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Dietary Guidelines for the Prevention and Treatment of Candida

An overgrowth in the gastrointestinal tract of the usually benign yeast *Candida albicans* is believed to cause a wide variety of symptoms in virtually every system of the body with the gastrointestinal, genitourinary, endocrine, nervous, and immune systems being the most susceptible. Fatigue, allergies, immune system malfunction, depression, chemical sensitivities, and digestive disturbances are just some of the symptoms patients with candida overgrowth may experience.

To prevent and eliminate candida consider the following:

Include:

- Eat plenty of fresh vegetables, garlic and onions.
- Eat fresh or frozen foods. Freeze leftovers rather than refrigerate.
- Eat non-leavened breads that do not contain yeast.
- Eat plain, nonfat yogurt and supplement with an acidophilus product.
- Supplement with ground flax seeds for fiber and vitamins A, B, C, and E.
- Eat whole grains including brown rice, buckwheat, corn, millet, oats, rye, wild rice, quinoa, barley, and popcorn.
- Eat a limited amount of unsweetened cereals including all bran, oatmeal, puffed cereals (corn, millet, rice, wheat), corn flakes, and toasted rice.
- Eat fresh, frozen, or dried beans and peas, such as kidney, white, and pinto.
- Eat all nuts and fresh nut butters except peanuts or peanut butter.
- Eat skinless chicken, turkey, and fresh or frozen fish.

Avoid:

- Refined foods, sugar, and sweets, including concentrated fruit juices and dried fruits.
- Caffeine, pop, peanuts, malt products, and foods high in fats including beef, pork, veal, and lamb.
- Aged foods and foods high in yeast, mold, or fungus content, including mushrooms, cheese, nutritional yeast, bread, cider, and soy sauce.
- Sweetened cereals, packaged foods, canned foods, condiments, and concentrated "natural sweeteners" such as honey, maple syrup, corn syrup, molasses, malt, date sugar, turbinado sugar, mannitol, sorbitol, lactose, glucose, fructose, and maltose.
- Alcohol, coffee, and caffeinated teas.

References:

1. M. Murray, J. Pizzorno. *Encyclopedia of Natural Medicine*. (Rocklin: Prima, 1998): 300-312.
2. L. DeSchepper. *Candida* (Santa Monica: A.S.A.P. Secretarial Services, 1990).
3. V. Glassburn. *Who Killed Candida?* (Brushton: Teach Services, 1991).