

# Candida

## Harmony & Health

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Quality Products for Health

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Reducing *Candida albicans* (overgrowth of yeast) takes perseverance, diet modification, and supplementation; even when back in balance, one must stay diligent to avoid flaring up. The bad habits which allowed *Candida* to flourish once, may feed into it allowing it to flourish again,

### Foods to avoid or greatly reduce in diet:

- All sugars, refined and raw (e.g. sugar, honey, molasses, maple syrup), as sugars feed yeast.
- Fruit in all forms including dried and juices, especially melons and tropical fruits, which contain a high amount of natural sugar and also, possibly mold on their skins. Mold acts similar to yeast stressing the body. Frozen berries are the most acceptable fruit to use.
- All foods containing yeast; such as bread, crackers, soy sauce and many processed/packaged foods.
- Alcohol, especially beer which is made using yeast.
- Foods prone to mold; such as leftovers, peanuts and various cheeses.
- Especially serious cases may also need to avoid wheat and high glycemic foods.

### Foods to focus on:

- Animal proteins, such as poultry breast, salmon, trout, lamb and eggs.
- Vegetarian proteins from lentils, legumes, tofu, nuts and seeds.
- Vegetables- variety, eat a "rainbow" of colors, focusing on lower glycemic index options
- Herbal teas, especially detox teas.

At least six weeks of strict diet and supplement adherence are usually needed to produce definable results. However, during this time, there is a "die off" where symptoms may improve then return, with the difficult times becoming less intense and less frequent. After six weeks, one can decide when to introduce previously disallowed foods (one at a time, very slowly) or to remain on the strict diet for a longer period of time. If one has trouble with "die off" and feels much worse while cleansing from *Candida*; consider **Candida Clear**, a 14 day cleansing program, which contains herbs to bring down *Candida*, also has enzymes to clear and prevent die off reactions, or adding Protease Plus between meals to help ease the detox symptoms.

### Supplements - choose products from both categories:

#### 1. Antimicrobials to help bring the yeast down

- a. Single Herbs such as: **Garlic, Pau d'Arco, Oregano, & Olive Leaf**
- b. **Yeast-Fungal Detox** -an effective anti-yeast product of pau d'arco, echinacea, garlic, caprylic acid and other effective botanicals for extensive gut health & overall benefits.
- c. **Fung Freedom (*Fungus Fighter*)** features *Spilanthes* extract blend enhancing immune system's resistance to infections, stimulates wound healing; can be applied externally on affected skin areas or taken internally to clear yeast; useful for a variety of different fungal conditions.

#### 2. Probiotics to help build up the good flora, preventing flares; the healthy bacteria that resides in our digestive tracts and on our mucous membranes helping to control *C. albicans*.

- a. **Bifidophilus flora force**
- b. **Probiotic Eleven, Elevated Eleven,**
- c. **Bacillus Coagulans**
- d. **Probiotic Power Chewables**

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

*Building Better Health Naturally*

