



ANTI-CANDIDA DIET

Systemic overgrowth of the yeast *Candida albicans* is believed by many health care practitioners to be a significant factor in many poor health conditions. The following dietary guidelines should be used with Candida Program to help combat *Candida albicans*. Remember that these are only guidelines – don't feel badly if you don't eat this well every day. The important thing is that you've made a positive change to cleanse your body on the way to optimum health.

Note: It's very important to make sure you are having two to three good bowel movements every day to assure that the yeast is being removed from your body. To help facilitate this, get plenty of fiber and exercise and remember to drink 8 to 10 glasses of purified water every day.

FOODS YOU CAN EAT FREELY

Feel free to include any and all of the food items on this list in your daily diet:

- All fresh vegetables (except carrots & beets) and vegetable juices.
- All fish (except scavengers and shellfish). Deep sea white fish and salmon are particularly good!
- Free range chicken and turkey
- Eggs
- Purified water
- Lemons, limes, cranberries, and Granny Smith apples
- Well-cooked whole grains: millet, buckwheat, amaranth, quinoa. NO WHEAT!
- Pasta made from any of the above grains
- Essential fatty acids - 1 Tablespoon per day (conveniently available in Essential Oil Formula and olive oil)
- Clarified butter
- Grits
- Beans
- Raw almonds and seeds
- Chamomile, peppermint, and Pau D'Arco tea
- Green super foods (such as found in Super Green)
- Stevia (used as a sweetener)

FOODS TO AVOID

To combat *Candida albicans* and promote optimum health, try to avoid the following foods (as much as possible):

- Sugars - sucrose, fructose, maltose, lactose, glucose, mannitol, sorbitol, galactose, maple syrup, maple sugar, brown sugar, raw sugar, date sugar, corn syrup and honey
- Artificial sweeteners (such as Aspartame and Nutrasweet®)
- Yeast containing foods such as breads and pastries

FOODS TO AVOID (continued)

- Alcohol, soda, coffee and fermented beverages (like ciders)
- Malt containing products (such as malted milk drinks, cereals and some candies)
- Condiments, sauces, and vinegar containing foods (such as mayonnaise, mustard, ketchup, MSG and pickles). Try to use fresh lemon instead.
- Dried and candied fruits (raisins, dates, pineapples, etc.)
- Fermented foods (such as soy sauce, tofu, tempeh, and sauerkraut)
- All fruit juices
- Fruit (except for Granny Smith apples)
 - After approximately 20-60 days you can begin adding in grapefruit and kiwi
 - After approximately 4 months on the program you can add in such fruits as bananas, berries, and melons
- Cheese and sour milk products (such as buttermilk and sour cream)
- Mushrooms and other fungus. Remember, yeast is a fungus!
- All nuts - except raw almonds
- Packaged and processed foods; including enriched flour products

EXAMPLE OF A TYPICAL DAY ON THE CANDIDA DIET

The following is an example of a typical day following these dietary guidelines. Remember to always eat a variety of healthy, fresh foods. Get creative with your diet!

BEFORE BREAKFAST

Glass of lemon water with 1 Tablespoon Fiber Formula

BREAKFAST

Steamed vegetables and a cup of Pau D'Arco Tea or
Cooked grain (from the previous list) flavored with cinnamon and/or nutmeg

MID-MORNING

Green vegetables, juice (not beet or carrot) and/or 1 cup of Echinacea or Pau d'Arco tea

LUNCH

Fresh green salad with lemon/olive or flax oil, green vegetable juice or steamed vegetables, and one of the following: beans, pea soup, organic chicken, turkey or fish

MID-AFTERNOON

Raw sticks of celery, other vegetable wedges, or a Granny Smith apple

DINNER

Steamed vegetables or vegetable soup and a small bowl of buckwheat, quinoa, or amaranth or a hearty and healthy stew made from all of these ingredients

BEFORE BED

Another glass of lemon water with 1 Tablespoon of Fiber Formula

REMEMBER

Always try to eat fresh, organic homemade foods whenever possible and avoid leftovers that are more than one day old. Keep plenty of the foods around that meet these guidelines to avoid being forced to eat something that might cause a reaction.