

DIE-OFF MANAGEMENT

WHAT IS IT?

- Die-off (aka. Herxheimer Reaction) can be a natural side-effect of candida and bacterial treatment. It is a local (gastrointestinal) and systemic process of yeast and bacteria toxins being released as they are being eradicated, along with various immune reactions occurring simultaneously. Die-off can occur with either prescription medications, natural remedies such as botanicals or both. Sometimes die-off, in extreme cases, can be induced with simple changes in diet.
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- Typical "die-off" symptoms include, but are not limited to:
 - Headache
 - Nausea
 - Fatigue
 - Irritability
 - Moodiness
 - Digestive bloating and gas
 - Diarrhea or mixed bowel symptoms (i.e. constipation and loose stools)
 - Rashes
 - Body itching
 - Hyperactivity and increased self-stimulatory behaviour
 - Sleep disturbance
 - Fever

TIME FRAME OF DIE-OFF

- Overall, "die-off" can manifest as a general worsening of symptoms overall. Sometimes people experience a detoxification reaction that feels similar to die-off through the process of toxin elimination, i.e. chemicals, heavy metals. Normally, if die-off is going to occur, it will start within 24 to 48 hours and last 3 to 4 days. In some cases it can go on a little longer lasting a week.



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HYDRATION

- Hydration is always important to help the body flush toxins. A general rule of thumb is to drink $\frac{1}{2}$ ounce of purified water for every 1 lbs (or 2.2. kg) body weight per day. For example, a 40 lbs child (18kg) would equal 20 ounces daily. Remember, that teas, lemonade, dilute juices, etc. count towards this fluid intake.

REMEDIES TO HELP WITH DIE-OFF

- Fresh squeezed lemon water – $\frac{1}{4}$ to $\frac{1}{2}$ lemon squeezed into filtered water (at least 90 to 120mL) 3 to 4 times daily.
- Activated Charcoal – 1 to 2 capsules twice daily, afternoon and evening. Recommendation: take 200mg to 400mg of magnesium citrate or oxide to prevent against activated charcoal induced constipation.
- Basica Active (Australian Customers) – dose according to label on package. Helps to neutralize excess acids. *You can order this through Vital.ly. Let me know if you do not have an account with them, or if you need access to the product from an existing account.*
- Seeking Health Neutralize or Optimal Electrolyte formulas (US Customers) - dose according to label on package. Helps to neutralize excess acids.
- Epsom salt baths (1 to 3 cups in bath water) and/or magnesium chloride with MSM creams (applied twice daily)
- Ascorbic acid (vitamin C) – divided doses throughout the day totaling 2000mg to 3000mg daily.
- Enterosgel: Use as directed (see attached Enterosgel handout). For Australian customers: *You can order this through Vital.ly. Let me know if you do not have an account with them, or if you need access to the product from an existing account.*

