

Heal Your Hormones

Candida Information

Foods to Avoid:

Sugar, Wheat, Yeast Containing Substances

- *Sugar* - It is best to eliminate all forms of sugar, as it feeds the yeast and encourages its growth. These foods include: white sugar, brown sugar, honey, maple syrup, corn syrup, maple sugar, molasses, date sugar, turbinado, raw sugar, demerara, amisaake, rice syrup, sorghum.

Read labels carefully. The hidden sugars to watch for include: sucrose, fructose, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose, monosaccharides, polysaccharides.

- *Fruit* - Fruit contains natural sugars that support the growth of yeast. The following foods should be eliminated:
 - Frozen, canned, and dried fruit
 - All canned and frozen fruit juice
 - Oranges and orange juice
 - Melons, especially cantaloupe. These fruits often contain mold.
 - * Green apples are OK!
- *Yeast* - Foods that contain yeast should be eliminated.

These include: Baker's yeast, Brewer's yeast, Engevita, Torula, and any other nutritional yeast. Baked goods raised with yeast such as breads, rolls, crackers, bagels, pastries, and muffins should also be eliminated. Healthy, yeast-free alternatives may include: Sprouted Essene bread, Lifestream bread, Manna wheat or rye bread (?), corn tortillas, rice cakes, rice crackers, and rice bread. Muffins, biscuits, pancakes, Irish soda bread, chapatis, and other breads made at home using the flour of whole grains that a person is not allergic to and made with baking powder and/or baking soda for leavening.

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- *Vinegar* -- Vinegar is made with a yeast culture. Foods that contain vinegar include: White vinegar, red wine vinegar, apple cider vinegar, balsamic vinegar, mayonnaise, commercial salad dressing, ketchup, Worcestershire sauce, steak sauce, BBQ sauce, shrimp sauce, soy sauce, mustard, pickles, pickled vegetables, green olives, relishes, horseradish, mincemeat, chili sauce. Apple cider vinegar is OK.
- *Mushrooms* -- Mushrooms are fungi. Eliminate all mushrooms.
- *Peanuts, Peanut Butter, and Pistachios* - Peanuts, peanut butter, and pistachios often have high mold contamination and should be eliminated.
- *Alcohol* - Alcoholic beverages provide sugar that feeds the yeast and stresses other organs such as the liver. Eliminate all forms of alcohol, including red wine, white wine, beer, whiskey, brandy, gin, scotch, any fermented liquor, vodka, rum, and all liqueurs.
- *Coffee, Black Tea, Cider, Root beer* - Coffee and black tea create an extra burden for the body's stress-coping mechanisms. Regular coffee, instant coffee, decaffeinated coffee, and all types of black tea (including "fruit flavored" black tea) should be eliminated. Cider, root beer, and other fermented beverages should be eliminated. Healthy alternatives include: water, vegetable broth, fresh vegetable juice, herbal teas
- *Aged, Moldy and Processed Cheeses* - Roquefort and other aged, moldy or blue cheeses should be eliminated. Also eliminate processed cheese such as cheese slices, Velveeta, Cheese Whiz, cream cheese, cheese snacks, and Kraft dinner.
- *Tempeh, cheese, all refined carbs, sugar, alcohol, yeasted breads* – anything fermented, go easy on grains/beans
- *Processed, Dried, Smoked, and Pickled Meats* -- These include products such as smoked salmon, pickled herring, sausages, bacon, hot dogs, pastrami, bologna, sandwich meats, salami, corned beef, pickled tongue, and kielbasa. These products are processed and many contain unhealthy nitrates and nitrites, so they are not recommended for use at any time.
- *Packaged, Processed, and Refined Foods* - Canned, bottled, packaged, boxed, and other processed foods usually contain yeast, refined sugar, refined flour, chemicals,

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preservatives, and coloring. They are not recommended at any time.

Focus on:

- * OK: green apples, blueberries, live sauerkraut that you make yourself
- Build up digestive and immune function - follow your supplement protocol.
- Candida leads to leaky gut
- Whey protein can help stimulate SIgA (the immune system in your digestive tract).

Candida (yeast-like fungus) Information:

- Candida albicans is most common – lots of varieties
- Can cause: diaper rash, jock itch, vaginitis, bloating, neurological, allergic, fuzzy thinking, inability to concentrate, poor nutritional status
- Indicates an improper diet for your constitution., weakened adrenal glands and digestion.
- Anemic blood – can let Candida go systemic
- Toxicity can affect our enzyme systems, destroying pancreatic enzymes.
- Nutrient malabsorption, bowel putrefaction.
- If there is a weakness in the ileocecal valve (the valve from the small intestine to the large intestine) it allows the candida to migrate into the small intestine
- Liver has to break down the acetaldehydes (alcohol by product of the candida) and if the liver is not able to break them down it recirculates throughout the body – symptoms like alcoholism - **liver support is essential.**
- Sugar stops/weakens the immune system for up to five hours as does the acetaldehydes.
- Candida yeast can bind to hormone (estrogen, testosterone, progesterone, cortisol) receptor sites, HP axis all screwed up – hypothyroid may result.
- Crave sugar

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- Hypothyroidism
- Infertility
- Frigidity
- Impotence
- Hypoglycemia
- Central nervous system is affected because of the acetaldehyde: crying, depression, similar neurotoxic effects.
- Candida grows back twice as fast as anything else.
- It's a cold condition so go warm or hot with your foods and drinks!