



# *The Candida Diet*

## **What Is Candida Albicans?**

Candida Albicans is a yeast growth present in all of us and is normally controlled by bacteria in the intestines. But when something destroys helpful bacteria, the yeast begins to invade and colonize the body tissues. These yeast colonies release powerful chemicals into the bloodstream, causing such varying symptoms as lethargy, chronic diarrhea, yeast vaginitis, bladder infections, muscle and joint pain, menstrual problems, constipation and severe depression. The medical term for this yeast overgrowth is candidiasis (can di di' a sis).

Candida overgrowth is not a new problem, but is usually thought of as a minor infection of the mucous membranes, skin and nails. But the increased and sometimes excessive use of antibiotics, birth control pills and steroids will allow candidiasis to become a chronic, systemic infection that causes tissue damage throughout the body. Chemicals produced by the candida attack the immune system and if the immune system weakens, the candida will spread out into various body tissues and colonize.

## **Causes of Candida**

What causes this normally harmless yeast to grow out of control? Several factors can lead to an overgrowth of candida. One is the use of antibiotics for extended periods. Broad-spectrum antibiotics taken for respiratory, urinary or ear infections are especially harmful because they destroy the Candida-controlling bacteria, as well as disease-causing bacteria. Steroids such as Cortisone (Decadron or other cortisone-type drugs) suppress the immune system's ability to fight Candida growth. Any hormone imbalance caused by birth control pills or frequent pregnancies also favor Candida overgrowth. There are usually parasites as well somewhere in the body when there is high Candida. Another cause of Candida overgrowth can be from a low Acidophilus and Bifidus culture in the colon. It is imperative that there is enough of these two friendly bacterias in the system in order to control Candida overgrowth. Without these friendly bacteria Candida can and probably will become out of control.

## **Symptoms of Candida**

Both men and women can have candidiasis. However it does occur more frequently in women (especially young women) with more severe effects. Candida symptoms fall into the following four main areas:

### **Gastrointestinal and Genitourinary Symptoms**

These include constipation, diarrhea, gas, bloating, indigestion, heartburn, PMS, recurrent yeast vaginitis, vaginal burning and itching, vaginal discharge, loss of sexual feelings and prostatitis.

### **Allergic Symptoms**

(These symptoms occur with the passing of toxins into the bloodstream.) These symptoms include hayfever, earaches, bronchitis (recurrent), hives, headaches, sore throats, coughing, acne, nasal congestion, chemical sensitivities to tobacco smoke, perfume and foods. The person just feels "sick all over".

### **Disfunctioning Glandular and Organ Symptoms**

These include infertility, menstrual problems, ovarian failure and ACTH deficiency, hypothyroidism, chronic lymphocystic thyroiditis, diabetes mellitus, impotence and endometriosis.

### **Emotional and Mental Symptoms**

These occur because of central nervous system involvement. These include poor memory, fatigue, drowsiness, feelings of unreality, incoordination, tingling and numbness, joint pain, muscle weakness, muscle pain, irritability, inability to concentrate, confusion and severe depression.

## **Diagnosis of Candida**

Candida Albicans is present everywhere, subsisting on the surface of all living things. Since candida germs live in every person's body, especially on the mucous membranes, vaginal and other smears and cultures for the presence of candida are useless. Therefore the diagnosis for candidiasis is made from a person's medical history, score on a candida questionnaire or their response to a kinesiology/muscle test for candidiasis. Finally the diagnosis is confirmed by the person's response to treatment for candida overgrowth.

## **Treatment of Candida**

Treatment for candidiasis is simple and effective. The goal is to get the yeast out of the tissues and to build up the body's ability to keep it out. There are several elements used in the treatment of yeast overgrowth. They are based on each patient's history and response to treatment.

