

All About Candida Albicans



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[Candida](#) is a type of fungus (also called yeast), and is only one of a huge number of micro-organisms that exist in a human body. Normally, in a healthy body, [Candida](#) does not cause any problem. However, when the bio-balance is upset by factors such as unhealthy lifestyle, stress, excessive consumption of sugar and refined carbohydrate, chronic use of medications such as anti-biotics, cortisone, the pill, etc, then one finds an overgrowth of [Candida](#) in the body.

This can result in [Toxins](#) being released into the bloodstream and can have many adverse effects on the functioning of the body. The [Immune System](#) is unable to cope with the continuous release of [Toxins](#) into the body, leading to dis-ease. Symptoms can include depression, mood swings, sinusitis, [Headaches](#), chronic fatigue, joint pain, stomach pain, [Indigestion](#), vaginal thrush and other fungal infections, skin rashes and [Eczema](#), etc.

Fortunately, [Candida](#) can be controlled by means of a balanced diet and by the elimination of certain foods in order to create an internal environment in which the yeast cannot survive. An initial detox diet will ensure, along with our [Candidate](#) formula will ensure that the levels of systemic [Candida](#) are significantly reduced. Thereafter, a maintenance program should be followed to keep [Candida](#) permanently at Bay.

Remember that [Candida](#) thrives on all sugars and refined carbohydrates and it is only by controlling your intake of these foods that you will beat systemic [Candida](#). By following this diet, you will not only be able to control [Candida](#) levels in your body, but you will also be amazed at the amount of energy you have. Your skin will clear, your eyes will sparkle and you will even [Lose Weight](#), despite the fact that you need never go hungry! Many people find that the [Candida](#) diet helps to clear joint and back pain, balance sugar levels and blood pressure, control [Cholesterol](#) and relieve symptoms of depression – all without medication! This is because by reducing [Candida](#) overgrowth in the body, the [Immune System](#) is able to function properly for the first time in years, allowing the body to heal itself!

Some Important Points

When following the [Candida](#) diet, you must make sure that your blood sugar levels are kept at an acceptable level by eating a substantial breakfast, lunch and supper. If you find that your energy level is low or you are experiencing dizziness while on the diet, it is probably due to low blood sugar. If this

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



[Elderberry Syrup](#)

Created for Planetary Herbs by licensed acupuncturist and clinical herbal

happens, simply add a mid-morning and mid afternoon snack.

Please remember to drink lots of water in order to assist the elimination of [Toxins](#) from your body. After a few days of detoxing, some of your symptoms may become worse and you could also experience [Headaches](#). This is quite normal and part of the [Detoxification](#) process. It will improve after a few days and you will begin to feel healthier than you have felt for years! The [Candida](#) diet should be followed for 4 weeks, followed by a maintenance program as outlined.

You may not use sugar in any form – this includes sucrose (cane sugar), glucose and fructose (fruit sugar). Lactose (milk sugar) to be kept to a minimum.

[Candida](#) DIET

Foods Allowed

- Rye Vita (contains no yeast)
- Chicken, fish, meat
- Rye Bread (no yeast or wheat) roasted/grilled or steamed)
- Rice cakes [Sunflower](#)/olive oil
- Rice, potato or rye flour 30ml [Lemon](#) juice
- Corn or soya flour all veggies fresh or frozen – no tinned food
- Oats, maize (corn) meal, maltabella [Avocado](#) pears
- Dairy-milk 125ml per day Sweet / normal potatoes
- Plain Bulgarian yoghurt-125ml (no sugar!) Brown rice (no white rice)
- Low fat cottage cheese (no sugar!) Onions / [Garlic](#) (unless sensitive)
- Soya / Rice milk Walnuts, cashews, hazel,
- Ricotta cheese pecan, coconut & macadamia
- Popcorn (homemade), plain chips (no MSG)
- One fruit per day (no melons & Herbal [Teas](#) eg Rooibos
- grapes) Make sure that fruit is not bruised. Lipton herbal [Teas](#)
- [Herbs](#) Mineral water
- Tomatoes Artificial sweeteners eg. Advantage
- Humus

Foods allowed weekly (only one item of each)

- Wholewheat pasta 1 rice cake with carob or yogurt topping
- Wheatbix (sugar free), tomato paste
- (if no wheat allergy is prevalent)
- Soft goat cheeses e.g. Camembert, feta or goat

Foods allowed twice a week (only one item of each)

- Tinned tuna or Salmon in spring water [Spices](#) eg. curries, chillies (avoid if allergic)

