

Suggestions for Candida / Yeast

Indications – acne, allergies, rashes, fatigue, joint pains/stiffness, weight gain, bloating, gastrointestinal problems, yeast infections, depression, white coating on tongue, thrush, frequent headaches, memory loss, numbness in face or extremities, impotence, bad breath congestion, hyperactivity, bruise easily, hives, blurred vision, jock itch, fungus growth on nails, rectal itch, sensitivity to mold, craving for carbohydrates and/or sugar and sweets, itchy ears, itchy nose, obsessive/compulsive tendencies

Causes – antibiotic use, corticosteroid use, birth control pills, compromised immune system, food allergies, mold and other environmental sensitivities, sugar, alcohol, dairy, estrogen replacement therapy, chemotherapy, radiation, stress, candida is commonly found with heavy metals such as lead and mercury

Good foods – seafood, vegetables (preferably raw/lightly steamed), salads, garlic, whole grains (nothing refined), olive oil, small portions of lean organic beef, apples, plain yogurt with live cultures, oat bran, ground flax seeds, rosemary.... **Note** – this is a highly restrictive diet for the most severe cases of candida and should be followed for at least 1-2 months during an acute outbreak or the beginning of an elimination program. Stubborn candida may take months or up to a year to eliminate

Harmful foods – sugar in all forms including most fruits and carrots, also citrus, alcohol, refined carbohydrates, pasta, breads, fermented foods, dried fruits, potatoes, vinegar (apple cider vinegar is fine), mushrooms, pickled foods, soft drinks, honey, maple syrup, chocolate, milk and dairy products, black tea, coffee, foods with artificial sweeteners, coloring, preservatives and additives, soy sauce, rice, baked goods. These foods should be eliminated during and after a candida cleanse to help prevent a reoccurrence

Alternative Treatment for Candida – take good probiotics like acidophilus and bifidus, grapefruit seed extract 10-15 drops 3 times/day, caprylic acid 2500-3500 mg daily for 2 weeks, eat or take garlic pills, do a candida cleanse, goldenseal 1000mg 3 times/day not to exceed 2 weeks at a time, Pau D'arco herb and/or tea, oregano tincture, 1 oz daily of colloidal silver, cloves, zinc 50 mg/day, quaw bark tincture, Vitamin B-complex 100mg/day, Vitamin C 1-3 grams daily. It is very important to stay on a yeast free diet and take probiotics daily to prevent candida overgrowth and maintain healthy bowel flora balance

The intent of this document is to support Nu|Vision users. It is not intended to diagnose, treat, cure or prevent any medical, psychological or nutritional condition, disease or disorder.