

The Candida Cleaner

By Dr. Jennifer Daniels

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VERSION 2.0

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About the Author

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Her education continued at the University of Pennsylvania, where she received her medical degree (MD), and also attended Wharton, where she received her MBA in health care administration.

She practiced medicine for 10 years as a board-certified family practice physician, when she saw first-hand the power of natural methods.

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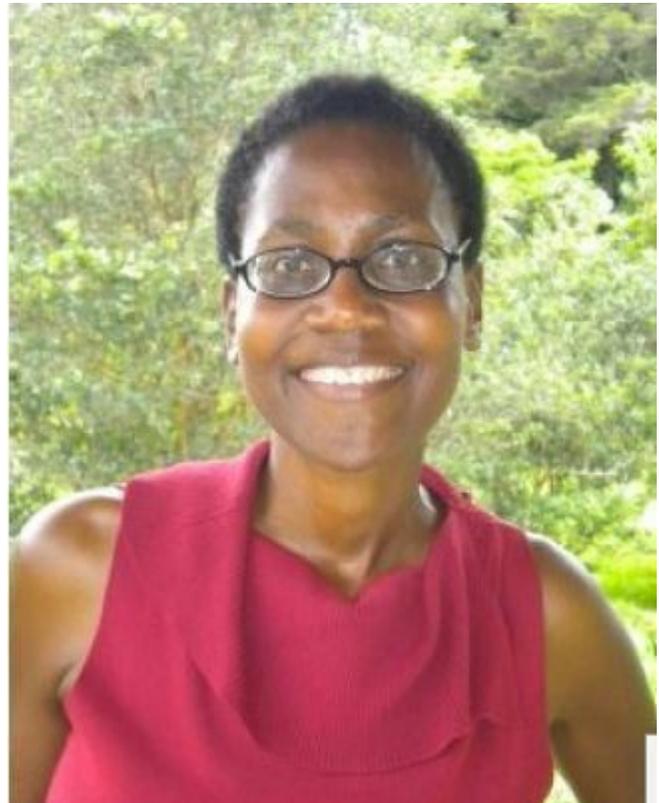
Dr. Daniels is the author of the award-winning book, *Do You Have the Guts to Be Beautiful?*

Dr. Daniels has also authored a series of CDs on natural healing. You can get her myth-busting, often controversial, yet informative and life-changing books at www.vitalitycycles.com

Dr. Daniels has also created several life-changing reports:

- * "From Miracle Breakthrough to Deadly Recall: The Lifecycle of a Pharmaceutical"
- * "The Epidemic That Wasn't Guaranteed to Permanently Change the Way You View Test Results and How to Protect Yourself"
- * "Why the Six O'Clock News is Not Enough"

Dr. Daniels also has individual and group programs to advance your healing.



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INTRODUCTION

This is the end of your hopelessness. You are no longer a prisoner to Candida. Read this, and celebrate. If you are the typical reader, you have tried many approaches and spent thousands of dollars with modest results, if any. This is all going to change.

WHY MOST THERAPIES FAIL

Candida plagues many Americans for years on end, and there have been many supplements proposed to treat it, as well as many diets. This PDF tells the story of how I discovered something that helped my patients conquer Candida quickly.

Candida was not always as prevalent as it is in modern times. The picture below shows why Candida causes so many symptoms and is so difficult to eradicate.

Candida can be anywhere in the body, but once there are symptoms, it is always in the intestines. Command Central, or the point from which the damage is done, is the small intestines.

Your body completes the digestion process in the small intestines, and this is where nutrients are absorbed. The Candida spreads itself across the surface of the small intestines and intercepts the nutrients for its own use.

Many nutrients that are not absorbed by the Candida remain unavailable to your body due to the barrier that the layer of Candida creates. This causes fatigue, as your body expends all the energy of digestion and gets none of the benefit. Simply going on a restrictive diet makes this barrier thinner, but it is still a barrier. Furthermore, Candida can also configure itself into a ball.

The Candida at the core of this ball can be dormant and persist, despite your efforts at dietary restrictions. Candida can also assume the form of spores that can go long periods without nutrition, only to create misery just when you thought you got rid of them.

Candida is able to produce chemicals that mimic cravings and devastate your efforts to heal. For these reasons, Candida is like a curse. Once it is established, it takes over. Most interventions do not address the Candida's defense mechanisms.

The Miracle Candida Cleaner tricks Candida into letting down its defenses so your efforts can provide the results you desire. This Candida solution may very well be the most powerful and versatile natural healing substance in the history of our country. This is a substance that was used widely in the late 1800s, and now, in the 21st century, there is practically no written information on it.

The purpose of this document is to provide information and share my experience with you. This document blows the lid off the Candida epidemic.

THE SEARCH FOR THE CURE

My name is Dr. Jennifer Daniels and I have been trained as an allopathic medical physician. I attended medical school at the University of Pennsylvania. I also received a bachelor's degree from Harvard University, as well as a master's in business administration from the Wharton School of Business.

As Candida is very much a lifestyle disease, it is important to know that my parents raised me in the usual manner, with meat, sugar, juice, and all the things that contribute to a Candida-causing diet. I discovered the Candida Cleaner while making the same lifestyle transitions that many of you will have to make.

As a physician, I have had the privilege of assisting hundreds of people in making this transition and observing their progress. I will share some of their stories with you. Once I established my medical practice, I began to help people get better using diet, vitamins, enemas, organic food, distilled water, and a long list of what is now known as lifestyle changes.

My patients were getting better, but I noticed that whenever they had a little misstep in their lifestyle changes, they would have a severe flare-up of their symptoms. I felt there had to be something I could do to prevent flare-ups and have healing results that were more durable.

At the same time, I was homeschooling my children and so I was reading various historic accounts, just by way of helping them understand their studies. I came across something interesting while we were studying the 1800's, when it was mentioned that farmers in the United States gave something to their families twice a year. This mystery substance cured everything and kept their families healthy.

