Candida Diet Plan
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**Candida** is a yeast-like fungal organism (parasite) found in small amounts in the normal human intestinal tract. Normally kept in check by the body’s own helpful bacteria, Candida albicans can increase in numbers when this balance is disturbed. It can cause a yeast infection of the intestinal tract (or other parts of the body) and Leaky gut syndrome. Yikes!

It’s estimated that 70% to 80% of our immune system is located in our gut, and 90% of our neurotransmitters (the chemicals responsible for regulating mood) such as serotonin are made in our gut. A properly functioning digestive system (gut) is critical to good health.

Since Candida is a fungal yeast overgrowth in your gut, you’ll be doing what functional medicine calls the **4R Program** – Remove, Replace, Re-inoculate, and Repair the gut.

1. **Remove** the Candida through:
   - Starving it to death by depriving it of its food: Sugars (grains, starches, potatoes, beans, dairy, and fruit).
   - Killing it with herbs and anti-fungal medications.
   - Detoxing/cleansing the candida die-off toxins from your system.

2. **Replace** the essential ingredients for proper digestion and absorption with digestive enzymes and hydrochloric acid (HCl).

3. **Re-inoculate** the beneficial gut bacteria by taking a probiotic supplement containing the highest amounts of multiple bacteria species (bifidobacteria and lactobacillus species). Also, consume prebiotic foods (feed good bacteria) high in soluble fiber (chicory root, onions, garlic, leeks, artichokes and jicama).

4. **Repair** the gut wall/lining and support the immune system by providing the necessary nutrients.

*See “How to Heal Your Leaky Gut” in the Resources section.*

A **liver and colon detoxification cleanse** is highly beneficial in restoring your body to health, boosting your immune system, and eliminating as much of the Candida yeast and its toxic byproducts as possible. Cleansing starts the hard work of beating your Candida and prepares your intestine for the Anti-Candida Diet.

The benefits of a good cleanse actually go far beyond treating Candida. Regular cleansers report more energy, improved mood, better digestion, weight loss, and improved concentration. For Candida sufferers in particular, it offers the possibility of cleaning out the debris from your intestine, flushing out the Candida yeast, and exposing the rest so that the other Candida treatments can **KILL IT**!

**Prebiotics, Probiotics, Digestive Enzymes, Healing Nutrients, and Natural Anti-fungal formulas** (Bio Botanical Research-Bioclear, which contains biocidin and other antifungal compounds) form the rest of your program. Natural anti-fungal formulas don’t have side effects; however, your doctor may prescribe an anti-fungal prescription drug (**Nystatin** or **Diflucan**) if absolutely necessary.
Causes of Candida

- **Antibiotics** are a primary cause of Candidiasis, so make sure you don’t get them unless you absolutely need them. Take the probiotic *saccharomyces boulardii* (friendly beneficial yeast that fight Candida) with the antibiotics.

- **High-sugar** snacks, sodas, alcohol and dried fruit contribute.

- **Gluten** and all grains including corn are major culprits.

- **Antacids** and acid-blocking drugs inhibit the hydrochloric acid that helps keep the fungus in check.

- **Contraceptives** such as the Pill have also been found to cause Candida.

- **Hormonal imbalances** compromise your immune system.

- **Stress, smoking, parasites, and even dental mercury fillings** compromise your immune system’s beneficial bacteria and thus allow yeast to overgrow.

- **Chlorine and fluoride** kill the beneficial bacteria in your gut.

Candida Die Off

If you cleanse correctly and start to eliminate your Candida, you may find yourself suffering from something called Candida Die Off. This can manifest itself in symptoms ranging from nausea and headaches to sweating or even itchiness, but it’s nothing to worry about. It is actually the result of large numbers of Candida yeast cells being killed and releasing toxic byproducts into your bloodstream. The *Bio Botanical Research-Bioclear* comprehensive cleansing program has GI Detox to reduce the symptoms. Remember to drink lots of water to flush out those toxins!
The Discovery Diet

Let’s Get Started!!

- Use powerful digestive enzymes with meals.
- Take broad-spectrum probiotics between meals (two hours apart from anti-fungal formulas)
- Do the liver and colon detoxification cleanse for 7 to 14 days.
- Add the healing nutrients for leaky gut after doing your liver and colon detoxification cleanse.
- Follow the Candida Diet for 6 months with the prescribed Natural Anti-Fungal Formulas* and then get tested to see if you are Candida-free.
- Never re-introduce gluten back into your diet, since it may have triggered your Candida.

