



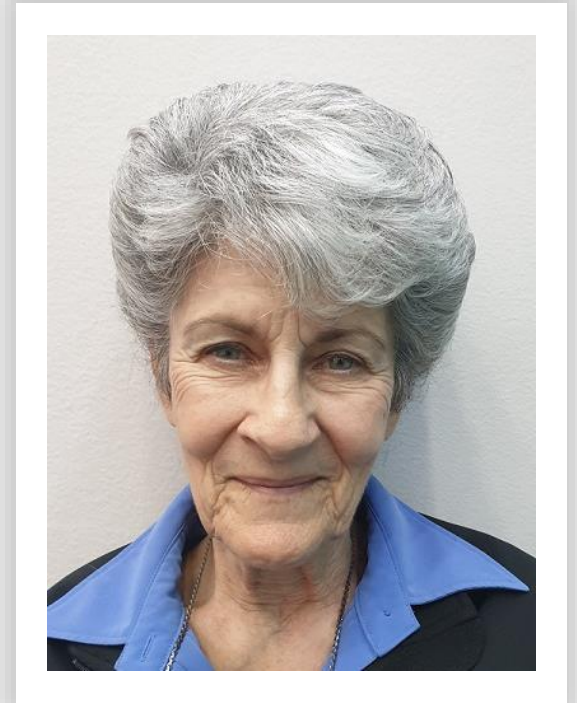
Topic

HOW TO AVOID CANDIDA OVERGROWTH

Products

*ALDEFEROX JUICE, AM FACE WASH, FABULOUS FIBRE BITTER, OMEGA-3,
OUTLOOK, SUN CARE LOTION, SUPER ALOE GEL, VITAMIN C+, WINTER FIGHTER*

~ This material is intended for training purposes only ~



Instructor

Leah Coetzee



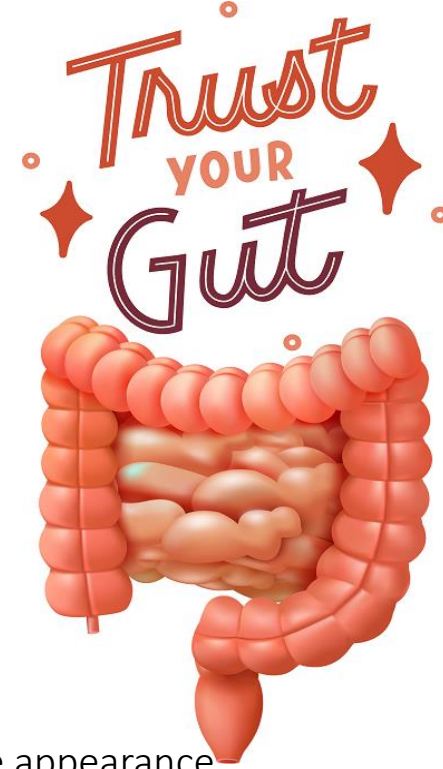
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| e: info@af.co.za

| www.af.co.za

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GUT HEALTH AND CANDIDA



What is gut health?

Gut health refers to the balance of bacteria, yeast, and other microorganisms in the digestive system. A healthy gut supports a large part of our overall health, including digestion, immunity, and mood. Problems like bloating, poor digestion, constipation, diarrhea, and inflammation often indicate an imbalance in the gut microbiome.

What is Candida?

Candida refers to the natural yeast found in the gut, mouth, and on the skin, and is completely normal.

However, there is a strong link between Candida (yeast) and gut health.

- ✓ A healthy gut contains beneficial bacteria that keep Candida under control.
- ✓ When the balance of gut bacteria is disrupted, Candida multiplies excessively and causes health problems.
- ✓ Candida **overgrowth** is harmful and thrives in warm and moist areas such as the groin, armpits, under the breasts, and in skin folds.
- ✓ Candida **rash** is a **yeast infection** and usually appears red and raw with white spots and can have a cottage cheese-like appearance.
- ✓ Candida occurs on the skin in the form of thrush, vaginal yeast infection, or skin infection.

Candida can cause the following health problems:

- Candida can damage the gut lining and cause leaky gut syndrome, which allows toxins and undigested food particles to enter the bloodstream, leading to inflammation and immune reactions.
- Candida can prevent the absorption of important nutrients such as B vitamins, magnesium, and zinc, which can lead to deficiencies.
- It can cause symptoms like gas, constipation, diarrhea, heartburn, and bloating.
- Since **70%** of the immune system is found in the gut, an imbalance caused by Candida can weaken the immune system and make the body more susceptible to infections.
- Stress management: Chronic stress weakens gut health and contributes to Candida overgrowth.

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HOW TO RESTORE THE BALANCE OF THE MICROBIOME

What disrupts the balance of gut bacteria that can lead to Candida overgrowth?

