

Candida Diet

DIETARY RECOMMENDATIONS

Because candida thrives in sugar-rich environment effectively lasting treatment cannot be accomplished without dietary changes and treatment takes time. During the candida 'die off' phase cravings can be strong, but introducing sugar and candida promoting foods during this time will cause the disease to reestablish and take even more time to treat.

The general protocol for treating candida is a *month long elimination diet*. Foods can slowly be added back in at a rate of about 2 per week, if symptoms have significantly improved or resolved after the month cleanse. A word of caution: should the diet return to its original state, candida will likely overgrow again. Try to instill new habits during this time.

FOODS TO ELIMINATE

The following is a list of the 'worst' offenders and should be removed from the diet for at least one month.

- All yeasted foods: pastries, breads, and rolls—we're trying to kill candida, don't eat more it.
- All sugars: including brown sugar, honey, molasses and natural sugars. Stevia does not contain sugar and can be used as a natural sweetener.
- Fruit juices: are too concentrated and condensed in sugar.
- Dairy: milk, hard and aged cheeses. A little naturally fermented kefir with FOS can be beneficial.
- Limit eggs to 1 or 2 a week.
- Highly acidic fruits: oranges, tangerines, pineapple. A little lemon is okay to stimulate the bile and aid digestion. One grapefruit (unsweetened) a week is acceptable.
- Most fruits. Fruits are a dense source of sugar, see below.
- Chocolate
- All high allergen foods: nut butters, nuts, soy, soy sauce, sprouts and vinegars (including pickles). A hand full of freshly shelled nuts is acceptable.
- High gluten grains: wheat, oats, barley, quinoa, spelt and rye.
- All refined grains: pastas, pastries, cookies, crackers.
- Rich meats: ham, cured or processed meats.
- Raw mushrooms: as a natural fungus, they can encourage yeast growth.
- Anything cold, damp or cloying: including raw, iced, cold, or creamy like foods.
- All alcohol

WHAT CAN YOU EAT?

The candida diet may not be as limiting as you think. Try to view this as an opportunity to experience and enjoy a greater, and subsequently, healthier variety of foods!

SOME GUIDELINES FIRST.

- **All foods should be cooked.** Cold and raw foods cool down the digestive system—so eat them very sparingly. Even if you have 'heat' symptoms, the digestive fire is compromised with dampness.

- Increase vegetables to 7-9 servings a day. One serving is ½ cup. Most vegetables are acceptable in treating candida—so explore new varieties.
- Know your portions. Many people who are treating candida are also struggling with excess weight, so check your portions.
- Your practitioner may recommend that you do colonics or enemas during the fast.
- Plan ahead! Because this is such a restrictive diet prep foods ahead of time and make enough so that you have leftovers for the next day.
- Don't limit yourself to breakfast foods for breakfast—try soups or vegetables and rice.
- Try a gluten free bread like rice

FOODS TO SPECIFICALLY TREAT CANDIDA

- Aduki bean, fish (esp: anchovies, eel, mackerel), pumpkin, Mung beans, black eyed peas, chick peas, onions, radishes, and scallions.
- Include mild pungent and aromatic herbs to drain and move damp: cilantro, coriander, kohlrabi, turnips, mustard, onions, rosemary, thyme, sage and garlic.

FOODS TO FREELY INCLUDE

Vegetables! Lots of them—very few vegetables are not recommended in treating candida.

- Eat 2-4 servings of dark leafy greens: kale, collards, arugula, spinach, or chard, etc.
- Winter squash: pumpkin, butternut, acorn, etc.
- Gluten free grains: brown rice, millet and amaranth.
- Root vegetables: carrots, yams, beets, turnips, parsnips. Use potatoes and sweet potatoes sparingly.
- Include seaweeds in your diet.
- 1 cup of low sugar fruit can be eaten a day. These include: cherry, berries, apples and pears.
- Lentils and legumes (beans).

BENEFICIAL SUPPLEMENTS, HERBS & TEAS

- Acidophilus and bifidus can help regulate the natural balance of flora
- Garlic is a strong anti-infective. Use with caution in heat patterns.
- Oil of oregano: is a strong antiseptic, can be used externally. Seek your practitioner's advice for internal usage.
- Pau D'arco tea: drink 3-6 cups daily
- Olive leaf
- Quercetin—500 mg 3xday
- Increase fiber to regulate blood sugar
- Have ¼ c. of kefir with FOS a day
- Take an Essential Fatty Acid
- Caprylic acid 300-600 mg
- Grapefruit seed extract.