Colon Detoxification Options:

1. Bio Botanical Research - Bioclear program
   GI Detox Capsules
   1-2 capsules 3x day (3 days) 2 x’s month

OR

2. Colon Detoxification Cleanse Drink
   (7-14 days)
   - 1 large cup of water
   - 1 Tablespoon of fiber supplement Renew Life Organic Bowel Cleanse
   - 1 Tablespoon of Great Plains Liquid Bentonite Clay

Add Liquid Bentonite Clay to your fiber supplement and shake up the mixture for a few seconds, then quickly drink it before it settles. Drink another extra large glass of water immediately after. Both of these ingredients are great for detox. The Bentonite clay soaks up toxins, and the fiber pushes waste matter out through your colon.

Drink twice each day on an empty stomach (first thing in the morning and 2 hours before bed).

Liver Flush Drink  (7-14 days)

- 1 cup filtered water
- 1 tablespoon extra virgin olive oil
- 1 clove of garlic
- Small chunk of fresh ginger

Just blend all the ingredients together and drink. If you don’t have a very good blender, chop the garlic and ginger first before blending.

- Drink a liver flush every evening before bed (2 hours after your colon detoxification cleanse drink or GI Detox).
Colon Hydrotherapy

Colonic hydrotherapy/irrigation can make your cleanse much more effective. It acts to loosen and expel the hardened fecal matter within your intestine, eliminating the Candida yeast and its byproducts more quickly than you can by diet alone.

It’s not as daunting as it sounds. During a session of colonic therapy, which typically lasts around 45 minutes, the patient lies down and is first given a gentle but firm massage in the lower stomach area. This is to loosen the materials that the colonic will remove.

A small, sterile, disposable plastic tube is inserted into the rectum and sterile warm water is allowed to gently flow into your colon or large intestine. Clients typically report a warm feeling but often have little sensation of the colonic, although it can feel slightly uncomfortable the first time. As the water is released it flows out, providing a gentle cleansing effect of the loosened fecal matter. This cycle repeats several times. Other liquids, often coffee, are then typically added to the water to further help with the loosening. After the colonic, ask to either have a probiotic enema or make sure to take a high dose of oral probiotics. Just one colon hydrotherapy/irrigation session is equivalent to having 20 to 30 regular bowel movements. Subsequent sessions can be even more substantial as older, hardened, impacted feces are dislodged from the colon walls.

You can look online to find your local colonic therapist. He or she will be able to give you guidance as to how often you should get a treatment. Two or three sessions should be more than sufficient during the cleanse stage of the program.
Exclude & Include Foods

Candida Diet Plan

- GRAIN FREE
- DAIRY FREE
- SUGAR FREE
### EXCLUDE

#### All Grains (Including Corn)
Gluten products: Wheat, barley, rye, including these species of wheat: spelt, durham, kamut, couscous, orzo, matzo meal, semolina, farina, kasha, graham flour, bulgur and triticale.
Grain products made from: corn, rice, sorghum, teff, tapioca, millet, quinoa, amaranth, and buckwheat. (See the Forbidden Lists for Gluten and Corn.)
Note: Grains contain these anti-nutrients: Phytates, lectins and saponins that can cause digestive irritation and leaky gut.

#### Dairy Products
Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers, whey, casein, sodium caseinate, calcium caseinate and goat milk products.
Note: Dairy and/or lactose-free does NOT necessarily mean casein-free. Many of these products still contain casein, so please read labels and look for the casein-free items. (See the Forbidden Lists for Dairy/Casein.)

#### Starchy Vegetables
Potatoes, sweet potatoes, yams, winter squashes, carrots, peas, parsnips, and beets

#### Nightshade Vegetables (If sensitive to nightshades and lectins or if you have arthritis)
Tomatoes, eggplant, peppers, okra, and spices cayenne and paprika

#### Mushrooms
Most mushrooms including morels and truffles

#### Legumes/Beans/Soy
All soy products: (soy beans, edamame, tofu, soy milk, Bragg liquid amino’s soy sauce, etc.)
No garbanzo beans/chickpeas, black-eyed peas, lima beans, kidney beans, pinto beans, red beans, white beans, black beans, broad beans, adzuki beans, mung beans, fava beans, and navy beans for the first 30 days.
Note: Legumes/beans contain these anti-nutrients: Lectins, protease inhibitors, phytic acid/phytates, and saponins that can cause digestive irritation and leaky gut.

