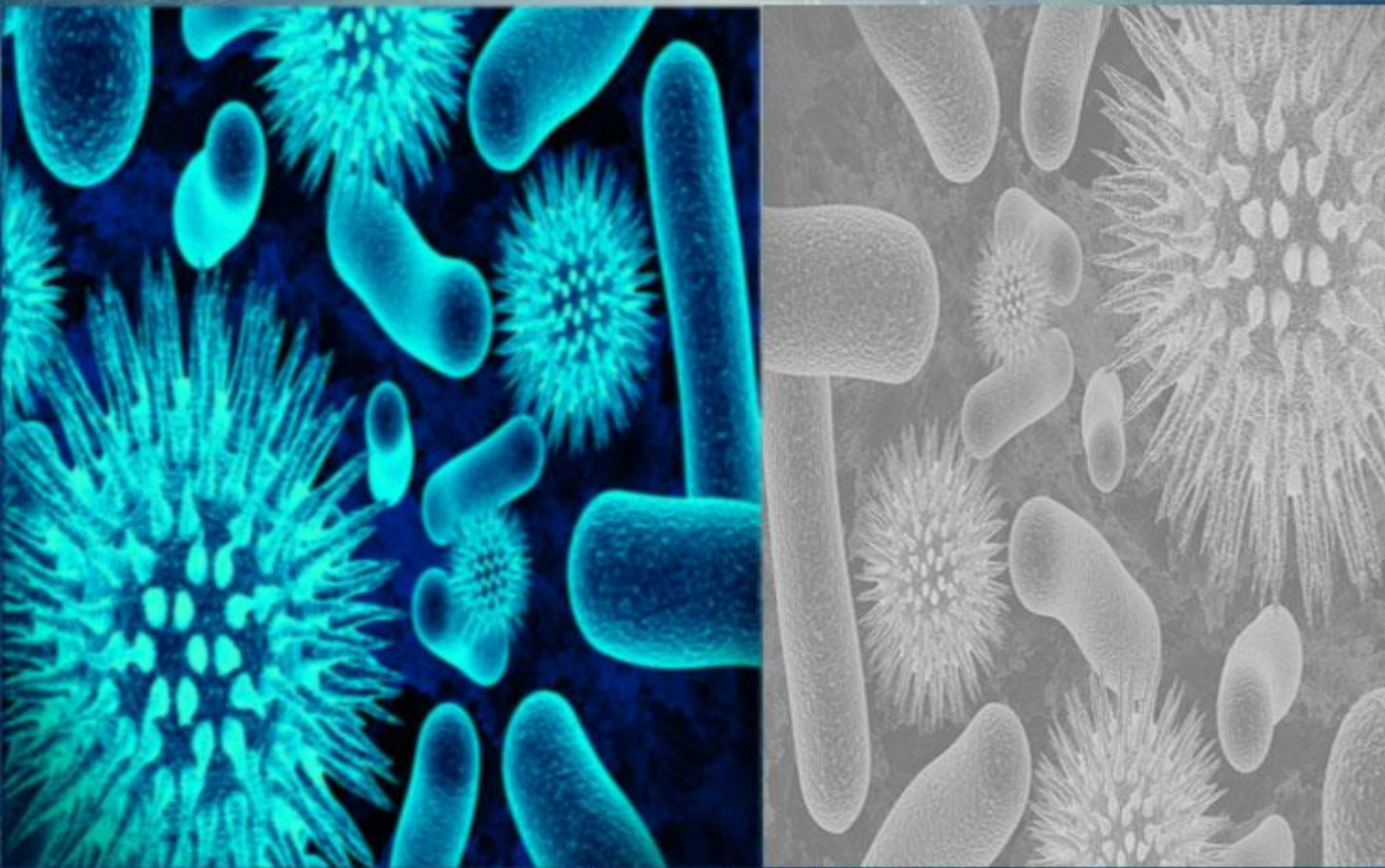


# Understanding Candidiasis

## An Easy Plan To Help Improve Gut Health



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# The Digester's Dilemma



This book is not designed to and does not provide medical advice or professional diagnosis. The information provided here is for informational purposes only. For any medical needs you may have, please see a qualified practitioner.

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# The Candidiasis Protocol

## Introduction

With the rise in conditions, like allergies, autism, food sensitivities, GERD, intestinal disorder like colitis and IBS, autoimmune disorders, Diabetes, obesity, even heart disease and cancer, everyone is starting to ask why? It does not take an expert to observe there has been an increase across the board in these conditions with the medical profession offering little explanation as to the causes and any cures. Current research is now focused on our intestinal health and more specifically, the role and necessity of good bacteria. A quick look at TV commercials shows us this research must vbe identifying beneficial sources as food companies seldom add ingredients to their products without a lot of thought.

So for those suffering, does that mean that help is on its way? Who knows? Researchers cherry pick their way through things, specifically individual strains of bacteria and never look at a comprehensive approach that would involve all the elements necessary to provide a solid cure for those who suffer.

The BIG problem: Our bodies should have over 5000 different strains totaling billions of bacteria and currently there is no definitive test to identify what we have in abundance and what we lack that could be causing a number of health problems. No two people and no two guts are the same. For those suffering day in and day out there is no time to wait.



Our intestinal track is like a house. It has to have a sound structure, proper plumbing and lots of correct connections so that it is functional for our needs. If this order is upset, then much like a dated and worn house, we need to renovate by moving out all the garbage, replacing the worn and broken parts and replenish with new materials to restore functionality. Renovations take time and even when you have a plan, often other situations arise that causes a project to be delayed to address this new problem. We would not give up on our house so why do we try so little and give up on our intestines, leaving them to drug and surgical options?

