

OK, I'VE GOT MY NZYMES YEAST KIT... NOW WHAT DO I DO?

LET'S LOOK AT WHAT THE YEAST KIT CONTAINS - If you are a NEW CUSTOMER your kit will also include a FREE BONUS bottle of **NZYMES Antioxidant Treats**. The BONUS bottle can be used in combination with the **NZYMES Granules** during the initial 60 day period where doubling the daily usage is required to cleanse your pet's system of the yeast toxins. Each of the **NZYMES Antioxidant Treats** equals 1/2 teaspoon of the **NZYMES Granules**.



SMALL YEAST KIT

(Small to Medium pets 60 Lbs. or less)

- 2 **Nzymes Antioxidant Treats** – 60 per bottle
- 1 **BacPak Plus** – 200 Grams
- 1 **Ox-E-Drops** – 2 oz.
- 1 **Tincture of Black Leaf** - 2 oz.



LARGE YEAST KIT

(Pets over 60 Lbs. - or multiple pet families)

- 1 **Nzymes Antioxidant Granules** - 2 lbs (220 teaspoons).
- 1 **BacPak Plus** – 200 Grams
- 1 **Ox-E-Drops** – 2 oz.
- 1 **Tincture of Black Leaf** - 2 oz.

Understanding the Cleansing or Detoxification Process

Along with the liver and kidneys, the skin has to be considered one of the body's primary filters of toxins. In the case of dying yeast, the toxins tend work their way out to the surface of the skin at the extremities. So the symptoms are more severe at the feet, face, eyes, ears, anal glands, genitals and underbelly. The inflammation, at these areas, causes irritation and subsequent itching, chewing and scratching by your pet. Often there is a blackening of the skin where the dying yeast toxins exit and commonly a distinct pungent yeasty odor. It is these symptoms that are often diagnosed as allergies. More information about this subject is available at our **NZYMES.COM** website. As the pet goes through the first 2-4 weeks of detoxification or cleansing process, there may be times when a pet's symptoms may appear worse. This is **NORMAL** and is an expected result of the body clearing itself of the toxins.

WHAT DO THE PRODUCTS IN THE YEAST KIT DO!

Each product in our NZYMES Yeast Kit has a specific job to do. It is important that you read and follow the outlined steps completely

NZYMES® ANTIOXIDANT TREATS or GRANULES:

These products are the most important part of the Yeast Kit. Naturally anti-fungal, they fight the yeast and promote a stronger immune system. They help to detoxify and cleanse the body's tissues and organs and help to reduce inflammation throughout the body. **Doubling these for the first 60 days is very essential.**



NZYMES® OX-E-DROPS: This natural oxidizing substance and is the **SECOND** most important part of the Yeast Kit. It can act as a powerful bactericide, virucide and fungicide. It is used **INTERNALLY** and **TOPICALLY**. Internally it attacks the fungus and helps to release precursors which assist the body in the removal of dangerous toxins. Topically, it helps attack the yeast, fight further infection and promotes restoration of the damaged and blackened skin. **THE CONCENTRATE IS NEVER USED UNDILUTED AND IS NEVER PUT DIRECTLY INTO THE EARS, EYES OR MOUTH!**



NZYMES® BACPAK PLUS:

This combination of **digestive enzymes** and **probiotics** helps to breakdown the heavier proteins and to maximize nutrition derived from the food; they also scour toxins from the bloodstream. The probiotics slowly begin to re-take control of the walls of the intestinal lining, as well as supporting existing bacterial colonies and provides the main key in rebuilding the key beneficial intestinal flora. **Wait 2 weeks to begin.**



NZYMES® TINCTURE OF BLACK LEAF: Provides the extra boost needed to help with the yeast cleansing process. It generally shortens the time it takes to resolve the overall yeast problems and, like Ox-E-Drops, it provides natural anti-bacterial anti-fungal, anti-viral properties. **Black-Leaf concentrate MAY BE APPLIED DIRECTLY** to the more severe lesions of the skin, but it can sting upon application. **DO NOT PUT DIRECTLY INTO EARS OR EYES!**



