

# Candida

## Harmony & Health

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To get rid of *Candida albicans* (an overgrowth of yeast) takes perseverance, diet modification, and a few supplements. Remember that even when the yeast is under control, one cannot resume the former diet. The bad habits which allowed *Candida* to flourish once will probably allow it to flourish again.

### **Foods to avoid:**

- All sugars, refined and raw (e.g. sugar, honey, molasses, maple syrup) as sugars feed yeast.
- Fruit in all forms including dried and juices, especially melons and tropical fruits, which contain a high amount of natural sugar and also, possibly mold on their skins. Mold acts similar to yeast stressing the body. Frozen berries are the most acceptable fruit to use.
- All foods containing yeast; such as bread, crackers, soy sauce and most processed/packaged foods as these give off toxins which stress the body and can make getting rid of yeast much more difficult.
- Alcohol, especially beer which is made of yeast.
- Foods prone to mold; such as leftovers, peanuts and various cheese.
- Especially serious cases may also need to avoid wheat and high glycemic foods.

### **Foods to focus on:**

- Animal proteins, such as poultry breast, salmon, trout, lamb and eggs.
- Vegetarian proteins from lentils, legumes, tofu, nuts and seeds.
- Vegetables; eat a "rainbow" of colors (i.e. a large variety).
- Herbal teas, especially detox teas.

### **Supplements:**

There are numerous NSP supplements which can be helpful, along with diet, in controlling yeast. The main ones are probiotics, the healthy bacteria which should reside in our digestive tracts and on our mucous membranes helping to control *C. albicans*. NSP probiotics are: ***Bifidophilus flora force***, ***Probiotic Eleven***, ***Bacillus Coagulans*** or ***Sunshine Heroes Probiotic Power***. Other supplements to consider are: ***Garlic***, ***Pau d'Arco***, ***Silver Shield*** and ***Yeast-Fungal Detox*** (a very effective anti-yeast product! It has even reduced candida symptoms in people who were unwilling to change their diets. But without dietary changes, they will be on this supplement long term.)

Six weeks of strict diet and supplement adherence will usually produce definable results. However, during the first six weeks, there will be "die off" where symptoms may improve briefly, only to return with a vengeance. The difficult times should become less intense and less frequent. After six weeks, one must determine whether to introduce previously disallowed foods (one at a time, very slowly) or to remain on the strict diet for a longer period of time. If one has trouble with "die off" and feels much worse while cleansing from *Candida*; consider ***Candida Clear***, a 14 day cleansing program, which contains herbs to bring down *Candida*, but also has enzymes to clear and prevent die off reactions.

**Important:** The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



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