It immediately occurred to me that this mystery substance could be just what I was looking for to help my patients have better results. Now, I calculated that farmers, even in the 1800s, were fairly poor people, and so whatever they gave their family had to cost somewhere around one penny, if that much.

Then, I noticed while reading my little herbal books that the Chinese government seemed to spend \$35 each year per person to provide healthcare to their citizens—and their citizens live longer and healthier than those in the US, which spends thousands of dollars each year per citizen. This gave me confidence that what I was looking for was effective, affordable, and really existed. Further reading of history gave more clues.

One day, my children and I were reading about African slaves. We read that the slaves had something that they used that was extremely powerful. And in colonial times, it was felt that the medicine of the American Indians was more powerful than the medicines used by rural Americans, and was still more powerful than the medicines used by the slave owners.

However, all these medicines were superseded by, or were not as powerful as, those used by the African slaves. Masters would go to the slave quarters when they had serious ailments that were life-threatening.

I said, "Hmm, if a slave is using it, it must be very inexpensive and quite common."

I searched through all of my herbal books, and by that time, I had over 300 such books. I could not find a reference in any one of them to anything that was inexpensive and would improve one's health. I had miracle cure books, and still nothing—no mention.

Since I had an active family practice, I said “Aha! I will ask my patients. Many of them were descended from slaves.”

So, I asked them, “Was there something that was very cheap that was given twice a year and cured everything? Maybe your mother used it, or your grandmother used it?”

At first, I didn’t get much information, but I kept asking. Finally, some patients just started laughing and laughing and laughing.

They said, “Dr. Daniels, oh yes, it must be that turpentine. Yep, turpentine and sugar.”

Person after person mentioned turpentine and sugar to me. Just turpentine and sugar.

I replied, “Who in your family used turpentine and sugar?”

They all said, “My grandmother.”

I asked, “Well, do you use it?”

And everyone I queried replied, “Oh, absolutely not.”

These were people in their forties. I presumed that their grandparents were deceased.

I then asked, “When did your grandmother die?”

“Oh, no, she is still alive,” they answered. “Ninety-six and still kicking; still taking her turpentine and sugar.”

I asked, “Well, do you think she might talk to me about it?”

I was typically told, “She sticks pretty much to herself. Takes care of her own house and doesn’t bother much with people.”

I was very impressed that taking turpentine and living independently to the age of 90+ were compatible.

Somehow, I couldn’t get anyone to connect me with their grandparent, so I still searched and searched the literature for more information. Not a single reference to turpentine.

So, I asked these same people, “Well, how much turpentine?”

They responded, “I don’t know”.

I said, “So how much sugar?”

They said, “I don’t know.”

I said, “Well, what kind of sugar?”

They said, “I don’t know.”

I said, “Well, how often?”

Again, the answer was, “I don’t know.”

Finally, after about six months of gentle inquiry—and scouring the literature and finding nothing—my curiosity got the best of me.

I went down the block to the hardware store and bought a can of turpentine. As luck would have it, I purchased a brand that was labeled “100% Pure Gum Spirits of Turpentine.”

Now, any turpentine can you buy is going to have some pretty impressive labeling on it, as it is the law. The label will look like the following:

- * Known to cause birth defects in the state of California.
- * Fatal.
- * Deadly if swallowed.
- * Contact your doctor immediately if you put any in your mouth.
- * Contact Poison Control immediately if swallowed.

Nonetheless, I continued on to the grocery store and got a little box of sugar cubes. These happened to be the smallest sugar cubes in the grocery store—1 centimeter or less on each side.

I did not want to totally ignore the warnings on the can of turpentine. I made sure that my will was complete and in plain view. I told myself that since I was a doctor, this satisfied the label warning.

I decided to take the turpentine in the evening after office hours, so if I died, there would be time to cancel the next day’s patients. Furthermore, I thankfully noted that I was not

in the state of California.

I sat down at the kitchen table. Put the sugar cubes down and sat the turpentine down, and said, “Well, this is it. I am either going to die or I am going to find out something.”

I opened the box of sugar cubes and put one sugar cube on a ceramic plate. I then opened my turpentine can, poured it into a teaspoon, and dripped the turpentine onto the sugar cube. I took the sugar cube, chewed it, and washed it down with water. I did not feel any different. I went on about my business and went to work the next day.

The next evening, I returned to the same chair in my kitchen and ate 2 sugar cubes. Again, I did not feel anything. I became quite bold, and on the third day, I ate 3 sugar cubes.

Thirty seconds after taking the turpentine, I felt wonderful. My brain was exceptionally clear; I was filled with energy. I found I didn't need to take my Ayurvedic vitamins, my mega vitamins, my vitamin C—I'd been taking eleven vitamins a day. I felt so great, I skipped my vitamins altogether that day.

The sensation of well-being was like nothing I had ever experienced. It was as if years of fatigue had just evaporated.

I knew this was the secret. I discovered the dose that caused the benefits. Now, I needed to find the dose at which one experiences not-so-good reactions.

The fourth day, I took 4 sugar cubes; the fifth day I took 5 sugar cubes, and so on. Finally, on the seventh day, I felt a twitch. I can't explain it, all I can tell you is it wasn't particularly pleasant or unpleasant, but having read the back of the turpentine can, I deduced that this might be one of the things the turpentine can was talking about. I stopped taking turpentine for 2 weeks, to let it wash out of my system.

The next thing I had to figure out was how often a person should take turpentine and sugar. In other words, if one takes one dose, how long is it before another dose is needed to continue the improvement caused by the first dose?

I took my 3 sugar cubes, stacked them up on top of the other, took a teaspoon of turpentine, poured it over the top cube, and the turpentine dripped down through the top cube, the second cube, and just entered the third cube. I did not let the turpentine get to the bottom of the 3 cube. So, I took these 3 sugar cubes, and just like the first time, I felt wonderful.

