

### Basics:

Candida (fungal) overgrowth in the colon often results from dietary and lifestyle imbalances. Fungi replace the normal colon bacteria required for our health. This adversely affects all digestive functions. Fungi survive on short chain (simple) carbohydrates and metabolize only simple sugar. That's why the Candida diet focuses on these simple carbohydrates and starts with strict avoidance of grain products. Initially, they are replaced by potatoes and vegetables; later on other carbohydrates are slowly added.

### Important:

Individual food intolerances need to be diagnosed and addressed for the Candida diet to be effective. We use Applied Kinesiology to test for food intolerances. Our experience has shown that Candida problems often involve intolerance to **yeast, cow milk products and wheat**. Foods containing these ingredients should be avoided. Cow milk products can be substituted by sheep (or goat) milk products, unsweetened rice or oat milk or, if tolerated, by soymilk. Butter is replaced with margarine made from nonhydrogenated, cold pressed vegetable oils.

Following completion of a successful diet and therapy (of varying duration), some of the initially intolerable foods may be tolerated again. Strict avoidance of the allergenic substances for the prescribed period is essential to enable the body to recover and heal.

The diet also balances the body's Ph levels by combining acidic and alkaline foods in a ratio of 1:2. Your doctor will prescribe when to move from one diet level to next based on therapy progress, usually every 7 to 10 days.

**We always recommend using organically grown fruit and vegetables and responsibly raised fish and meat (e.g. free range, organic)**



*Information about the Candida Diet*

### **Stage 1:**

**Monotony is an essential healing factor**

**Recommended foods:**

*Vegetables (cooked):*

Potatoes, zucchini, eggplant, celery root (celeriac), fennel root, Swiss chard, pumpkin, carrot, spinach, red and golden beets, parsnips, tomato (small amounts), crimini mushrooms, avocado.

*Meat/Fish:*

Veal, poultry, lamb, egg, lean ocean and sweet water fish

Sheep and goat milk products, unsweetened oat or rice milk, unsweetened soymilk, fresh herbs and spices, cold pressed oils (preferably, flax/linseed oil), margarine (made from non hydrogenated, cold-pressed vegetable oils), almonds, soy.

### **Stage 2:**

**Grain Rotation, one grain meal a day**

Rotation means a different grain is eaten once a day. Each type of grain is eaten only every 4th day.

In addition to the foods from stage 1, the following foods are recommended:

*Grains:*

Millet, Quinoa, buckwheat, rice, yeast-free cracker bread, spelt rolls, corn.

*Vegetables (cooked):*

Garlic, leeks, bear's garlic (*allium ursinum*), onions, asparagus, artichokes, all types of mushrooms such yellow boletus (edible boletus), chanterelles, morels, shitake and oyster mushrooms.

*Meat:*

Beef, venison

Mild cheeses

**Stage 3:**

Rotation of grain meals, two grain meals a day, gradual introduction of raw foods

Raw foods are introduced gradually as salads to accompany the mid-day meal.

Foods that require more digestive capacity are introduced.

In addition to the foods from stage 1 and 2, the following foods are recommended:

*Vegetables (cooked and raw):*

Cucumber, cabbage (Savoy, green and red cabbage, broccoli, cauliflower), legumes (beans, lentils etc.), bell pepper, radish.

*Grains:*

Spelt, oats, rye, barley (as cracker bread, noodles, etc.)

Nuts

Unsuitable Foods that can Promote Candida Growth:

|   |  |
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| <b>Sugar</b>  | White and brown sugar, raw cane sugar, honey, dextrose, maple syrup, pear or apple concentrate, fruit concentrates |
| <b>Grains</b>   | White flour and white flour products such as bread, pastries, cookies, cake etc. (note individual intolerances)    |
| <b>Fruit</b>  | Especially sweet fruit in all forms, also dried and preserved, fruit juice, dried fruit and fruit concentrates     |
| <b>Cold Cuts and Sausages</b>                                     | Made from pork (also note thickeners and sweeteners used in many cold cuts and sausages)                           |
| <b>Alcohol</b>  | Of any kind  |
| <b>Yeast</b>  | Baker's yeast, brewer's yeast and everything made from it (based in individual testing)                            |
| <b>Processed foods, fast foods, canned foods and soft drinks.</b> |  |

**Further Reading:**

Stossier H.  
Rauch E.

Treating Allergies with the F. X. Mayr Cure  
Health through inner body cleansing