

FLORA

The Plant Based Candida Course



WELCOME!

This course and virtual experience are designed to help you on your journey with candida. It is developed to explore your own gut health and will take you through an understanding of the microbiome, candida, basic nutritional foundations, herbal allies and remedies, and will help you form ways to tend to your inner ecosystem for long term vibrancy.

FLOWERS AND FUNGI

Meet Your COACH

April

April is a Women's Holistic Health Advisor, Gut Health Educator, Energy Worker, and Herbalist. Her practice includes an attention to the mind, body, and spirit as she cultivates unique healing pathways for those looking to heal physical illness and reach wellness goals. At the heart of her work is a love for the human body, respect for individual needs, and a strategy that blends detox and herbal power with intuitive eating and plant-based nutrition. Through her own self-healing and rediscovered fluid relationship to the body and higher self, she strives to share her journey with others to help them discover the blessings and transformations that come with what it means to truly be well.



ABOUT THIS COURSE

This course is a virtual experience built to help you understand the wildlife of your body. It includes a protocol that explains the fundamentals of plant-based nutrition but also caters it to help balance the microbiome and candida.

WHAT SHOULD I EXPECT?

This course is a virtual experience built to help you understand the wildlife of your body. It includes a protocol that explains the fundamentals of plant-based nutrition but also caters it to help balance the microbiome and candida.

Course

OUTLINE

Understanding Your Ecology

This Module will serve as the doorway for discovering your unique microbiology and digestive system; as well as an in-depth understanding of Candida, mold, and yeast.

Plant-Based Nourishment

Discover the unique approach of using Plant-Based Food for a Candida imbalance. Discover your nutrient-dense, low mold, low sugar, and prebiotic-based options.

Herbal Pathways

Discover the Mushrooms, Fungi, Barks, and integrations that can support you in the balancing of your inner ecology.

Rewild

This course will help you navigate dietary & spiritual restrictions, your work/home life, and help you navigate social responsibilities. Most of all it will prepare you for integration back into a more balanced approach to eating,

01

Module One

UNDERSTANDING YOUR ECOLOGY

In the module, you will explore the microbiome. You will learn about the wildlife of your body so that you can balance your candida flora, and restore vibrant health. You will also learn the basic tools you need to support a healthy microbiome for the long term.

02

Module Two

PLANT-BASED NOURISHMENT

In this module, you will learn the fundamentals of basic nutrition along with the plant candida Diet (Phases 1-3) so that you can begin integrating these practices and bring your body back to balance. This model is critical in developing the lifestyle changes that lead to balanced candida.

Proper Nourishment is fundamental in this protocol.

03

Module Three

HERBAL PATHWAYS

In this module, you will learn about the herbs, barks, flowers, and mushrooms that support candida balance and a healthy microbiome. Antifungals and supportive herbs are the next important factor in balancing candida.

04

Module Three

REWILD

In this module, you will discover the step by step process for integrating back into a balanced style of eating, as well as a foundation for sustaining long term gut wellness.

STARTING YOUR JOURNEY...

We will start with the basics. You will begin the process of adding and working with supplements and herbs. The protocol will be altered over time based on your progress(3-4 phases). I value bio-individuality in my work. For this reason, this protocol is not a fixed step-by-step process. Wellness does not work this way. However, at the start of this course, I will lay out a possible baseline for your journey. You can access any documents in a downloadable format and quick links in the start here page.

Before you begin, it is important that you schedule your first 1:1 session with me, complete Module 1, and have a stocked pantry. This will set you up for success. I suggest booking your virtual appointment by clicking this link, working through the workbook, Module 1, and reading through the guidebooks. Bring any questions and concerns you have along with you to your call, and we'll get started!

*Now, we weave the web of the
microcosm within the macrocosm....*



“

ALL DISEASE
BEGINS IN THE
GUT

”