

INDIGORATING  
MIRACLES  
THE BODY IS A TEMPLE

*A self-love journey*



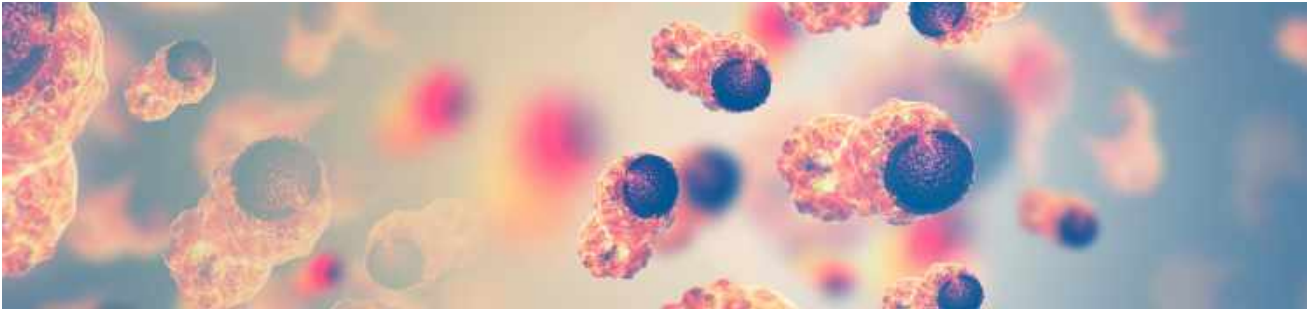
## CANDIDA SOLUTION

GET TO THE INTERNAL ROOT OF THE PROBLEM TO FEEL YOUR BEST.



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# WHAT IS CANDIDA?



Candida is a type of fungus that exists in the body, primarily in the gut, mouth, throat and vagina. When in balance, this yeast (type of fungus) poses no health risk. However, when candida grows out of control, it causes health problem such as:

- Brain fog
- Fatigue
- Frequent infections (yeast infections in genital region, nail fungal infections, UTIs, or ear infections)
- Digestive problems (diarrhea, stomach cramps, bloating, gas, abdominal pain or tenderness, mucus in stool, or nausea)
- Weight gain
- Panic attacks or anxiety
- Insomnia
- Headaches
- Respiratory problems (asthma, congestion, persistent cough, or sore throat)

Candida albicans is the most common type of candida and is the most likely to cause health issues. This type of candida lives mostly in the intestine and is part of your gut microbiome (the network of microorganisms that live within us). When candida starts to grow in excess, it makes it difficult for our good gut bacteria to grow, and causes an imbalance in our gut microbiome. In addition candida releases byproducts (79 biotoxins have been discovered) that change the pH of the gut and cause toxicity within the body. This can result in nutrient deficiencies, hormone imbalances, and increased inflammation throughout the body.

# WHAT CAUSES CANDIDA OVERGROWTH?



Though having small amounts of candida within your digestive tract is not a health concern, when these organisms grow out of control, health issues start to develop. This can be caused by the following:

- Diets high in sugar or highly refined/processed foods.
- History of antibiotic use. Antibiotics are also ingested when eating non-organic foods.
- Stress.
- Oral contraceptives.
- Chemicals in drinking water.
- Antacid medications.

The candida diet found within this document will help you reduce sugar and processed foods and focus on foods that will help rebalance your gut. Carbon water filters can help clarify your drinking water. Stress for many people is the hardest element to get under control. Practices such as deep breathing, early morning natural sunlight, quality sleep, and light exercise can all help manage stress.

# HOW IS CANDIDA OVERGROWTH IDENTIFIED?



The first step in identifying whether or not candida overgrowth is a problem for you is to ask yourself whether or not any of these symptoms resonate with you: fatigue, itching or redness in your genital areas, difficulty concentrating, memory issues, brain fog, irritability, anxiety, depression, seasonal allergies, sugar cravings, digestive issues (diarrhea, gas, bloating), skin issues (eczema, rash, psoriasis), skin or nail fungal infections, white coating on your throat or pain swallowing (thrush).

If you do have symptoms of candida overgrowth, it is important to make an appointment with a clinician who is well educated in this area (generally a functional medicine doctor or a clinician who specializes in holistic health).