PART 1: WHAT TO FEED MY PET

You **must feed** the correct type of food to resolve this problem. We only recommend **Holistic Super Premium pet foods**, not grocery store level foods. The pet food must be made of human grade ingredients. **The first ingredient must be specified as some type of "meat meal"** like (chicken, fish, pork, duck, turkey, lamb etc). Super Premium foods contain only the best quality vitamins, minerals, micro-minerals, probiotics (yogurt-type bacteria) and digestive enzymes. Part of the yeast problem is caused by inferior diets. Starchy carbohydrate ingredients convert to sugar and play a major role in your pet's yeast infection. So, read the **ingredients** on the bag and **AVOID** wheat, corn, white rice or flours, potatoes or meat by-products listed as the **first 5 or 6 primary ingredients**. We have a recommended list of quality foods at the end of these instructions; however our greatest success in yeast cases has been with using the **Eagle Pack** line of Holistic/Natural pet foods. You can locate a dealer at this website: www.eaglepack.com.



RECOMMENDED PET FOODS TO USE WITH YEAST PROBLEMS

Eaglepack | 800-255-5959 | www.eaglepack.com
Use Holistic Select - Chicken, Duck, Fish, Lamb or the Senior.
Natures Variety | 888-519-7387 | www.naturesvariety.com
Use 75% New Zealand Venison or Chicken+Rice | Lamb+Rice and 25% Nature's Variety Freeze dried meat or frozen meat
Precise | 800-446-7148 | www.precisepet.com
Use Precise Plus
Wellness | 800-225-0904 | www.oldmotherhubbard.com
Use Super 5 Mix Chicken, Lamb or Weight Management or Simple Food Solutions or the Duck or Venison.

Innova | 800-532-7261 | www.naturapet.com
Use Healthwise Dry Active, Adult, Puppy, Weight Control or Lamb & Oatmeal.
Steve's Real Food | 888-526-1900 | www.stevesrealfood.com
Use Canine Growth & Maintenance Formula
Country Pet | 800-454-7387 | www.countrypet.com
Use New Zealand Lamb, Organic Chicken or Venison
BRAVO RAW DIET | 866-922-9222 | www.bravorawdiet.com
Use raw diets that avoid activators.
Wysong | 800-748-0188 | www.wysong.net
Use Archetype, Nurture/Pheasant, Synorgon

OTHER FOODS OK TO USE WITH YEAST PROBLEMS

MEATS OK TO USE: Beef, Buffalo, Duck, Chicken, Fish, Rabbit, Turkey, Cornish Hen, Lamb. (No RAW Northwest Pacific Salmon or Steelhead).
VEGETABLES OK TO USE: Asparagus, Broccoli, Brussel Sprouts, Cauliflower, Celery, Collard, Cucumbers, Eggplant, Green Beans, Kale, Lettuce, Parsley, Spinach, Squash, Yellow Beans.

TREATS OK TO USE: Use treats that are MEAT-BASED ONLY. (No wheat, white rice, potatoes or corn meal). (i.e www.dogswell.com or www.countrypet.com)
YOGURT PRODUCTS: Use plain yogurt only - NO SUGAR ADDED!
Adding the NZYMES supplements to Yogurt can serve as an effective method of feeding the supplements to the more finicky pets.

FOODS TO AVOID WITH YEAST PROBLEMS

THESE LISTS REFERS TO SECONDARY FOODS PETS OFTEN RECEIVE BUT SHOULD BE AVOIDED

AVOID PET FOODS OR TREATS THAT CONTAIN: Meat-by-products, Poultry-by-products, sausage, bacon, corn beef, lunch meats, smoked turkey, Ham, sauces or gravies.
AVOID THESE TREATS: Milk Bones, Bonz, Beggin Strips, Snausages, Jerky Treats, Greenies, rawhides, pig ears and others. Look closely at ingredients.
AVOID THESE GRAINS: Enriched flour, wheat, wheat gluten, white rice, rice flour, corn meal, corn gluten, prepackaged breads, cereals, cookies, crackers, pretzels and pasta.

AVOID THESE WHOLE VEGETABLES: Corn, peas, carrots, potatoes, onions, sweet potatoes, yams, etc. (amounts of these vegetables used in holistic pet foods are very small and will not be harmful).
AVOID DAIRY PRODUCTS LIKE: Buttermilk, cheeses and Cottage cheese.
AVOID ANYTHING SWEET: Sugar, sorbitol, caramel coloring, honey, molasses, maple syrup, corn syrup or Dextrose.
AVOID PRODUCTS LIKE: Peanuts, and Vitamin or Mineral supplements made from yeast sources.