### What we can do?

- We can believe in the innate ability of the body to heal itself.
- We can take existing research about foods and supplements we now have access to that can help promote the growth of good bacteria.
- We can develop a lifestyle of healthy eating that supports our digestive health that is easily maintained, even with a busy or hectic schedule.
- We can take the time to try different supplements and techniques and assess how our body responds to best identify what works best for us as individuals.
- And we can have patience and an open mind, because it is better in the long run for our longevity and well being.

## Why Food Restrictions Don't Work

If eating a certain type of food was the cause of our intestinal distress then we should all have the same problem with that food. There are many different schools of thought on the matter and it is clear that their goal is to convince us this is the case. However, a quick survey of the people you know will show there is no consistency in people's digestive and intestinal issues; much less what foods may trigger them. If there is any logic in this way of thinking, it would be obvious that something else is the cause and these issues with foods are merely the symptom or the reflection of the larger issue.

What we know about the good bacteria is that they help us do many things. One activity bacteria are responsible for is proper digestion of food, with specific strains of bacteria helping with specific foods. The lactobacillus family is involved in our ability to digest lactose the carbohydrate found in dairy products. If a person is lactose intolerant it is a sign they do not have a large enough population of these bacteria to digest lactose. The same can be said for gluten intolerance or other food allergies - it is about insufficient bacterial strains that make digestion complicated. The most important star of the story is the good bacteria.

When people find that avoiding the problem food makes the problem go away, why not just do that and be done with it? The answer is because it's not livable long term. It is important to understand the full role of the good bacteria. It is an essential part of immune system function and each strain plays a role.



So if enough is missing to cause a problem with a food, then enough is missing to cause problems with immune system function. The good bacteria have many functions and works in synergy with fibre and phytonutrients to regulate how we absorb different nutrients. It plays a major role in making sure that toxins removed by the liver actually make it out of the colon.

As a matter of fact, regulating the colon and elimination of waste material is another major function that is aided by good bacteria. It slows the rate of carbohydrates absorbed into the bloodstream, aiding in the prevention of Diabetes. It has the same role with cholesterol in food. One of the main functions is to protect the intestinal wall lining. All good bacteria imbed into the intestinal wall lining in order to reproduce. In doing so, they provide a defense mechanism to protect the wall lining from damage and help keep gap junctions closed to prevent larger molecules, like undigested food molecules, from entering the blood stream, leading to a potential factor in the development of food allergies. This is also the pathway that allows excess yeast to move into the body.

Since the good bacteria is involved in the digestion of foods and specific strains aid in digesting specific foods it only makes sense that missing these strains creates the food sensitivities. This means that every time a person eats a food they are sensitive too, a physical symptom can occur such as gas, bloating or constipation. This leads to the conclusion that the food is the cause of the problem, when in fact; it is merely the reflection of the problem. Restore the good bacteria that helps digest that food and the food no longer produces symptoms when consumed.

Easier said than done, but clearly it is not the food's fault. If it was then all anyone would need to do to get better would be to remove the foods and be fine. Instead what we often see is people feeling better for a while and then developing other problems later. This makes sense now that we understand how truly complex and important these good bacteria are to our health.

So while removing a food when symptoms are severe can be helpful in the short term, focusing on finding the solutions to the larger problem, restoring the good bacteria and intestinal functional, should be the main goal and the key indicator that success has been achieved would be the ability to digest those foods that caused the digestive issues originally.

## A New Approach

The problem with Candidiasis protocols is that they are too restrictive. They are not liveable, long term solutions to the problems created by excess yeast and only address part of the symptoms that afflict individuals. The theory has always been that excess yeast is the only factor causing the problem. Get rid of it by starving it or killing it and the problem is resolved. Convuluted dietary protocols have evolved mainly with anecdotal evidence and while symptoms can often be resolved in the short term, long term issues are not and often new symptoms arise or the old ones come back. This approach does not address the complex interactions our systems have with each other or the nutrients they need to heal and maintain homeostasis, which is necessary for long term success. There is a new approach where you can enjoy a variety of foods that will enable you to maintain the diet long term resulting in extinguishing the candida for good.

## The Protocol

### Steps to Good Digestion

It is essential to review dietary choices and eating patterns to identify any offenders that may be perpetuating the symptoms. In doing so, there will be an elimination of the issues caused by poor digestion, allowing the remaining symptoms to be evaluated. It is important to maximize your ability to digest food prior to working on fixing the gut. The two go hand in hand. Good digestion is the foundation of gut renovation.



### Here are few key tips to maximizing your ability to digest food:

**Chew thoroughly.** The enzymes in the saliva help start the digestive process for carbohydrates. The more you chew, the more saliva and enzymes are produced. For fat and protein, this chewing process exposes more surfaces to help enzymes that come into play later on as the food moves through the gastro intestinal tract.

**Drink no more than 1 to 2 oz. of fluids with meals.** Any extra volume in the stomach, whether from excess food or too much liquid, can cause reflux and heartburn.

**Avoid eating when stressed.** During times of stress, energy needed for digestion is co-opted for giving the body extra energy to deal with the stress. The process is called fight or flight and is a protective mechanism we have for dealing with danger.

**Eat small meals more often.** The less eaten in one sitting, the easier it is for stomach and intestinal enzymes to digest.

