

All About Candida Albicans



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All About Candida Albicans

[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



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Created for Planetary
Herbals by licensed
acupuncturist and clinical
herbal

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 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



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



[Zenergie Immunity, Citrus](#)

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



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys

- 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 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 signs of [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)



Great Health Sites

Typical Meals would include (omit foods your are allergic to. Eat 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!

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[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

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[Anxiety Depression Info](#)

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

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