

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