## **CLINICAL TESTS FOR CANDIDA:**

- Serum Testing: Looks for IgG, IgM, and IgA antibodies to candida.
- Gut Fermentation Blood Test.
- Candida DNA Testing: Blood test that looks for polymerase chain reaction.
- Stool Testing: Uses DNA amplification to look for different microorganisms in the gut including candida. Also can use microscopy and culture to look for candida.
- Microbial Organic Acids Testing: Urine test that looks for arabinose which suggests overgrowth of yeast within the gut.

**IT IS DIFFICULT TO DIAGNOSE AND MAY TAKE MULTIPLE TESTS TO IDENTIFY.**

# HOW IS CANDIDA OVERGROWTH TREATED?



Candida can be a difficult thing to get under control. Most often multiple methods of treatment are needed to fully rebalance the gut.

## **COMMON TREATMENTS INCLUDE:**

- Specialty diet to avoid feeding candida, to supply the body with adequate nutrients, and to help promote growth of healthy bacteria.
- Herbal remedies to reduce growth of candida.
- Supplements to help the body detox from candida die-off, to help correct nutrient deficiencies, and to reinoculate the gut with healthy bacteria.
- Anti-fungal medication to kill off candida overgrowth.

## **WHAT TO WATCH OUT FOR:**

When candida die-off occurs, the candida release all of their byproducts. This can cause significant symptoms such as:

- Skin rash
- Skin flushing
- Fever and/or chills
- Muscle aches/weakness
- Increased heart rate
- General feeling of malaise

## **HOW TO REDUCE THE SYMPTOMS FROM DIE-OFF**

- Follow the diet recommendations for a slow and controlled elimination of candida. The meal suggestions will help restore nutrients and promote gut healing.
- Drink plenty of water as the biotoxins released will be excreted through the urine and bowel movements.
- Consider dry brushing to improve lymphatic drainage and elimination of toxins.
- Exercise and sweat! Part of how we eliminate toxins is through sweat (just be sure to stay hydrated).
- Discuss supplementation with your practitioner to reduce symptoms and support your liver.



# Detox

## *Candida Diet Phase One: Detox*

THIS FIVE DAY DETOX PHASE WILL BE FOCUSED ON NON-STARCHY ORGANIC VEGETABLES. MEAT AND POULTRY WILL BE ELIMINATED DURING THIS WEEK AS THEY CAN SLOW DOWN DIGESTION AND DURING THIS PHASE WE WANT TO MOVE ANY CANDIDA PROMOTING FOODS OUT OF THE GUT. WE WANT TO SUPPORT THE LIVER DURING THIS PHASE TO HELP FLUSH OUT TOXINS FROM THE BODY QUICKLY.

# PHASE ONE: DETOX



During this five day phase you will be eating mostly fiber rich vegetables to cleanse the digestive tract and clear out as much of the candida yeast as possible. In addition you will be avoid sugar as much as possible to avoid feeding the yeast and to halt growth.

## **KEY POINTS:**

- Eat mostly fiber rich vegetables (see yes and no list below).
- Avoid ALMOST all fruit.
- Avoid meat and poultry to improve the speed at which you empty food from your bowel. Though this may reduce your usual protein intake, it is only for five days to help flush the digestive tract.
- You can drink bone broth for some added protein and to help satisfy your hunger. You can also have eggs for added protein.
- You likely will feel hungry during this phase. Most individuals with candida overgrowth crave sugar and starchy foods. Keep in mind that these cravings will decrease when candida is back under control.
- Avoid fermented foods FOR NOW.

# CANDIDA DIET PHASE ONE

## YesFoods

### Foods to Enjoy!

#### Vegetables:

- Artichokes
- Arugula
- Asparagus
- Avocado
- Bean sprouts
- Beet greens
- Bell peppers
- Bok Choi
- Brussels sprouts
- Burdock root
- Cabbage
- Cauliflower
- Celery
- Chard
- Chicory
- Chilies
- Collard greens
- Cucumber
- Dandelion greens
- Eggplant
- Fennel
- Garlic (raw)
- Green beans
- Jerusalem artichoke
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce (all types)
- Mustard greens
- Okra
- Olives
- Onions
- Radish
- Rutabaga
- Scallions
- Seaweed

