

Yeast Overgrowth

101

WHAT IS CANDIDA?

Several species of fungi (including *candida*) are native to healthy gut and vaginal microbiomes. However, dysbiosis in these microbial ecosystems allows certain yeast to overgrow—like weeds overtaking a garden. *Candida albicans* is a common opportunistic yeast that causes vaginal infections, oral thrush, and gut issues. It grows a biofilm complex and root-like hyphae that can penetrate through the intestinal wall, which increases gut permeability, releases fungal metabolites into the bloodstream, and causes systemic inflammation.

WHAT CONTRIBUTES TO OVERGROWTH?

Yeast overgrowth results from a diet high in sugar & refined carbs, impaired upper digestion, repeated antibiotic use, alcohol consumption, estrogen dominance, chronic stress, or a compromised immune system. *Candida* infection also closely correlates with Celiac disease because the proteins in gluten are very similar to those found in the cell wall of *candida*. The immune antibody response to candida is almost identical to the gut-damaging autoimmune reaction triggered by gluten.

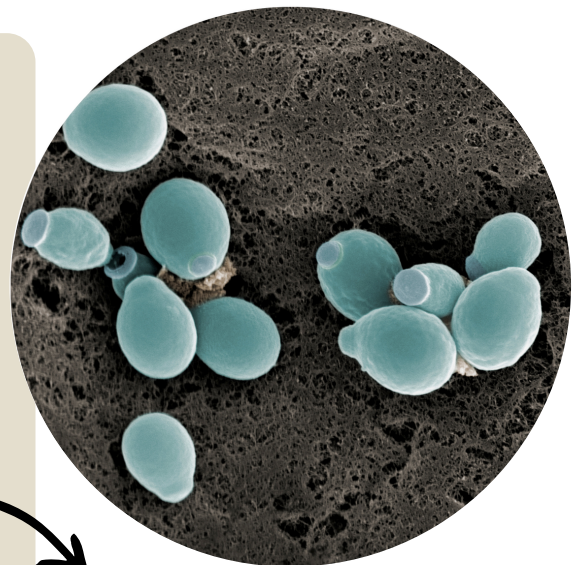
SYMPTOMS

- gas & bloating
- irregular BMs
- recurring bladder infections
- vaginal/anal itching
- irregular periods
- fatigue & depression
- muscle/joint pain
- allergies
- chemical sensitivity
- mold sensitivity
- feeling "spacey"
- sugar & bread cravings

Symptoms often intensify during the die-off phase.

SUPPORT MICROBIAL BALANCE

- **ANTI-CANDIDA DIET**
starve this sugar-loving yeast by minimizing high-sugar fruits, added sweeteners, & refined grains
- **PROBIOTIC PUSH-BACK**
Lactobacillus bacteria compete with candida (found in fermented foods and probiotics like L. casei Shirota, L. acidophilus La5, L. acidophilus GG)
- **KILL, BREAK, & BIND**
candida detox protocols typically involve a combination of anti-fungals (garlic, oregano, thyme, pau d'arco, caprylic acid), biofilm breakers (ACV, garlic, NAC), & binders (activated charcoal, chlorella)



As with antibiotics, these herbs can disrupt other microbes if taken indiscriminately or indefinitely.



ANTI-CANDIDA Meal Blueprint

1 NON-STARCHY VEGETABLES 50% of plate

nightshades

eggplant
peppers
tomatoes
*potatoes

leafy greens

beet greens
dandelion greens
mustard greens
leaf lettuce
collard greens
microgreens
bok choy
watercress
romaine
spinach
sprouts
arugula
endive
chard
kale

herbs & spices

especially:
garlic
ginger
oregano
thyme
cinnamon
clove

onion family

scallions
onions
chives
shallots
garlic
leeks

roots

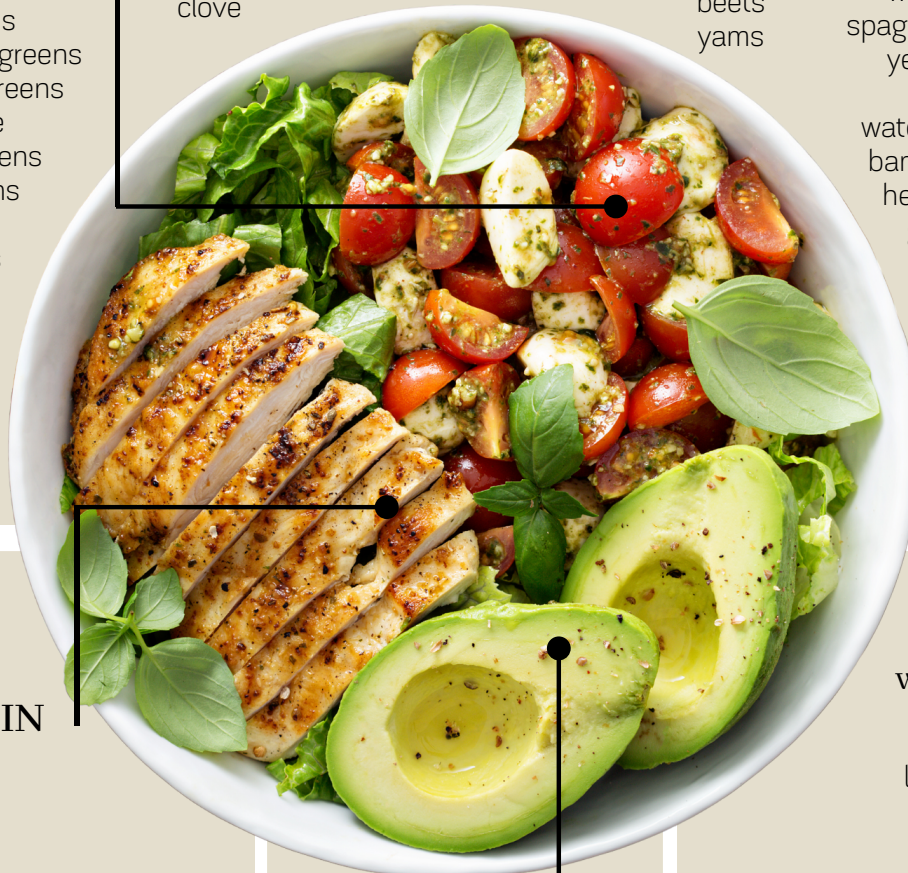
rutabagas
radishes
parsnips
celeriac
turnips
daikon
jicama
carrots
beets
yams

cruciferous

broccoli
kohlarabi
cabbage
cauliflower
brussels sprouts
*raw sauerkraut

misc

winter squash
spaghetti squash
yellow squash
zucchini
water chestnuts
bamboo shoots
hearts of palm
green beans
cucumber
artichokes
asparagus
seaweed
celery
fennel
okra



2

healthy PROTEIN

beef
chicken
turkey
pork
eggs
fish & seafood
nuts & seeds
PurePaleo protein powder
Whole Body Collagen

3 healthy FAT

coconut oil/milk/cream
olives (and oil)
avocado (and oil)
fat from quality protein
duck fat, lard, & tallow
butter & ghee

4

whole food CARBS

lime & lemon
blueberries
raspberries
blackberries
cranberries
*grapefruit
green apple

gluten-free grains

brown rice
wild rice
amaranth
buckwheat
quinoa
millet

misc

ACV