Foods to Avoid

- Anything containing yeast Pickled, smoked or processed meat,
- fish (including cold meats, & vacuum packed foods)
- Breads, marmite provita, Bovril etc
- White wheat flour or pastry flour,
- Gluten flour, flake cereals, semolina,
- Cream of wheat, pasta – white All vinegars and vinegar products (chutney, mayonnaise, salad



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Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)
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Germ Defense Lozenges are dietary supplements used to boost your immune sys

- dressing etc)
- Cheese, fermented or processed eg. Cheddars, feta from dairy or other hard cheeses
- All forms of alcohol
- Fruits – melons or grapes or any fruit and vegetables that shown any signsof [Bruising](#) or mould
- Honey and other natural sweeteners
- Mushrooms Sugar and anything containing sugar
- Peanuts, peanut butter and pistachio All [Teas](#) and coffees, except herbal [Teas](#)
- All fruit juices (drink still mineral water instead)

Typical Meals would include (omit foods your are allergic to. East as much as you want)

BREAKFASTS

- 1 Fruit
- Porridge - Oats, maltabella (regular) or
- Mealie (corn) meal. Rice cereal (infant food)
- Rye vita / yeast free bread / rice cakes Avo / cottage cheese / egg / tomato
- Haddock

LUNCH / DINNERS

- Salads eg. potatoes, greens, rice, beans
- (include as many different ingredients as possible)
- Meat, fish, chicken (roasted / grilled / steamed)
- Lentils, pulses, legumes-soups, bakes, etc
- All vegetables-steamed and to include
- pumpkin, squash, butternut
- potato-baked, boiled or chips
- brown rice
- salads/stir fries/soups-chicken & veggie
- soup may be frozen & reheated
- yeast free bread/rye vita/rice cakes
- [Avocado](#) / tomato / cottage cheese / tuna / cold
- chicken

Maintenance Program

After the initial four weeks detox, you can slowly re-introduce foods from the "Foods to avoid list", but, please remember to use them in moderation. The foods to continue avoiding, or using with caution are: sugars, white flour, fruit juices, dried fruits, prepared breakfast flakes including muesli, alcohol, vinegar and foods containing yeast.

For more help have a look at the [Native Remedies](#) website.

Good luck and be well!

Michele Carelse is a Registered Clinical Psychologist and Licensed Counselor with more than 15 years experience running her own private practice.

For Guaranteed, Effective, 100% Natural [Herbal Remedies](#) , please visit [Native Remedies](#)



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[Naturally Beautiful Me](#)

[Natural Herbs & Remedies](#)

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Natural Remedies

[Native Remedies](#)

NaturalEco Organics is where we recommend you go for Organic, natural, chemical-free products and quality remedies for a safe, healthy journey for Mom and Baby, from Pregnancy to baby's Nursery!

MountainRoseHerbs is where NHH recommends you purchase all of your bulk Herbs, Spices, Teas and single oils!

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Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the thyroid and adrenal glands, as well as the liver and pancreas. They can cause damage to the respiratory system (bronchitis, asthma, etc), hinder digestive processes, and even cause cancer.

Whether you're a parent or child, man or woman, young or old, staying healthy is very important. **Maintaining an individual's overall wellbeing** can involve treating everything from colds and flu, to cuts and scrapes, and sometimes even embarrassing conditions like bad breath, hemorrhoids, or body odor.

Keeping the right tools on hand (both treatments and information) will **prevent frustration and help in the time of crisis**; even if the crisis is just a bruised knee from a bicycle fall, a sore elbow from too much tennis, the sniffles, or a quick immunity boost in hopes of avoiding the seasonal cold.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your physical health – naturally and safely.

View Natural Products for Body & Physical Health

- Thyroid & Adrenal
- Colds, Flu & Respiratory

- [Liver & Pancreas](#)
- [Hair Loss](#)
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- [Respiratory](#)
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- [Joints & Muscles](#)
- [Others](#)

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »

The importance of Omega-3 fatty acids

Scientists have established the effectiveness of [Omega 3](#) in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good [fish oils](#)' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our [fish oil](#) than any other known manufacturer. [DHA](#) is the most important fatty acid in the human brain.

High in [DHA](#) and proven to be pure and free of contaminants the [Xtend-Life](#) brand is considered to be the 'Rolls Royce' of concentrated [Omega 3 fish oils](#) at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

Don't forget a good multi-vitamin!

[Xtend-Life Multi-Xtra](#) is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products '[whole food](#)' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use [vitamins](#) which are derived from petrochemicals. [Multi-Xtra](#) contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. [Multi-Xtra](#) is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.