- Shallots
- Snow pea pods
- Spinach
- Sprouts
- Spaghetti squash
- Swiss chard
- Tomatoes
- Turnip
- Water chestnuts
- Watercress
- Wheatgrass
- Zucchini

#### Fruit:

- Berries (very small amounts)
- Lemon
- Lime
- Olives

#### Cooking Essentials:

- Apple cider vinegar (with 'mother')
- Coconut aminos
- Coconut oil
- Lemon juice
- Olive oil
- Pepper
- Spices and herbs
- Salt

#### Other:

- Bone broth



# SELF-LOVE MEAL IDEAS

## You Choose



OMELETTE OR SCRAMBLED EGGS AND VEGGIES

*INGREDIENTS:* EGGS, VEGETABLES OF CHOICE, LEAFY GREENS, OLIVE OIL.



GREEN SMOOTHIE

*INGREDIENTS:* COCONUT OIL, BABY SPINACH, BERRIES OF CHOICE, AVOCADO, FLAX OR CHIA SEEDS. OPTIONAL ADD INS: MINT, CINNAMON, OR GINGER.



SCRAMBLED EGGS AND MUSHROOMS

*INGREDIENTS:* SCRAMBLED EGGS WITH MUSHROOMS, SPINACH, ONION, AND KALAMATA OLIVES.



MASHED TURNIP

*INGREDIENTS:* BOILED AND MASHED TURNIP WITH OLIVE OIL AND HERBS/SPICES OF CHOICE.



RICED CAULIFLOWER

*INGREDIENTS:* RICED CAULIFLOWER COOKED WITH GARLIC AND OLIVE OIL, BELL PEPPERS, CHOPPED TOMATOES, SHREDDED BRUSSELS SPROUTS.



SALAD

*INGREDIENTS:* MIXED GREENS, OLIVES, TOMATOES, RED ONION, TOMATOES, CUCUMBERS, GROUND FLAXSEED, AVOCADO, OLIVE OIL, LEMON, SALT, PEPPER.



VEGETABLE STIR FRY

*INGREDIENTS:* ANY VEGETABLES ON THE YES LIST WITH OLIVE OIL, GINGER, BLACK PEPPER, AND COCONUT AMINOS.



CAULIFLOWER AND LEEK SOUP (USE BONE BROTH).

*INGREDIENTS:* OLIVE OIL, GARLIC, LEEKS, CAULIFLOWER, BONE BROTH, SALT, PEPPER.



## *Candida Diet*

### *Phase Two: Weed Out Candida*

**THOUGH THIS PHASE IS ONLY ONE WEEK LONG, YOU WILL CONTINUE WITH THIS WAY OF EATING, WITH A COUPLE ADDED ELEMENTS IN THE NEXT PHASE. THIS IS TO CONTROL CANDIDA DIE-OFF AND REDUCE SYMPTOMS RELATED TO CANDIDA DIE-OFF.**

# PHASE TWO: WEED OUT CANDIDA



During this phase we are focusing on starving the candida for a more gentle approach to killing off and voiding as much yeast as possible before anti-fungals are introduced. This part of the diet is nutrient dense, yet eliminates foods that promote candida growth and commonly cause inflammation. Candida feeds on sugar, so this part of the diet is very low in simple carbohydrates.

## **KEY POINTS:**

- Continue to focus on fiber rich non-starchy vegetables.
- Incorporate low inflammatory proteins and healthy fats.
- Limit caffeine intake to a bear minimum or complete avoid caffeine
- Eat gut healing foods such as bone broth, rosemary, dandelion greens, aloe, and apple cider vinegar.
- Try to control your portions, and eat as few foods on the "eat in moderation" list as possible, while focusing on foods on the "yes" list. If you are hungry between meals, here are some snack ideas:
  - Any of the nuts or seeds on the yes list (dry roasted or raw)
  - Cauliflower or cucumber dipped in mashed avocado
  - Hard boiled eggs
  - Celery with almond butter

## **DETOX DRINK SUGGESTION:**

- 8oz pure aloe vera juice
- 1 tbsp lemon juice
- 1-2 tbsp apple cider vinegar
- 8oz of water
- Drink on an empty stomach every morning.