#### All Fruits
Fresh fruit, dried fruit, canned fruit and fruit juice

#### Sweeteners
White or brown refined sugar, high fructose corn syrup (HFCS), corn sugar and all artificial sweeteners: Aspartame (NutraSweet & Equal), Neotame, Sweet & Low, Splenda (Sucralose), Truvia, Purevia, Sugar Twin, Sunett and Sweet One (Acesulfame K), and Sucaryl (Cyclamate).
Natural sweeteners: Molasses, honey, yacon syrup, brown rice syrup, real maple syrup, agave nectar, and evaporated can juice.
Avoid sugar in all forms including sucrose, fructose, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose, monosaccharides, and polysaccharides.
### INCLUDE

#### Grain-Free
Non-grain products made with arrowroot, hemp seed, chia seed/flour, mesquite flour, sesame seed, plantains, coconut flour, and nut flours such as almond flour that you can make yourself

#### Dairy/Casein-Free
Milk substitutes (unsweetened only!): Nut milk (almond or hazelnut), coconut milk, hemp seed milk

**Caution!** If these dairy substitutes upset your stomach, it could be due to the guar gum or carrageenan in them.

Clarified butter (ghee)

#### Non-Starchy Vegetables
Artichokes*, asparagus*, avocado*, beet greens, broccoli, brussel sprouts, cabbage*, cauliflower*, celery*, chicory, coconut, collard greens, cucumber, dandelion greens*, escarole, eggplant, endive, fennel, garlic* (raw), jicama, kale, kohlrabi, leeks*, lettuce (all types), mustard greens, okra, olives, onions*, radish, red bell pepper, rutabaga, seaweed, snow pea pods, spaghetti squash, spinach, swiss chard, tomatoes, turnips, turnip greens, watercress, zucchini, and green beans

#### Mushrooms
Reishi and maitake (medicinal mushrooms)

#### Fruits
Lemons and limes

#### Sweeteners
Sweetener stevia (all natural calorie-free sweetener and extremely low on the glycemic index)

**Note:** Sweetleaf Liquid Stevia Sweet Drops come in 17 different flavors and can be added to many drinks and foods

Xylitol* is a proven anti-fungal and inhibits Candida yeast. The drawback to Xylitol is that it contains sugar alcohol that can increase blood sugar ever so slightly. Xylitol can also cause gastrointestinal upset if not easing into use of the product. Xylitol tastes the most like real sugar without any aftertaste. Make sure it’s extracted from birch and not corn.

* Note: Symptoms of diarrhea, constipation, gas, bloating, and/or cramping may occur in those who could be sensitive to the effects of FODMAP* foods. These should be avoided for 8 weeks before the re-introduction phase, especially if you have IBS (irritable bowel syndrome) or IBD (irritable bowel disease).
**EXCLUDE**

### Beverages

All highly caffeinated beverages: 5 Hour Energy, Red Bull, Monster Energy, etc.  
Soda pop, *coffee, and black tea  
Note: Excessive amounts of caffeine may cause stress, anxiety, nausea, depression,  
sleeping problems, acid reflux, stomach ulcers, irregular heart rhythms, high blood  
pressure, chronic headaches, fibrocystic disease, or osteoporosis.  
**Caution!** Beware of added flavors and read labels! Be careful with blended teas  
and herbal teas; some contain barley, malt, or flavors derived from gluten grains.  
They may also contain sweeteners.  
ALL Alcoholic Beverages: Wine, beer, spirits, liquors, cider

### Fats

Olean, olestra, hydrogenated oils, margarine, shortening, spreads, peanut oil,  
and butter  
Limit omega-6: canola, corn, soy, and sunflower oils (convert to ARA - arachidonic  
acid)  
Note: Canola, Corn and Soy are also GMOs.

### Nuts and Seeds

Cashews, pistachios, peanuts, and peanut butter because they contain high amounts of  
mold.

### Meat, Poultry, and Fish

Pork, processed, cured, smoked, dried, pickled or canned meats. Nitrates/nitrites  
in cold cuts/sandwich meats (pastrami, bologna, salami, corned beef), sausages,  
bacon, hot dogs, pickled tongue, and kielbasa.  
Shellfish and farm-raised seafood. Albacore, white & yellow fin tuna, swordfish,  
tilefish, king mackerel, and shark all contain high amounts of mercury.