**Eat slowly.** Take time to allow the brain to register when enough food has been consumed. It takes at least 20 minutes before the message reaches the brain that food is in the stomach. If the meal is consumed in less than 20 minutes, it is too late for the brain to indicate overeating has happened. A full meal is best consumed over at

least a 40-minute period or longer. So relax, slow down and enjoy.

**Try Food Combining or Food Sequencing.** Re-arranging how and when you eat certain foods can be helpful while correcting digestion.

**Try a Digestive Enzyme Supplement or Probiotic Supplement, or Both:** Taking either or both can help restore function when the other steps do not help enough. Digestive enzymes can contain HCl to help digest protein and ox bile to digest fat. These always contain amylase, protease and lipase. They may also contain specialty enzymes like lactase for milk or invertase for sugar. Probiotics (good bacteria) can be found in supplements but can also be in fermented foods like yogurt, kefir and sauerkraut. It is hard to know what you need specifically, so try different products.

### **Check for Food Allergens or Sensitivities**

**Food Sensitivities:** A food sensitivity is a food that cause issues but not an allergic response, This is because, unlike an allergy, antibodies to the food have not been formed by the immune system. They usually go away if the person stops eating the foods on a regular basis. They are the direct result of too little beneficial bacteria and are considered a GI tract reaction. Because of the role the gut bacteria plays with regulating inflammation, the GI tract can experience an inflammatory response as part of the sensitivity reaction, including gas, bloating, headaches, constipation or loose stool. If gut health is restored, then the reactions can stop or if the person eats the problem food less often , they will react less ( if gut health is not fully restored).

**Identifying Allergens:** In order to identify a true food allergen you must go to a doctor and have a scratch test performed. This test will identify any allergies due to an excess of IgE antibodies. These antibodies react immediately and are easy to identify with the scratch test. While most people with allergies have already been diagnosed, many do not know they are allergic until they have a reaction. The reaction, which can include symptoms such as runny nose, watering eyes, swollen tongue or lips, happens within 2 hours of consuming the food although often it occurs within minutes.

There is another type of allergy related to IgG antibodies which can have delayed reactions in the body and the reaction can occur up to 3 days later, making it nearly impossible for a connection to the food to be made directly. An IgG antibody can occur when a partial food molecule enters the blood stream through a leaky gut and the immune system attacks, mistaking it for a virus or harmful bacteria, both of which are made of proteins. The immune system will not attack proteins when they are in amino acid form, the form they take after digestion occurs. There are IgG blood tests but they are expensive and not conclusive. This is when a food elimination diet can be useful.

### **An Elimination Diet**

In a typical elimination diet all of the known offending foods are removed for a period of 2 weeks. After the 2 week period, problem foods are re-introduced one at a time, every 72 hours. The food is only consumed once and then not eaten again until all the removed foods have been re-introduced. The two week break gives the body time to stop reacting to a food indicating that it is not a true allergy but merely a food sensitivity. If a reaction does occur to any food during the re-introduction phase, this may be an IgG allergen. This may be a food to consider removing for the duration of the protocol.

This method can be effective but also has its limitations. It is time consuming and may be difficult to avoid all the top food sensitivities. Most of the time people become sensitive to foods they eat daily and the food might not be in the list of top allergens and therefore not removed. The only reason for removing these foods, from the perspective of improving intestinal health, is to speed up the process of making the person feel better. However, this can be misleading as to how their intestinal health is improving. If the food sensitivities are left in and symptoms

improve then real progress has been made. As far as food allergens are concerned, unfortunately, it would be difficult to see a major improvement in digestive and intestinal health if IgG antibody-related allergens were still present. A month would not be long enough for the gut to heal and prevent reactions due to IgG antibodies. So these may be foods a person considers taking out for the length of the protocol and then re-introduce after. If there is a reaction, then this may be a true allergy and a much longer protocol will be needed. If no reaction occurs, it is merely a sensitivity to that food and can be resolved by not eating the problem food so often, allowing the digestive bacteria to build back up.

**Remove Refined Sugars and White Flours:** Avoid white sugar and its refined counterparts such as corn syrup and white fructose powder. Also avoid all artificial sweeteners such as aspartame (Nutra-Sweet) and sucralose (Splenda). None of these foods benefit the healing of the gut or help restore good bacteria. They do not contain any vitamins, minerals, fibre or phytonutrients that can support the health of the body. Also avoid sugar alcohols such as maltitol, erythritol, sorbitol or xylitol. They are also refined white powders that do not have any nutritional value and there is some initial evidence that they inhibit good bacteria growth. There are white flour versions of wheat, rice, rye, spelt, kamut as well as from starches such as cornstarch, tapioca starch or potato starch. All these have had the important healing nutrients removed as well as fibre, which play a key role in helping the intestinal tract replenish (see Fibre-Rich Foods)

### What Sugar Substitutes Are Allowed?

Maple syrup, raw honey, sucanat, coconut sweetener and evaporated cane juice are all excellent substitutes for refined white sugar. They all add valuable nutrients to the diet and have a low glycemic index number which will help sustain energy and prevent cravings. Raw honey is especially beneficial as it contains 10 strains of beneficial bacteria as well as elements that promote the growth of good bacteria. These sweetener options should be consumed in conjunction with other ingredients especially those that contain the types of fibre that supports the growth of good bacteria like inulin, GOS and FOS and fats that contain fatty acids like coconut oil and butter that help heal and support the intestines. See the “Sweet Treats” sections for simple recipes you can make.