# CANDIDA DIET PHASE TWO

## YesFoods

### Foods to Enjoy!

#### Vegetables:

- Artichokes
- Arugula
- Asparagus
- Avocado
- Bean sprouts
- Beet greens
- Bell peppers
- Bok Choi
- Brussels sprouts
- Burdock root
- Cabbage
- Cauliflower
- Celery
- Chard
- Chicory
- Chilies
- Collard greens
- Cucumber
- Dandelion greens
- Eggplant
- Fennel
- Garlic (raw)
- Green beans
- Jerusalem artichoke
- Jicama
- Kale
- Kim Chi
- Kohlrabi
- Leeks
- Lettuce (all types)
- Mushrooms
- Mustard greens
- Okra
- Olives
- Onions
- Radish
- Rutabaga
- Sauerkraut (raw)
- Scallions
- Seaweed

- Shallots
- Snow pea pods
- Spinach
- Sprouts
- Spaghetti squash
- Swiss chard
- Tomatoes
- Turnip
- Water chestnuts
- Watercress
- Wheatgrass
- Zucchini

#### Fruit:

- Berries (very small amounts)
- Coconut
- Lemon
- Lime
- Olives

#### Grains:

- Buckwheat
- Millet
- Oat Bran
- Quinoa
- Teff

#### Meat, poultry, and fish:

- Anchovies
- Chicken
- Eggs
- Herring
- Salmon (wild)
- Turkey
- Sardines

#### Dairy:

- Butter (grass-fed)
- Ghee
- Kefir (plain with no added sugar or flavorings)
- Ghee

#### Nuts and seeds:

- Almonds
- Brazil nuts
- Chestnuts
- Chia seeds
- Flax seed
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Pine nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

#### Cooking Essentials:

- Apple cider vinegar (with 'mother')
- Coconut aminos
- Coconut oil
- Lemon juice
- Olive oil
- Pepper
- Spices and herbs
- Salt

#### Other:

- Aloe
- Bone broth
- Chicory or mushroom coffee
- Herbal tea

# CANDIDA DIET PHASE TWO

## *Eat in Moderation*

### **Foods to Enjoy In Small Amounts**

#### Vegetables, beans, legumes:

- Beans
- Beets
- Carrots
- Cassava
- Chickpeas
- Parsnips
- Pumpkin
- Peas
- Potatoes
- Sweet potatoes
- Squash
- Winter squash
- Yams
- Yellow squash
- Yucca Chickpeas

#### Fruit:

- Apples
- Apricots
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Cranberries
- Grapefruit
- Guava
- Huckleberries
- Kiwi
- Nectarines
- Oranges
- Peach
- Papaya
- Pears
- Pineapple
- Plums
- Raspberries
- Rhubarb
- Strawberries
- Watermelon

#### Grains:

- Amaranth
- Arrowroot
- Black rice
- Brown rice
- Tapioca
- Wild rice

#### Meat, poultry, and fish:

- Beef
- Lamb
- Venison

#### Dairy:

- Buttermilk
- Goat cheese
- Whey concentrate

#### Nuts and seeds:

- Nut milks
- Nut butters
- Cashews
- Pecans
- Peanuts
- Pistachios
- Walnuts

#### Sweeteners:

- Stevia
- Monk fruit

#### Drinks:

- Tea (caffeinated)
- Decaf coffee
- Green tea
- Matcha
- \*\*Coffee (caffeinated coffee - no more than one cup per day)

# CANDIDA DIET PHASE TWO

## No Foods

### Foods to Avoid

#### Fruit:

- Banana
- Cherries
- Dates
- Dried fruit or fruit juice
- Figs
- Grapes
- Mango
- Pomegranate
- Prunes
- Raisins

#### Grains:

- Barley
- Corn
- Cous cous
- Oats
- Rye
- Semolina
- Spelt
- Wheat
- White rice

#### Meat and fish:

- Pork
- Processed meats
- Salmon (farmed)
- Shellfish
- Smoked meats or fish
- Swordfish
- Tuna

#### Dairy:

- Cheese (from cow)
- Cream
- Ice cream
- Milk
- Sour cream
- Whey isolate

#### Oils:

- Canola oil
- Artificial spreads (such as margarine)
- Safflower oil
- Soybean oil
- Sunflower oil
- Vegetable oil

#### Sweeteners:

- All sweeteners (except monk fruit and stevia in very small amounts)

#### Drinks:

- Alcohol
- Coconut water
- Cocoa
- Diet or regular sodas
- Fruit juice
- Sweetened drinks

#### Other:

- All condiments (except apple cider vinegar and coconut aminos)

# SELF-LOVE MEAL IDEAS: BREAKFAST

## You Choose



### AVOCADO SWEET POTATO

*INGREDIENTS:* BAKED SWEET POTATO TOPPED WITH SLICED AVOCADO, SUNFLOWER SEEDS, HEMP SEEDS, AND SPROUTS.



