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Candida Diet*

Candida is a fungus (or yeast) that inhabits the gut flora in the mouth and intestines of every human. Candida becomes a concern when overgrowth occurs, usually a result of stress, antibiotics, or excessive sugar and refined carbohydrate consumption.

Ideally, Candida is properly regulated by good bacteria in the gut. However, as Candida multiplies, it produces toxic by-products that compromise the immune system and may cause damage to the body's tissues and organs. When this occurs, various symptoms such as fatigue, depression, brain fog, yeast infections, and abdominal pain may ensue.

The Candida Diet was created to help remove excess Candida, manage yeast production, and restore the body's immune system. There are three stages in The Candida Diet: the Cleansing stage, Strict Diet stage, and Reintroducing Foods stage.

The initial Cleansing stage restricts sugar and yeast heavily, and the Strict Diet phase includes a bit more variety but still eliminates fruit, added sugar, most starchy vegetables, and caffeine. At the Reintroducing Foods stage, dieters slowly reintroduce a wide range of foods, taking note of any that irritate and avoiding those foods indefinitely. The final stage is a flexible long-term eating plan, based on individual findings and intended to keep Candida at bay. Individuals gather findings about food intolerances during the first two stages then create sustainable, long-term plans that exclude those foods. Common excluded foods include gluten, dairy, corn, and soy.

Foods to include:

- Organic, unprocessed meat, eggs, and fish
- Vegetables
- Gluten-free grains
- Cultured yogurt
- Nuts and seeds
- Herbs, spices, and oils
- Water and herbal tea

Foods to avoid:

- Pork and any processed or cured meats
- Fish (except salmon and sardines)
- Fruit (fresh, dried, canned, juice)
- Legumes and all soy products
- Dairy products (milk, cheese, cream)
- Grains and gluten (including corn and corn products)
- Mushrooms and truffles
- Nuts (cashews, peanuts, pistachios)
- Peanut oil, corn oil, cottonseed oil, canola oil, and soy oil
- Sugar and artificial sweeteners
- Coffee, soda, alcohol, black tea, and green tea
- Additives, preservatives, vinegars, condiments, and refined products

Pros:

- A natural alternative to fight Candida
- Avoid expensive Candida medications
- Wide range of whole, unprocessed foods
- Honors bio-individuality

Cons:

- Not a quick fix – takes time and dedication
- Symptoms may reappear with reintroduction of foods
- May be hard for some individuals to avoid foods they love, but are sensitive to

Sources:

The Candida Diet www.thecandidadiet.com [_ \(http://www.thecandidadiet.com\)_](http://www.thecandidadiet.com)

What is Candida www.wholeapproach.com [_ \(http://www.wholeapproach.com\)_](http://www.wholeapproach.com)

What People Are Saying About Candida Testing www.betterhealthusa.com [_ \(http://www.betterhealthusa.com\)_](http://www.betterhealthusa.com)

Simple Home Candida Testing www.candidasupport.org [_ \(http://www.candidasupport.org\)_](http://www.candidasupport.org)

Dr. Whiting on Systemic Candida and Yeast Infections www.youtube.com [_ \(http://www.youtube.com\)_](http://www.youtube.com)