**Remember:** Carbohydrates feed good bacteria as much as they feed yeast so if the beneficial bacteria have the advantage, carbohydrates help promote their numbers. When the bacteria have the advantage, the carbs aid their growth and maintenance. However, if yeast has the advantage, refined carbohydrates can feed the yeast. The protocol is designed to use supplements inhibit the growth of the yeast while high-dosing the probiotics to give it the advantage quickly.



**Avoid GMO-Foods:** Genetically-modified foods are to be avoided and are another reason why processed, refined and package foods should be eliminated completely. New research indicates that GMO-foods can damage the intestinal wall lining and therefore inhibit the maintenance of good bacteria. Buy certified-organic foods or foods labelled “Non-GMO”. Specific foods that are currently genetically engineered are corn, canola, soy, potatoes, tomatoes, crock neck squash, sugar and sugar beets. For more information about gut health and GMO Foods watch Genetic Roulette

**Enjoy Your Fruit:** Fresh fruits can be part of a health protocol. However, if the person has a sluggish digestive system and possible food allergens have been removed, then eat the fruit alone 15-30 minutes before a meal or between meals. The best fruits to eat are apples, pears, pomegranate, all berries and citrus fruits which are not only loaded with fibre and nutrients but also support the health of the liver - an area of focus for this protocol (See Supporting the Liver). Melons are often restricted on Candidiasis

protocols because they are prone to molds. Some people are mold-sensitive, but again this is strictly due to a lack of good bacteria and this issue will be resolved as the good bacteria levels are re-established. Bananas are also often restricted on a candida protocol. This is based on the idea that their starchy content feeds yeast. However, as mentioned before, they also feed good bacteria and are a good source of inulin and FOS which also promote the growth of good bacteria. Because they are higher in calories than most fruit, they can make a good energy sustaining between-meal snack.

### **Yeast-Products:**



The yeast used to make bread is not a strain naturally occurring in our intestinal tract and is killed when the bread or yeast-product gets baked in the oven. So this is not an issue for Candidiasis. However, the yeast used in baking has been “chemicalized” for lack of a better word. This causes bread to rise faster than it would under normal circumstances, such as with natural yeast used in sourdough. Natural fermentation aids digestion of the sourdough bread as fermentation is a pre-digestion process and this does not occur with commercially-yeasted products.

Also, since those with Candida issues usually have food sensitivities to the foods they eat daily and most people develop a sensitivity to commercial yeast consuming commercial bread and dough products several times a day, it is important to look at how often people include bread and other foods with yeast as the sensitivity can build up over time. People can also have an IgE allergy to yeast but this can be diagnosed with the scratch test. For this protocol, consuming sourdough bread is the best option. Not only will this eliminate the possibility of a food sensitivity to commercial yeast but many who have a wheat sensitivity find they can easily digest sourdough bread. Ideally it will be 100% whole grain sourdough, although sourdough made with up to half refined white flour, half whole grain unrefined flour (as many artisan breads are) is more digestible than 100% whole grain bread made with commercial yeast so use your digestive system as a guide. The key is to have that natural yeast in the bread; it is a major factor in digestibility.

**Fermented Foods:** Traditionally-fermented foods like properly made yogurt, kefir, sauerkraut, kimchi, apple cider vinegar, red wine and unpasteurized beer can aid the replenishing of gut bacteria. Faux-fermented foods, such as white vinegar, commercial mustard and ketchup are forbidden in the initial stages of the protocol period until good bacteria have the advantage and then the fermentation process of a given food has no bearing on inclusion in the new diet.

### **Strategic Foods to Add:**

**All Prebiotic Foods:** Foods rich in inulin fibre and FOS such as garlic, onions, Jerusalem artichokes, chicory, wheat, many kinds fruits and vegetables as well as GOS found in dairy products all promote the growth of digestively advantageous bacteria. More importantly these foods promote the growth of all varieties of helpful bacteria in the intestines, unlike probiotics or fermented foods which focus more on promoting the growth of specific strains.

**A Variety of Probiotic Foods:** All traditionally fermented foods provide the digestive system with specific strains of helpful bacteria so a variety would be the best way to get a good cross-section. This includes yogurt, kefir, kombucha, sauerkraut, miso, wine and many others. It should be noted that both pre- and probiotic foods should be included in the diet to get the best possible support and replenishment of the good digestive microorganisms.

**Liver Friendly Foods:** A complex relationship exists between the intestinal tract and the liver. Successful removal of toxins in the body, especially yeast-toxins, depends on a strong liver. To this end, eating foods that promote liver health and function is vital. Examples of these foods include broccoli, kale, cabbage, bok choy,

horseradish, apples, citrus fruits, berries, pomegranate, burdock, watercress, chocolate ( 70% cocoa solid or higher) and beets. Bitter grains like dandelion, mustard, collard, rappini, bitter melon, green tea, saturated fats such as coconut, butter and animal fat also promote a healthy liver. Many herbs and spices like rosemary, turmeric, milk thistle and cinnamon also play an important role in promoting good liver condition.

**Blood Sugar Stabilizing Foods:** All foods with fibre work with good bacteria to help stabilize blood sugar by delivering steady small amounts of carbohydrates from the intestinal tract into the blood system. This delivers steady energy and helps to prevent craving. Many foods have been researched for their blood-sugar stabilizing phytonutrients and these include cinnamon, Jerusalem artichokes, garlic, onions, dates, figs, berries, lemons and limes, bitter melon, legumes, nuts and seeds.

