

Candida:

Candida is a naturally occurring mould/fungi in the intestinal tract, that can take over and grow out of proportion when the immune system is compromised, or balancing bacteria in the gut are impacted (by anti-biotics, for example). To remove the imbalance of the candida, the foods that feed it **must be avoided 100% for the first 2 months**. Any lapse in that time will reactivate the candida, and all your good efforts will be wasted, and you have to start from scratch. After this initial time period a gradual re-introduction of certain foods, and occasional treats can occur. This is usually over about 6-9 mths in all.

An Anti-candida diet – Cut out all of the following: -

- **Sugar:** all types: brown, white, syrup, molasses, honey, fructose, lactose, maltose, dextrose etc. Check all tins and packets. Foods containing refined sugar include: white sugar, brown sugar, honey, maple syrup, corn syrup, maple sugar, molasses, date sugar, turbinado, raw sugar, demerrara, amasake, rice syrup, sorghum. Read labels carefully because there may be hidden forms of sugar. When reading the label, words to watch out for include: sucrose, fructose, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose, monosaccharides, polysaccharides, aspartame.
- **Wheat/spelt and yeast products:** wheat breads, wheat pasta, pizza, wheat buns, wheat breadcrumbs, marmite, Oxo, Bovril, Bisto, gravy mix etc. flavoured foods i.e. crisps and foods containing citric acid. Check all packaging for added gluten as this is usually wheat-based gluten.
- **Dark** rye breads
- **Fermented products**, vinegar, pickles, chutney, soya sauce, alcohol
- **Cows milk and milk products**, cheese (all kinds except soy), cream, including yoghurt and cottage cheese
- **Apple juice** concentrate sweetener
- **Fruits** (canned, tinned, processed, fresh, frozen): pineapple, custard apple, grapes, hard (acidic) apples – see below
- **Dried fruits**

Limited Foods

- fresh fruit, no more than 3 smallish pieces a day, oranges, soft apples like golden delicious, kiwifruit, banana, etc – check they are not overripe.
- Pear juice concentrate, rice syrup sweetener
- Juice (no apple juice) and check label for added sugars – best avoided in first 2 months, then gradually re-introduced. Apple juice is the worst for fermenting.
- Can re-introduce yoghurts to help intestinal flora after initial 2 month period

NOTES:

Have rice and buckwheat flours in the cupboard for using in daily cooking. Or crushed rice or corn crackers.

Use soy, rice or oat milks – vary them, as soy can be heavy on the digestion

Use small amounts of pear juice concentrate as substitute sweetener

Labels that say 'sugar free' often use substitutes that are just as problematic, so check labels.

Have some safe biscuits/treats available for substitutes for school treats, birthday parties, visiting friends and relatives, etc.

Inform relatives, friends, and school teachers that the diet must be 100% for the first 2 months.

Suggestion: include the whole family in the diet, so no one is excluded.

Enjoy the following foods:-

Onions and garlic,

Fresh vegetables and their juices (beware of carrot juice it contains a lot of sugar)

Rainbow salads are good,

Rice cakes, oat cakes (unmalted), Ryvita, sesame and original only, corn crackers

100% wheat-free rye sourdough bread

soya: milks, butter, cottage cheese and yoghurt.

herbs, mild spices,

freshly cracked nuts, seeds

water, fruit and herb teas

cold pressed oils

white/brown rice and flours, use for cakes and pastry etc.

buckwheat flours, barley flour, rye (check labels for added gluten), quinoa

oats (porridge makes an excellent breakfast – make with water and serve with nuts, seeds, and a little pear juice concentrate), quinoa flakes

meats, unprocessed preferably organic or free-range

fish preferably unprocessed, oily fish is best

eggs, preferably organic or free range

lentils, peas and beans

To repair the Intestine

Avoid foods that you may be sensitive to. Cow's milk and milk products and wheat are the most likely here, fermented and sugary products also. To reduce the strain on the immune system and to allow the maximum absorption of the nutrients you are advised to combine your foods and to rotate them. A simple explanation of food combining is not to eat proteins and carbohydrates at the same meal because they are digested in different acidic environments. A rotation diet works on the principle that it takes five days for traces of a food to be removed from the body. Eating a food type only every five days means that:

- the immune system has a chance to recover by not being subjected to the same allergens everyday.
- when food is re-introduced after five days an adverse re-action will indicate that your body is intolerant to that substance.

Eat plenty of fresh vegetables, organic if possible to provide essential nutrients and antioxidants to repair the immune system and fibre to help repair the digestive system.