

CANDIDA



Focus TO EAT:

- Low-sugar fruits may be eaten in small amounts:
 - Lemons (and limes)
 - Raspberries.
 - Strawberries.
 - Blackberries.
 - Kiwis.
 - Grapefruit.
 - Avocado.
 - Watermelon.
 - Cantaloupe
 - Oranges
 - Peaches
- Non-starchy vegetables: Raw or steamed are the best.
 - Asparagus
 - Brussels sprouts
 - cabbage
 - broccoli
 - kale
 - celery
 - cucumber
 - eggplant
 - onion
 - spinach,
 - zucchini
 - tomatoes
 - rutabaga
- Gluten-free grains
 - Millet
 - quinoa
 - oat bran
 - buckwheat
- High-quality protein, organic, pasture-raised and wild-caught varieties are best
 - Chicken (it could have bleach on outside)
 - eggs
 - salmon
 - turkey
 - sardines
- Healthy fats
 - Avocado
 - olives
 - unrefined coconut oil
 - flax oil
 - extra-virgin olive oil
 - sesame oil

- Certain dairy products
 - **Butter**
 - **ghee**
 - **organic kefir**
 - **plain yogurt**
- Nuts and seeds low in mold
 - **Almonds**
 - **sunflower seeds**
 - **coconut**
 - **flaxseed**
- Herbs and spices
 - **Black pepper**
 - **salt**
 - **cinnamon**
 - **dill**
 - **garlic**
 - **ginger**
 - **oregano**
 - **rosemary**
 - **paprika**
 - **turmeric**
 - **thyme**
- Condiments
 - Apple cider vinegar
 - coconut aminos
 - sauerkraut.
- No-sugar sweeteners
 - Stevia
 - erythritol
 - xylitol
- Non-caffeinated beverage
 - **Decaffeinated coffee**
 - **Herbal teas**
 - **chicory coffee**
 - **filtered water**
 - **homemade almond milk**
 - **coconut milk (look for one without additives)**
 - **water infused with lemon or lime**

Foods TO AVOID

- High-sugar fruits:
 - Bananas
 - dates
 - raisins
 - grapes
 - mango
 - cherries
 - pears
- Grains that contain gluten
 - Wheat
 - rye
 - barley
 - spelt
- Certain meats
 - Deli meats
 - farm-raised fish.
- Refined oils and fats
 - Canola oil
 - soybean oil
 - sunflower oil
 - margarine
- Condiments
 - Ketchup
 - soy sauce
 - white vinegar
 - BBQ sauce
 - horseradish
 - mayonnaise
- Certain dairy products
 - Cheese
 - milk
 - ice cream
 - cream
- Sugar and artificial sweeteners
 - Aspartame
 - agave
 - cane sugar
 - corn syrup
 - honey
 - maple syrup
 - molasses
 - table sugar

- Nuts and seeds higher in mold
 - Peanuts
 - cashews
 - pecans
 - pistachios
- Caffeine, alcohol and sugary beverages
 - Caffeinated teas
 - coffee
 - energy drinks
 - soda
 - fruit juice
 - beer, wine or spirit
- Additives: Nitrates or sulfates

Sample Meal Plan

This sample menu provides foods that are acceptable on the candida diet. Adjust this menu based on your own preferences.

Monday

- Breakfast: Scrambled eggs with tomatoes and avocado on the side
- Lunch: Turkey atop a salad of greens, avocado slices, cabbage, broccoli and an olive oil dressing
- Dinner: Stir-fry of quinoa, chicken breast, steamed vegetables and coconut aminos

Tuesday

- Breakfast: Yogurt parfait made with plain yogurt, 1/4 cup (25 grams) of berries, cinnamon and almonds
- Lunch: Thai red curry chicken
- Dinner: Salmon cakes served with steamed broccoli and a cup of bone broth

Wednesday

- Breakfast: Turkey-and-sage breakfast sausages with a side of Brussels sprouts
- Lunch: Lemon-roasted chicken served over salad green

Dinner: Hamburger patty (no bun), topped with avocado and served with steamed vegetables and sauerkraut

