

McMinn Clinic

Six Step Yeast Protocol

1. Get liver function tests before starting Diflucan. If liver function tests are elevated, then don't do the protocol without permission from your medical provider.
2. Diet: Low sugar and carbs. Also avoid sweet drinks like coke, sweet tea, and fruit juices. Don't do "yeast diets" off the internet. They are too complicated. Keep it simple, and just stay away from sugar.
3. Do a 7 day CORE Restore detox program, by Ortho Molecular. This may make the protocol more effective. See note 2 below for how to get this product.
4. After you finish your CORE detox, then start the following supplements:
 - Caprylate Plus by Douglas labs (1 AM and 1 PM). See note 1 below.
 - Take a daily probiotic. I recommend Ortho Biotic by Orthomolecular. This blend contains the *Saccharomyces Boulardi* (good yeast) that competes with the bad Yeast. See note 2 below.
5. At the same time as step number 4 also start Nystatin 500,000 unit pills. Rx # 262 pills. This is a prescription item that must be ordered by your medical provider.
 - One pill in the morning on days 1-3.
 - One in AM and one in PM on days 4-6
 - 2 in AM and one in PM on days 7-9.
 - Then go to 2 AM and 2 PM for the rest of the protocol.
6. After 2 weeks on the Nystatin, then start the following:
 - Diflucan at 200 mg each AM. Rx # 56
 - Alpha lipoic acid at 100 mg twice a day- to protect the liver.
 - Diflucan is also a prescription item that must be ordered by your medical provider.

You'll be on the nystatin for a total of 10 weeks and the Diflucan for 8 weeks.

*Repeat liver function tests at about 3 months after starting treatment. If elevated (unlikely), then seek attention from your medical provider.

*After you finish the yeast protocol be sure to promote a healthy gut microbiome by continuing to eat a good diet (a wide variety of fiber, low in sugar and processed food), take good probiotics, and prebiotics. I recommend Seed- which has a blend of probiotics and prebiotics in one pill. Also consider cultured and fermented foods.

Note 1: Occasionally, some people have a "die-off reaction." This may last from 1 to 7 days. Symptoms of this include a flu-like feeling, stiffness, headache, brain fog, low mood, anxiety, irritability, joint pain, low energy, low grade fever, chills, sweats, nausea, skin rash, aches and pains, and gut issues such as gas, bloating, diarrhea and/or constipation. If you have problems, then please notify your medical provider. The typical treatment for this would be to pause the yeast protocol,

abundant hydration, adequate rest and sleep, Epsom salt bath, and consider mild exercise and sauna. Once the symptoms are gone then start back on the protocol, and ramp up slowly.

Note 2: You may find most of the supplements that I mentioned above at Fullscript, although you are welcome to look elsewhere. If you don't already have a Fullscript account, then you can sign up at <https://us.fullscript.com/welcome/jmcminn/signup>

Note 3: If you also have oral yeast (thrush), or documented esophageal candidiasis, then your medical provider may also order some Nystatin Oral Suspension.

This article is intended for educational purposes only. It is not intended to diagnose or treat any disease. Please do not apply any of this information without approval from your personal doctor.

Good luck! I hope this helps you.

Important: *This handout provides educational information to support your wellness journey. It is not personalized medical advice. It is not intended to diagnose or treat any disease. Treatment should always be individualized. Please consult your healthcare provider before starting or stopping supplements, medications, or other therapies. Your doctor can help you determine what's right for your unique situation.*

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