

# Candida Diet Plan

## Reversing Candida:

### 1. **Detox**

The first aim of your Candida cleanse is to cleanse the system of the toxic byproducts of Candida. Fasting, [colon cleansing](#), [wheatgrass](#), fresh vegetable juices, plenty of water, detox herbs, exercise, and anything else that extracts toxins.

### 2. **Reduce the yeast population in your system**

Candida treatment must bring yeast cells back into balance. Use anti-microbial herbs and phytochemicals in formulas from your natural or health food store that include a combination of these powerful herbs, 15 days on then 5 days off, repeating as long as needed. The 5 day break discourages mutating yeast from multiplying and developing immunity to the herbs.

### 3. **Inoculate yourself with probiotics**

Probiotic bacteria favorably alter the intestinal microflora balance, inhibit the growth of harmful bacteria, promote good digestion, boost immune function, and increase resistance to infection. People with flourishing intestinal colonies of beneficial bacteria are better equipped to fight the growth of disease-causing bacteria. Lactobacilli and bifidobacteria, along with acidophilus (found in yogurt), maintain a healthy balance of intestinal flora by producing organic compounds (lactic acid, hydrogen peroxide, and acetic acid) that increase the acidity of the intestine and inhibit the reproduction of many harmful bacteria. Probiotic bacteria also produce substances called bacteriocins, which act as natural antibiotics to kill undesirable microorganisms.

### 4. **Improve your diet**

A diet to eliminate Candida is a long-term lifestyle – and in fact diet is your best defence against candida. Yeast loves sugar and simple carbohydrates; if you keep feeding yeast cells they will multiply, and even the best anti-microbial herbs won't keep them in check. Eat a disciplined diet for at least 3 months, then When your symptoms disappear, you can expand your diet. But don't revert to old habits, or the candida symptoms will quickly return.

## Keeping Candida in Check:

### **Foods to Avoid**

Aged cheeses, alcohol, chocolate, dried fruits, fresh fruits, fermented foods, mushrooms, vinegar, glutenous foods (wheat, rye, oats, barley), all sugars, honeys and syrups (that includes any 'ose', like lactose, sucrose etc), and foods that contain yeast or mold (breads, muffins, cakes, baked goods, cheese, dried

fruits, melons, peanuts – although nutritional and brewer’s yeasts are not harmful, as they do not colonize in the intestines).

## **Foods to Eat**

Vegetables (including plenty of raw garlic), protein foods (beef, chicken, eggs, fish), live yogurt cultures (both dairy and non-dairy,) [FOS\\*](#), whey, acidophilus, [green algae](#) (such as spirulina and chlorella), nuts, seeds and oils, and non-glutenous grains (like millet, rice, rice bran and oat bran).

## **Supplements & Herbs**

Look for combination products containing these herbs & supplements for natural defense against candida overgrowth:

- [Acidophilus](#)
- [Arm mesia](#)
- [Bentonite](#)
- [Black walnut herb](#)
- [Bifidobacterium](#)
- [Caprylic acid](#)
- [Cloves capsules](#)
- [Garlic](#)
- [Goldenseal](#)
- [Grapefruit seed extract](#)
- [Oregano oil](#)
- [Oregon grape](#)
- [Pantethine](#)
- [Pau d Arco](#)

## **Other Natural Remedies**

### **Supplements and herbs**

A diet that is rich in nutrients and elements that promote the immune system are important in the diet to deal effectively with candida. Some supplements supply the essential nutrients to speed the healing of the body. Candida can be dissolved and eliminated in the stomach itself by using substances such as betaine and pepsin hydrochloride and other stomach acidifiers like [glutamic acid](#) including stomach bitters. By removing the [hydrochloric acid](#) component of the stomach antacids and acid suppressing medications like cimetidine and ranitidine increase the chances of fungal infections, hydrochloric acid has a fungal acid