**Glutamine-Rich Foods:** Glutamine has been studied in regards to their ability to promote the healing of the gut lining, the surface our digestive microorganisms live and reproduce and work on.



Cabbage, legumes, parsley, spinach, nuts, kale, wheat, and animal products, including dairy products, are all rich in glutamine.

**Anti-inflammatory Foods:** Inflammation of the intestinal tract is a common issue for those with Candidiasis, often causing a variety of secondary symptoms and issues in the intestinal tract and throughout the body. Whether this is caused by reactions to food sensitivities, damage to the intestinal wall lining or lack of beneficial inflammatory regulating microorganisms, consuming foods with anti-inflammatory properties is helpful. These include ground flax and chia for their Omega-3 content, cold water fish like salmon, tuna, halibut, cod, anchovies, herring and sardines, CLA-rich foods like dairy and beef from grass-fed cows, green tea, legumes, avocados, the phytonutrients found in many fruits and vegetables, garlic, onions as well as herbs and spices like turmeric, rosemary and hops (also found in unpasteurized beer).

### Supplements:

High Dose Probiotics: 50 billion colony forming units (CFUs) per day, minimum

Intestinal Support: Glutamine, slippery elm, aloe vera and marshmallow or IntestiNew from Renew Life Yeast

Inhibition Supplement: Week One: Caprylic acid. Week 2: Add Oil of Oregano, Olive Leaf Extract or Grapefruit Seed Extract or a combination formula Kits from Renew Life, Nature's Sunshine or New Roots work well as well.

Talk to your healthcare practitioners for more advice on brands.

### As Needed Supplements:

Control Sugar Cravings: Schizandra or other blood sugar stabilizing product

Extra Liver Support: Milk thistle supplement

Colon Support: A supplement to keep the bowels moving if they should stop during the protocol, such as Cleansemore from Renew Life.

### Other Considerations:

#### Detox Reactions

Any time new nutrients are added in high amounts or protocols are started, a person can experience what is euphemistically called a "detox reaction". This could be caused by toxins moving out of cells and into the bloodstream, making the person feel poorly until their body flushes them out. The reaction could also be caused by the process of repair and restoration as the body restarts its work. Going back to our house renovation analogy, while the demolition is going on, the property looks a mess with debris and trash all over but once it is all hauled away and the yard cleaned up, everything looks fresher and tidier. Detox reaction in our bodies are similar, being temporary while the body cleans up some toxin debris, ranging from 3 days to a week, although duration is dependent upon starting toxin levels.

**What are detox reactions?** They are a naturally occurring process person already go through. They became more noticeable during the protocol when the diet changes very suddenly and specific foods are completely removed. Headaches and fatigue are the most common results although reactions can also cause joint or muscle pain, skin issues like rashes, acne or hives, chills, nausea and other flu-like symptoms and many others. Most often they present as issues an individual commonly experiences, for example, if an individual is prone to yeast infections, the chances of getting one are greatly increased during the protocol.

How to tell a detox reaction from an allergic reaction. Detox reactions generally go away within 3 days. They are the worst in the beginning and become less noticeable with each day as the toxins leave the body. An allergic reaction does not go away and tends to present with the same constant intensity with the possibility of becoming worse as exposure continues over time. Consult a medical professional if a reaction becomes progressively worse or doesn't go away.

### **Possible Detox Symptoms**

Some of the symptoms that you may experience are: fatigue, sleepiness, headaches, diarrhea, gas, bloating, nausea, flu-like symptoms, congestion or runny nose, sensitivity to smells, skin break outs, depression, emotional, foggy brain, and irritability.

This is just a guideline to prepare you for some possible symptoms, but it does not necessarily mean that you will experience the above symptoms. Each individual reacts differently and with different degrees of severity. Symptoms are expected to get worse before they get better as toxins die off and are in the process of being eliminated from the body.

Things you can do to help detox and minimize reactions:

- Take Epsom salt baths.
- Drink lots of clean water.
- Do deep breathing exercises.
- Exercise. It's important to try to work up a sweat every day, even a 20 minute walk will get you sweating.
- Get plenty of rest.
- Reduce stress through deep breathing, meditation, relaxation and exercise.
- Chew food very thoroughly and take time when eating. Enjoy your meals.
- Hydrotherapy --> at the end of showering alternate water 30 seconds on cold and 30 seconds on hot ending with cold.

What happens if I fall off the protocol wagon? Get back on! It's going to happen, special occasions are going to occur where it's unavoidable and the stress of avoiding and craving the "banned" foods is not helpful to your healing process. Plan ahead and mentally prepare, telling yourself: "if there aren't good alternatives available for my banned foods, I'll just have a small portion". Then relax and enjoy. The only thing that falling off does is slow the progress a bit. It is just one meal, no big thing. it's alright to have a "cheat" snack once in a while, the thing to remember is the protocol is designed to be livable and not having a bit of a crazy day every so often just isn't liveable. As further progress is made within the protocol, deviations will mean less and less. However, after the body adjusts to the changes, new foods, flavors and recipes will start to replace those old favorites and the cravings will subside.

### **Supplements**

Without good supplementation, Candidiasis will not go away. It is more than food restrictions. Food restrictions only help speed up the process but not enough to avoid a long protocol. It is better to be less restrictive with the

foods to make it more attractive to the client to continue to protocol and focus on the supplement program.