Thursday

- Breakfast: Vegetable omelet made with eggs, shallots, spinach and tomatoes
- Lunch: Leftover turkey-and-sage breakfast sausages with a side of sautéed cabbage

- Dinner: Coconut curry chicken over quinoa and steamed vegetables

Friday

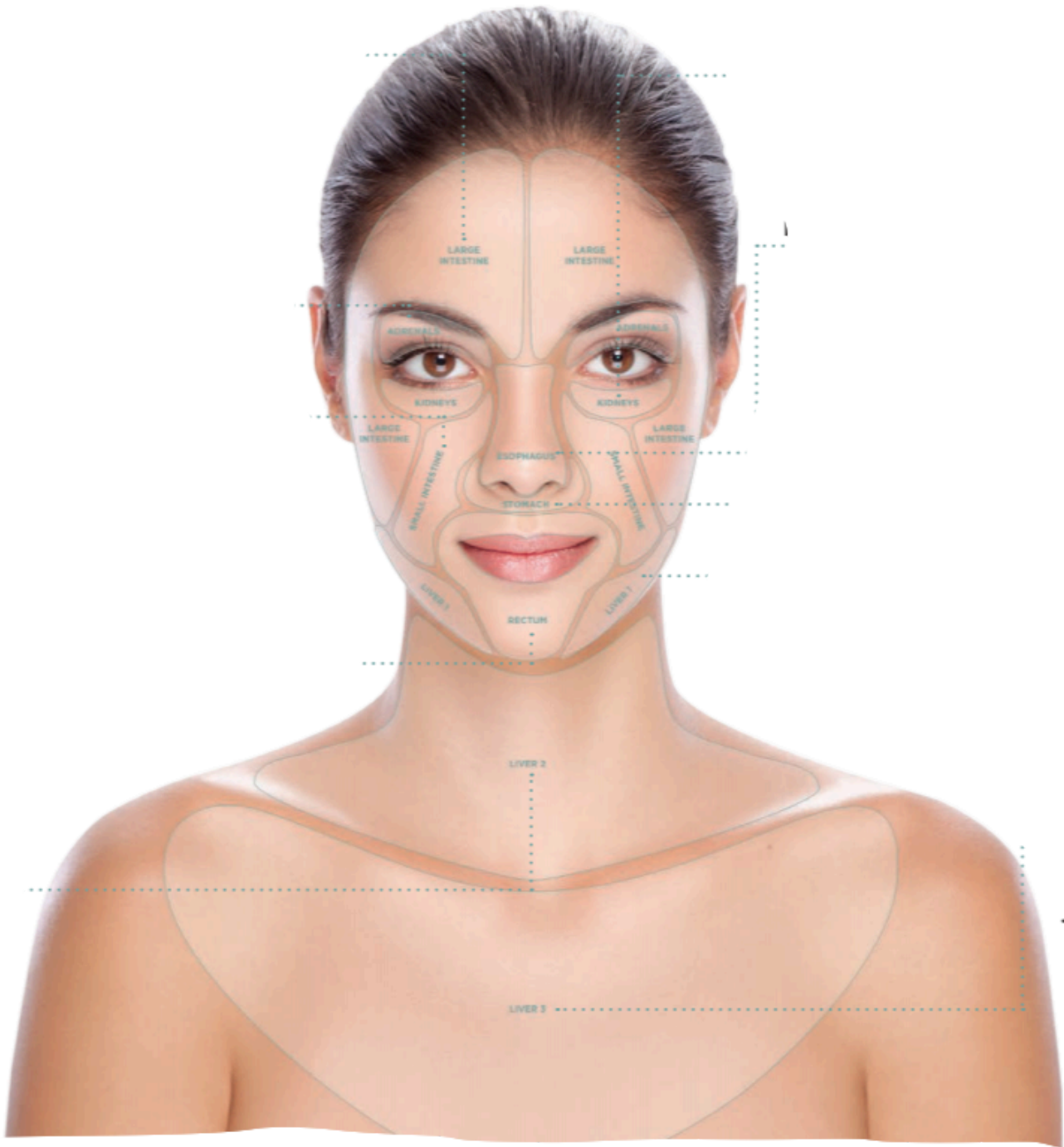
- Breakfast: Omelet made with red peppers, onions, kale and fried eggs
- Lunch: Turkey meatballs with a kale salad and millet topped with ghee
- Dinner: Wild-caught salmon seasoned with lemon and dill, plus a side of asparagus