fighting property. Conversely [heartburn](#) and other [gastritis](#) or [peptic ulcer](#) disease can also be caused by an excess of acid in the stomach. Tests ordered by a natural health care practitioner can inform the patient about the necessity of acid supplementation in the diet. One of the [B complex vitamins](#), and one which is important particularly for the health of the hair, the skin and nails is the [vitamin H](#) (biotin). The change of candida from its benign yeast form to its invasive mycelia form is inhibited by it. 1 mg or more a day is the effective therapeutic dose in adults. An antifungal fatty acid found naturally in [coconut](#) oil is caprylic acid and this fatty acid works at the level of the gastrointestinal tract. As an antifungal compound it is similar in function to nystatin, which is a prescription medicine. However its systemic antifungal properties though are rather weak. The seed extracts of citrus are comparable to nystatin and caprylic acid in cases of fungal infection in the gut. Other [parasites](#) like giardia and blastocystis hominis are also susceptible to citrus fruit extracts. An antioxidant normally found in the body and one, which optimizes the effects of [oxygen](#) in the body, is [coenzyme Q10](#). Chronic fatigue syndrome and [angina pectoris](#) and the symptoms of [high blood pressure](#) are some of the things that can be treated by coQ10 and this has been well documented. Toxicity and side effects are unknown in its usage. Another broad spectrum antifungal product which is gaining more widespread among alternative health practitioners is the use of colloidal silver and is believed to have anti [viral](#) and anti bacterial effects. Colloidal silver disables enzyme systems found in bacteria, in some viruses and in fungi, in this form it is non-toxic to human cells. Other types of fatty acids including [fish oils](#) have strong antifungal properties. The flesh of fish and fish oils are very rich in omega- 3 and fatty acids are known to have reduced death rate in severe forms of [arthrosclerosis](#). Another good source of omega 3 [essential fatty acids](#) is [flax seed](#) oil. Other oils like [evening primrose](#) oil, [borage](#) oil and black currant seed oil are antifungal and at the same time all contain and are rich in omega-6 EPA fatty acids. A widely found and naturally occurring sugar in many vegetables, grains and fruits is a natural sugar which has sucrose molecules linked in sequence with [fructose](#) and is called [fructo-oligosaccharides \(FOS\)](#) promotes the maintenance and growth of the beneficial bacteria in the gut including those like [lactobacillus acidophilus](#) and species of bifidus. FOS may help in the reduction of the effects of bowel toxins other benefits may include its ability in preventing diarrhea and reducing the effects of constipation, it can also help in the reduction of the [cholesterol](#) levels in the serum, it may aid hepatic or liver function, it may alleviate inflammatory bowel disease symptoms and may have an anti cancer property. Bacteria like the lactobacillus acidophilus and bifidus bacteria are the body's natural defense against the fungus and normal inhabitants of the gastrointestinal tract precluding fungal growth and disease and are therefore considered helpful bacteria. Other substances such as the [vitamin B3](#) (nicotinic acid or niacin) has strong antifungal properties when used in high doses, this property is exploited by medical doctors who sometimes use it to lower cholesterol levels in the body, [high cholesterol levels](#) in the blood are often due to the release of fungal mycotoxins in the bloodstream, niacin may be effective here because one of niacin's active actions is to inhibit fungi and destroy their

toxins. Complaints such as flushing, severe itching, nausea and other gastrointestinal complaints are caused by niacin usage and constitute common complaints. Another avenue of protection afforded by the body is pancreatic digestive enzymes. When used as supplements these enzymes, which include amylase, lipase, and protease among others are active in controlling fungal growth in the gastrointestinal tract. [Pau d'arco](#) is available in a loose tea form or in a tincture form and is a potent anti fungal agent. [Selenium](#), which is a common ingredient in fungicidal shampoos and lotions, is a very effective antifungal substance in high doses. Some practitioners prefer Tanalbit which is a broad spectrum intestinal antiseptic made up of natural [tannins](#) and [zinc](#) over nystatin and caprylic acid. In high doses [vitamin C](#) is antifungal, and since it is a weak acid, in high doses of vitamin C or ascorbic acid fungi like Candida, some bacteria, other fungi and many parasites are often killed. There may be side effects to this like excessive gas, sudden headache, nausea and lightheadedness, these are all signs of the [detoxification](#) process as the body rids itself of toxins from dead microbes in the blood. Herbal juices should be taken in volumes of around 1 tbsp. daily. In the preparation of herbal teas, pour a cup of boiling [water](#) over 1 tsp. of herbs, let it steep in the water for ten minutes and drink thrice daily. Herbal remedies are effective and bactericidal, increasing the body's ability to burn carbohydrates, and in killing [pathogenic](#) bacteria, and control their growth inside the body.

A good remedy for gastrointestinal complaints cause by bacteria and fungi like candida albicans is [wormwood](#) juice in combination with ramsons. A powerful antifungal and antibacterial agent is [calendula](#) tea and it is very effective against fungal overgrowth. The herb [horsetail](#) has a high [silica](#) content which can quickly normalize bowel function and is active in clearing the intestinal tract naturally, the mineral silica is necessary in the reconstruction of damaged and inflamed intestinal walls. Horsetail can be taken as tea or an aqueous extract as capsules. The juice of the [aloe vera](#) herb and [fig](#) syrup are effective in normalizing the bowels and in bowel function. One of the things that aloe vera juice is famous for is its anti-microbial property and is effective against all bacteria. Aloe vera is rich in substances like [antioxidants](#), natural enzymes and a host of plant-based enzymes or phytochemicals, which are all anti fungal and can bolster the immune system. Tea made from the common [ginger](#) can soothe the inflammation caused by candida in the gastrointestinal tract and can help repair inflamed tissues due to fungal infections. Another remedy against fungal infections is the herb [goldenseal](#) which prevents fungal infection by encouraging the growth of friendly intestinal bacteria which are natural predators of the fungi. Supplements including both the herb goldenseal and the bacteria lactobacillus acidophilus can prevent fungal overgrowth if the patient has been under treatment using [antibiotics](#). The herb goldenseal in a combination with [Echinacea](#) should be avoided by pregnant women because uterine contractions have been known to be caused by it. The [chlorophyll](#) content of green food supplements are effective against candida and fungi, because the high chlorophyll content prevents the spread of any fungal or bacterial infection and keeps their growth in check. In

addition the growth of friendly or helpful intestinal bacteria is encouraged by green food supplements.