Weeks 1 and 2:

- Caprylic acid liquid supplement or capsule (according to bottle directions).
- High dose probiotics - minimum 30 billion CFU a day. A higher dose, 50 to 100 billion CFU is even better. Maintain this high dose at least a month, longer if needed.
- ¼ cup of Kefir twice a day can be used instead of probiotics - must be Russian kefir and made from kefir grains.
- Intestinal gut health product that includes glutamine (up to 5000 mg)

Week 3

- 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)

Week 4 and Beyond:

- Switch to a low dose probiotics, up to 11 billion CFU.
- Once digestive and intestinal symptoms are resolved, caprylic can be stopped but the other supplements continue until secondary symptoms are gone. Examples- PMS nail fungus or skin fungus - these all take time to fix - also foods taken out should be reintroduced and if still a problem then protocol not finished. Para-gone from Renew Life can speed up the protocol and take care of parasites at the same time. Go slow with it and work up to full recommendations on the box or to the level client can tolerate (do not do the five days off as recommended). Nature's Sunshine and New Roots also make great parasite products.

If you have liver issues or are estrogen dominant or PMS or problems with your period:

Estrosense from Preferred Nutrition (

New Roots Herbal Liver- Milk Thistle

### **For Constipation:**

Renew Life Cleansemore

Aloe Vera juice with preservatives. There is ongoing research into how effective the preservative-free products are.

Aloe vera also helps improve gut flora.

### **If still having digestive issues:**

Digestive Enzymes such as Digest More or Digest More with HCl from Renew Life or similar products from New Roots Herbal

If you get a yeast infection while on the protocol: Apply coconut oil to your body to stop the itch. Caprylic acid, if included in the supplement regimen, will also help.

### **Foods to Include:**

It's important to eat ORGANIC as much as possible because chemicals from nonorganic foods can cause a reaction and impede proper repair of the digestive system. A list of the dirty dozen and clean fifteen provided.

**Water:** Lots of clean filtered water

**Vegetables:** Plenty of vegetables 5-6 servings, cooked or raw

**Fruits:** 2 fruits per day. Best choice: apples, pears, pomegranate, berries, citrus fruits, avocados, bananas

**Grains:** 1-2 servings of whole organic grains

Gluten-grains: Wheat, spelt, Barley, Oats, Kamut. Try the sprouted versions of these grains or sourdough if a sensitivity is suspected.



Gluten Free: If a known sensitivity or allergy exists, try gluten free alternatives such as: Millet, Quinoa, Amaranth, Teff, buckwheat, brown rice, rice pasta

Beans and Lentils: 1 serving per day of adzuki, red beans, hummus, or tahini. If buying canned make sure it's BPA FREE. Eden is a trustworthy brand.

Fermented foods: Unlimited servings of unpasteurized sauerkraut, kimchi, kefir, miso, apple cider vinegar, yogurt (Liberte is a good brand), kombucha tea

Beverage: 2-3 drinks per day. Loose leaf herbal tea (dandelion, ginger, chamomile, nettle, fennel), unsweetened pure coconut water; warm water with lemon and ginger is unlimited

Oils: Raw coconut oil, extra virgin olive oil, sesame seed oil, hemp oil, avocado oil, organic canola oil, rice bran



Meat: 1-2 servings per day (serving size is about the size of

your palm) of organic or naturally raised free range

chicken, turkey, eggs, lamb, beef, and wild, fish-safe fish

Milks: 1 serving per day of coconut, almond, hemp, rice, full fat organic cow's milk, goat milk

Sugars: 1-2 serving per day (serving size 1 to 2 tsp) of unpasteurized honey, sucanat, coconut, evaporated cane juice, maple syrup, brown rice syrup.

Seasoning: Unlimited of garlic, fresh or dried organic herbs, Tabasco, spices, apple cider vinegar, lemon/lime juice, sea salt and pepper, vanilla, unsweetened cocoa, cinnamon, ginger, fresh parsley, cayenne, turmeric, raw garlic, rosemary, oregano, cloves, sage, fennel

Condiments: Unlimited of yellow/Dijon mustard, Bragg soy sauce, Coconut Aminos, sugar free salsa, organic broth

**Nuts & Seeds:** 2 servings (10 nuts or 1 tbsp of nut butter) of all nuts except peanut and pistachios (prone to mold). Raw organic is fine.

**Dairy:** 1 serving of Liberte yogurt, goat yogurt, kefir, raw goat cheese, organic butter

**Alcohol:** Limit 1 per day of organic red or white wine (these don't have sulphites) or unpasteurized beer

#### **Foods to Remove/Avoid:**

**Fruits:** Melon, if sensitive to mold

**Beverages:** Coffee, black tea, carbonated drinks, pop, fruit juice -limit

**Sugar and artificial sweetener:** White sugar, white flour, aspartame (Nutra-sweet), sucralose (Splenda), processed foods, pasteurized honey, sugar alcohols

**Pickled and smoked meats & fish:** Premade meats such as hamburgers, sausage, hotdogs, corned beef, pastrami, smoked fish, marinated meats

Condiments: Ketchup, Worcestershire sauce, MSG, steak and barbecue sauces, chili, shrimp sauces, commercial mustard

**Edible fungi:** All types of mushrooms, cooked if mold sensitive

**Leftovers** (if mold sensitive): Mold grows on leftover food, they must be heated to at least 60° C/ 145° F to destroy the mold. Freezing is better than refrigeration to prevent mold growth. Heating will not remove aflatoxins, this is an issue.



