

The McCombs Plan has 4 main components: (1) taking supplements, (2) drinking plenty of water, (3) sweating in a bath or sauna 6x a week, and (4) eating from Yes/No Foods List. The Quick Guide has been created to clarify & outline these four parts of the plan to support you & your success!

1 Supplements				
<p>There are three main supplements used in the McCombs Plan:</p> <p><b>1) Candida Force</b></p> <p><b>2) Detox Essentials</b></p> <p><b>3) Flora Prime</b></p> <p>Purchase Supplements:</p> <p>1)  Online: www.McCombsplan.com</p> <p>2)  By Phone: (888) 236-7780</p>	<b>Additional Info</b>	<b>Candida Force</b>	<b>Detox Essentials</b>	<b>Flora Prime</b>
	Usage description	5 capsules, 3x a day	4 capsules, 2x a day	5 capsules, 2x a day
	Best if taken	at least 20 minutes away from food and Flora Prime.	anytime	20-30 minutes before meals.
	Usage time period	Weeks 1-8	Weeks 1-16	Weeks 7-16
	# of bottles needed for entire program	4 bottles	8 bottles	7 bottles
<p>Note: The acidophilus bacteria (Flora Prime) are needed to reestablish the normal tissue flora in the digestive tract and throughout the entire body. Taking Acidophilus prior to week seven only provides symptomatic relief. There is no room for the Acidophilus to establish itself and grow in the digestive tract until week seven due to the overabundance of fungal Candida. Keep Flora Prime refrigerated.</p>				

2 Water				
<p>Drink 1 quart of purified water per 50 lbs of body weight per day.</p>	<b>Body Weight</b>	<b>Water Consumption (Conversion Table: Quarts = Ounces = Liters)</b>		
	50 lbs	1 quart	32 ounces	0.95 liters
	100 lbs	2 quarts	64 ounces	1.9 liters
	150 lbs	3 quarts	96 ounces	2.8 liters
	200 lbs	4 quarts	128 ounces	3.8 liters
	250 lbs	5 quarts	160 ounces	4.7 liters

3 Sweating				
<p>The major detoxification organs of the body are the liver, lungs, GI tract and skin. Fungal Candida increases the toxicity of the entire body and overloads the detoxification system. Thus, it's essential to detoxify the body through its largest detoxification organ – the skin.</p> <p>It is recommended that you sweat in a sauna or a bath; however, you can also sweat in a steam room or a jacuzzi.</p>	<b>Additional Info</b>	<b>Bath (Jacuzzi)</b>	<b>or</b>	<b>Sauna (Steam Room)</b>
	How many times per week?	6 times		6 times
	For how long?	30 minute hot bath (once you start sweating from your forehead sweat at least 10-15 minutes).		10-20 minutes
	Additional Recommendations	Using bath salts such as Masada salts (available at major health food stores), Epsom salts, or the Mustard Bath (available by phone 888-236-7780 or at www.McCombsplan.com) with bath aids in detoxifying the body.		
<p><b>* Sweating is a MUST! * Exercise sweating doesn't count!</b></p>				

## Yes Foods

All meats (except pork)  
Vegetables  
Fruits (except oranges)  
Eggs  
Brown Rice (short or long grain)  
Brown rice cakes (plain)  
Brown rice cereal (hot)  
Tea, Coffee

## Tips:

\*For cooking or salad dressing: we recommend using extra virgin olive oil or cold-pressed coconut, almond, or apricot oils (most other oils are toxic to the body).

\*Seasonings include: Bragg's Liquid Amino Acids, salt, pepper, etc. (as long as there are no sugars, yeast, or anything not on the PLAN.

\*We recommend naturally raised and organic foods

## No Foods

Anything not on the "Yes" group is not on the PLAN. This includes all sugars (malts, honey, syrups, alcohol, etc.) and all canned and/or processed foods.

Yeast  
Dairy  
All grains (except brown rice)  
Dried Fruit  
Fruit juices  
Sweet vegetable juices  
Nuts, seeds, etc.  
Legumes (beans, garbanzo beans, lentils, etc.)  
Popcorn  
Soy sauce  
Vinegar  
Alcohol  
Breads  
Pastas, Pasta Substitutes  
Chips (any kind)  
Milk/Dairy substitutes (rice milk, soy milk, etc.)  
Gum (check our site for alternatives)  
Sugar substitutes (stevia, agave, xylitol, etc.)

## Additional Notes:

We encourage you to add only those foods that work for your body. You may find that you continue to do best without adding back in certain foods.

## Week #

## McCombs Plan Food Information

## Reminder!

Week 1-8

Follow Yes &amp; No foods list

Sweat!

Week 9

You may add back in: dried fruit, juices, soy sauce, vinegar, legumes, tofu, nuts and popcorn

Sweat!

Week 11

You may add back in: Grains

Sweat!

Week 13

You may add back in: Pasta, Bread, Chips, Crackers, etc.

Sweat!

Week 15

You may add back in: Sugars

Sweat!

Week 17

You may add back in: Dairy


Sweat!

\*It may be necessary to delay adding any foods that your body is sensitive to for a few additional weeks. Listen to your body.

## Keep Bowels Moving

It is important to keep the bowels moving. Normal bowel movements should be 3-4 times per day. If you find that your bowel movements are slow, take trace minerals or magnesium, an herbal colon cleanser, psyllium, etc. can help keep the bowels moving.

To order trace minerals, an herbal colon cleanser, or magnesium go to:

 [www.McCombsplan.com](http://www.McCombsplan.com) or  (888) 263-7780

## Keys for Success

- ① Please follow program exactly as it is outlined in this document.
- ② If you fail to follow the sweating protocol, your body will experience what may look like a cold, sore throat, etc., due to its attempts to detoxify through an already overloaded system. The sweating must be done as recommended!
- ③ Questions? Call us at (888) 236-7780 or e-mail [info@mccombsplan.com](mailto:info@mccombsplan.com).