I said, “Okay, let me keep track and see how long this feeling lasts.”

Well, it turns out that it was about 5 days before I felt like maybe I could use a vitamin pill. And so, I concluded that 2 sugar cubes twice a week was the dose for maintaining good results.

The next thing to determine was how long could one take it every single day without experiencing any adverse events?

I then took turpentine and sugar—3 sugar cubes every single day for about a week. I did not experience any adverse effects, but I decided that was long enough for the purposes of science.

Then, I approached my mother, who suffered from chronic pain of her finger (for 30 years) and her knees (for 15 years). I explained to her that I had been taking turpentine and sugar for a while, and would she please try it. She agreed, and so Mom took turpentine and sugar. Her pain got less and less, and went away completely over a period of one week.

I then approached my sister-in-law and asked her, "Would you take turpentine and sugar?"

She had some aches, pains, fatigue, and various vague, yet annoying problems.

She took turpentine and sugar, and her pains went away.

I said, "Oh my goodness, this could be the miracle remedy I was looking for!"

From working with these relatives and a few others who were so kind as to volunteer, I deduced that turpentine and sugar is basically 1 teaspoon a day; a maximum dose is over 3 sugar cubes, twice a week. I started recommending it to patients who had been suffering from long-standing incurable diseases for which there was no effective medical therapy and people who had not reached complete healing with diet, cleansing, and vitamins.

I would like to share with you stories of people who have taken turpentine and sugar, and their experiences. I'd also like to share my experience of working with people who chose to avail themselves of the power of turpentine.

Turpentine and sugar is absolutely marvelous, and the thing that's so absolutely hilarious about it is that the turpentine—a deadly substance—when combined with white sugar—another deadly substance—heals. Also, it is curious that one could be labeled as fit for human consumption, yet the other is all but banned.

Since we are focusing on Candida, it is important to understand why turpentine is such

a miracle breakthrough.

Candida loves sugar. Although it is adapted to the human body as an entrenched parasite, it cannot resist sugar. Thus, the sugar is the bait that causes the Candida to let down its defenses. In its haste to get at the sugar, it is exposed to the turpentine and dies.

Not all the Candida is killed. The majority of Candida pack their bags and make a mad dash to the exit. All reproductive and metabolic activity ceases as the Candida seeks to save itself and exit what it perceives to be a dangerous situation.

HOW TO PUT THE MIRACLE TO WORK IN YOUR LIFE

At the time I started using turpentine, I had made many dietary changes. This is why I believe I did not experience any negative reactions, and got such prompt and positive results. I will outline below the proper preparation of the body before using turpentine for Candida, as well as the experience of others.

There are 5 phases to healing Candida.

First, failure can be attributed to 3 things:

1. Not doing all 5 steps.
2. Not doing them in the right order.
3. Doing any one step incorrectly.

5 STEPS TO SUCCESS

Step 1: This first step is a crucial step, which is to get as much waste out of the body as possible. Again, this is critical. You cannot eradicate a parasite if your body is filled with its favorite food or if the places where the immune system would take the parasite are filled. You must take out the trash, and this means emptying the gut.

The most neglected portion of the gut is the small intestines. This part must be empty, as the final cure for yeast involves the immune system dumping yeast from all over the body into the small intestines via the bile duct. If your small intestine is sluggish, the bile duct is blocked, and the immune system cannot do its part to heal you.

Clearing the small intestine can be accomplished by drinking 1 quart of water for each 60 pounds of body weight each day as a first step. Then, take castor oil (3 to 6 tablespoons) once a week, or 1 bottle of magnesium citrate weekly, or Dr Daniels' Vitality Capsules daily as directed (vitalitycapsules.com). Many people prefer Dr Daniels' Vitality Capsules as they can be adjusted for your personal comfort. <http://vitalitycapsules.com>

Daily warm water enemas using distilled water (1 quart) are also very helpful, especially for the week before and while you are taking turpentine.

Note: If you are having 3 or more bowel movements a day, your small intestine is most likely clear.

Step 2: Stop eating Candida's favorite foods.

This is any food that is blended, cooked, or mixed with something else before you buy it. Yes, that means rice milk, rice cakes, energy bars, granola, etc. Also, convert all beverages to water. No alcoholic beverages are to be consumed.

Breads risen with yeast are a major hazard. Studies done in the '90s to analyze the yeast in women with recurrent vaginitis found their yeast was the same strain of yeast used in making bread. So, stop eating breads, meat, and dairy. These "foods" are all full of parasites that stress your system and make your body unable to cure its Candida.

For the purposes of succeeding with the Candida Cleaner, you can reduce the offending foods by 50% for a period of 1 month before starting turpentine—that is, if you are not able to eliminate them completely from your diet.

Step 3: Strengthen the immune system with food that is organic or locally grown, purchased fresh, and prepared in your home.

The diet I advise consists of green leafy vegetables, root vegetables (this includes potatoes), squash, and no more than 1 piece of fresh, raw fruit a day. This diet also includes cooked grains such as quinoa, millet, and brown rice or black rice, along with one raw salad a day. Eat all you want.

Herbs and spices you can use include any green leafy herb, curry, garlic, pepper, cumin, and cinnamon.

Notice that nuts, cooked fruit, and dried fruit are absent. These foods create a hostile environment for healing conditions in your body. Dried fruit and nuts absolutely aggravate Candida. Trail mix is an abomination and has destroyed the health of many a health nut. It nearly did me in—I used to mix my own; that was how ignorant I was. Dried fruits and nuts aggravate dehydration, and cooked or dried fruits contain too much sugar.

By following my dietary recommendations, much of the Candida in your body will leave just because its favorite foods are not readily available to it.

Next are some sample menus to use with the Candida Cleaner. It is important to stay well-hydrated, according to the directions in Step 1 of the 5-Step Candida Cleaner protocol.

