

ANTI-CANDIDA DIET

WHAT IS CANDIDA?

Candida is a normal organism present in the digestive tract. It is a type of yeast that is part of the commensal flora and is typically kept in check by the immune system and the rest of the microflora. However, Candida is opportunistic, and given the chance, it will overgrow and cause numerous symptoms.

WHAT CAUSES CANDIDA/YEAST OVERGROWTH?

When Candida overgrows, it is a sign that something else is going on in the body. Because Candida is opportunistic, it will grow out of balance if your health has been weakened.

Anything that disrupts the immune system or microflora will create the opportunity Candida needs to overgrowth, including:

- ◇ **Antibiotic Use:** Antibiotics wipe out the beneficial microflora in the GI tract which help keep Candida levels under control.
- ◇ **Infection:** Candida is often secondary to other infections in the GI tract (such as parasites), which must be addressed first in order to bring the Candida under control.
- ◇ **High Sugar Diet:** Sugar feeds Candida.
- ◇ **Heavy Metal Toxicity:** The body sometimes uses Candida as a protective mechanism against the harmful effects of mercury toxicity. Remove the source of mercury exposure (such as dental amalgams).
- ◇ **Birth Control Pills:** Oral contraceptives imbalance gut flora.
- ◇ **Stress & Lifestyle Factors:** Anything that weakens the immune system—too much stress, lack of sleep, poor diet, alcohol—will give Candida an opportunity to overgrow.
- ◇ **EMF Exposure:** Electromagnetic Frequencies (EMF's) are known to trigger Candida. This would include cell phones, Wi-Fi, smart meters, etc.

WHY DOES CANDIDA CAUSE BRAIN FOG AND SUGAR CRAVINGS?

Candida causes numerous brain-related symptoms that are similar to symptoms of a hangover (brain fog, headaches, nausea, fatigue) because both Candida overgrowth and alcohol metabolism produce high levels of a toxin called acetaldehyde.

Candida loves sugar. Because sugar is Candida's primary source of food, it will make you crave it so that it can get more.

HOW CAN DIET HELP WITH CANDIDA OVERGROWTH?

The Anti-Candida Diet is designed to starve the Candida by eliminating or limiting the foods which make it grow and thrive, thereby bringing Candida levels back under control.

However, while diet can greatly increase the success of an Anti-Candida program, it is not sufficient by itself to take care of a Candida overgrowth. And, while anti-fungal herbal remedies also play a large role in reducing Candida populations, neither diet nor anti-fungal supplements will produce significant long-term results if the primary health factor allowing the Candida to overgrow has not been addressed. Trying to solely kill the Candida is like attempting to weed your garden by simply cutting weeds at the stems instead of pulling them out by the roots.



CANDIDA OVERGROWTH SYMPTOMS:

- Fatigue
- Nausea
- Gas, Bloating, Abdominal Pain
- Diarrhea or Constipation
- Thrush (mouth/throat)
- Ear & Throat Infections
- Fungal Infections of the Nails/Skin (Athlete's Foot)
- White Coating on the Tongue
- Nasal Congestion or Postnasal Drip
- Vaginal Itching or Burning
- Mood Disorders (depression, anxiety, irritability)
- Brain Fog or Inability To Concentrate
- Headaches or Migraines
- Skin Conditions (itching, rashes, eczema, psoriasis)
- Food/Chemical Sensitivities
- Food Cravings (sugar/ carbohydrates)
- Joint Pain or Muscle Aches
- Asthma or Hay Fever
- Sinusitis or Chronic Sinus Infections
- Weight Gain/Loss

ANTI-CANDIDA DIET - FOOD LIST

- The **ANTI-YEAST DIET** should be followed for a **minimum of 6-8 weeks**.
- **TAKE ANTI-FUNGAL SUPPLEMENTS** while following the Anti-Candida Diet for the greatest success. Consider additional supportive supplements such as **Probiotics** and **Saccharomyces boulardii**, a beneficial yeast that helps remove unhealthy yeast from the body (take in between meals and at least 2 hours away from anti-fungal herbs). **Molybdenum** and **milk thistle** may also be beneficial as they assist the liver in breaking down acetaldehyde into acetic acid and removing it from the body.
- Although **FERMENTED FOODS** contain probiotics, they can also feed Candida, so it is **best to bring Candida under control first**, then add in these foods to help keep Candida in check.
- The **FOUNDATIONAL FOODS** of the Anti-Candida Diet are:
 - **High-Quality Animal Protein (Meat, Poultry, Seafood, and Eggs)**
 - **Non-Starchy Vegetables**
 - **Healthy Fats (especially coconut oil, which contains anti-fungal fatty acids)**

FOODS TO INCLUDE	FOODS TO AVOID OR LIMIT
<ul style="list-style-type: none"> • <u>ORGANIC/GRASS-FED/PASTURE-RAISED ANIMAL PROTEIN</u> (meat, poultry, seafood, and eggs) • <u>NON-STARCHY "ABOVE GROUND" VEGETABLES</u> (asparagus, bok choy, broccoli, cabbage, cauliflower, celery, jicama, kale, lettuce, onions, zucchini, etc) • <u>FRUITS</u> (limit fruit to 1 serving per day) 1 green apple or 1 cup of berries (lemons/limes can be used freely) • <u>HEALTHY FATS</u> (coconut oil, extra virgin olive oil, palm oil, MCT oil, avocado oil, tallow, lard, etc) • <u>NUTS & SEEDS</u> (Almonds, pecans, sunflower seeds, and pumpkin seeds are best. Be cautious with cashews and pistachios, as they are often contaminated with mold/fungi. Peanuts are legumes, not nuts, and should be avoided.) • <u>WATER & HERBAL TEA</u> • <u>SWEETENERS THAT DON'T FEED CANDIDA/YEAST</u> (Stevia, lo han, erythritol, and xylitol) 	<ul style="list-style-type: none"> • <u>GLUTEN</u> (wheat, barley, rye, oats) • <u>GRAINS</u> (limit or avoid even the gluten-free grains) • <u>NON-ORGANIC ANIMAL PROTEIN</u> (non-organic meats contain antibiotic residues) • <u>SUGAR</u> (Avoid all refined white sugar, high fructose corn syrup, agave syrup, etc. Also avoid all artificial sweeteners. Avoid [or greatly limit] natural less refined sweeteners like raw honey, maple syrup, and dates). • <u>LEGUMES/BEANS</u> (this include peanuts) • <u>ALCOHOL</u> • <u>YEAST</u> (baker's yeast, brewer's yeast, etc) • <u>FUNGI</u> (mushrooms, blue cheese, etc) • <u>FERMENTED FOODS & DRINKS</u> (sauerkraut, kim chi, kombucha, vinegar, soy sauce, kefir, pickles, etc) <i>[Raw apple cider vinegar is the exception and is permitted]</i> • <u>FRUIT JUICE</u> (concentrated source of sugar) • <u>MOST FRUIT</u> (especially high-glycemic fruit) • <u>ROOT VEGETABLES</u> (beets, carrots, corn, potatoes, squash) <i>[These should be avoided or eaten in very limited quantities]</i>