanish. I continue to adhere to the guidelines and supplements I need to take. Now they are my insurance policy.*

- Ronelle C., San Francisco, CA

*Thank you for saving my life. I now have a rich, full life and at the age of 66, I am still hale, hearty and enjoying that life you helped me keep.*

- Barbara F., Austin, TX

**Get started! Choose the program that’s right for you. ►**

**If you scored in the yellow zone, or the low end of the orange zone, these herbal supplements and probiotic will help destroy fungal sinusitis.**

### **Order the Candida Support Bundle.**



We'll send you 4 nutritional supplements that destroy fungal sinusitis with unbelievable power. These four products attack fungal bacteria and repopulate healthy flora. They are effective in eliminating candida overgrowth and keeping the bacteria in check. Included in this bundle is the Sinus Survival Candida Guide that includes diet recommendations, detox strategies and a step-by-step plan.

**Click Here to Order >>**

**If you scored in the higher end of the orange zone, or the red-zone, you should address your candida aggressively to get it under control.**

### **Get started with the Physicians Strength Candida Bundle.**



This program has been proven effective in Dr. Ivker's 7½ year clinical medical study where 89% of participants remained free of their past symptoms during that time period. We'll send you 7 physician-strength products to aggressively target candida, plus the Sinus Survival Candida Guide.

**Get Started! Click Here>>**

#### **A note from Dr. Ivker:**



If you're ready to finally feel better than you've felt in years, it's time to follow the same steps that have worked for thousands of my patients. We've developed the same program for you to follow at home, without the expense of costly patient visits. This is the same process that cured my own candida and chronic sinusitis.

To succeed, you have to make a commitment to the program. That includes taking the anti-fungal herbs, the specific strain of probiotics, restricting your diet for 3 weeks, and exercise (for detox). After a month, you'll be committed – based on how much better you feel.

Dr. Rav Ivker

*Author, Best-Selling Sinus Survival & Founder, American Board of Integrative Holistic Medicine*

**Questions?** Contact Ellen Goldberg at [ellen@sinussurvival.com](mailto:ellen@sinussurvival.com). Ellen has helped hundreds of sinus sufferers get started feeling like themselves again through this candida program. Ellen is a sinus coach who can answer the questions that matter to you.

#### **Sinus Survival/Village Green Apothecary**

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