**Alcohol:** All alcoholic beverages except those mentioned above

**Supplements:** Should be labeled yeast free and sugar free

## **Additional Foods**

### **Liver friendly Foods:**

- All berries
- Lemons, Limes
- Jerusalem Artichokes
- Organic Chocolate 85% or cocoa (non-alkalized)
- Green tea or white tea
- Cruciferous Vegetables: Broccoli, cabbage, bok choy, horseradish, kale
- Bitter greens: Dandelion, bitter melon, collard greens, rappini, mustard greens, beat greens, radicchio
- Beets, yellow or red
- Herbs and Spices: Rosemary, turmeric, sage, oregano, myrtle, cinnamon, cloves, fennel, lavender, lemon grass, licorice, peppermint, pau d'arco, chamomile, milk thistle, ginger, chia, flax, hemp
- Cold water fish
- Garlic and onions



### **Anti-Fungal Foods:**

- Coconut Oil - contains caprylic acid
- Butter and all Saturated fats containing undecylenic acid and caprylic acid
- Garlic and Onions
- Herbs and Spices: Rosemary, turmeric, sage, oregano, myrtle, cinnamon, cloves, fennel, lavender, lemon grass, licorice, peppermint, pau d'arco, chamomile, ginger, curry, pungent herbs
- Apple cider vinegar

### **Prebiotic Foods\***

- All grains and all legumes, lentils, potatoes
- Organic dairy products especially yogurt, kefir and aged hard cheese
- Chicory
- Jerusalem artichokes and other tubers
- Garlic, onions
- Berries, wine, almonds, citrus foods
- Tomatoes, cabbage and broccoli, carrots, kale, tomatoes



\*The list is going to change as more foods are found to be prebiotic. Do a google search by typing the name of the food and the word "prebiotic" to learn if a food that you want to eat is prebiotic.

### **Glutamine -Rich Foods**

- Cabbage, cooked or raw, juiced it or broth
- Legumes, peas, lentils
- Parsley, kale, spinach
- Beets, corn, celery
- Nuts, peanuts
- Wheat, barley
- Animal products such as beef, chicken, pork, all types of fish, eggs
- Dairy products including milk, yogurt, kefir, ricotta cheese and cottage cheese
- Bone broth

### **Anti-Inflammatory Foods**

- Ground flax and chia for their Omega-3
- Cold water fish like salmon, tuna, halibut, cod, anchovies, herring and sardines
- CLA-rich foods like dairy and beef from grass-fed cows
- Green tea, white tea
- Legumes
- Fruits and vegetables including avocados, garlic and onions
- Herbs and spices like turmeric and rosemary
- Hops, found in unpasteurized beer

### **Blood Sugar Stabilizing Foods:**

- All berries, dates and figs
- Honey
- Lemons, Limes
- Jerusalem Artichokes
- Green tea or white tea
- Bitter melon, collard greens
- Herbs and Spices: Rosemary, turmeric, dill, sage, oregano, myrtle, cinnamon, cloves, fennel, lavender, lemon grass, licorice, peppermint, pau d'arco, chamomile, milk thistle, ginger
- Apple cider vinegar and other fermented foods like yogurt, kefir, kombucha, etc.
- Legumes, pecans, almonds, cashews, peanuts
- Whole grains, chia, flax, hemp
- Garlic and onions

### **Final Considerations:**

- All vegetables
- All grains and legumes (individual's sensitivities should be removed) including peanuts and organic peanut butter
- All raw nuts and seeds, taking into account mold sensitivities.

Whole grains and sourdough breads are allowed. While commercial yeast plays no role in the Candidiasis protocol, some people are sensitive to it, so pick and choose according to your body. Sourdough is the best option but sprouted, non-yeasted breads like Manna bread (look for it in the freezer section of your local health food store) may be options. Ezekiel bread and other sprouted breads are also more digestible but may be made with commercial yeast.

- Corn, organic/ non-GMO. Commercial corn tends to be GMO.
- Dried Fruits. (May affect mold sensitivities)
- All Animal Products (serving size 4 oz. for women, 6 oz.)

**Dirty Dozen** (very contaminated, only eat organic)

From The Environmental Working Group

1. Apples
2. Celery
3. All berries, including strawberries
4. Peaches
5. Spinach
6. Nectarines
7. Grapes
8. Sweet bell peppers
9. Potatoes
10. Blueberries
11. Lettuce
12. Kale/collard greens

**Clean 15** (okay to eat if it's not organic)

From The Environmental Working Group

1. Onions
2. Corn (most is GMO □ organic non GMO is best)
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet peas
7. Mangoes
8. Eggplant
9. Cantaloupe
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet potatoes
14. Grapefruit

**Menu Plan**

Here is the minimum to add each day. Pick food strategically from the lists, making sure each category is covered. Picking foods that overlap in more than one category is best.

3 vegetables

2 fruits

1 protein that provides at least 15-25 g protein itself; the rest can come from the other foods combined

1 legume

2 whole grains

1 fermented food

1 serving nuts or seeds and essential fatty acids

A portion size is about the size of your fist. After eating these portions, relax and enjoy foods from across the whole list. These are just daily minimums to include.

**Beverages**

It is important to stay well-hydrated during this protocol. Not only does water help us move toxins out of the body and keep the colon moving, it is essential for all healthy body functions. Also, the signal for thirst is often misinterpreted as the signal for hunger, so staying well-hydrated can prevent over-eating and some cravings.

Recommended: Spring water, re-mineralized reverse osmosis, or carbon-filtered tap water, fresh fruit/vegetable juice combo (one juice per day), smoothies with added fibre like ground flax or chia, green teas, herbal teas, red wine or white wine (limit wine to 3 times a week) and unpasteurized beer (limit beer to 3 times week). Water can be flavoured with lemon, lime or other citrus fruits.