### EGG SCRAMBLE

*INGREDIENTS:* AVOCADO OIL, EGGS, MUSHROOMS, GARLIC, SPINACH, SALT, PEPPER.

OPTION TO ADD IN ANY VEGETABLES FROM THE YES LIST.



### GREEN SMOOTHIE

*INGREDIENTS:* BABY SPINACH, DANDELION GREENS, STRAWBERRIES, FRESH GRATED GINGER, LEMON JUICE, AVOCADO, COCONUT MILK.



### HEARTY STEAK AND EGG SCRAMBLE

*INGREDIENTS:* AVOCADO OIL, EGGS, CHOPPED BROCCOLI, ONION, SLICED STEAK (EASY OPTION IF YOU HAVE LEFT OVER STEAK).



### OAT BRAN AND BERRIES

*INGREDIENTS:* OAT BRAN (COOK JUST LIKE OATMEAL WITH WATER OR UNSWEETENED ALMOND MILK), BERRIES, SLICED ALMONDS, CINNAMON.



### HARD BOILED EGGS WITH BERRIES

*INGREDIENTS:* TWO TO THREE HARD BOILED EGGS WITH SMALL SIDE OF MIXED BERRIES (1/4 CUP).



### GROUND TURKEY SWEET POTATO POTATO SCRAMBLE

*INGREDIENTS:* GROUND TURKEY, SWEET POTATO, GREEN PEPPER, RED ONION, AVOCADO OIL, GARLIC, BASIL, OREGANO, ONION POWDER, SALT, PEPPER.



### GRAIN FREE HOT CEREAL BOWL

*INGREDIENTS:* CHOPPED WALNUTS, UNSWEETENED COCONUT FLAKES, FLAXSEED MEAL, COCONUT FLOUR, CHIA SEEDS, CINNAMON, VANILLA EXTRACT, SALT, ALMOND MILK, BERRIES, CASHEW BUTTER. (OMIT DATE PASTE)

# SELF-LOVE MEAL IDEAS: LUNCH

## You Choose



### BUN-LESS TURKEY BURGER

*INGREDIENTS:* COOKED TURKEY PATTY TOPPED WITH SLICED TOMATO, AVOCADO, AVOCADO OIL MAYO, WRAPPED IN BIB LETTUCE.



### CHICKEN SALAD

*INGREDIENTS:* CHICKEN BREAST OVER MIXED GREENS, AVOCADO, STRAWBERRIES, RED ONION, SUNFLOWER SEEDS, OLIVE OIL, SALT, AND PEPPER.



### CHICKEN AND EGG SALAD

*INGREDIENTS:* HARD BOILED EGG, CANNED CHICKEN MIXED WITH AVOCADO OIL MAYO, RED BELL PEPPER, GREEN BELL PEPPER, CUCUMBER, GREEN OLIVES, OLIVE OIL, SALT, PEPPER, LEMON JUICE, OVER ARUGULA.



### APPLE AND CELERY WITH NUT BUTTER

*INGREDIENTS:* APPLE (GREEN APPLE SUCH AS GRANNY SMITH ARE BEST WITH THE LOWEST AMOUNT OF SUGAR), CELERY, NUT BUTTER. SERVE WITH ONE OR TWO HARD BOILED EGGS.



### CHICKEN AND VEGGIE STIR FRY

*INGREDIENTS:* SLICED OR SHREDDED CHICKEN COOKED WITH BELL PEPPER, ZUCCHINI, OLIVE OIL, COCONUT AMINOS, GINGER AND GARLIC. TOP WITH SESAME SEEDS AND GREEN ONION.



### STEAK AND ARUGULA SALAD

*INGREDIENTS:* ARUGULA, COOKED STEAK TIPS, GREEN OLIVES, BELL PEPPER, AVOCADO, OLIVE OIL, LEMON, SALT, PEPPER.