1. Use of an anti-fungal herb called Pau d'Arco or Taheebo tea. Pau d'Arco is highly effective against Candida because it can penetrate into body tissues and work on a cellular level. Many doctors prescribe the anti-fungal drug Nystatin, which is only effective in the digestive tract.
2. Use of an anti-parasitic herbal combination called Herbal Pumpkin. This combination contains pumpkin seeds, culvers root, cascara sagrada bark, violet leaves, chamomile flowers, mullein leaves, marshmallow root and slippery elm bark, which have been proven to help support the immune system, stimulate the elimination system and therefore allow the body to eliminate the parasites.
3. Replace the microflora in the intestinal tract by taking capsules of Lactobacillus Acidophilus. These bacterias have been found to be extremely successful in reducing candida in the intestinal tract. Are you a coffee drinker? Do you drink decaffeinated or caffeinated? The rumors of decaffeinated coffee being less harmful for the body than caffeinated has been disproven by the medical establishment. Caffeine can kill up to 75% of the friendly Acidophilus flora in the colon per cup of coffee. The same goes for decaffeinated. It takes the body approximately five hours to replace that flora depending on the diet and balance of the body at the time.
4. Take a combination of nutrient supplements that build-up the body's immunity and kill off the yeast or make it difficult for it to reproduce. An overgrowth of candida will interfere with the body's metabolism in ways that make normal amounts of nutrients ineffective, so there is an increased need for nutrition.
5. Eat a low carbohydrate diet with no more than 60-80 grams of carbohydrate per day. Because yeast feeds on sugar, wheat and dairy products they should be avoided. Yeasts, molds and fungi cross react so yeast products should be avoided such as vinegar, mushrooms, cheeses, commercial breads and alcohol.
6. Avoid using antibiotics and steroids unless absolutely necessary since antibiotics promote the growth of the yeast germ in the body.
7. Stop using birth control pills and especially if there is discharge or headaches with periods. The progesterone of these pills causes changes in the vaginal mucus membrane which makes it easier for candida to multiply.
8. Follow the Candida Control Diet. Fill out the Candida Albicans Questionnaire to find out if you need to do something about the amount of Candida present in your body.
9. Have yourself tested through Kinesiology to find out how much Candida is present in your body and what areas are affected by it.

Many clients notice a great improvement in as much as a few days and many within three weeks. Still it takes an average of six to twelve months to irradiate a candida overgrowth. The candida probably became well established before it was identified which is why treatment must be persistent. The major symptoms to improve are headaches, diarrhea, emotional and behavior problems, vaginitis and chemical sensitivities.

When fighting a Candida infection a person must be systematic and disciplined because the miseries of the problem do not cease immediately with treatment. Candida "die-off" can cause some very uncomfortable symptoms temporarily. These symptoms disappear soon after beginning the diet.

## **Summary**

An overgrowth of Candida Albicans is a chronic, dangerous infection. If left unchecked it will continue to spread and break down the body's ability to fight off disease. Everyone including infants and children are susceptible to candidiasis. The goal when treating a candida infection is to remove yeast from the infected tissue and rebuild the immune system.

## Candida Albicans Questionnaire

Candida Albicans symptoms are listed by category. As Candida is accumulative, this applies to the present and your entire past life. Score 1 if occasional, 2 if frequent, or 3 if severe.

### DIGESTIVE SYSTEM

- |   |  |
|---|--|
| <input type="checkbox"/> Gas w/most foods, not just one food        | <input type="checkbox"/> Indigestion               |
| <input type="checkbox"/> Intestine pain, colitis                    | <input type="checkbox"/> Mucus in stools           |
| <input type="checkbox"/> Bloating with or w/o gas                   | <input type="checkbox"/> Hemorrhoids               |
| <input type="checkbox"/> Belching w/most foods                      | <input type="checkbox"/> Dry mouth                 |
| <input type="checkbox"/> Constipation, stool hard-difficult to move | <input type="checkbox"/> Bad Breath                |
| <input type="checkbox"/> Diarrhea, stool watery over long period    | <input type="checkbox"/> Crave sugars              |
| <input type="checkbox"/> Heartburn, chronic                         | <input type="checkbox"/> Crave breads              |
| <input type="checkbox"/> Hiatal Hernia conditions                   | <input type="checkbox"/> Crave alcoholic beverages |
| Total Score _____   |  |

### NERVES AND STRESS

- |  |   |
|--|---|
| <input type="checkbox"/> Headaches, occasional but constant  | <input type="checkbox"/> Schizophrenia      |
| <input type="checkbox"/> Migraine headaches                  | <input type="checkbox"/> Psychiatric drugs  |
| <input type="checkbox"/> Depression                          | <input type="checkbox"/> Shock treatment    |
| <input type="checkbox"/> Lethargic                           | <input type="checkbox"/> Dizziness, vertigo |
| <input type="checkbox"/> Laziness, consistent                | <input type="checkbox"/> Insomnia           |
| <input type="checkbox"/> Hyper-agitation                     | <input type="checkbox"/> Hyper-activity     |
| <input type="checkbox"/> Memory, loss or poor                | <input type="checkbox"/> Fatigue            |
| <input type="checkbox"/> Concentration, noticeable less/loss | <input type="checkbox"/> Drained            |
| <input type="checkbox"/> Energy loss                         | <input type="checkbox"/> Spacy feeling      |
| Total Score _____  |   |