Candida Cleaner Sample Menus

Menu:

Breakfast:

Water

Fresh fruit, with or without hot oatmeal or cooked quinoa, with extra water to make the grains into a porridge consistency (chop the fruit and stir into the cooked porridge)

Lunch:

Salad—the larger the better, and with garlic or papaya dressing. Must contain one leafy green ingredient

Brown rice and vegetables

May substitute quinoa, sweet potatoes, white potatoes, black rice, red rice, or brown rice; water

Dinner:

Same as lunch

Water

Note: it is mandatory that you eat at least one raw salad a day. This translates into at least 4 leaves of a green leafy vegetable.

You can get more information and recipes that have worked for others at

www.vitalitycycles.com

Step 4: Supplements should be minimal, as Candida eats your supplements and, like any good parasite, gets fed first. I have told many a patient to cut back and even stop quite a few supplements for this reason. I used to feel that the more supplements, the better;

then I noticed that my patients who relied on supplements kept taking more and more, but did not get better.

Here is a list of supplements that I do recommend:

- * 2 B Complex 50, vitamin A: 25,000 IU, one daily; vitamin C, 3g a day; vitamin E mixed tocopherols, 400 IU daily; selenium, 200 mcg daily. This combination of antioxidants is a particular ratio, so you do not deplete other nutrients by over-supplying one nutrient.
- * B12 sublingual, 5000mcg
- * Trace minerals: shilajit, 200mg to 500mg a day as tar for 4 days a week.
- * ¼ cup brown flaxseed, soaked overnight in 1 cup of water. Stir and drink in the morning (may substitute 2 tablespoons chia seeds).

Step 5: Kill and repel parasites that have not yet left your body.

This last step will restore you to how you felt before you were ill. This is when you use turpentine. If you weigh between 40 pounds and 240 pounds, the **MAXIMUM** dose is 1 teaspoon a day.

If you weigh 241 pounds or more, you may have more Candida than others, so you should actually use a **lesser** dose. A dose of half a teaspoon will give less die-off, and so cause you less discomfort. If this dose is well-tolerated, it is OK to gradually increase the dose to 1 teaspoon.

TIME OF DAY

Turpentine may be taken in the morning, but most people complain about burping the taste of turpentine throughout the day. It can also be taken in the evening, but at least 2 hours before bedtime. Some people feel that they sleep better if they allow 2 hours before bedtime.

RELATION TO MEALS

Turpentine can be taken with or without food. It seems to be equally effective.

AMOUNT

If you weigh between 40 pounds and 240 pounds, the **MAXIMUM** dose is 1 teaspoon a day:

1. Use white granulated sugar. Decide how much turpentine you will start with put 3 times

that amount of sugar on a spoon, pour the turpentine over the sugar. Some granules of sugar should remain dry or untouched by turpentine. If every granule is soaked with turpentine, DISCARD THIS SPOONFUL. Repeat with less turpentine. Place in your mouth and chase with water. No need to chew.

Put the spoon in your mouth removing the sugar and turpentine from the spoon. Put water in your mouth and swallow the whole mix. DO NOT SWISH to blend—just swallow, letting the sugar and turpentine mixture go down your throat. Take as many sips of water as you need to in order to get everything down.

If you weigh 241 pounds or over, you may have more Candida than others and you should **actually** use less turpentine. A half-teaspoon amount will give less die-off and discomfort. If this dose does not give any benefit, it's fine to increase to 1 teaspoon over a period of 4 doses.

Instructions for People Who Have Had Candida Symptoms for More than 2 Years

If you fall into this category, you may benefit from taking the Candida Cleaner once a day for 4 days, then twice a week until you reach your pre-Candida state. The long-term dosing is once a month, or twice a year, as our ancestors did.

FREQUENCY

Repeat this dosing twice a week, on either Monday and Friday, Saturday and Tuesday, etc.

This completes the 5 steps, and allow 1 week to complete each of the 5 steps. In other words, start with step 1. After 1 week, add step 2. These steps must be done thoroughly, or there will be Candida die-off caused by Candida that are trapped and unable to leave your body. In other words, you may feel worse instead of better.

HISTORICAL EVIDENCE

So how do turpentine and sugar help, and how does one take it? Or how has it been taken in the past, I should say.

My first inclination to use turpentine and sugar was for people who had chronic, severe, long-standing illness, for which nothing had worked. And what comes to mind are conditions such as lupus, multiple sclerosis, and rheumatoid arthritis. Now, many of you will recognize these conditions as autoimmune disorders.

What I found was that these people benefited greatly from going on an organic, vegan, whole-food diet for a couple of weeks, instituting enemas, and following it up with a water fast of 5 to 7 days, at which point they were generally out of the woods.

But one problem these people universally had is that they would have sugar cravings, they would have meat cravings, and these cravings interfered with their compliance and healing. For these people, turpentine and sugar twice a week cut out their cravings, prevented their relapses, and was of great benefit. So those were some areas where it proved very helpful.

I will share the story of one person who was helped by it.

This person was highly educated, and her husband was a Ph.D. scientist. When I suggested to them that perhaps turpentine and sugar would be of help, he was immediately concerned that his wife of many decades might even think of embarking on such a therapy or intervention that everyone knew had to be lethal.

Since he was at a very large university with great research capabilities, he did a literature search at his university with all the tools at his command. He found that turpentine had been used historically to kill worms. Yes, worms. And for this, it was very effective, and in certain doses, which he did not disclose to me, it was actually quite safe and without ill effect.

His wife did take turpentine for her condition and received relief, but after about 3 doses, she felt that turpentine was just not something she really wanted to take.

Now, the other thing I found about turpentine is that not only does it kill worms, but it appears to kill bacteria and fungi as well.

One person came to me with a book, and the book was titled *The Yeast Connection*.

She came into the office waving this book and yelling, "Doctor, Doctor, do you know about yeast? Do you know about the yeast syndrome? I have candidiasis throughout my whole body, and I've been to I don't know how many doctors, and no one has been able to help me. I don't even want to see you unless you are an expert in yeast."