PART 2: MANAGING THE YEAST OVERGROWTH

Step A) Detoxify the Body with Antioxidant Treats or Granules

FEED NZYMES® ANTIOXIDANT TREATS or GRANULES: Feed one or a combination of both products **DAILY**. Each treat is equivalent to 1/2 teaspoon of the Granules. See the bottles for the weight charts. Find the regular daily use for your pet's weight and **DOUBLE that amount for 60 days**. **Mark the beginning dates on your calendar. For finicky pets, these products can be added or mixed to the pet's regular food or with plain yogurt (SUGAR-FREE ONLY). Some cases may require the DOUBLING process to be continued for longer periods, use your best judgment.

Step B) Attack the Yeast Overgrowth with Ox-E-Drops

NZYMES® OX-E-DROPS: Give the pet 1 drop per 20 lbs. of body weight "internally" twice daily. (We suggest a minimum of 2 drops twice a day for pets weighing less than 20 lbs.). Add the drops to a little water and pour over food OR if you free feed you can add drops to a small amount of water and bring up into a syringe (no needle) or eye dropper and squirt along the outside of the pet's teeth line. Do not squirt the fluid directly down the throat as the pet could choke!! Do this twice a day.

DON'T USE THE OX-E-DROPS CONCENTRATE UNDILUTED IN THE PET'S EYES, EARS OR MOUTH!

Step C) Tackle the Yeast Overgrowth with Tincture of Black Leaf

NZYMES® TINCTURE OF BLACK LEAF: provides an extra boost to help with the yeast cleansing and shortens the time it takes to resolve the over-all yeast problems. To be given twice a day. Like the Ox-E-Drops, you add **the drops directly** onto the pet's food before feeding. See the bottle for the weight chart. Find the amount for your pet's weight and **DOUBLE the regular daily use for AT LEAST 60 day or until you feel the yeast problem has been cleared.**

PART 3: REESTABLISH THE GOOD BACTERIA - Wait 2 weeks to begin

Step D) BEGIN the BAC~PAK PLUS PROBIOTICS

Now that the other items in the Yeast Kit have had a head start at detoxifying the pet's body, it is time to begin rebuilding the beneficial intestinal flora using **NZYMES® BacPak Plus**. We have delayed this step until now as rebuilding the flora from the start can sometimes force more toxins from the body and make the symptoms appear more severe. This combination of **digestive enzymes** and **probiotics** help to breakdown the heavier proteins and maximize nutrition derived from the food; they also scour toxins from the bloodstream. This process will slowly begin to re-take control of the walls of the intestinal lining, halt the leaking of food proteins into the body cavity and supporting the existing bacterial colonies. **Feeding Instructions:** Find the weight chart on the side the bottle and note the recommended amount to be added for daily maintenance. Mix the powder into food and serve with the meal. If feeding twice daily, split the recommended amount between the two meals.

PART 4: TOPICAL USES AND PROCEDURES:

PREPARING A 2% SOLUTION OX-E-DROPS for SKIN, EARS, and EYES

You will need a **measuring cup**, a **teaspoon**, **distilled** or **purified** water, and a **clean 8 oz spray bottle**. Stir and pour the 2% mixture into the spray bottle and attach sprayer top and you're ready to go. This **diluted 2% OX-E-DROPS** solution is appropriate for all topical applications.

2% OX-E-DROPS SOLUTION

Mix 1 cup (8 oz.) distilled or purified water with 1 teaspoon or (80 drops) of the Ox-E-Drops concentrate.

DON'T USE THE OX-E-DROPS CONCENTRATE DIRECTLY IN THE PET'S EYES, EARS OR MOUTH!