[Kelp](#), and other seaweeds like dulse are great foods because of their great anti fungal property. They contain both [iodine](#) and selenium in high levels, these two minerals are very effective against fungi. In fact iodine was the main medicine before the discovery of other antifungal medications and treatments especially against candida. There are other options such as [peppermint](#) oil which is used to cure [irritable bowel syndrome](#) because of its anti spasmodic properties; this oil is also effective against candida and other fungi. The powder made from the husk of [psyllium](#) is very high in [fiber](#) and it is also a water soluble substance, and is used to detoxify and cleanse the debris and the toxins that have collected in the region of the large intestine, as a detoxificant it is very potent and can act against the fungi and mycotoxins present in the gastrointestinal tract while at the same time effectively flushing them out of there. In order to prevent the onset of constipation and to make it effective, it has to be mixed with at least 16 ounces of water before it can safely be consumed. Another broad spectrum antiseptic which is effective against all manners of fungi, bacterium and other intestinal parasites is [tea tree](#) oil, this oil also has been used traditionally in the immediate and effective treatment of physical afflictions like [acne](#) on the face, [blisters](#) from [burns](#) and other causes, to remedy [athlete's foot](#), to cure acute [bronchitis](#), as a topical application in [cold sores](#), all kinds of [wounds](#), very effectively against [boils](#), in first and second degree burns, to cure the [pain](#) due [insect bites](#), to minimize the pain due to [sore throats](#) and is especially effective against infection by candida. The best use of tea tree oil is topically and as a local anesthetic, it has great effect in relieving the aches and cramps of (muscle pain); it does not cause a burning sensation in the skin even though it penetrates below the skin surface as all other water-soluble antiseptics. The oral use of tea tree oil in ratios of about 15 drops of the oil to a cup of water has been suggested by some medical practitioners as it is a very effective fungicide, at this dosage and in these proportions with water tea tree oil appears to be safe and does not cause side effects.

### **Additional things you may do**

Do not stress yourself out and spend some time each day exercising your body and keeping fit. Relaxing in the sauna and affusion baths may be beneficial. Rest and relaxation are important to maintain an active immune system and follow a regulated lifestyle. Since all fungi do not thrive in a well-aerated environment, all aerobic exercises are useful due to this reason alone, in fact aerobic exercise creates a higher oxygen balance in the body and helps maintain health. Unfortunately most victims of the fungal disease may not be in the physical state to be able to go out and take exercises and this if the only drawback, as a diseased person might only increase his afflictions by hard exercise. However, there is no substitute as a careful regimen of aerobic exercise for the maintenance of a healthy body and preventing impaired immunity. Fungal

infections in the vaginal region can be solved by physical methods like the choice of loose underwear that also allows the free and unrestricted flow of air. Machine-washing underwear removes and easily eliminates all fungi that are present in clothes. Micro waving the underwear after moistening them for a few minutes will remove all traces of fungi and spores from underwear, especially in people who have persistent and recurrent vaginal yeast infections. Inflammation can be taken removed and soothed down using sitz-baths with Epsom salts or with [magnesium](#) sulfate and are useful and very soothing for cases of candida vaginitis, which may appear not only with inflammation but with a severe and persistent itchy feeling.

### **Usual dosage**

- [Garlic](#), 2 capsules 3 times a day
- Psyllium seed, two table spoons
- [Grapefruit](#) seed extract, 1 to 3 capsules 3 times a day
- Vitamin C, with [bioflavonoids](#), 1,000 to 3,000 mg once a day
- Multivitamin (as recommended on the label)
- Coenzyme Q10, 100 mg once a day
- Lactobacillus acidophilus combination supplement, 1 to 3 capsules or 1 tea spoon.
- Barley or wheat grasses, one tea spoon, 2 to 3 times a day
- Caprylic acid, 500 mg two times a day
- Colloidal silver (as recommended on the label)
- Digestive enzymes (as recommended on the label)
- Niacin vitamin B3, 500 to 1,000 mcg once a day

### **Other beneficial herbs**

- [Asafoetida](#)
- [Astragalus](#)
- [Elder](#)
- [Myrrh](#)
- [Thyme](#)

### **Reference websites:**

<http://www.everydiet.org/diet/candida-diet>

<http://www.herbs2000.com/disorders/candidiasis.htm>