### SALMON SALAD

*INGREDIENTS:* COOKED WILD CAUGHT SALMON OVER MIXED GREENS, AVOCADO, PINE NUTS, AND ORANGE SLICES. OPTION TO ADD ANY VEGETABLES ON THE YES LIST.



### QUINOA BOWL

*INGREDIENTS:* QUINOA (COOKED IN BONE BROTH), BROCCOLI SPROUTS, BROCCOLI FLORETS, CUCUMBER, AVOCADO, PUMPKIN SEEDS, OLIVE OIL, SALT, PEPPER, OREGANO, PARSLEY.



# SELF-LOVE MEAL IDEAS: DINNER

## You Choose



### COCONUT LIME CHICKEN

*INGREDIENTS:* SHALLOT, GARLIC, GINGER, CILANTRO, LIME JUICE, CHICKEN BREASTS, AVOCADO OIL, FULL FAT COCONUT MILK, CHICKEN BROTH, SALT, PEPPER. SERVE WITH QUINOA AND COOKED ASPARAGUS.



### PALEO MEATBALLS

*INGREDIENTS:* GRASS FED BEEF, EGG, ALMOND FLOUR, SEA SALT, BLACK PEPPER, ONION POWDER, GARLIC POWDER, ITALIAN SEASONING, CRUSHED RED PEPPER (OPTIONAL), AVOCADO OIL, MARINA SAUCE (RAO'S BRAND). SERVE OVER CAULIFLOWER RICE.



### THAI BASIL BEEF

*INGREDIENTS:* FLANK STEAK, AVOCADO OIL, SALT, PEPPER, WHITE ONION, RED BELL PEPPER, GARLIC, THAI CHILES OR CRUSHED RED PEPPER FLAKES, COCONUT AMINOS, FISH SAUCE (RED BOAT BRAND), THAI OR REGULAR BASIL, CILANTRO. SERVE OVER CAULIFLOWER RICE OR QUINOA.



### LEMON GARLIC SALMON

*INGREDIENTS:* WILD CAUGHT SALMON FILLETS, GHEE, GARLIC, CHICKEN BROTH (OR BONE BROTH), SEA SALT, AVOCADO OIL, PEPPER, PARSLEY, LEMONS. SERVE WITH SAUTÉED KALE, SPINACH, OR BROCCOLI.



### NO BEAN CHILI

*INGREDIENTS:* GROUND BEEF, GARLIC, AVOCADO OIL, ONION, CELERY, CARROTS, CHILI POWDER, CUMIN, OREGANO, SALT, CAYENNE PEPPER, ZUCCHINIS, CANNED DICED TOMATOES. OMIT TOMATO SAUCE.



### CHICKEN AND SWEET POTATO CROCKPOT STEW

*INGREDIENTS:* SWEET POTATOES, LACINATO KALE, BONELESS SKINLESS CHICKEN BREAST, LOW SODIUM CHICKEN STOCK, SALT, ITALIAN SEASONING, OLIVE OIL.



### CASHEW CHICKEN

*INGREDIENTS:* COCONUT OIL, CHICKEN TENDERS, ARROWROOT STARCH, RED BELL PEPPERS, GREEN BELL PEPPER, ONION, COCONUT AMINOS, COCONUT VINEGAR, GARLIC, RED PEPPER FLAKES, SEA SALT, CASHEWS, GREEN ONION. OMIT MAPLE SYRUP.



### SHEET PAN CHICKEN FAJITAS

*INGREDIENTS:* CHICKEN BREASTS, CHILI POWDER, CUMIN, PAPRIKA, GROUND CORIANDER, SALT, BLACK PEPPER, RED/GREEN/YELLOW BELL PEPPERS, YELLOW ONION, GARLIC, OLIVE OIL, LIME, CILANTRO. SERVE OVER QUINOA INSTEAD OF IN TORTILLA.