For the Pet's Skin: Using the **OX-E-DROPS 2%** solution, **spray or wipe the affected areas a minimum of 3-4 times a day**; 4-5 times is better. Use your fingers to work the solution down to the skin for penetration. For tender areas, saturate a cotton ball, and gently dab on the solution. While the 2% solution helps to reduce the itch a little, primarily it acts as an antiseptic to help clear fungal organisms on the surface and also helps to reduce the chance for further bacterial or fungal infection. **DO NOT USE UNDILUTED**

For the Pet's Eyes: There are two primary ways to **use the 2% topical solution for the eyes**. **Option I:** First as eye drops; you will need to acquire a clean, empty eye dropper bottle from your local pharmacy. Pour a portion of your 2% **OX-E-DROPS** solution into the bottle, and using the eye dropper, put 1-2 drops in each eye twice a day. Do this daily for one week, after that, use as needed. **Option II:** Saturate a cotton ball with the 2% **OX-E-DROPS** solution, and gently wipe around the eyes, allowing a little of the solution into the eyes. Use separate cotton balls to wipe each eye. **DO NOT USE UNDILUTED AND DO NOT PUT THE CONCENTRATED DROPS DIRECTLY INTO THE EYES!**

For the Pet's Ears: Using the **OX-E-DROPS 2%** solution, saturate a cotton ball and squeeze some of the solution into the ear letting it trickle down into the ear canal. Pets will shake their heads to remove any remaining solution. Wipe the ear flap completely with the remaining solution on the cotton ball. Many times this process will loosen yeast build-up, which needs to be cleared out. **For more severe problems:** Do this **2-3** times a day for the first 5 days, and then once or twice a week afterwards for maintenance or as needed. Check your pet's ears regularly. They may need to be wiped out frequently during the cleansing period over the next months. **DO NOT USE UNDILUTED**

USING TINCTURE OF BLACK LEAF TOPICALLY: **Black-Leaf concentrate** may be applied directly to the more severe lesions of the skin. However, the product is made with alcohol which can sting upon application. **DO NOT PUT DIRECTLY INTO EARS OR EYES!**

WHAT SHOULD I EXPECT?

During the initial cleansing/detoxification period, approximately 1 to 3 weeks, the symptoms will appear to **worsen**. This is expected, **and is actually a sign that the products in the yeast kit are working**. Most customers report that they start seeing success in approximately 6 to 8 weeks. This initial cleansing period is a phase that the body must go through to push the yeast overgrowth out so there is room to rebuild the intestinal flora. The toxins tend to be released at the extremities of the body, including the feet, the face, the ears, the underarms and the genital areas. Also, the skin may seem more inflamed or warm. Sores will likely ooze more than before. This is the most unpleasant, but necessary phase of the Yeast Program, but the body must throw off the dying yeast toxins. This is why we emphasize following the program closely, including the right foods, so as not to prolong this process and reactivate the fungal growth. The cleansing process is long and difficult, but to date we have had a 95% success rate with this program and we **expect** success. However, it may take 2-7 months to see the results.

OTHER DIET PROGRAM RECOMMENDATIONS

NOTIFY EVERYONE THAT YOUR PET IS ON A RESTRICTED DIET

Make sure that ALL family members, neighbors, utility company employees and Postal workers are aware that your pet is on a **RESTRICTED DIET** and that it is **NOT OK to give treats or any of the problem foods**.

USE FILTERED WATER

If possible use filtered water for your pet. Chlorine used in city water does contribute to the breakdown of the GI tract's natural flora making it more difficult to resolve yeast issues. Therefore we suggest purchasing a system for you tap that filters chlorine and other harmful agents out of the pet's water.

PART 5: HOW DO I STOP ITCHING, LICKING, CHEWING AND ODOR?

Please understand that this is a difficult issue at best because the itch is coming from the inside out as a result of the toxins clearing the body. Heat and/or humidity tends to push these toxins to the surface. So the problems appear more severe during summer months or in warmer climates and in winter months when furnaces are active. **However, it is very important to keep the pet from chewing and scratching during the cleansing period!** Each time they scratch, chew or lick, the itch intensifies and becomes more severe. Thus, pets will often chew themselves until they bleed to try and reach an itch that only gets worse each time they touch it. **The itch will not go away until the toxins have been eliminated from the body** and the GI tract's natural flora is restored and functioning properly.

