Candida Detox Diet

Items To Avoid While on A Candida Detox Diet:

- All sugars and sugar-containing food including table sugar, fructose, corn syrup, honey, molasses, maple sugar and date sugar.
- All white flour and white flour products. All yeast-containing pastries, breads, crackers, pastas, etc.
- All cheese except ricotta, cottage and cream cheese. (avoid even these 1st 2 weeks)
- Artificially sweetened drinks and food products.
- Avoid alcoholic beverages.
- Avoid all fruit juices, fruits (fresh, canned, or dried) until yeast is abated. Fresh lemon or lime may be used in water, or as a substitute for vinegar in salad dressings.
- All coffee and tea. Except Pau de Arco and herbal tea.
- Chlorinated tap water.
- All processed meats such as bacon, sausage, ham, hot dogs, luncheon meats, corned beef, and pastrami.
- Old leftovers. If food has been in the fridge for more than 3 days, do not eat it. Leftovers may be frozen:
- Obvious fungus foods: mushrooms, blue cheese, etc.
- Peanuts and peanut products: peanut butters. Use almond butter.
- All vinegar-soaked products or vinegar dressings: pickles, pickle relish etc. Lemon juice may be substituted for vinegar in recipes.
- Brewer’s yeast, B vitamins made from yeast.

What you CAN Eat on the Candida Diet:

- Meats: Chicken, turkey, all game birds, quail, duck goose, pheasant and Cornish hen. Grass-fed beef, buffalo, lamb and venison. All meat must be antibiotic and hormone free.
- Eggs: Choose Omega-3 or free range, fertilized eggs in moderation. No more than 6 per week.
- Fish: All fresh fish including salmon, cod, herring, sardines, shrimp, lobster and oysters. Wild is the best.
- Cold Pressed Oils: Almond, avocado, flax seed, butter, apricot, corn, walnut, sunflower, olive and sesame oil. Be careful that they are not rancid; add two capsules of vitamin E per cup of stored oil.
- Whole Grains: Including quinoa, amaranth, buckwheat, rye (after 1st 2 weeks, try whole wheat and oats)
- Breads: Any whole grain, unsweetened bread without yeast made from coconut, buckwheat, rye, quinoa flour.
• Crackers & Chips: Any whole grain, unsweetened cracker or chip (chip/potato/etc) made with above grains including Koyo brand buckwheat rice cakes, Rye vita brand crackers in various flavors.

• Muffins & Biscuits: Any whole grain muffin, biscuit, tortilla, - must be made with soda or baking powder - not yeast. Use approved flours.

• Legumes: All legumes such as lentils, peas, soybeans, pinto, navy, northern, kidney etc.

• Fresh Vegetables: All vegetables including (be adventurous) asparagus, beets broccoli, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, green peppers, greens, lettuce, turnip, spinach, onions, peas, parsley, fresh tomatoes, squash (summer, winter, butter, zucchini), red potatoes (no white), radishes, okra, parsnip, collards, yams and avocados.

• Extras for Taste: Lemons and limes are great to spruce up a salad or other recipes – (After 1st 2 weeks may use miso and soy sauce) Use stevia, xylitol and erithritol as natural sweeteners

• Dairy: Avoid dairy for 1st 2 weeks. Then slowly add unsweetened yoghurt with berries or xylitol, goat milk and soft goat cheese. Use unsweetened Almond milk or Hemp milk.

• Beverages: Bottled, filtered water and sparkling water with lemons or limes. Hot or room temperatures.

**Candida Die-Off Symptoms**

During a Candida cleanse, some people may experience Candida die-off symptoms as they increase their intake of the supplement because the Candida has nothing to feed on anymore. Also, because the food you are allergic to have built up in your system and they are no longer entering it, they begin to break down and find their way out of the body. Initially you may feel worse before you feel better, but do not be scared or put off by an increase in symptoms because it means that your body is getting rid of all the substances that have been causing the problem. These symptoms, if they occur, will usually occur in the second or third week. These die-off symptoms include:

• headaches
• nausea
• brain fog
• dizziness
• fatigue
• sugar cravings
• minor skin breakouts
• cold hands and feet

A person experiencing these symptoms is usually quite toxic. These symptoms are temporary and can last from a couple of days up to two weeks. If they persist, stop and see your health care provider. Acupuncture can help diminish these symptoms. DO NOT discontinue your diet because of detoxification symptoms. You may wonder why you are on such a diet if it makes you so sick, but you are actually getting better. You will want to eat a diet that "starves" the yeast, keeps an -acid-alkaline balance: The human body should normally be slightly alkaline. However, many experts feel that the common Western diet contributes to an acidic state.