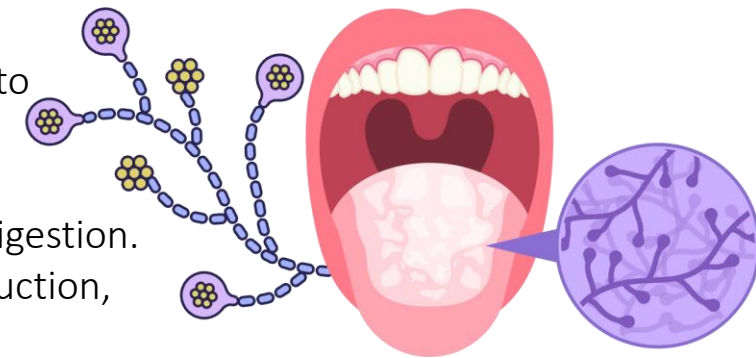
Antibiotics, stress, a weakened immune system, and a high-sugar diet are the main causes.

Yeast and fungi feed on:

- Sugar
- Refined carbohydrates
- Alcohol
- Fizzy drinks

How can one restore the balance of the microbiome to stop Candida overgrowth?

- Increase probiotic intake (natural yogurt, sauerkraut, kefir, kombucha, kimchi) to replenish beneficial gut bacteria and balance the microbiome.
- A probiotic supplement can be used.
- Eat natural antifungal foods like garlic, onions, asparagus, turmeric, and mushrooms, which help combat Candida overgrowth.
- Consume enough healthy fats such as coconut oil, olive oil, and avocados.
- Good proteins include chicken, fish, eggs, and beef curry.
- Prebiotics like *ALOE FEROX JUICE*, bananas, asparagus, oats, barley, apples, and cocoa are needed to feed the good bacteria.
- Eat nuts and seeds like almonds, chia seeds, and flaxseeds.
- *FABULOUS FIBRE BITTER* is known for its gut-cleansing and anti-inflammatory properties and aids digestion.
- *VITAMIN C+* is necessary for proper immune system function. It encourages white blood cell production, helping to protect the body against infection.



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Probiotic yogurt contains live, “good” bacteria that can help with the treatment of oral thrush.

It does not kill Candida but stops its growth. These good bacteria also help restore the proper balance of good and bad bacteria in the mouth. Since yogurt is so gentle, it is especially helpful when one struggles to swallow due to painful mouth and throat sores.

Candida overgrowth occurs in warm, moist places and should be treated as follows:

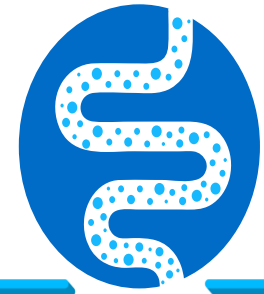
- Keep the area dry and cool.
- Wear loose cotton clothing to reduce friction and moisture.
- Use cornstarch to absorb excess sweat and moisture (not talcum powder).
- Even though Candida is not very contagious, personal items like towels, washcloths, combs, and brushes should ideally not be shared.

Treatment:

- Wash affected areas with *AM FACE WASH*.
- *AM ALOE GEL* relieves itching and reduces inflammation.
- Strengthen the immune system with a dose of *WINTER FIGHTER*. A healthy immune system helps restore balance in your body.
- *OMEGA-3* helps reduce inflammation in the body.
- *VITAMIN C+* is needed for the proper functioning of the immune system. It encourages white blood cell production and thus helps protect the body against infection.
- *VITAMIN C+* is essential for skin cell repair as well as the formation of new skin cells.

NB. Gut health focuses on balance – Candida infection always refers to **yeast overgrowth**.

A long-term balanced gut microbiome prevents **Candida overgrowth** from occurring.



PROBIOTICS



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t: 028 735 8100

e: info@af.co.za

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OUTLOOK – NEW TESTIMONIES

Tina writes: My clients and I are delighted and grateful that *OUTLOOK* is available again! I'm proud to be an Aloe Ferox distributor. Thank you so much for your excellent products. Thank you, Tina, for the testimonials:

- My father lost one of his eyes and has only 80% vision in the other. Since he started using *OUTLOOK*, his vision has begun to improve. He only sees his specialist once a year, and every time the doctor says his vision has improved.
- My husband injured his left eye years ago in a car accident while in the army, and since he started using *OUTLOOK*, his vision has improved.
- I am diabetic, and my left eye is very weak and struggles to focus. Since I started using *OUTLOOK*, my vision has begun to recover, and my eye doesn't get as tired anymore. While *OUTLOOK* was unavailable, my left eye remained dull and "tired," which caused me to get more migraines.

Hannes Louw says:
 The ophthalmologist has been treating my eyes for macular degeneration for several years. Part of the treatment is a series of injections directly into the eyes. The degeneration had become so bad that the outlines of objects appeared distorted and crooked. About a year ago, my daughter recommended *OUTLOOK* capsules, which I began using faithfully. In January 2025, I attended my annual appointment. The doctor was so pleased with the improvement that he said I no longer need to come for further injections.

- Two short testimonials:
- This lady wore the same glasses for 15 years because she didn't need stronger ones.
 - From someone else came a joyful sigh: "Ah, I can read my Bible again!!"



