



CANDIDA TREATMENT

DIET is fundamental to all other treatments and must be considered as the MOST IMPORTANT and FIRST STEP in eradication of candida.

Candida thrives on SUGAR so anything rich in simple as well as complex carbohydrates will feed the yeast, (breads, cakes, juice, fruit, processed foods)

The Gut and particularly the Microbiome need a diverse range of different microbes. When imbalance occurs- culprits involved include: antibiotics, gastric infections, low fibre diets, Oral Contraceptive Pill, pregnancy, low immunity and generally poor eating habits. Opportunistic microbes can proliferate such as candida. The result is a huge array of symptoms including: maldigestion, bloating, indigestion, constipation and/or diarrhea, general abdominal discomfort, nausea, skin rashes, allergies, foggy brain and fibromyalgia.

The key is to start with changing what these microbes are being exposed to- 'food'. We start with an Elimination Diet described below, what you will find is a huge reduction in the load of candida over 1-2 weeks. With diet first we reduce the toxic load, trying to 'kill' candida straight away has been known to cause a 'die-off' that can make you feel even worse. Then we commence with the appropriately prescribed anti-microbials to reduce the 'more stubborn' candida that can attach to the bowel wall.

Candida overgrowth in the gut produces many toxins; one important toxin produced is called acetaldehyde. Acetaldehyde is a byproduct we also make when we break down alcohol and is formed when candida eats up the sugar; we are left with a poison that can affect every organ in our body. Other toxins: such as oxalates and histamine are also produced by candida overgrowth and these also cause inflammation throughout our whole bodies leading to many symptoms from foggy brain to food intolerances.

KEY POINTS:

- Stop Sugar
- Heal the gut
- Boost Digestion
- Replace Good Bacteria
- Organic food is best
- Avoid Processed Foods
- Drink plenty of filtered water
- Avoid drinking with meals
- 80% vegetable 20% protein diet
- Remove the Cause
- Remember You are an individual and treatment will change according to your responses to therapies

NUTRICEUTICALS	MEDICAL
<p>PREBIOTICS: Garlic -10 caps at night/ fresh in diet Kefir – on water</p> <p>PROBIOTICS: Lactobacillus Plantarum Saccharomyces Boulardii D-Lactate free probiotics</p> <p>OTHER SUPPORT: Digestive Enzymes including Betaine</p>	<p>ORAL: Nystatin drops/capsules Diflucan (fluconazole) Itraconazole</p> <p>TOPICAL: Canesten Nystatin</p> <p>HERBALS Pau D'arco</p>

<p>Hydrochloride- take with meals Biotin -1000mcg 2 times a day Vit C-2000mg twice daily Evening Primrose oil -2000mg daily Primer 100mg – 1 daily Magnesium -200mg daily Vit E- 250iu daily</p> <p>TOPICAL:</p> <p>Vaginal Douche with bicarbonate (baking soda), 1 – 2 tablespoons to 250ml water/herbal tea e.g. Echinacea, Pau D’arco.</p> <p>Alternative 1-2 tablespoon apple cider vinegar Ten drops of Tea Tree oil soaked into a tampon, inserted overnight</p>	<p>Berberine , Oregano Oil, Caprylic Acid Undecylenic acid, Grape seed extract</p> <p>OTHERS</p> <p>Konjac Noodles- one serve daily Biofilm Enzymes- take on empty stomach with anti- microbials Raw Apple Cider Vinegar- Believe it or not Candida doesn’t like it- start with a teaspoon in water before each meal</p>
<p>FOODS TO AVOID 8 WEEKS</p> <p>SUGAR and SUGAR CONTAINING FOODS</p> <p>FRUIT</p> <p>PROCESSED and PACKAGED FOODS</p> <p>YEAST or MOULD CONTAINING FOODS eg. aged or smoked foods; foods that mould may grow on e.g. Peanuts, corn etc.</p> <p>BREADS or pastries etc. made with yeast, especially Vegemite and Promite.</p> <p>ALL CHEESES, buttermilk, sour cream, sour milk products.</p> <p>ALCOHOLIC beverages, especially wine and beer; fermented soft drinks</p> <p>PROCESSED VINEGAR and VINEGAR-CONTAINING FOODS, CONDIMENTS and SAUCES e.g. Mayonnaise and other salad dressings, tomato sauce, chili sauces, pickles, pickled beets, relishes, green olives.</p> <p>MALT products.</p> <p>PROCESSED, PICKLED and SMOKED MEATS / FISH including delicatessen foods</p> <p>PACKAGED, CANNED and FRESH FRUIT JUICES; cider and homemade beer.</p> <p>DRIED and CANNED FRUITS. LEFT-OVERS</p> <p>If meat is eaten, buy fresh daily or freeze meat as soon as possible</p> <p>DIE-OFF</p> <p>Charcoal Tablets – away from food Epsom Salt Baths</p>	<p>FOODS TO EAT FIRST 4 WEEKS</p> <p>VEGETABLES:</p> <p>Asparagus, Beets, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumbers, Eggplant, Green pepper, Greens, Spinach, Mustard, Beet, Lettuce, Okra, Onions, Parsley, Radishes, Soybeans, String beans, Tomatoes (fresh only), Turnips, Kale</p> <p>BEANS AND LEGUMES: Adzuki beans, Chickpeas, Lentils. Soak them, rinse them, cook them and rinse them again.</p> <p>Nuts, seeds and oils: only unprocessed products without additives: Almonds, Brazil nuts, Cashews, Pecans, Pumpkin seeds</p> <p>Meat and Eggs (in moderation): Chicken (free range), Turkey, Beef (lean), Lamb, Bone Broths</p> <p>FISH AND SEAFOOD:</p> <p>Fresh or frozen fish that is not breaded etc. Prawns, Lobsters, Crab and other seafood</p> <p>OILS: Coconut, Linseed, Safflower, Soy, Walnut, Flax, Butter (in moderation)</p> <p>HERBS & SPICES: Fresh garlic, unprocessed salt</p> <p>DRINKS: Water, herbal teas</p> <p>FOODS TO AVOID FIRST 3-4 WEEKS</p> <p>These foods to be introduced gradually after 3-4 weeks, no more than one reintroduced food per day, and ceased if symptoms reappear:</p> <p>Peas, Potatoes, Lima Beans, Pumpkin, Sweet Potatoes, Most other Beans and Peas Rice, Millet, Quinoa</p>