



KePro

Harmonizing Gut Bacteria & Digestion

A Multi - Functional Food

**Problem
with
Candida**

Candida Over Growth

As medical research continues to unlock the secrets of the human body, it's becoming increasingly apparent that the way we view ourselves needs a dramatic rethink.

Yes, we need to change the way we look at our environment, our food sources, our food choices and health!!

This is particularly the case when it comes to our perceived thoughts about gut health. We don't think about eating for our health, like foods that add good bacteria to our bodies that the gut need for a healthy microbiome. Or bad foods that can hurt our gut health.

Take the gut, for example. Genomic testing of thousands of people has revealed billions of microorganisms residing in both our small and large intestines. These little guys perform a wide range of roles, from immunity to fat metabolism, and they vary considerably from person to person.

Without this microscopic community numbering in its billions, we'd quickly cease to survive. For this reason, our very lives are tied to the bacteria and yeasts residing in our gut — similar to the lungs, mouth, skin, and any number of other areas in and on the body. We need healthy gut bacteria to have a healthy body.

Unfortunately, however, we don't always live in harmony with these tiny organisms. Due to imbalances in our diet or the way we live, certain bacteria or yeast species can outgrow out of balance and begin sapping the health and vitality of their host (you!). This is most apparent in *Candida albicans*, a yeast species that resides primarily in our gut.

The problem with candida

Under normal conditions, candida fulfills vital roles in our gut, mouth and, in some cases, reproductive organs. A healthy candida population helps to promote nutrient absorption, protect the intestinal tract from infection and even help regulate hormones. But when candida gets out of control, it can quickly turn into the big bad pathogen.

When our immune system is weakened — whether through diet, stress, antibiotics or all of the above — candida can no longer be held in check and begins to expand outwards. Fueled on by a regular supply of sugar, it's favorite food, candida can rapidly grow from a small beneficial outpost to a tidal wave of ill health.

As the candida overgrowth expands, it begins to multiply and reach through the intestinal wall in search of more food. The ends of its roots then release toxic by-products directly into the bloodstream, eliciting an autoimmune response that can manifest in a myriad of ways — from persistent sugar cravings to chronic fatigue. Given time, candida can contribute to chronic mental fog, pain and swelling in the joints, digestive problems, immune suppression, yeast infections, bad breath, mood swings and plenty more besides. Making your life miserable.

The name of the game, then, is to bring your candida back under control — not to wipe it out entirely, but diminish its numbers to the point where your body can keep it in check.

How to handle your own Candida

Luckily, there are plenty of simple, natural steps you can take to cure your own candida overgrowth. Here are my top picks for the most effective of the bunch.

1. Steer clear of sugar

As I mentioned earlier, candida feeds off sugar and bad carbs. This means that the more sugar & carbs you eat, the greater your candida overgrowth will be. Gradually cutting off its sugar supply will hinder the overgrowth. Eventually, this will mean it needs to return to its allotted place in your gut.

But cutting out sugar is probably harder than you might think. Sure, declining the spoonful or two of sugar in your daily coffee is a step in the right direction, as is avoiding baked goods wherever possible... but sugar is hiding out in foods you would least suspect. Bread, for one, is high in complex carbohydrates that candida is very keen to feed off. Fruit, which is high in fructose, is another source of candida-friendly natural sugars that someone with an overgrowth would do best to avoid. Throw in sweetened drinks - sodas, processed foods, pasta, and you've got some serious dietary overhauling to do!

While we're on the subject of food, make sure to include KePro, it has all the natural pre & probiotics you need to start winning the Candida battle. Start off with ¼ scoop for a few days then build up slowly to one scoop 3 to 4 times a week. Oh yes, it has whole organic coconut that really helps with Candida over growth together these two super foods make power house to help you win the battle and keep Candida in its place.. Okay, now we have our KePro to help, a few tips that are just good to know.

Candida isn't going down without a fight; I mean a real fight. It's going to send signals to your brain to eat more sugary foods and carbs and they are sneaky about it. Keep an eye on your food cravings and when they hit, breathe deep and tell yourself, this too shall pass.

KePro is here to help stop all this, it's a war in my body

and I am strong enough to hold out!!!

The cravings will pass within a week or two. Be strong!!

2. Avoid antibiotics

Probably one of the main reasons why you've got a candida overgrowth in the first place is all those antibiotics your doctor put you on over the years. Antibiotics, I'm sad to say, aren't selective in the way they wipe out bacteria — meaning they kill the good guys as well as the bad ones. And more often than not, bad guys like candida find ways to avoid being wiped out by antibiotics while the good guys get shot down in their millions.

This leaves plenty of free real estate for that power-hungry candida population to expand and begin taking over your gut. And with less beneficial microorganisms, your immune system becomes compromised and is less able to deal with the overgrowth.

The solution is simple: avoid antibiotics if you can. There's almost always a better solution out there.

3. Invest in KePro, a healthier lifestyle of eating & exercise

The obvious next step after avoiding antibiotics is to try and repair some of the damage that was done by investing in long term use of good quality probiotics. KePro with Pre & Probiotics, minerals, vitamins, healthy fats and oils real fiber all work together to help to repopulate the gut with beneficial bacteria, help repair any damage to your natural bio films thereby improving immune function and digestion and in so doing helping to keep Candida in check for life.

Ready to get started?

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Thank you for your interest in KePro and hope this answered your questions.

We are here for you on your journey to feeling your best!

If you have any other questions or would like learn more.

Please visit

KeProForYou.com

Every Sip Counts! Be sure to start your day off right with KePro as it will help you on your journey to a healthier + better you.

Take care of your body & your body will take care of you.

The image shows the KePro logo on the left, which consists of the word "KePro" in a bold, black, sans-serif font with a green leaf icon integrated into the letter "P". Below the logo, it says "All Natural Smoothie Base" and "Harmonizing gut bacteria & Digestion". To the right of the logo is a white pouch of KePro product, featuring the same logo and text. The pouch is surrounded by fresh fruits like strawberries, raspberries, and blueberries. On the far right of the banner, the text "Building a healthier you naturally" is written in a bold, black, sans-serif font.

KePro
All Natural Smoothie Base
Harmonizing gut bacteria & Digestion

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100% NATURAL
WHOLELY BALANCED TASTELESS BLEND
FRESHENED UP

Building a healthier you naturally

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