



Download File: Anti Candida 2 Week Diet

ANTI CANDIDA 2 WEEK DIET

Rule 1 - Cut out all:

- Sugars (all types): brown, white, syrup, molasses, honey, fructose, lactose, maltose, dextrose etc. Check all tins and packets for added sugars.
- Jams and marmalades.
- Yeast products: bread, pizza, buns, breadcrumbs, marmite/vegemite, Oxo, Bovril, gravy mixes etc.
- Flavored foods: crisps and foods containing citric acid.
- Refined grains: white flour products including bread, cakes, biscuit, pasta, corn flour, and cereals etc. all prepared breakfast cereals except Shredded Wheat and purpose made, yeast and sugar free options.
- Cured and smoked products: bacon, packaged meats, kippers etc.
- Fermented products, vinegar, pickles, chutney, soy sauce, alcohol.
- Tea, coffee, Hot chocolate, etc and all malted products.
- Cow's milk, cheese, cream (except yoghurt and cottage cheese).
- Mushrooms.
- Peanuts and peanut products.

Rule 2 – Enjoy, plentifully the alternatives of:

- Onions and garlic.
- Yeast free bread.
- Fresh vegetables and their juices.
- Rice cakes, oat cakes, Ryvita (sesame and original only).
- Soya milks, butter, cottage cheese and yoghurt.
- Herbs, mild spices.
- Freshly cracked nuts, seeds.
- Water, fruit and herb teas.
- Cold pressed oils.
- Brown rice and flours.
- Shirataki Noodles.
- Oats (porridge makes an excellent breakfast – make with water and serve with nuts, seeds and yoghurt).

- Meats (unprocessed organic or free-range).
- Fish (unprocessed fresh oily fish is best).
- Eggs, lentils, peas and beans.

You will need to stock up on and eat daily, vegetables that inhibit the growth of Candida, these are;

- Garlic, onions, cabbage, broccoli, turnip, kale, ginger, thyme and rosemary.

A good way to get these daily is to prepare a large pan of vegetable soup, or stew and freeze portions to have daily with your dinner. The healthy eating section of your supermarket or a good health food shop will offer a wide range of yeast free products such as breads, snacks and condiments. When buying these products, just be sure to check the ingredient list to see if there has been any sugar added (look for ingredients that end in 'ose', syrup, sweetener and concentrate e.g. dextrose, fructose, maltose, rice syrup and fruit concentrate). Food manufacturers can be quite clever when it comes to disguising sugar in their products, so remember to be on your guard and don't be fooled!

Once you have eliminated all of the foods which feed the Candida, it will no longer be able to multiply and will begin to die, but to speed up this process you may want to think about taking an additional probiotic supplement which can be found in the refrigerated section of your local health food store. Prebiotic foods can also be very useful alongside the probiotics in order to help them nourish your digestive system and work more effectively. These occur naturally in the following foods; Shirataki Noodles, bananas, berries, asparagus, garlic, oatmeal, barley (and other whole grains), flaxseed, tomatoes, Jerusalem artichoke, onions and chicory, greens (especially dandelion greens but also spinach, collard greens, chard, kale, mustard greens, and others), and legumes (lentils, kidney beans, chickpeas, navy beans, white beans and black beans). My personal favorite is to have an umeboshi plum daily (again these can be bought from a good health food store) as these are great prebiotics and really good for the general health of the digestive system. I recommend that you try to incorporate a few of these into your meals everyday too. After two weeks on this program your body should then be at a healthy balanced level of Candida. If after taking the Candida questionnaire you scored higher than 160, then the chances are you are also experiencing

some digestive problems as a result. These will be either IBS type symptoms or just a lot of bloating, gas and constipation. You may also find that you have developed a few food intolerances or allergies to certain foods that you used to be able to enjoy. If these symptoms are present then it's likely that the Candida overgrowth has caused some damage to your digestive system, and you may be experiencing the early stages of leaky gut. The good news is that this damage can be fixed through eating lots of oats, drinking Aloe Vera juice and by taking a good supplement combining **Fructo-oligosaccharides (FOS)** and Glutamine daily. You will probably have to carry on with the supplements for longer than two weeks and the probiotics will need to be taken for about an extra week or two.

If your symptoms are still present after the two weeks (without cheating!) then you should think about having a check up with your GP. Good luck!