I said, "Well, I'm not an expert in yeast, but I think maybe I can be helpful."

She calmed down, I politely accepted the book from her, and placed it on the counter. I listened to her story of her yeast and all her yeast symptoms, and discussed with her the dietary changes she might want to make, some water she should drink, and then I suggested turpentine and sugar.

She replied, "WHAT?!"

"Yes, turpentine and sugar," I repeated.

She said, "You know what, Doctor, I am so fed up. I am feeling so lousy, I will even do that."

I saw her back in a couple of weeks, which was only enough time to take 2 doses of turpentine.

"Well, Miss Jones, how is your yeast doing?" I asked her.

"Yeast, what yeast?" She said happily. "I don't have any yeast. I'm doing fine."

I can only deduce that to the extent she had yeast, the turpentine was useful for her.

Now, at this point, the other thing that might be of interest is a little more about the history of turpentine. Many people have asked me about research done on turpentine and evidence of turpentine's effectiveness.

I would like to say, I'm not much of a fan of research because every research project I have been involved with, I have been asked to falsify data. So even though I do go to the library, even though I do look up research, and even though I do read it, I realize that it may not be as reliable as it appears.

So, what do we know about turpentine?

First of all, there is a company called Merck. It is a pharmaceutical company, and Merck produces something called the Merck Manual. The Merck Manual discusses all diseases that have been identified or the diseases it feels are most important, and talks about various types of therapies that are appropriate and accepted for them.

The Merck Manual was first published in 1899. If you look up turpentine in the 1899 Merck Manual, it will let you know that turpentine therapy is effective for the following:

- * Gonorrhoea
- * Meningitis
- * Arthritis
- * Abdominal difficulties

* Lung disease

The list goes on and on and on.

Fast forward to the 1999 edition of the Merck Manual (a much thicker book), and look up turpentine. All you will find is discussion of turpentine poisoning. It talks about the dire effects of turpentine poisoning, and it talks about how such poisoning causes destruction of the kidneys and destruction of the lungs.

I can say that to my observation, I have been taking it now for a good 20 years and have observed at least 100 people taking it. I have certainly not seen any of those effects, and neither has anyone I'm aware of who has chosen to avail themselves of turpentine. The reason may be the dose. The dangerous dose of turpentine in medical literature is 1 tablespoon. The dose I used—with great results and minimal side effects—is 1 teaspoon.

Turpentine is out there. It has been used with great success certainly in the 1800s, and somehow, in the 21st century, there is no knowledge of it.

There is another pharmaceutical company called Parke Davis. Back in 1901, Parke Davis published a similar compendium of available medical therapies and their uses, and you see turpentine listed in the Parke Davis compendium of medical therapy. I am not aware that Parke Davis is still in the publishing business in terms of a comprehensive medical manual.

So, we have quite a few publications with published information in the 1800s by the pharmaceutical companies themselves, indicating that turpentine has been used to benefit in various afflictions.

Now, what other information is available about turpentine?

Well, it seems that turpentine was in great use in the veterinary field, especially in the area of horses. If you gave a horse turpentine—and it was generally turpentine and sugar—then the horse would be faster and would have a shinier coat. If you have a show horse, for example, turpentine would be of great advantage to it—but again, I am not familiar with turpentine dosing in horses.

Nonetheless, these are the areas where turpentine and sugar, as a treatment, has a definite track record.

After risking my life in doing all this research, I went back to my mother and asked, "Now, Mom, what about turpentine and sugar? Do you remember anything about turpentine and sugar?"

And she thought and thought and thought. My mother was 73 years old when I asked her that question. She says, "You know what? My grandmother used turpentine and sugar."

And that's about right. A 73-year-old person in the 21st century had a grandmother, who might have been alive back in 1900. So that's another case of turpentine and sugar.

What else have I learned about turpentine and sugar over the years? Well, turpentine and sugar absolutely cannot be taken casually. Turpentine is a very special substance, and it is commonly known as paint thinner. But not all paint thinner is turpentine.

Turpentine is a naturally occurring substance. It is the oil of the spruce tree. This is a common evergreen tree in the United States, and it is comparable to tea tree oil of Australia. So turpentine an oil that oozes out of a tree and has great antibiotic and disinfectant properties, among other things.

FOR YOUR COMFORT, AVOID THE CLEANSING REACTIONS

It turns out that bacteria, fungi, viruses, worms, and parasites of all description are tremendously familiar with turpentine. As soon as turpentine touches the lips, every parasite in the body is on Red Alert. And the parasites have to make a decision—they are either going to stay and fight, or they are going to leave the body. If their favorite foods are not readily available, they will choose to leave. If their favorite foods are available in good supply, they will choose to stay and fight.

Now, there are only so many exits. And so, it turns out that if one is going to take turpentine, it is very important to prepare a fast and easy exit for parasites because they do not want to stick around.

The most important thing one can do prior to attempting turpentine—or even purchasing the can of turpentine—is to be well-hydrated. Drink 1 liter per 50 or 60 pounds of body weight for several days prior to taking turpentine. Also, either do your own enemas daily, or take Dr. Daniels' Vitality Capsules (you can find them at <http://www.vitalitycapsules.com>.) to maintain 3 bowel movements a day. Many people prefer Dr. Daniels' Vitality capsules because you just take the capsule—you don't have to take your clothes off, you don't have to put a bunch of water up there, or whatever; taking the capsules is a lot easier.

But you need to have frequent bowel movements that occur very easily because once the turpentine touches your lips, the parasites will rush for the nearest exit. If you are constipated, the intestinal exit is not wide open; it is similar to people running from a crowded theater that's on fire. The parasites are going to go to your lungs (you will get a cough) to see if they can exit that way, they are going to go to your skin (you are going to get rashes), and they are going to go to your head (you are going to get a headache).