### GENITOURINARY

- |  |  |
|--|--|
| <input type="checkbox"/> Vaginal, yeast outbreak, discharge, burning     | <input type="checkbox"/> Urinary infection reoccurring low grade |
| <input type="checkbox"/> Penis, Scrotum, yeast outbreak, fungi jock itch | <input type="checkbox"/> Bladder infection reoccurring low       |
| <input type="checkbox"/> Mensuses, irregularities, cramping              | <input type="checkbox"/> Endometriosis                           |
| <input type="checkbox"/> Premenstrual, anxiety, depression problems      | <input type="checkbox"/> Prostatitis                             |
| <input type="checkbox"/> Impotence                                       | <input type="checkbox"/> Loss of sexual desire                   |
| <input type="checkbox"/> Urethritis                                      | <input type="checkbox"/> Premenstrual tension                    |
| <input type="checkbox"/> Cystitis  | <input type="checkbox"/> Urinary frequency/urgency               |
| Total Score _____  | <input type="checkbox"/> Urinary Burning                         |

### ALLERGY-MUCUS SYMPTOMS

- |  |  |
|--|--|
| <input type="checkbox"/> Hayfever                                | <input type="checkbox"/> Ear Pain                            |
| <input type="checkbox"/> Ear, draining, aches, infections        | <input type="checkbox"/> Chest congestion                    |
| <input type="checkbox"/> Hives                                   | <input type="checkbox"/> Wheezing                            |
| <input type="checkbox"/> Asthma                                  | <input type="checkbox"/> Headaches                           |
| <input type="checkbox"/> Chemicals, sensitivity                  | <input type="checkbox"/> Head fullness, pressure above ears  |
| <input type="checkbox"/> Food, sensitivity                       | <input type="checkbox"/> Itching, ears, nose, body           |
| <input type="checkbox"/> Odors, fragrances, sensitivity          | <input type="checkbox"/> Rashes, allergic                    |
| <input type="checkbox"/> Heat/cool sensitivity                   | <input type="checkbox"/> Blister, rash in mouth              |
| <input type="checkbox"/> Mucus, chronic body, nose, throat, etc. | <input type="checkbox"/> Mucus congestion or nasal discharge |
| <input type="checkbox"/> Five sense disturbances                 | <input type="checkbox"/> Dry throat                          |
| <input type="checkbox"/> Tobacco smoke sensitivity               | <input type="checkbox"/> Cough                               |
| <input type="checkbox"/> Eyes burning/tearing                    |  |
| Total Score _____  |  |

### GENERAL, POTENTIAL CONTRIBUTING CAUSES FOR

- |   |  |
|---|--|
| <input type="checkbox"/> Chrohn's disease                   | <input type="checkbox"/> Multiple Sclerosis      |
| <input type="checkbox"/> Anorexia Nervosa                   | <input type="checkbox"/> Hypoglycemia            |
| <input type="checkbox"/> Systemic Lupus Erythematosis       | <input type="checkbox"/> Hyperactivity           |
| <input type="checkbox"/> Sarcoidosis                        | <input type="checkbox"/> Psychosomatic disorders |
| <input type="checkbox"/> Myasthenia Gravis                  | <input type="checkbox"/> Asthma                  |
| <input type="checkbox"/> Alcoholism, especially wine & beer | <input type="checkbox"/> Allergies               |
| <input type="checkbox"/> Drug addiction                     |  |

Total Score \_\_\_\_\_

**GENERAL SYMPTOMS - ENVIRONMENTAL**

- \_\_\_\_\_ Fatigue
- \_\_\_\_\_ Molds, exposure to, moldy house, close to ground
- \_\_\_\_\_ Fungus conditions, between toes/fingers, under finger nails or in skin folds
- \_\_\_\_\_ Infection, chronic reoccurring
- \_\_\_\_\_ Eye matting, infection, mucus discharge
- \_\_\_\_\_ Mouth infection/thrush
- \_\_\_\_\_ Rashes, body/diaper

- \_\_\_\_\_ Muscle aches
- \_\_\_\_\_ Numbness, tingling, burning
- \_\_\_\_\_ Muscle weakness, paralysis
- \_\_\_\_\_ Joints, pain or swelling
- \_\_\_\_\_ Spots in front of eyes
- \_\_\_\_\_ Vision is erratic/failing
- \_\_\_\_\_ Drowsiness
- \_\_\_\_\_ Lack of coordination when needed
- \_\_\_\_\_ Arthritis/joint swelling

Total Score \_\_\_\_\_

Antibiotics kill both good and bad bacteria in the body creating a bacterial imbalance and the increase of Candida. Birth control pills historically add to Candida emergency. Consequently, these drug uses are weighed heavily.

<b>DRUG</b>	Used less than 1 month - Score 25	1 month or continued use - Score 50
Tetracyclines	_____	_____
Antibiotics	_____	_____
Prednisone or other cortisone type	_____	_____
Birth control pills	_____	_____
Drug Total	_____	_____
Combined Drug Total	_____	
Combined Category Total	_____	
Your Total	_____	

Candida can run from mildly irritating to severe, even life threatening. Even a low score then would require treatment if bothersome. A three in headache, yeast infection, etc., would invite corrective measures.

