



CANDIDA ALBICANS

Candida albicans is a fungus which normally lives harmoniously in the digestive tract and the vaginal tract in women. An overgrowth of candida may occur when the normal bowel flora is altered. This commonly happens after the use of antibiotics which kills the beneficial bacteria, allowing the candida to flourish.

Twentieth century diets rich in sugar and refined carbohydrates contribute to candida overgrowth because this is what the yeast feeds on. Use of medication such as steroids, immune suppressing drugs, and birth control pills also cause candida overgrowth. When candida overgrowth occurs one may develop what is called the "yeast syndrome" or chronic candidiasis.

Some of the symptoms people with the yeast syndrome may experience are fatigue, allergies, immune system malfunctions, depression, chemical sensitivities, and digestive disturbances.

The following are six steps to the successful control of Candida albicans:

1. **PREVENTION** - eliminate the use of antibiotics, steroids, immune suppressing drugs, and birth control pills unless absolutely necessary.
2. **CHANGE YOUR DIET** - do not eat sugar and refined carbohydrates. Also avoid yeast and mold containing foods - see "dietary guidelines". Avoid all known or suspected food allergies.
3. **ENHANCE DIGESTION** - digestive secretions such as HCL, pancreatic enzymes, and bile normally prevent candida overgrowth, so if you feel you are lacking, assess why, supplement temporarily and deal with the source of the problem.
4. **ENHANCE LIVER FUNCTION** - the liver filters candida toxins from the blood so you need to make sure the liver is functioning well. Promote detoxification and eliminations with liver support herbs and lipotropic factors (nutrients such as choline, betaine, and methionine). Three to five grams of water-soluble fiber source such as guar gum, psyllium seed, or pectin are recommended in the evening. Deal with and express emotions, especially anger, since anger is associated with the liver in Oriental Medicine philosophy.
5. **ENHANCE IMMUNE FUNCTION** - keep a positive mental attitude and deal with stress by learning positive stress coping techniques. Get plenty of good rest and sleep. Support thymus gland function.
6. **SUPPLEMENT WITH SPECIFIC HERBAL/NUTRITIONAL SUPPLEMENTS** - A high potency multiple vitamin and mineral formula with additional antioxidants should be taken. One to ten billion viable L. acidophilus or B. bifidum per day is usually sufficient. Liberal consumption of potent antifungals such as garlic, ginger, cinnamon, rosemary, and thyme is recommended. Your physician will prescribe specific antifungals such as caprylic acid, berberine containing plants, Pau D'Arco, or enteric-coated volatile oil preparations based on your individual needs.



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Dietary Guidelines

What To Include:

Fresh vegetables and fruit, cereals and grains, high protein foods, raw nuts and seeds

FRESH VEGETABLES:

All fresh vegetables acceptable such as asparagus, beans, beets, bok choy, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, collard greens, corn, cucumber, dandelion greens, eggplant, endive, garlic, kale, legumes, lettuce (romaine, green and red leaf, butter, beet greens), mustard greens, okra, onions, parsley, peas, peppers (red, green, yellow), potatoes (white and sweet), radish, spinach, squash, tomatoes, turnip greens, zucchini.

Limit intake of high carbohydrate vegetables and legumes such as lima beans, corn, lentils, parsnip, potatoes, peas, yams

FRESH FRUITS:

apples, apricots, banana, berries (black, straw, blue, rasp.), cherries, mango, nectarine, oranges, papaya, peaches, pears, pineapples, plums

CEREALS AND GRAINS:

barley, bran, corn, millet, oats, quinoa, rice (brown and white), wheat

HIGH PROTEINS:

chicken, duck, egg, fish, lamb, shellfish, turkey, veal, wild game

NUTS AND SEEDS:

almonds, brazil nuts, filberts, pecans, pumpkin seeds, sunflower seeds. OILS: almond, apricot, corn, linseed, olive, safflower, sesame, soy, sunflower

BEVERAGES:

water, freshly prepared vegetable juices and sparkling water. Limit coffee, tea, and diet soda due to poor nutritional content and possible mold.

VITAMINS AND MINERALS:

vitamins and minerals must be "yeast free" and "sugar free"

What To Avoid:

All types of cheese, sugars and sugar-containing foods, vinegar and yeast-containing foods, dried fruit, fermented and malted products, foods containing molds

ALL CHEESES:

Including buttermilk, cottage cheese, sour cream

SUGARS AND SWEETENERS:

Sugars - beet, brown, cane, fruit, table (white) and turbinado sugar. **Sweeteners** - hone, maple syrup, molasses, corn syrup, corn sweetener, fructose, galactose, glucose, lactose, maltose, sucrose

SUGAR-CONTAINING FOODS:

Ice cream, jellies, koolaide, pastries, pies, preserves, boxed cereals, candies, canned fruits, cakes, cookies

VINEGAR-CONTAINING FOODS:

Includes most condiments and sauces, olives, pickles, sauerkraut, mince pie. **Condiments** - catsup, mayonnaise, salad dressings

YEAST-CONTAINING FOODS:

bread, pastry, and crackers

DRIED FRUITS:

raisins, dates, apricots - all are very concentrated sugar and contain molds

FERMENTED AND MALTED PRODUCTS:

malted milk, soy sauce

FOODS CONTAINING MOLDS:

mushrooms

NUTS:

pistachios

LEGUMES:

peanuts and peanut products (usually contain molds)

DRINKS:

fruit drinks and fruit juices (canned, fresh, bottled or frozen) including apple, grape, orange, pineapple, soda pop, alcoholic beverages