

# Top Candida Fighting Foods

## 1. Coconut Oil

Coconut oil is a potent Candida killer, and one of the most potent antifungals there is. It contains Lauric acid and Caprylic acid, which both help prevent Candida overgrowth and strengthen your immune system. Coconut oil is very heat stable, so it's an ideal oil to use for frying and cooking. It is also cheap to buy and has a much longer shelf life than other oils, so there's no excuse! You can 2-3 tablespoons per day.



## 2. Garlic

Garlic has powerful antifungal properties to attack Candida, while also preserving and boosting the good bacteria in your digestive system. Garlic stimulates the liver and colon, giving it a potent detoxifying effect on the body.

If you love garlic, then use it liberally to flavor your food. You can also drink 2-4 cloves per day, crushed and mixed with water as an anti-Candida tonic. Avoid taking it on an completely empty stomach, and try it with a tablespoon of coconut oil to cut down on the stomach burn.



## 3. Onions

Onions have strong anti-fungal, anti-bacterial and anti-parasitic properties. They also help to flush excess fluids out the body - this is useful because many Candida sufferers experience water retention. Onions along with garlic can give you breath issues, so a handy tip is to eat them with a bit of parsley to counter the smell.



## 4. Seaweed

Seaweed is a nutrient-dense healing food that will help the body in the fight against Candida. It is rich in Iodine to help balance your thyroid gland - Candida sufferers often experience hypothyroidism and its many symptoms. Seaweed flushes toxic pollutants and heavy metals from the body, cleanses the intestinal tract and helps eliminate acid from the body to balance your PH levels. Kelp extract supplements are one of the most potent sources of Iodine, but you should also try eating lots of different types of seaweed.



## 5. Almonds

Almonds can be your best friend - a healthy portable snack that will help with your Candida diet. Keep them handy to counter any temptation when you are on the go and starving. Research has actually shown that almonds have prebiotic properties that promote beneficial bacteria in the gut. Unlike other nuts and animal products, they are an excellent source of alkaline protein. Some people have problems digesting almonds, so soak them first if you have any issues. Just leave them in water overnight or for around 8 hours.



## 6. Ginger

Ginger has a detoxing on the body by increasing circulation and detoxifying the liver, in addition to stimulating the immune system. It has a positive effect on the digestive system and helps reduce intestinal gas. It also has a soothing effect on any inflammation that the Candida overgrowth may cause in your intestinal tract.

Ginger tea is incredibly easy to make - here's how you do it:

**Ingredients:**

*1 square inch piece of fresh Ginger root*

*Squeeze of lemon*

*2 cup of water*

Cut off the outside of the ginger root, then grate it and add to boiling water. Boil for 20 minutes. Strain and serve with a slice of lemon.



## 7. Olive Oil

Olive oil contains a plant chemical named Oleuropein, which is found in both olive oil and olive leaf extract. It contains powerful anti-fungal properties and stimulates your immune system response to Candida. It has also been shown to help stabilize blood sugar levels - this is important for Candida sufferers because elevated blood sugar levels can feed your yeast overgrowth.



## 8. Lemon and Lime Juice

Lemon and lime juice promote a more alkaline pH level in your body, which helps prevent and reduce Candida overgrowth.

They also stimulate the peristaltic action of your colon, increasing the efficiency of your digestive system.

Both lemons and limes are great options for seasoning your vegetable, fish and meat dishes.



## 9. Pumpkin Seeds

Pumpkin Seeds are high in Omega-3 fatty acids, which have anti-fungal, anti-viral and anti-parasitic properties. 'Omega-3's also help combat depression and symptoms of Candida inflammation such as pain and skin conditions. It is a well established fact that most of us do not get enough Omega-3 oils in our diet to maintain optimum thyroid health. Deficiencies in this fatty acid have been linked to lower thyroid hormone levels. For an easy Omega-3 boost, add these pumpkin seeds to cereal, smoothies, salads or even use them as a portable snack.



## 10. Cayenne Pepper

Cayenne pepper gives natural support to your digestive system and immune system. It helps to digest food and reduces constipation by cleansing the bowel of Candida and other toxins. Cayenne also increases metabolism and circulation, which will help to reduce one of the most common Candida symptoms, fatigue. Use cayenne pepper liberally to spice up your favorite foods.



Resource: <http://www.thecandidadiet.com/candida-fighting-foods.htm>