# *Candida Diet*

## *Phase Three: Terminate*

### *Candida*

IN THIS PHASE YOU WILL CONTINUE WITH THE FOOD CHOICES AND MEAL IDEAS FROM PHASE TWO, BUT YOU WILL ALSO TAKE ANTI-FUNGALS AND INCORPORATE PROBIOTIC FOODS. THIS IS TO KILL OFF THE REMAINING OVERGROWTH OF CANDIDA. ONCE YOUR SYMPTOMS RELATED TO CANDIDA OVERGROWTH HAVE RESOLVED, OR YOU HAVE HAD REPEAT TESTS THAT SHOW CANDIDA IS UNDER CONTROL, YOU CAN BEGIN TO INCORPORATE SOME OF THE FOODS ON THE NO LIST. IN GENERAL, KEEPING YOUR DIET CLOSELY RESEMBLING PHASE THREE WITH SOME FLEXIBILITY WILL REDUCE THE LIKELIHOOD OF CANDIDA OVERGROWTH REOCCURRING.

# PROBIOTIC SELF-LOVE FOODS TO CONSIDER

## You Choose



### YOGURT (DAIRY OR COCONUT)

CHOOSE PLAIN, FULL-FAT, UNSWEETENED VARIETIES. AND ALWAYS CHECK THE LABEL FOR 'CONTAINS LIVE OR ACTIVE CULTURES.'

BRANDS: NANCY'S, NOOSA, ORGANIC VALLEY, SIGGI'S, & SO DELICIOUS



### KEFIR (DAIRY)

KEFIR IS A FERMENTED MILK DRINK TEEMING WITH PROBIOTICS. AGAIN, OPT FOR PLAIN, UNSWEETENED VARIETIES.

BRANDS: MAPLE HILL ORGANIC, GREEN VALLEY, LIFEWAY & WALLABY



### SAUERKRAUT

THIS IS SHREDDED CABBAGE THAT'S BEEN FERMENTED BY LACTIC ACID BACTERIA. CHOOSE UNPASTEURIZED VERSIONS THAT HAVE LIVE, ACTIVE CULTURES.

BRANDS: BUBBIE'S, FARMHOUSE KRAUT, EDEN ORGANICS



### MISO (SOY)

MADE FROM FERMENTED SOYBEANS, MISO IS RICH IN NUTRIENTS AND HAS A SALTY FLAVOR.

BRANDS: MISO MASTER, MUSO, OR EDEN FOODS



### KIMCHI

A SPICY, TRADITIONAL KOREAN DISH MADE WITH FERMENTED VEGGIES LIKE CABBAGE, RADISH, OR CUCUMBER.

BRANDS: MOTHER IN LAWS, WILD BRINE, CLEVELAND KITCHEN



### TEMPEH (SOY & GRAIN)

THIS HIGH-PROTEIN FOOD IS MADE FROM FERMENTED SOYBEANS. SOME TEMPEH BRANDS CONTAIN GLUTEN, SO ALWAYS CHECK THE LABEL.

GF TEMPEH BRANDS: LIGHTLIFE, WESTSOY, SOYBOY, SMILING HARA



### KOMBUCHA

A SWEET AND FIZZY FERMENTED DRINK MADE WITH TEA, BACTERIA, AND YEAST. BE SURE TO READ THE LABEL AND PICK OPTIONS WITH VERY LOW SUGAR CONTENT.



### NATTO

A JAPANESE STAPLE, NATTO IS A FERMENTED SOYBEAN PRODUCT MADE WITH THE BACILLUS SUBTILIS BACTERIA.

YOU CAN FIND NATTO AT JAPANESE MARKETS OR ASIAN GROCERY STORES.

# PROBIOTIC-RICH RECIPES

## Boost Your Gut



### BERRY COCONUT MILK YOGURT PARFAIT

*INGREDIENTS:* COCONUT MILK YOGURT, BLUEBERRIES, RASPBERRIES, AND CHOPPED NUTS.



### STRAWBERRY KEFIR SMOOTHIE

*INGREDIENTS:* KEFIR, STRAWBERRIES, LEMON JUICE, CACAO NIBS. OMIT HONEY.



### PALEO SAUERKRAUT SALAD

*INGREDIENTS:* SAUERKRAUT, CARROTS, CELERY, ONION, BELL PEPPER, HONEY, RAW, APPLE CIDER VINEGAR, OLIVE OIL, & SEA SALT. OMIT HONEY.



### MISO AND GINGER DRESSING

*INGREDIENTS:* 3 TBSP MISO PASTE, 1 TBSP OLIVE OIL, 1 TBSP APPLE CIDER VINEGAR, 1 TBSP COCONUT AMINOS, LEMON JUICE TO TASTE. HAVE OVER SALAD OR FISH.