### Packaged, Processed, and Refined Foods

Canned, bottled, packaged, boxed, and other processed foods containing  
yeast, refined sugar, refined flour, chemicals, preservatives, or food coloring.

### Condiments

Ketchup, mayonnaise, regular mustard, relish, horseradish, salad dressings,  
tomato paste, and spaghetti sauces all contain high amounts of sugars.  
Condiments generally do tend to be high in sugar.  
Please read labels!
### INCLUDE

#### Beverages

Organic decaffeinated: Low acid coffee, green or white tea, and herbal caffeine-free teas: cinnamon, chamomile, peppermint, pau d’arco, ginger, or licorice tea, and 100% pure chicory root as coffee

Fresh green smoothies and green juices

Water - 8 cups (64 oz.) daily of clean spring, filtered, distilled, or reverse osmosis. Alkaline ionized water is best!

Naturally flavoring your water or mineral water with fresh lemon or lime slices, or adding a few drops of flavored *Sweetleaf* Liquid Stevia Sweet Drops, *Zevia Diet soda™*

Herbal water and *Kevita* (choose stevia sweetened only) probiotic drink.

#### Herbs and Spices: *Anti-Fungal*

Basil, black pepper, cayenne pepper, cilantro, cinnamon, cumin, curry, dill, nutmeg, paprika, rosemary, tarragon, thyme, turmeric, cloves*, garlic*, ginger*, oregano*

#### Fats

- Extra virgin olive oil and other unrefined oils (sesame, walnut, hazelnut and almond) for non-cook sauces, dressings, etc.
- Extra virgin coconut oil for cooking, baking, frying or in smoothies.

Note: Virgin coconut oil is a powerful anti-fungal as well as heat stable for cooking.

- Avocado oil, grapeseed oil, and ghee (clarified butter) for cooking, baking, and medium heat frying.

#### Nuts and Seeds

Organic Raw Nuts: Almonds, walnuts, pecans, macadamias, hazelnuts (filberts), brazil nuts and nut butters. Best eaten if soaked overnight then air dried or sprouted. Keep refrigerated for freshness.

Seeds: Sesame (tahini), pumpkin, and sunflower seeds can be roasted/toasted.

#### Meat, Poultry, Eggs, and Fish

Fresh cold water wild fish (omega-3) such as halibut, salmon, cod, sole, trout, sardines, shrimp, and crab (convert ALA-alpha linolenic acid to EPA & DHA Omega-3)

Tongol tuna occasionally (in spring water if canned), free range chicken, turkey, beef, bison, lamb, ostrich, venison and elk, chicken sausage, turkey sausage/patties, turkey bacon, and organic free-range pastured hen’s eggs

Note: Grass-fed animals contain the healthy fat CLA (conjugated linoleic acid) that reduces cholesterol and obesity.

#### Condiments

Dairy-free pesto, guacamole, salsa, homemade mayonnaise, and dressings
Candida Rotation Diet (Optional)

*(No Grains, Dairy/Casein, Starchy Veggies, Fruits, and Legumes)*

This is an eating plan in which you rotate the favorable food groups over a 4-day period, so that your body does not become sensitive to certain foods that are eaten too frequently. Just follow the easy color coding for the foods (found at the bottom of the chart).

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<th>DAY 1</th>
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Note: It is very important to be well hydrated, so drink at least 8 glasses of water daily. Low water intake is associated with increased allergic response.

* FODMAP (Fermentable Oligo-Di-Monosaccharides and Polyols) foods.

Use only the **unsweetened** almond milk and coconut milk.

<table>
<thead>
<tr>
<th>Proteins (Animal &amp; Fish)</th>
<th>Vegetables</th>
<th>Nuts &amp; Seeds</th>
<th>Spices</th>
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<tr>
<td>Dairy substitutes</td>
<td>Fruits</td>
<td>Sweeteners</td>
<td>Thickeners</td>
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The Candida diet only works if you can fully and completely eliminate sugars in all their forms. The carbs in certain foods are quickly converted into sugars that will feed yeast overgrowth. You’ll basically be on a modified Grain-Free & Dairy/Casein-Free Lifestyle for chronic inflammation without starchy veggies or fruit for 3 to 6 months: Get re-tested to make sure you are Candida-free.

The best way to protect you and your family’s health is to avoid packaged foods as much as possible! Buy the freshest and highest quality, naturally healthy foods that you can afford. Organic is always preferable. Use a good veggie wash for cleaning non-organic produce.