Saturday

- Breakfast: Buckwheat breakfast muffins with chicory coffee
- Lunch: Leftover coconut curry chicken over quinoa and steamed vegetables
- Dinner: Zucchini noodles topped with chicken, raw garlic, pesto and olive oil

Sunday

- Breakfast: Smoothie made from plain kefir, a handful of berries, almond butter, coconut and cinnamon
- Lunch: Chef salad of hard boiled eggs, turkey, tomatoes, cucumbers, olives and an olive-oil-based dressing
- Dinner: Chicken fajita bowl made with chicken, peppers, onions, cilantro, avocado and salad green.





UNDERARMS

- **Acne/Rash:** the result of mercury toxicity often caused by eating lots of fish.

BACK OF ARMS

- **Keratosis Pilaris/Acne:** KP is the result of a different strain of candida that overgrows in the intestines. This can be related to all the causes found in Candida Acne.

BUTTOCKS & PERI-GENITAL REGION (NOT SHOWN HERE)

- **Buttock Acne:** is a bacterial infection of the rectum.
- **Peri-Genital Rash:** redness and/or flaking in the inner thigh or along the buttocks is caused by parasites.

UPPER BACK

- **Chlorine Acne/Rash:** caused by chlorine dioxide in various water sources
- **Blackheads:** caused by a mucus detox of the lungs

LOWER BACK

- **Mold Acne/Pustules:** caused by toxins often from water damages homes or moldy air conditioners. The pustules are often found on the limbs as well.
- **Lyme Disease:** Lyme disease presents in many different ways but if someone has cysts and/or horizontal stretch marks in the low back region then they should be evaluated.

To help with digestion:

Digestion

Ginger aids the digestive tract by toning muscles in the intestine and stimulating the breakdown of food particles, according to the University of Texas Medical Branch at Galveston. This activity promotes motility in the gastrointestinal tract and assists in transporting food and other substances out of the intestines. Thus, ginger can help soothe your gas pains, digest and metabolize fats and relieve common stomach pains.

Tips

Prepare pure ginger to assist in digestive problems by peeling the ginger and grating it into your salad or main meal, according to Georgia Southern University. If you experience motion sickness, cut off a piece of ginger root and eat small bites throughout your travel. Additionally, you can make tea using pure ginger. Chop fine pieces of ginger and place them in boiling water. Allow the ginger and water to steep and drink the tea.

Warnings

Ginger is a relatively safe food to ingest. However, eating ginger does pose some risks. Avoid ginger consumption if you experience gallbladder stones, as ginger increases the flow of bile. Limit your consumption of ginger if you are pregnant or have a bleeding disorder, as ginger inhibits your blood platelet aggregation. Additionally, limit your ginger intake and consult with your physician if you take central nervous system depressants or anticoagulant medications.

Culprit:

Helicobacter pylori (H. pylori) – a bacteria that affects the lining of the stomach.

- Abdominal pain
- Burning in the abdomen
- Bloating
- Nausea
- Reflux
- Loss of appetite

Honey – Manuka honey

Probiotic-rich foods – Kombucha, yogurt, kefir, miso, sauerkraut, and kimchi.

Decaffeinated green tea

Curcumin/Turmeric

Olive oil and other plant oil

Garlic

Broccoli, cauliflower, cabbage, radishes, apples, blueberry, strawberries, cherries, bell peppers, carrots, leafy green,

Lemongrass essential oil

Candida – yeast/fungus

Coconut oil – 50% lauric acid

Probiotic-rich foods – Kombucha, yogurt, kefir, miso, sauerkraut, and kimchi

Low sugar diet

Garlic

Curcumin/Turmeric