Avoid or limit coffee or black tea. No pop of any kind or sugar-sweetened or artificially-sweetened fruit juices.

## Sample Day

**Breakfast:** Fruit Smoothie with berries, whole milk or almond milk, cinnamon, protein powder, dates and ground chia

**Lunch:** 3 Bean salad with Whole Grain Crackers

**Dinner:** Salmon or Tuna steaks with Roasted Root Vegetables with garlic, onions and rosemary

**Snack:** Yogurt Dip with Fresh Vegetables, Cocoa Coconut Cookies

## Recipes

### Breakfast Smoothie

- 3/4 cup whole milk or almond milk
- 1 tbsp ground chia\* or 2 tbsp ground flax\*
- 1/4 cup water
- 1 tbsp fresh or frozen blueberries
- 1 tbsp fresh or frozen strawberries
- 1 tbsp fresh or frozen raspberries
- 1-2 tsp cinnamon
- 3-4 pitted dates
- 1 scoop of your favorite protein powder (optional)

Place all the ingredients into a blender and blend until smooth.



\*In order to get the essential fatty acids from chia or flax it is best to grind the flax and chia yourself. Buy a coffee grinder that you can use for grinding and use whole seeds.

### Lunch Option

Three Bean Salad

6 Servings

- 1 cup kidney beans
- 1 cup chickpeas (garbanzo beans)
- 1 cup snow peas or sugar snaps
- 1 cup adzuki beans
- 1 medium red onion
- 1/3 cup water
- 1/2 cup olive oil
- 1/3 cup apple cider vinegar
- 1 tsp mustard powder
- 2 tsp raw honey
- Sea salt and pepper to taste
- 2 tbsp parsley



Rinse all the beans and place in a bowl. Wash the snow peas or sugar snaps and add to the bowl. Add the rest of ingredients and mix. Season to taste and chill. For better digestibility, it is best to make the salad the day before and chill overnight in the refrigerator.

Serve with whole grain crackers

## Dinner Option

### Tuna or Salmon Steaks with Roasted Veggies

2 Tuna or Salmon steaks (4-5 oz each)

Extra Virgin Olive Oil

Zest of 1 lemon peeled in strips using vegetable peeler

Sea salt and fresh ground black pepper

Roasted vegetables:

3 carrots sliced

2 Yukon gold potatoes, cut into one inch pieces

1 small onion, chopped

3 cloves garlic, peeled

1 tbsp fresh rosemary, chopped

1-2 tbsp olive oil

Sea salt and fresh ground black pepper to taste



For serving:

2 tsp olive oil

2 tsp lemon juice

Place the Tuna steaks on a plate and drizzle a good helping of olive oil on them flipping a few times to make sure they are well coated. Sprinkle with black pepper then rub the cut side of the lemon zest into the steaks (do not salt them yet). Heat the oven to 400° F. Mix the carrots, potatoes, onions, rosemary and garlic in olive oil, sea salt and pepper in an oven safe dish. Put veggies in the oven for about 40 minutes or until the potatoes are almost done. To cook the steak, heat a heavy bottomed stainless steel or cast iron pan over medium heat until very hot. Remove the lemon zest and discard. Flip the steaks over a few times to make sure they're well coated in oil then sprinkle with sea salt on both sides. Place the steaks in the hot pan and do not disturb them until they are ready to flip. You'll know they're ready when the bottom third of the steak is browned and the top two thirds is still pinky red. It is important to pre-heat the skillet to very hot, this ensures a good sear and prevents the steak from sticking, allowing it to be flipped easily. Cook this side until the bottom third is brown. Ensure an even browning on both sides, with a pink middle. If the middle is red, cook a little longer on each side. Take the veggies out of the oven after flipping the tuna and plate the veggies. When the tuna is done, place the steaks on top of the veggies right away so they do not overcook. Drizzle 1 tsp of lemon juice and 1 tsp of olive oil on each steak and serve immediately.

### Snacks

#### Yogurt Dip and Fresh Veggies

2 tsp raw honey

1/2 cup full-fat yogurt

1 tbsp lemon juice

1 clove garlic

2 tsp fresh dill

Sea salt and black pepper to taste



Celery sticks, broccoli and sweet potato sticks.

Mix the yogurt, honey and lemon juice and whisk thoroughly. Add the garlic and dill and season to taste with sea salt and black pepper.

## Sweet Treats

### 5 Minute Cocoa Coconut Cookies

- 2 cups gluten-free rolled oats or quinoa flakes
- 1 cup unsweetened, sulfite-free dried coconut
- 1 cup natural organic peanut butter, cashew butter or almond butter
- 2 cups coconut sweetener or sucanat
- 1/4 cup organic cocoa
- 1/4 cup coconut oil
- 1/4 cup whole milk or almond milk
- 1 tsp pure vanilla extract



Line baking sheets with waxed or parchment paper. Mix the oats, coconut, and nut butter in a bowl until thoroughly combined. Place coconut sweetener, cocoa powder, butter, and milk in a large saucepan, and bring just to boiling over medium heat, stirring frequently to evenly melt and combine ingredients and prevent from scorching. Remove from heat immediately. Mix the oat mixture into the liquid mixture; stir in vanilla extract. Scoop up about 1 tablespoonful of the dough, roll it into a ball, and flatten. Place on waxed paper, and allow to cool.