REGULAR SHAMPOOING

It is essential to bathe the pet a minimum of **ONCE OR TWICE PER WEEK** to help to clear the skin of dead and decaying materials. Use a SOFT Loofah or SOFT brush on areas like the underbelly, if this is a more heavily coated pet you will have to manually massage these areas to remove dead tissue. Scrub gently but do not damage the tissues. We suggest using a **medicated** shampoo like the ones listed below. Generally, the pet must be left soaking for 30-40 minutes to give 1-2 days relief from the itchy skin. To purchase, search online for the product names or see your veterinarian. **Universal Medicated Shampoo** - by Vet Solutions (In Canada it is called **Canadian Medicated Shampoo**) or **Malaseb Shampoo** - by DVM. (Available online and at most vets' offices).

USING A BAKING SODA RINSE - FOR ITCH AND ODOR RELIEF

Use a **FINAL RINSE of BAKING SODA AND WATER** for the pet's body after shampooing. This can be a very effective way reduce the overall itchiness and smell associated with the yeast problem.

AS A FINAL RINSE: Mix 2-3 teaspoons of BAKING SODA per gallon of water; make sure it completely dissolves. After waiting the amount of time suggested for the medicated shampoo to work, rinse the pet's body with clear water and then do a FINAL RINSE with the Baking Soda and Water mixture.

AS A PASTE: Mix one (1) teaspoon of BAKING SODA with a little water, add **8-10 drops of Tincture of Black Leaf**. Rub the paste directly onto the itchy, rash areas (not in eyes). Most customer reports state that the pets will have a few hours of relief from the itchiness in that area.

AS A TOPICAL SPRAY: Mix 1-2 teaspoons of BAKING SODA with 8 oz. of water. Use this with a spray bottle or cotton ball on the itchy, rash areas. Reports show that it is quite helpful with the overall itchiness, skin problems and inflammation. Soaking a cloth with this baking soda solution and leaving it on the more severely affected areas can be helpful to soothe the skin and reduce inflammation.

SOFT ELIZABETHAN COLLARS TO PREVENT CHEWING & SCRATCHING

We recommend purchasing an Elizabethan collar to put it around the pet's neck to keep them from chewing or licking at the itchy-inflamed areas. We prefer to use a SOFT-ELIZABETHAN COLLAR as the hard-plastic Elizabethan collars can cause stress for pets and owners. Dogs and cats can become depressed when wearing plastic cones but that may be your only choice. They can bang into walls and become disoriented. With a soft collar, a pet can see, hear, eat, sleep and carry out normal activity. Two products we feel meet our standards are listed below.

SEARCH ONLINE FOR "SOFT ELIZABETHAN COLLAR" Two good products we know of are made by Bonafido and Trimline

IN SUMMARY - IMPORTANT NOTES

Our holistic approach to resolving yeast overgrowth is often not understood by traditional veterinarians. Pet care professionals who tend to be holistically inclined or trained in alternative medicine understand the importance of resolving yeast issues in a natural way with functional foods which balances the GI tract. We don't want you to avoid medical treatment if something serious develops, but we want you to make sure your vet knows exactly what is expected during the cleansing and detoxification phase and discuss this with him/her.

Many doctors/vets want to reintroduce the use of antibiotics (treating the symptoms) but this only tends to make the problem more difficult to resolve as antibiotics destroy bad and good bacteria, and it is the good bacteria that is NEEDED to crowd out the yeast overgrowth in the gut. The yeast kit is a system of functional foods working to enhance your pet's chances of a balanced system and a reduction in yeast overgrowth in the gut.

A brief word about **NZYMES Antioxidant Treats** and **NZYMES Granules**. Since most pet's diets are devoid of important "living enzymes" due to storage, cooking or processing of foods, we must put these critical dietary enzymes back into the pet's diet on a daily basis, to provide the nutritional structure needed to help the immune system from being compromised.

When we make the wise nutritional choices the body will have the tools needed to restore itself, but this takes time. Yeast overgrowth did not happen over night and likewise the system can not rebalance the pH overnight. Time is the issue in this restorative process, and owners need to be patient and vigilant in their feeding programs and use of the yeast removal kit in order to get results. On average, it takes 2-7 months to make the turn-around and sometimes a year and a half for the pet's body to return to normal metabolic state where the natural internal flora is re-established and the pH is brought into balance. For more information call our offices or visit us at **www.nzymes.com**