Choose these foods to create the healthiest easy meals!

Proteins:

Fresh lean meat, poultry, eggs and fish are all naturally gluten-free, grain-free & dairy-free (Watch out for added broths, seasonings and marinades).

Always choose when possible:

- **Grass-fed bison or beef** for their healthy Omega-3 and CLA (conjugated linoleic acid), which reduces cholesterol helps fight obesity, cancer, and diabetes.
- **Organic free-range pastured poultry** for their healthy Omega-3 and CLA, lower saturated fat and no antibiotics or hormones.
- **Organic free-range pastured hen’s eggs** for their higher healthy Omega-3, Vitamin A, D, & E, lower cholesterol and saturated fat, and no antibiotics or hormones.
- **Wild-caught fish** for their higher nutritional value than farm-raised fish and better for the environment qualities.
- **Organic fermented soybeans (tempeh)** for its high vegan protein, probiotics, fiber, isoflavones, calcium, manganese, vitamins B2, B3, B5, B6 and traces of B12.

  It reduces cholesterol, increases bone density, reduces menopausal symptoms and promotes muscle recovery.

Choose only grain-free options! If you have any bad reactions, discontinue use.

Carbohydrates:

- **Fresh non-starchy vegetables**: (seasonal and organic when possible and eat them raw, steamed or grilled) artichokes, asparagus, avocado, beet greens, bell peppers, broccoli, brussel sprouts, cabbage, cauliflower, celery, coconut, collard greens, cucumber, dandelion greens, eggplant, endive, garlic (raw), kale, leeks, lettuce (all types), okra, olives, onions, radish, seaweed, snow pea pods, spaghetti squash, swiss chard, tomatoes, zucchini and green beans.

Vegetables starve the Candida, absorb fungal poisons and carry them out of the body. Add garlic, onions, fresh herbs, coconut or olive oil, sea salt and pepper for flavor.
• **Fermented vegetables** such as kim chi (cabbage, onion, cucumber, peppers, garlic, and radish) and raw sauerkraut also contain probiotic bacteria to help kill intestinal Candida.

**Herbs and Spices** are not only great for making your veggies and proteins taste better, they also contain antioxidants and anti-fungal properties, increase circulation, reduce inflammation, improve digestion and alleviate constipation.

**Healthy Fats:**

• **Nuts:** All raw organic nuts (except for peanuts, which are legumes)

• **Seeds:** Organic chia seeds, flax seeds, pumpkin seeds, sunflower seeds and sesame seeds

• **Avocados, olives and coconut flesh**

• **Organic virgin unrefined oils:** Olive oil, coconut oil, and nut oils

**Dressings and Marinades** – simply made with organic raw unfiltered/unpasteurized apple cider vinegar, coconut amino’s (soy-free soy sauce), extra virgin olive or nut oils, lemon juice, fresh herbs, sea salt and pepper

**Sandwiches** – Think wraps: *Julian Bakery* Paleo Wraps, fresh lettuce wraps, collard green leaf wraps, nori seaweed sheets, or thinly sliced jicama (as taco shells)

**Bread:** *Julian Bakery* Paleo bread (made from either almond flour or coconut flour)

**Condiments:** Dairy-free pesto, guacamole, salsa, homemade mayonnaise, and dressings.

**Beverages** – Water is always best! Naturally flavoring your water with fresh lemon or lime slices, or adding a few drops of flavored *Sweetleaf* Liquid Stevia Sweet Drops™ makes it exciting. There is also herbal water and *Kevita* (choose stevia sweetened only) probiotic drink. Unsweetened almond or coconut milk in moderation and unsweetened raw cacao

**Pasta** can easily be made by exchanging the grain-based noodles for veggies including spaghetti squash or zucchini made into fettuccini by using your veggie peeler or a spiralizer

**Packaged Pasta:**

• **Miracle Noodles** are soy free and calorie free (comes in many pasta shapes, a rice shape, orzo, and as a flour) made from konjac glucomannan—a water-soluble fiber from the konjac root.

• **Sea Tangle** or **Gold Mine Natural** kelp noodles are high in minerals (calcium & iodine), contain no fat, cholesterol, protein, or sugar, and are very low in calories.

**Eating with Your Seasons**

Foods grown locally in season help regulate the body’s temperature. Example: Eating raw vegetable salads grown during summer will help cool the body down, whereas eating nuts and onions that are grown during the fall will help warm your body.