



UNDERSTANDING  
*Candidiasis*

Cathy Ferren RHN Registered Holistic Nutritionist and Life Skills Coach

## Hi and Welcome!

Congratulations! You have just taken an important step to help improve your gut health. If you suspect Candidiasis may be an issue for you, then following this program can help restore a better terrain in your intestines. This will give you a better opportunity to build your own gut bacteria back to healthy levels.

My goal is to help you through this journey. As a Registered Holistic Nutritionist and Life Skills Coach, I am dedicated to helping clients with their health journey.

Striving to achieve health and wellbeing is a process which can include improvements and sometimes minor setbacks. The body needs time to re-adjust its settings, clear out waste materials and build new tissues in order to perform more effectively.

I am here to support you through the process, answering your questions and providing any extra information you may need.

If you have any questions, please feel free to contact me at [cathyferrenrhn@gmail.com](mailto:cathyferrenrhn@gmail.com).

Enjoy the foods and be good to yourself.



Cathy Ferren RHN

Email: [cathyferrenrhn@gmail.com](mailto:cathyferrenrhn@gmail.com) [www.healthy4life.ca](http://www.healthy4life.ca)



### Medical Disclaimer

All information contained in the Healthy Gut programs is for informational purposes only. It is not intended to diagnose, treat, cure or prevent health problems. For all serious health issues, please contact a medical or nutrition practitioner. The information provided in this program is based on the best knowledge of the author at the time of writing and we do not assume liability for the information within this program, be it direct or indirect, consequentially, special exemplary or other damages. In all circumstance, it is always wise to consult your physician before changing your diet, taking supplements or starting any exercise or health program.

## Table of Contents

The Candidiasis Protocol.....	4
Introduction.....	5
Why Food Restrictions Don't Work.....	5
What is Candidiasis?.....	7
How Long Is The Protocol?.....	7
Signs and Symptoms.....	7
A New Approach.....	8
The Protocol.....	8
Check for Food Allergens or Sensitivities.....	9
An Elimination Diet:.....	10
What Sugar Substitutes Are Allowed?.....	10
Yeast Products.....	11
Strategic Foods to Add.....	12
Supplements.....	13
Other Considerations.....	13
Detox Reactions.....	13
What Happens if I Fall Off the Protocol Bandwagon?.....	14
Supplements.....	15
Foods to IncludeEgg.....	16
Foods to Remove/Avoid.....	17
Additional Foods.....	17
Liver Friendly Foods.....	17
Anti-Fungal Foods.....	18
Prebiotic Foods.....	18
Anti-Inflammatory Foods:.....	19
Blood Sugar Stabilizing Foods:.....	19
Final Considerations.....	20
3 Day Sample Menu.....	21
MenuPlan.....	22
Day 1.....	23
Day 2.....	23

Day 3 .....	24
Recipes.....	25
Breakfast Smoothies .....	26
Steel Cut Oats.....	26
Three Bean Salad.....	27
Egg Salad Wrap .....	27
Quinoa Salad .....	28
Tuna or Salmon Steak with Roasted Veggies .....	29
Rosemary Chicken with Mushrooms and Steamed Veggies.....	30
Sausage with Roasted Potatoes and Veggies.....	30
Sausage with Rosemary .....	31
Yogurt Dip with Fresh Veggies .....	31
Chia Pudding.....	31
5 Minute Cocoa Coconut Cookies .....	32

# The Candidiasis Protocol

## Introduction

With the rise in conditions, like allergies, autoimmune disorders like lupus and rheumatoid arthritis, autism, food sensitivities, GERD, intestinal disorders like colitis and IBS, diabetes, obesity, even heart disease and cancer, everyone is starting to ask why? It does not take an expert to observe there has been an increase across the board in these conditions with the medical profession offering little explanation as to the causes and any cures. Current research is now focused on our intestinal health and more specifically, the role and necessity of good bacteria. A quick look at TV commercials show us this research must be identifying beneficial sources as the food companies seldom add ingredients to their products without a lot of thought.

So, for those suffering, does that mean that help is on its way? Who knows? Researchers cherry pick their way through things, specifically individual strains of bacteria and never look at a comprehensive approach that would involve all the elements necessary to provide a solid cure for those who suffer.

**The BIG problem:** Our bodies should have over 5000 different strains totaling billions of bacteria and currently there is no definitive test to identify what we have in abundance and what we lack that could be causing a number of health problems. No two people and no two guts are the same. For those suffering day in and day out there is no time to wait.

Our intestinal tract is like a house. It has to have a sound structure, proper plumbing and lots of correct connections so that it is functional for our needs. If this order is upset, then much like a dated and worn out house, we need to renovate by moving out all the garbage, replacing the worn and broken parts, and replenish it with new materials to restore functionality. Renovations take time and even when you have a plan, often other situations arise that causes a project to be delayed to address this new problem. We would not give up on our house so why do we try so little and give up on our intestines, leaving them to drug and surgical options?



## What we can do?

- We can believe in the innate ability of the body to heal itself.
- We can take and use existing research about foods and supplements we now have access to that can help promote the growth of good bacteria.
- We can develop a lifestyle of healthy eating that supports our digestive health that is easily maintained, even with a busy or hectic schedule.
- We can take the time to try different supplements and techniques and assess how our body responds to best identify what works best for us as individuals.
- And we can have patience and an open mind, because it is better in the long run for our longevity and well-being.

## Why Food Restrictions Don't Work

If eating a certain type of food was the cause of our intestinal distress, then we should all have the same problem with that food. There are many different schools of thought on the matter and it is clear that