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BENEFITS AND USES OF *OUTLOOK*-CAPSULES

OUTLOOK capsules are composed of plant extracts that support the health and care of the eyes:

- Improves the quality of vision.
- Supports eye issues such as dry eyes.
- Helps clear up inflammation.
- Promotes blood circulation to the eyes.
- Has antioxidant activity that protects against UV rays.
- Helps stabilize fluctuating blood sugar levels and is therefore beneficial for diabetics.
- Improves night vision.
- Slows the development of cataracts, especially when used with Vitamin C+.
- Helps prevent mucus build-up and mucous membrane inflammation in the eyes.
- Slows macular degeneration (age-related vision decline) and cataracts.

Macular degeneration and cataracts are age-related and the leading causes of eye problems, but there are other contributing factors when it comes to eye health:

- Smoking narrows blood vessels, including the tiny capillaries in the eyes.
- This restricts proper blood flow and oxygen to the eyes and can lead to stroke in the eye.
- High blood pressure and stress can also cause stroke in one or both eyes.
- Unstable blood sugar levels accelerate eye aging.
- Diabetics often develop eye issues and weaker vision due to fluctuating and unstable blood sugar levels.
- Arteriosclerosis, inflammation, and alcohol are risk factors that affect eye health.
- UV rays from the sun as well as a bright light, such as a welding flame. Invest in good sunglasses.
- Eye strain (computer screens, poor lighting, incorrect glasses) also contributes to eye problems.



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2 MORE OUTLOOK-TESTIMONIES

Chris writes:

In 2018, four of us went to visit the Observatory in Sutherland. Upon arrival in Sutherland, I quickly wanted to pitch the tent, but the ground in the campsite was extremely hard. After repeatedly striking hard blows to get the tent pegs in, my right eye suddenly went completely blind. I tried to hide it from the others.

Early the next morning, we returned to Klein Brak, where I immediately consulted my doctor. At George Hospital, two eye specialists, after a thorough examination, mentioned the possibility of a retinal detachment, but they first wanted to run further tests. The doctors also checked for cataracts, but there was no sign of cataracts.

At our regular markets, I wore an eye patch. All the familiar customers showed sympathy, until one client said: “But you have the medicine right there on the shelf!” while pointing to the *OUTLOOK* capsules. Right then and there, I opened a bottle and started taking them.

I quickly noticed a change, and after my third monthly hospital visit, a doctor remarked: “Your eye has improved quite a lot—what are you using?”

When Covid broke out in January 2020, hospital visits came to a halt, but my eye continued to improve.

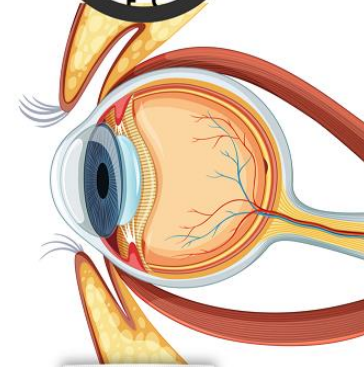
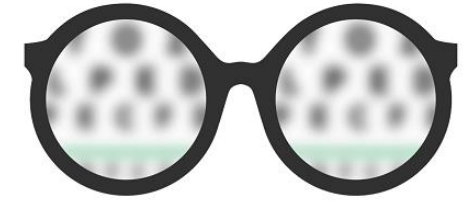
Sometime in 2022, I realized one day that my eye had fully healed. I still use *OUTLOOK* and have no intention of ever being without it.

Mrs. E. Vogel (85 years old) writes:

Thank you very much for the wonderful Outlook capsules. I was blind in one eye due to glaucoma.

After one month of use, vision in the eye began to return. I still take them, and the improvement is remarkable.

Thank you once again—it definitely works.



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Toddlers are endlessly curious, their bright little eyes sparkling with wonder as they explore and admire the various stalls. They never hesitate to ask questions, and sometimes, in their excitement they wander off without adult supervision.

Whenever I spot a little one near my stall, I seize the opportunity to share something special. I'll give them a sachet—like *SUN CARE LOTION* on a sunny day—and explain gently:

“Take this to Mommy and tell her to put it on you and herself so you both stay protected from the sun.”

Usually, their faces light up with excitement as they scurry off, eager to deliver the message. Of course, I always make sure there's a pamphlet or business card included—just a little something for Mommy to read!

Other times, I'll hand them a sachet of *SUPER ALOE GEL* with the words:

“Tell Mommy to keep this in her handbag – it works really well for cuts, scrapes, or burns!”

It's amazing how attentively some children listen, taking in every word and then relaying the message with surprising clarity.

In this way, I've attracted many customers who would otherwise have walked by without a second glance.

It's such a joy to hear a sharp, excited little voice say:

“Mommy, Mommy, here's the lady who sent you the sachet!”

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Which Aloe Ferox products would you recommend for the following conditions:

1. Candida
2. What causes Candida to grow excessively?
3. A person who has suffered burns
4. Teen skin problems like pimples
5. Heartburn
6. Which products would you recommend for eczema?
7. Aloe Ferox has 3 products that deep-cleanse the skin. They are used only 2-3 times a week.
Name all 3 these products.
8. What sun protection products does Aloe Ferox offer? Name both.
9. What is the UV factor of the sun protection products?
10. Do you think the sun protection products offer enough protection? Yes/No

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