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CANDIDIASIS AND LEAKY GUT PROTOCOLS



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The Goal of Candidiasis Protocol

- Candidiasis refers to yeast overgrowth
- The key to this protocol is inhibiting the yeast to make it easier for the good bacteria to regain control of the intestines (or vagina)
- Consistent use of antimicrobials is the key difference between a Candidiasis protocol and a dysbiosis protocol
- The goal is to use high dose probiotics as well as antimicrobials to inhibit yeast and allow residential bacteria to re-populate
- Diet must be liveable



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Most Candidiasis Protocols

- Are far too restrictive
- Do not support gut health
- Make people afraid foods (and sometimes good food like fruit)
- Are designed to do a one-size-fits-all which makes it difficult to stay on it
- Do not allow for individual needs
- Without proper supplementation – they fail



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Why Food Restrictions Do Not Work

- As previously discussed, food is not the issue
- Refined and processed foods are not the cause – lack of good bacteria is and that is the only way the yeast can get out of balance
- Once out of balance – refined and processed foods do not help
- The key to the protocol is to develop a diet that supports the restoration of intestinal balance
- It is about putting helpful foods in more than it is about taking foods out



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Study

- In mice, dietary refined carbohydrate supplementation leads to higher rates of *Candida* growth in the gastrointestinal tract and favors mucosal invasion.
- 28 healthy volunteers fed high sugar diet with measurement of *C. Albicans* counts before, during and after
- High sugar (refined diet) did not increase counts in healthy individuals
- However, in those with higher *Candida* levels, high sugar did increase the amount of *Candida*



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Mouse Study

- Looked at the relationship between *Candida Albicans* and our microbiota after antibiotics
- Found in its natural numbers, *candida albicans* do not contribute to inflammation – must colonize in order to proliferate and with proliferation the ability to cause inflammation increases (may be in relation to bad bacteria)
- When there is a disruptions in the bacterial balance (antibiotics, stress etc.) there is an opportunity to colonize
- Proper good bacteria balance does not provide a opportunity to colonize
- Antibiotics do provide an opportunity – however in a normal intestines - recovery occurs within 21 days

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Antibiotics and Candida

- However during the 21 days, C. Albicans do alter the diversity of the population
- The presence of C. Albicans during antibiotic treatment inhibits the recovery of lactobacillus strains after antibiotics but promotes the recovery of the bad bacteria strains.
- This can explain the results of studies that show bad bacteria levels go up after a course of antibiotics
- Explains the necessity of probiotic during and after a course of antibiotics



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The Protocol

- Steps to Good Digestion
- Consider potential allergens – if you suspect specific foods – pull them out (but remember they must be put back in at some point)
- Remove white sugar and refined foods
- If yeast sensitive – remove and replace with sourdough bread (if gluten has been remove make sure it is gluten-free sourdough)



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The Protocol

- Maple syrup, raw honey (10 strains of good bacteria), agave, coconut sweetener, sucanat, stevia are allowed
- Fruit is allowed – eat alone
- Natural fermented foods allowed as well as prebiotic foods– avoid faux ones like white vinegar, ketchup etc.
- Keep bowels moving with fiber and fermented foods
- Support the liver with liver friendly foods and if a major issue - milk thistle



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Foods To Add In

- Fermented Foods – do slowly to make sure you can tolerate
- Glutamine-rich foods
- Blood sugar stabilizing foods
- Liver-friendly foods
- Prebiotics foods
- Anti-fungal foods



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Supplements

- Without good supplementation – it will not go away - more important than food restrictions.
- Week 1-2
- 1-2 tsp caprylic acid (a capsule is fine, too but it is stronger as it usually contains garlic and/or cloves
- High dose probiotics – minimum 30 billion a day but higher like 50 is even better
- Kefir ¼ cup twice a day can be used instead of probiotics
- High dose phase last at least a month



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Supplement Protocol

- Add one of the following: oil of oregano, olive leaf extract or grapefruit extract or a formula designed by a company
- Stay on caprylic acid (unless it is also in a formula or kit)
- After a month on high dose – switch to a low dose probiotics 10-20 billion – if this works , then stay on it otherwise go back on the high dose
- Once digestive and intestinal symptoms are gone, caprylic can stop but the other supplements continue until secondary systemic symptoms issues are gone

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Parasites

- In order to make sure that parasites are not a issue, you may consider a parasite cleanse
- This will be a boxed kit from the health food store and would be for about a month
- It is important that is long enough to catch the laying cycle of the parasite
- Only consider one if other strategies have failed
- See a health care practitioner who can help you decide if you need one and guide you



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Coconut Oil

- Anti-microbial resistance by organisms includes anti-fungal drugs
- One in vitro study compared the anti-fungal drug fluconazole with coconut oil against several strains of Candida including Candida Albicans
- The results: *Coconut oil should be used in the treatment of fungal infections in view of emerging drug-resistant Candida species.*
- However, it needs to be undiluted – meaning that is need to betaken on its own

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Leaky Gut Protocol

- This is the protocol where foods are taken out in a major way
- It is as a last resort and for people with such major issues, you need to calm things down as much as possible
- It is not to dissimilar from the Candidiasis protocol except for the removal of foods and some of the supplement additions
- A person would be on a leaky gut protocol for a lot longer than a Candidiasis protocol – this is why it is important to make sure it is absolutely necessary



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Who Needs One

- Highly reactive people – foods, smells, chemicals, etc.
- Seriously ill people where nutrient absorption may be a great concern for the well-being
- People with autoimmune diseases that are very active and who are on medications that may be damaging to the gut
- Severe colon or intestinal conditions



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Simple First Steps

This is how I do it with clients:

- Start with the steps to good digestion
- Take probiotics (30-50 billion or more) and digestive enzymes
- Take glutamine or an intestinal gut health product to help soothe and heal the lining
- Try a short term Candidiasis (2-3 months) protocol
- If none of these actions help or help enough to arrest the condition, then a leaky gut protocol may be needed.



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Removing Foods

- Start with a food journal
- Remove all the top allergen foods such as wheat and other gluten grains, dairy, eggs, corn, nuts, seeds, chocolate, shellfish and soy. Also consider removing any foods that may have showed as an issue in the food journal
- Be flexible – if you do not consume one of the top allergens on a regular basis (or removing it).
- Customize the removal to fit you and what you typically eat



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Protocol

- Fermented foods, prebiotic foods can be added strategically – remember a person may have an issues with these at first
- Glutamine-rich foods are essential
- Supplements are going to be the key element at the start to help reduce symptoms and create a stable point for you build back the gut health with food
- Be patient – it takes time



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Supplements

- Digestive enzymes with HCl are more than likely needed
- If on an acid-blocking drug then plant enzymes and apple cider vinegar
- High Dose probiotics – 50 or higher
- Prebiotics – if tolerated (or try the GI sustain with IMO)
- A glutamine gut health product
- A SCFA acid product especially if there is not enough resistant starch in the diet



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Also Helpful

- Marshmallow or slippery elm to soothe the gut lining
- MSM to help with inflammation
- Aloe vera to help repair the gut lining and act as an antimicrobial and support the good bacteria
- Psyllium or other type of prebiotic fiber may be helpful for bowel movements and residential bacteria
- Other antimicrobials can be added depending on the need (could be a combination Candidiasis- Leaky Gut protocol)



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And Finally...

- Both protocols are flexible and may require guidance from the practitioners
- The steps are not carved in stone so do not get caught up in small aspects being critical – they are not
- Both protocols require some patience and time to see results
- The goal is to create an environment so that there is an improvement and you feel confident about what you are doing


