

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

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