So, when you are well-hydrated and have the parasites' preferred exit (colon) cleared out so they can leave, taking turpentine and sugar is uneventful. It has been my observation that one should be having at least 3 bowel movements per day before even taking turpentine and sugar. So, before taking turpentine, one must prepare an exit because the parasites would rather leave your body than fight, but they will stand and fight if necessary. Therefore, it is important to cooperate, or let them cooperate with you and leave your body so you don't experience any misery.

Now, the next question, of course, is how do these parasites get in your body? Why does anyone need turpentine, anyway?

Well, it turns out that just in the course of day-to-day life, humans encounter parasites. Perhaps you inhale them, but more likely, you eat them either in meat or dairy products, or bread or water, or fermented foods. Even if you are vegetarian or vegan, an occasional microbe will enter your body; it is just one of those things. This is why our great-grandparents would use turpentine periodically, at least twice a year, as a preventive measure.

In modern times, we have all these newfangled diseases that were so rare just 2 generations ago. Why is that? After seeing the miraculous curing powers of turpentine, I believe it is because our great-grandparents took their turpentine twice a year. Because my observation has been that in modern man, once his bowels are cleared out and turpentine is administered twice a week, these rare conditions actually recede or improve. So, it might be that these medical difficulties are simply a function of this lost knowledge that has not been applied.

I have had people call me up long-distance to say, "Oh, Dr. Daniels, I feel so much better. Can I take more turpentine?"

I tell them, "Well, you can do anything you want, but I would not recommend more turpentine." When turpentine is used, parasites have to be managed by the immune system. Increasing the dose of turpentine can bring on a cleansing reaction if the amount of parasites deciding to leave exceeds the immune system's ability to direct them. For this reason, getting great results with turpentine means that you are at the right dose for you. It does not mean that a higher dose is better.

CASE STUDIES

Turpentine and sugar cannot be taken casually. You really do need to first open up the bowels and get them going.

One example I'd like to give you is a patient who came to me my medical practice years ago. She was a beautiful Italian lady, very young, maybe 30-something, and she had this

complexion that was very lumpy and bumpy.

At first glance, you would think, "Oh, what an awful case of acne!"

She had this lumpy, bumpy face and she told me how much it bothered her. It made her very self-conscious, and she wanted to get rid of all those lumps and bumps.

I explained to her that dairy products had to go, and meat, and so on.

She said, "Well, I'm Italian and I eat cheese."

"Well, that's a consideration," I replied.

In the end, she was able to stop eating a few of those problematic foods, and so these lumps that were all over her face, left her forehead, left her eyes, left her cheeks, and she only had lumps from her lower lip to her chin.

I really felt that turpentine would probably take away the last little bit of her lumps. I mentioned turpentine to her, but also said, "You know you have to do enemas to clear yourself out if you're not going to naturally have 3 bowel movements a day."

Because of her job, she couldn't use the bathroom 3 times a day, so that was out. For her, enemas would be the way to go. Yet, she decided to go ahead and use the turpentine and sugar without doing enemas or clearing out her colon first.

I saw her about a month later. She was in good spirits, which was a good thing. She laughed and told me, "You know what? I tried turpentine and sugar, and you were right—I shouldn't have done it."

"Well, what happened?" I asked.

She said, "My whole skin turned black."

"Oh my God," I said.

She replied, "Yeah, but then I started doing the enemas and it cleared up."

But still, that was quite an effect. So, it is really important to clean out the bottom end and get the exit wide-open so the parasites can leave, or can at least go to the intestines instead of creating problems in other places around the body.

In the end, my patient's face cleared up totally and she got rid of all the little bumps on her chin.

To reiterate, 1 teaspoon of turpentine is the adult dose. What does that mean, adult dose? Adult is, for the purposes of turpentine, somebody over 40 pounds. It seems that the 1 teaspoon per dose for anyone over 40 pounds works just fine. Now, turpentine, as I mentioned, is a very natural product, occurring in nature. It is simply the oil of the spruce tree.

At this point, many people like to know what brand of turpentine they should use.

Well, as I said, I picked up a brand of turpentine by accident that just so happened to be 100% pure gum spirits of turpentine. It's quite tasty, and it goes down pretty easily. And so, after using this type for a while with really great results, I was leaving on a trip with my children and forgot to pack the turpentine.

While on the road, I could not find my brand of turpentine and purchased a brand that wasn't 100% pure gum spirits of turpentine. Oh my God, I thought I was going to die after taking it! I quickly realized that the can's ingredients were not 100% pure gum spirits of turpentine.

The brand does not matter, but just make sure that whatever brand you purchase is 100% pure gum spirits of turpentine for the purposes of internal use.

Remember, use **100% pure gum spirits of turpentine.**

Now, there are many, many, many types of turpentine, paint thinners, and solvents. When you go to the hardware store to search for it, it is almost as bad as picking out a breakfast cereal. But stick to your guns, read the labels very carefully, and only get **100% pure gum spirits of turpentine.**

I have to say, I have talked to turpentine makers; I have consulted with them, and they will tell you, just as their can does, that turpentine in the United States is definitely not a product for internal use.

That brings me to another story of a person I saw.

This person came to the United States as an immigrant from Russia. She was a very nice lady and her family loved her dearly.

When she came to the US, she was a healthy lady, but she quickly became ill. And she finally reached a point where she was moaning with pain. She complained that back in her old country, when she got sick, she was given her kerosene and she got well again. So why couldn't she find that magical kerosene here in United States?

And so, her son grew up listening to this refrain. He luckily married a very kind woman. His mother complained to her daughter-in-law that if only she could find this magical

kerosene, she would be healthy again; it would restore her health. Finally, the daughter-in-law took her to the health food store and said, "Mama, if that magical kerosene is here in the United States, surely the health food store would carry it."

They took her to the health food store, and she told the people at the store the story of the magical kerosene. After hearing her story, they laughed and said, "Wow, you need to go visit Dr. Daniels."