**SCORES**

- 1-30 would indicate Candida is in balance.
- 31-40 would indicate normal, however, Candida needs to be watched. Use mild Candida diet and treat irritating symptoms.
- 41-55 would indicate moderate Candida diet and treatment of Candida symptoms.
- 56+ would indicate severe Candida diet and full Candida treatment.

## Candida Control Diet

### DIET DO's

\*\*\* FOODS YOU CAN EAT \*\*\*

#### MEAT

Beef	Squirrel
Salmon	Rabbit
Chicken	Quail
Turkey	Duck
Lamb	Goose
Veal	Cornish Hen
Egg	Pheasant
Tuna	All game bird

#### BEVERAGES

Nature's Sunshine Vita-Lemon  
Nature's Sunshine Herbal Beverage  
Nature's Sunshine GlanDiet Shake  
Water

#### FISH

All fresh fish  
Clam  
Lobster  
Shrimp  
Crab  
Oysters

All meats & Eggs  
No BACON, SAUSAGE, HAM  
HOT DOGS, LUNCH MEATS

#### NUTS, SEEDS & OILS (UNPROCESSED)

Almonds  
Brazil  
Cashews  
Filberts  
Pecans  
Pumpkin Seeds

#### ALL FRESH VEGETABLES

Asparagus	Lettuce
Beets	Onions
Broccoli	Parsley
Brussel Sprouts	Peas, Beans
Cabbage	Legumes
Carrots	Tomatoes (fresh)
Cauliflower	Summer Squash
Celery	Winter Squash
Cucumbers	Zucchini, Acorn
Eggplant	Red Potatoes
Green Peppers	Butter Squash
Greens	Radishes
Turnip	Okra
Spinach	Parsnip
Mustard	Corn
Beets	Collards
Kale	

#### AVOID ALL FRUIT FOR 2 WEEKS

Apple	Grapefruit
Avocado	Mango
Banana	Nectarine
Peach	Orange
Pear	Papaya
Apricot	Pineapple

#### EAT ALL FRUIT ALONE!!

#### (OILS - COLD PRESSED)

Almonds	Apricot
Avocado	Corn
Linseed	Olive
Safflowers	Sesame
Butter	

#### WHOLE GRAINS

Barley	Corn
Millet	Oats
Rice	Wheat
Cereal grains	Break & Muffins
Containing no yeast, honey, or sugar	

Avoid All Grains For 2 Weeks. Reintroduce 1 at a Time.

**DIET DONT's**  
**\*\*\* FOODS YOU MUST AVOID \*\*\***

1. Fruit Juices: Either canned, bottled, or frozen. Exception: Freshly prepared juice.
2. Coffee & Tea: Regular coffee, instant coffee, decaffeinated coffee, and teas of all sorts, including herb tea. Exception: Traditional medicinal herb teas.
3. Melons: Watermelon, honeydew melon, and especially cantaloupe.
4. Edible Fungi: All types of mushrooms, morels, and truffles.
5. Cheeses: All types including cottage cheese and cream cheese. Prepared foods, Velveeta, macaroni and cheese, any other cheeses containing snacks. NO buttermilk, sour cream, any other sour milk products.
6. Yeast: Brewer's yeast, baker's yeast, vitamins, minerals, unless labeled "yeast free" and "sugar free".
7. Antibiotics: Specifically penicillin, streptomycin, ampicillin, amoxicillin, keflex, ceclor, sepra, and bactrim.
8. Processed Foods: Packaged and processed foods containing yeast and refined sugar. Also avoid enriched flour products.
9. Nuts: Peanuts and pistachios usually contain mold, which in turn will feed yeast.
10. Sugar: All sugar containing foods and sweeteners.
11. Alcohol: Fermented liquors and liqueurs, and beverages such as cider and root beer.
12. Malt Products: Milk drinks, cereals, and candy.
13. Condiments, Sauces, and Vinegar-Containing Foods: Mustard, ketchup, Worcestershire, Accent (monosodium glutamate), steak, barbecue, chili, shrimp and soy sauces, pickles, pickled vegetables, relishes, green olives, sauerkraut, horseradish, mince meat, and tamari. Also avoid sprouts. Vinegar of all kinds and vinegar containing foods such as mayonnaise, and salad dressing. (Freshly squeezed lemon juice may be used as a substitute for vinegar in salad dressings prepared with unprocessed vegetable oil.)
14. Processed & Smoked Meats: Pickled and smoked meats, fish including sausages, hot dogs, corned beef, pastrami, and pickled tongue.
15. Dried & Candied Fruits: Raisins, apricots, dates, prunes, figs, and pineapple.
16. Leftovers: Molds grow in leftover food unless it's properly refrigerated. Freezing is better.

The following was taken from Nature's Sunshine's System Course and our Certified Herbal Counselor Course.

