

# CANDIDA TREATMENT GUIDELINES

An overgrowth in the gastrointestinal tract of the yeast ***Candida albicans*** is believed to cause a wide variety of symptoms in virtually every body system. The most susceptible are the GI tract, genitalia, endocrine system, nervous system, and immune system. This is sometimes referred to as **SIFO** (Small Intestinal Fungal Overgrowth).



The most common symptoms are: fatigue, allergies (including foods), immune system malfunction, depression, chemical sensitivities, bloating and constipation.

## OVERGROWTH RISK FACTORS:

- Chronic use of antibiotics
- SIBO (Small Intestinal Bacterial Overgrowth)
- Corticosteroid use (prednisone, cortisone)
- Anti-ulcer medications use (Zantac, Tagamet, Prilosec, Prevacid, Pepcid)
- Oral contraceptive use (birth control)
- Too much sugar and refined carbohydrates in the diet
- Constipation

## DIAGNOSIS

To determine if you have an overgrowth of *Candida* in your intestinal tract, we may choose to:

- Check your stool for the presence of *Candida*.
- Run an organic acids test of your urine to check for by-products of *Candida* growth and metabolism.
- Test your blood for the presence of antibodies for *Candida*.

## TREATMENT & PREVENTION

The goal of treatment for *Candida* overgrowth, is to restore and maintain balance in your gut flora.

### Treatment will include a combination of:

- Temporarily eliminating *Candida* food sources.
- Anti-fungal supplements and nutraceuticals including binders
- Biofilm disruptors
- Probiotics

### To prevent the reoccurrence of *Candida* overgrowth, the following changes should be considered:

- Freeze leftovers rather than keep them in the fridge
- Supplement with probiotic including *Saccharomyces boulardii*
- Supplement with ground flax stored in the fridge or ground fresh
- Use coconut oil to kill *Candida*.
- Removing grain carbohydrates from your diet. These promote yeast growth.
- Lifestyle management to reduce stressors

**SEE THE BACK SIDE OF THE PAGE FOR DIET GUIDELINES**



If a food is not listed in the first two columns, do NOT eat it.  
There are no exceptions.

## WHAT TO EAT

	<b>Eat in very minimal amounts. Small portion once per day.</b>	<b>DO NOT EAT ANYTHING IN THESE COLUMNS</b>	
		<b>THESE FOODS PROMOTE CANDIDA GROWTH</b>	
All fresh or frozen vegetables	Limit fruit intake to one piece per day.	Aged foods	Refined foods
Unsweetened 24 hour yogurt	<b>EAT WITH CAUTION</b> You can eat garlic and onion if you are not treating for SIBO.	Mushrooms	Sugar
Ground flax	Whole-grain non-leavened bread: no yeast	Cheese	Fruit juices
Coconut oil (good antifungal agent)	<b>Whole grains:</b> brown rice, buckwheat, millet, oats, rye, wild rice, quinoa, barley, oats	Nutritional yeast	Dried fruits
Kidney beans	Manuka Honey	Yeasted bread	Caffeine (tea, coffee)
White beans		Cider	Soda
Lentils		Soy sauce	Malt products: beer, vinegar, malted milk
Pinto beans		Sweetened cereal	Peanuts
Green beans		Packaged foods	Margarine
All nuts: (not peanut)		Canned foods w/ sugar	Avoid all dairy except butter and 24-hour yogurt, lactose free milk
All nut butters (not peanut)		Condiments	<b>Processed Whole Grains:</b> bran, oatmeal
Eggs		Honey (except Manuka)	<b>Puffed grains:</b> corn, millet, rice, wheat
Chicken		Maple syrup	Corn flakes
Beef		Corn syrup	Toasted rice
Lamb		Agave syrup	Popcorn
Turkey		Brown rice syrup	Sweet potatoes
Fish: fresh or frozen		Coconut sugar	White potatoes
Butter or Ghee		Molasses	
Butter/ coconut oil mix		Malt	
Cream		Date sugar	
24-hour yogurt: homemade		Turbinado sugar	
Lactose Free Milk		Dextrose	
Liquid monk fruit sugar		Mannitol	
Stevia: no additives		Sorbitol	
		Lactose	
		Glucose	
		Fructose	
		Maltose	
		Erythritol	
		Granular Monk Fruit	
		Alcohol	
		Coffee	
		Caffeinated tea	