The woman asked, "Oh, does she sell kerosene?"

They replied, "I'm not telling you any more; go visit Dr. Daniels."

She came to see me and told me her story about the magical kerosene. She told me how she was once so sick, her family thought she might die. She was given a glass of kerosene and after she drank the glass of kerosene, she was able to get up from her sickbed. She was healthy from that day forward—until now.

I said to her, "In America, we have kerosene, but our kerosene comes in blue and pink and sometimes clear. And the blue and pink definitely have chemicals in it, and even the clear is not the same quality all the time. So, I don't use kerosene and I haven't had much experience with it."

I also told her that what she'd had in her country was not a glassful of kerosene, but it was a glass of water with several drops of kerosene added to the water. I also told her that in America, we have turpentine.

I explained to her all about turpentine and how to use it. And so, she became very happy, extremely relieved, and thanked her daughter-in-law again and again for having found the magical kerosene and helping her search this out.

She then took the turpentine and her afflictions cleared up, just as she hoped. She had been in the States for about at least 30 years, and had been looking and looking and looking to find the magical kerosene that had helped her so much when she'd been in Russia.

I'll tell you another turpentine story. The person I treated was fairly well-educated, and she was actually a school principal suffering from multiple afflictions.

She had asthma, arthritis, hypertension, herpes, and then hormone replacement, which was the fashion of the day. She came to see me with all these drugs.

As a good doctor, I renewed all her drugs and checked her for side effects periodically. One day, she came in and said, "Doctor, my thumb is paralyzed. I have feeling there, but I can't move it. It is simply paralyzed."

I said, "Oh, let me see."

Sure enough, she couldn't move her thumb. I pressed and poked, and it wasn't tender anywhere and I could not see any anatomical problem.

I said, "Well, you know what? I can't guarantee you this is going to help at all, but it seems to me this might be a case for turpentine."

She broke out laughing and said, "You know what, I think I'll try it."

She tried the turpentine, taking it twice a week. One month later, she came back and she said, "I've got something to show you."

"Oh, what can that be?" I asked

She pulled out her hand and wiggled her thumb, and said, "There's absolutely nothing wrong with it; it's perfectly fine, and isn't that great? I think it was the turpentine."

I also checked her blood pressure at the time, and she was able to cut back her blood pressure medications. Her breathing had also improved, and after about 2 years with some dietary changes, she was ultimately able to stop taking all her medication.

Now, that is a very amazing thing.

Since then, many other people have had a similar experience, so I would say to anyone who elects to embark on taking turpentine for whatever reason to be sure to check with your physician, have any of your medical conditions monitored closely, and have your medications adjusted accordingly.

There is no medication with which turpentine interacts. I have observed people taking it alongside all manner of medicines, but you certainly don't want to take blood pressure medicine when your blood pressure has fallen to normal. Because turpentine is very powerful and cures many conditions, you want to have your medications monitored so your doctor can stop them as needed.

In fact, with this lady, I saw her again and her blood pressure was 120 systolic. With her last itty bitty pill she was taking, I said, "I think it's time to stop the blood pressure medicine. So, stop your blood pressure medicine and I'll see you back in about a month. If your blood pressure has gone up, then you know I'll put you back on the medicine. But if it stays low, then you'll be okay."

I saw her back in a month and her blood pressure was 90 systolic. I said, "Excuse me, Miss Jones, are you still taking your blood pressure medicine?"

She said, "Oh yes, yes, I am still taking it. I feel so afraid to stop it."

I said, "Well, Miss Jones, if you keep taking that blood pressure medicine, I do believe you are going to pass out and hit the sidewalk."

And so, she stopped her blood pressure medicine, and to this day, her blood pressure is 110 over 70. And of course, she still takes her turpentine, and every now and then, she'll have a little question about turpentine and will call me.

Again, with turpentine, it is extremely, extremely important to make sure that your colon is clear. Make sure you've got a clear exit, that you're well-hydrated, and you're drinking your one quart of water for every 50 or 60 pounds of body weight. As you take the turpentine, you will notice your craving for sweets going away. Do not eat the sweets because you no longer have a desire for them, as many of your conditions aggravated by sugar will also go away.

You will also notice that you no longer have a craving for meat. Your craving for meat and white flour will lessen. Go right along with this and cut back on those things, as you no longer crave them.

I have found that turpentine is of excellent assistance to people who are having difficulty sticking with a healthy regimen. Such people who want to eat less sugar, but have a terrible sugar craving, or people who want to eat less meat, but crave meat. Also, people who want to stop eating at fast food places, but just crave the fast food. Once they take the turpentine, they can easily overcome their cravings, or their cravings disappear completely. And that is an amazing thing. Turpentine, at the cost of less than 10 dollars a year, can be that big of a help.

The other thing I have realized is the reason people have these cravings is because the parasites that turpentine kills are actually creating chemicals that are making people feel they need sugar and refined foods. That is, the Candida are actually creating an environment for their own preservation, and are actually creating chemicals to tell you to consume the very food they need to survive in your body. So, when you take turpentine, the parasites' number decreases, the strength and amount of their chemicals decrease, and your cravings decrease. This is an outstanding way for people to start eating healthy and no longer be a prisoner to their Candida.

One very real issue with Candida intervention of any kind is the dreaded die-off reaction. This is caused when many Candida are killed, and they release their toxic

chemicals that overwhelm the immune system as they die off. The turpentine method described above prevents this die-off reaction by clearing as many Candida as possible from the bowels, getting you well-hydrated, and having you take the turpentine only twice a week. By taking the turpentine twice a week, your immune system is not overwhelmed by die-off, and most of the yeast just exit to the toilet rather than die.

Once you complete steps 1 through 4, in preparation for taking turpentine, the Candida will be fewer in number and strength, which is why many people are able to take just 1 or 2 doses to resolve Candida. Still, others take it twice a week for 2 years. However long you choose to take turpentine, it is important not to exceed twice a week and continue with steps 1 to 4. This allows your immune system to heal you without a cleansing reaction or a die-off reaction.

