

The "Can Do" Candida Diet

Candida overgrowth is at the base of so many health conditions. To eradicate candida overgrowth, a commitment must be made. Just avoiding certain foods, or doing a 'detox diet' will not efficiently rid your body of yeast organisms as the yeast will not be targeted and killed by an antifungal and antibacterial herbal cleanse supplement. To clear candida overgrowth a combined candida diet and candida herbal cleanse protocol must be followed at the same time.



Enjoy	Breakfast Ideas	Limit
Quinoa, millet, brown rice & oat wholegrain cereals with unsweetened rice or almond milk		Sugar or honey sweetened cereals. Breads and flour products. Wheat, rye and barley. Processed foods
Low glycaemic berries (raspberries, blueberries, blackberries) Limit to one cup daily		All other fruit, fresh, frozen or dried
'Bramley' or cooking apples, stewed & sweetened with stevia or Xylitol. Limit to one cup daily		Fruit juices, fruit smoothies
Organic plain yoghurt (unsweetened) Limit to one cup daily (can be cow, sheep or goat)		Milk and dairy products e.g. cheese, sweetened yoghurt, cream, buttermilk, ice cream
Butter, olive oil or coconut oil		Margarine (all forms), hydrogenated oils
Unsweetened nut butter (almond, hazelnut, sunflower seed) on gluten & yeast free crackers		Peanut butter (peanuts can attract mould)
Eggs (organic are best) e.g. poached with spinach		Processed meats or cured meats e.g. salami, bacon (unless high quality dry cured). Smoked meats
Gluten free sausages and grilled tomato		Mushrooms (except shitake). Marmite or yeast extract
Herbal teas, green tea, lemon or lime juice in water		Coffee, black tea, fizzy pops (including diet)
Natural sweeteners stevia or xylitol		Sugar (all types), honey (including raw), artificial sweeteners, agave nectar

Enjoy	Snack Ideas	Limit
Celery sticks with almond butter		Processed snack foods e.g. crisps, chocolate
Hard-boiled egg with salt & pepper		Sweet biscuits (including 'gluten free')
Raw nuts and seeds (serving size = a palm full)		Peanuts, cashews
Hummus, guacamole, fresh salsa, Tzatziki, Sliced avocado and tomato		Processed mayonnaise, ketchup & salad dressing (watch for sugar, vinegar, cheese & additives)




Enjoy	Lunch & Dinner Ideas	Limit
Unprocessed meats: beef, chicken, turkey, pork		Smoked, cured or processed meats, soy sausages, soy burgers (watch for yeast, gluten & additives)
Gluten free burgers or sausages		Fried foods
Unprocessed fish (all types)		Shellfish
Vegetables (raw, steamed, roasted)		Mushrooms (except shitake) potatoes (small amount of sweet potato ok)
Gluten free grains: rice (all types) quinoa, millet Limit to one cup daily		All gluten and wheat products e.g. pasta, barley, spelt
Beans / pulses: add to soups, chillies, curries		Processed or canned soups (bought fresh soup ok, but watch for wheat, potato, milk & yeast)
Salads and grated raw vegetables, with olive oil, lemon juice, garlic and herb dressing		Bottled salad dressings with sugar and vinegar
'Braggs amino acids' to replace soy sauce		Fermented soy products e.g. soy sauce
Raw apple cider vinegar 'with mother' (available in health food stores or online)		Vinegar: balsamic, white wine, red wine, standard cider vinegar, pickled vegetables, pickled eggs

Candida Cleanse Protocol



For mild to moderate Candida 1 round of CandiGONE should be sufficient. If your Candida is severe, you may require multiple rounds. You should continue cleansing until symptoms subside.

Although CandiGONE is formulated to work on its own, there are two important support products which will increase the success of ridding your body of yeast organisms – they are FibreSMART and Ultimate Flora Critical Care (see below).

Recommended	How to take:
 <p>CandiGONE - <i>Cleanse your system with antifungal therapy</i></p> <p>CandiGONE is a 15-day, broad spectrum antifungal and antibacterial herbal cleanse. It specifically targets yeast organisms and eliminates them from the body</p>	<p>Take 2 capsules of CandiGONE in the morning on an empty stomach (30 minutes before eating). Take 2 capsules of CandiGONE in the evening on an empty stomach (2-3 hours after eating)</p> <p>Begin CandiGONE at half dose for the first 3 days (1 capsule in the morning and 1 capsule in the evening)</p>
 <p>FibreSMART - <i>Eliminate Candida waste with fibre</i></p> <p>FibreSMART is a blend of soluble and insoluble fibre to help soak up and sweep out Candida organisms, ensuring they are eliminated from the body rather than reabsorbed. FibreSMART also contains L-Glutamine and healing herbs to repair the digestive tract (often damaged by Candida)</p>	<p>Capsules – Take 4 capsules with 1 glass (250ml) of water daily. Can be taken with or without foods. Can be taken with CandiGONE. Take 2 hours before or after medications</p> <p>Powder – Take 1-2 scoops (1 scoop = 7.5g) daily. Mix one scoop of powder with 1 glass (250ml) of liquid, or soft food (i.e. yoghurt, smoothies, porridge or green juices). Take 2 hours before or after other medications</p>
 <p>Ultimate Flora Critical Care - <i>Re-establish a healthy balance of intestinal bacteria</i></p> <p>A one-a-day therapeutic strength probiotic containing 50 billion active cultures from 10 different probiotic strains. Unique formulation offers 20 billion active cultures for the small intestine and 30 billion active cultures for the large intestines. An enteric-coated delivery system ensures probiotics survive the high acid environment of the stomach</p>	<p>Take 1 capsule a day away from food - e.g. Upon rising (30 minutes before eating). Or 2 hours after food (mid morning or mid afternoon) or last thing at night when you go to bed. CandiGONE and Ultimate Flora Critical Care can be taken at the same time</p>

Useful	
 <p>CleanseMORE - <i>Treat constipation without harsh laxatives</i></p> <p>It is vital while cleansing Candida that you have complete daily bowel movements 1-3 times a day. If you are suffering from constipation we recommend CleanseMORE – the gentle way to relieve constipation. Achieving good daily bowel eliminations will ensure dead Candida toxins are removed from the body and help prevent healing reactions such as headaches etc.</p>	 <p>IntestiNEW - <i>Repair the intestinal tract lining</i></p> <p>Candida overgrowth causes major damage to the intestinal tract lining. IntestiNEW is a therapeutic strength product that works to heal that damage. It is important to heal the intestinal tract lining either during or once you have completed your Candida cleanse programme</p>

PLEASE NOTE: Your Candida symptoms may intensify for several days before they get better. When yeast organisms are killed by antifungals, they decompose in the body and produce by-products. These by-products (such as ammonia) can cause headaches and/or nausea. These symptoms can be alleviated by using a quality fibre supplement (FibreSMART), as fibre absorbs dead yeast cells and brings them to the colon for elimination.

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