SPECIAL CASES

VAGINAL CANDIDIASIS: Many women have recurrent or persistent vaginal candidiasis. If you are one of these women, use steps 1 through 5 above. Then, because the vaginal area is difficult to penetrate with turpentine, garlic tea douches work very well. To make a garlic tea douche, mix 2 crushed cloves of garlic with 1 quart of water. Boil for 5 minutes. Strain, and add enough water to make a quart. Allow water to cool to just above body temperature, then douche. Do this twice a day until clear. This douching often provides rapid relief of symptoms and can be done right along with steps 1 through 5 above.

Most women find that once their Candida has cleared, they need to repeat this douching about once every several months when their diet gets out of line. Too many non-water beverages or too much bread can set it off again.

1. DIE-OFF

This is a headache or worsening of any symptoms. This is caused by not enough water in your system. Drink the recommended amount of water in step 1 for at least 1 week before attempting turpentine and while you are taking turpentine.

The second cause is too much waste in the system. This means that the intestines have too much waste and will not allow the Candida to exit as they wish. The solution is to stop the turpentine and clear the bowels, using the suggestions in step 1.

The third cause is too much turpentine. Reduce your dose.

2. DIZZINESS

The number one cause of this is too much turpentine or too little sugar.

When pouring the turpentine onto the sugar, pour only enough to enter the bottom cube. If you pour so much turpentine that every granule of sugar is soaked, you need to throw that sugar away and start over. **DO NOT EAT THAT SUGAR.** The sugar acts as the dispersing agent and slows the absorption of turpentine. This means that you must use more sugar than turpentine or the turpentine gets absorbed too quickly.

3. PEOPLE WITH CANDIDA SYMPTOMS FOR MORE THAN 2 YEARS

If you fall into this category, you may benefit from taking the Candida Cleaner once a day for 4 days, then twice a week until you reach your pre-Candida state. The long-term dosing once you reach your desired state of health is once a month or twice a year, as our ancestors did.

INFORMATION ON TURPENTINE

Censorship is so severe that it is difficult to find information on turpentine in print. Now that you know what this Candida Cleaner can do for you, it is up to you to decide to take it. If you decide it's for you, fine; if you decide it is not for you, that's fine, too. Many people choose to keep this information handy until they feel the moment is right.

Either way, the Candida Cleaner is a fantastic piece of history and an effective and powerful remedy that was used by our grandparents and great-grandparents, and is still used in many rural areas. I hope that you find this information useful and helpful.

Yours in good health,

Dr. Jennifer Daniels

Candida Cleaner FAQ's

Q. Do I chew the sugar or just swallow?

A. Just swallow and chase with water.

Q. I have a condition that does not allow me to drink this amount of water. What should I do?

A. Convert all your beverages to distilled or reverse osmosis water, then increase the amount of water to the highest comfortable level. Then proceed.

Q. I feel great taking the turpentine, so can I take more than 1 teaspoon a day?

A. NO. One teaspoon is the dose at which people get great benefit. Larger doses cause unwanted symptoms. It is best to feel better each day without unwanted symptoms.

Q. What kind of water should I drink, and how much and when?

A. The recommended water is distilled or reverse osmosis, and the amount is 1 quart per 60 pounds of body weight. Drink the daily amount after noon and before 6 pm. You can space it out from the time you get up until 6 pm.

Q. I burp the turpentine and I do not like the taste. What can I do?

A. Take turpentine with food or take the turpentine later in the day, perhaps an hour or 2 before bedtime. This way, you are asleep while you are burping and it does not interfere with your daily activities.

Q. My head or tummy hurts after I take turpentine. What should I do?

A. If you're having tummy pain, this means your water intake is not enough, or your bowels are not moving briskly enough. Stop the turpentine and increase your efforts with steps 1 to 4 outlined above.

You should especially track the number of bowel movements that you have and measure your water as you drink it to be sure you are having 3 bowel movements a day and drinking 1 quart of water per 60 pounds of body weight.

Once you have adjusted your bowel movements and water intake, you may resume turpentine and take with food.

Q. How many times do I have to take turpentine?

A. Many people find that once they do steps 1 to 4 above, they can take 1 or 2 doses with relief. Still others feel they need more. It is okay to take it twice a week for years. See special cases.

Once you reach your goal, take it less than twice a week. The final dose is somewhere between once a month and twice a year. This is due to re-exposure to Candida.

Q. Can I use honey or raw turbinado?

A. No, you may not use honey. Honey has too much nutritional value. Also, honey does not act as a transport for the turpentine and control its absorption, as sugar does.

White sugar is best, as it attracts the Candida without strengthening it. However, raw turbinado is acceptable, though stevia or any non-sugar sweetener is not acceptable.

Q. You mentioned in step 2 that we shouldn't blend any foods. Can you give some clarification on that? See below:

Step 2: Stop eating Candida's favorite foods.

This is any food that is blended, cooked, or mixed with something else before you buy it.

A. You can blend or mix your foods. The manufacturer may not. The deterioration of the nutritional value and the addition of chemicals necessary to conceal the deterioration promotes Candida.

You can consume blended raw or cooked foods that you blend. You should not buy prepackaged foods that are blended for you. The instructions “heat and eat” or “add water and mix” indicate that the food is processed and should be avoided.

CONCLUSION:

I hope this gives you a good idea of how to apply the miracle cure to your life. I have used it myself about every 2 months for the past 20 years.

Enjoy,

Dr Jennifer Daniels

www.vitalitycycles.com

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2016 Updated

Share Your Thoughts

So, did you enjoy the Candida Cleaner?

If so, I'd really appreciate it if you could send me a testimonial at my email address below:

info@vitalitycycles.com

These sources refer to more background information on Turpentine.

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