### CHICKEN KIMCHI SOUP

*INGREDIENTS:* KIMCHI, GINGER, GARLIC, COCONUT OIL, CHICKEN BROTH, FISH SAUCE (RED BOAT BRAND), COCONUT AMINOS (INSTEAD OF TAMARI), CHICKEN, LIME, SCALLION, & SALT.



### VEGAN TEMPEH EGG ROLL BOWLS

*INGREDIENTS:* TEMPEH, COCONUT AMINOS, APPLE CIDER VINEGAR (INSTEAD OF RICE WINE VINEGAR), SRIRACHA, GINGER, GARLIC, SESAME OIL, COLESLAW MIX, GREEN ONIONS, & SESAME SEEDS. OMIT SUGAR.



### QUINOA BOWL WITH FERMENTED CABBAGE OR SAUERKRAUT

*INGREDIENTS:* QUINOA, VEGETABLES ON THE YES LIST, SLICED CHICKEN BREAST, SAUERKRAUT OR FERMENTED CABBAGE.



### NATTO MISO SOUP

*INGREDIENTS:* NATTO, MISO PASTE, DASHI, MUSHROOMS, SCALLIONS, & WATER.

# SUPPLEMENTS TO CONSIDER



**IT IS IMPORTANT TO SPEAK WITH YOUR PRACTITIONER ABOUT ABOUT SUPPLEMENTS OR MEDICATIONS TO INCLUDE IN YOUR RECOVERY. THIS LIST IS FOR EDUCATIONAL PURPOSES ONLY AND NOT TO BE USED AS MEDICAL ADVICE.**

## PHASE ONE AND TWO



### LIVER SUPPORT

Milk Thistle: Stimulates protein synthesis in the liver to help repair damaged liver tissue and prevents the liver from future damage.

Molybdenum Glycinate: Helps get rid of acetaldehyde which is a neurotoxin released from candida.

Turmeric: Reduces oxidative stress on the liver and reduces inflammation.

Liposomal Glutathione: The liver's chief anti-oxidant which is needed to neutralize various toxins.



### IMMUNE HEALTH SUPPORT

Vitamin C: Helps to protect tissue from oxidative stress which could be caused by the release of toxins from candida. Also helps maintain proper pH of your gut.

Vitamin D3: Improves your body's ability to maintain hormone balance which can be thrown off when the body is under stress. Can help the body with nutrient absorption and to fight off infection.



### IMMUNE HEALTH SUPPORT

Chlorella: Can bind to and absorb biotoxins and heavy metals, helping the body excrete these substances during candida die off. This is best taken on an empty stomach. It can cause diarrhea so it is important to achieve normal bowel movements before taking this as regular bowel movements are needed to void toxins.

Bentonite Clay: Similar to chlorella, this can bind to toxins to aid in excretion and limit side effects from candida die off. Same goes for achieving normal bowel movements as with chlorella.

# SUPPLEMENTS TO CONSIDER



**IT IS IMPORTANT TO SPEAK WITH YOUR PRACTITIONER ABOUT ABOUT SUPPLEMENTS OR MEDICATIONS TO INCLUDE IN YOUR RECOVERY. THIS LIST IS FOR EDUCATIONAL PURPOSES ONLY AND NOT TO BE USED AS MEDICAL ADVICE.**

## PHASE THREE



### **ALL SUPPLEMENTS FROM PHASE ONE AND TWO**

Continued liver, immune health, and detox support are all needed for phase three.

### **SUPPLEMENTS TO HELP REPAIR THE GUT WALL**

L-GLUTAMINE: SHOWN TO IMPROVE GUT FUNCTION BY SUPPORTING A HEALTHY GUT MICROBIOME AND PROVIDING NUTRITIONAL SUPPORT FOR THE GUTS MUCOSAL LINING AND INTEGRITY OF THE GUT WALL.

ALOE: THIS IS THOUGHT TO HELP RESTORE THE LINING OF YOUR GUT AND REDUCE SYMPTOMS RELATED TO LEAKY GUT SYNDROME.



### **ANTI-FUNGALS**

ANTI-FUNGALS: THESE WILL LIKELY BE PRESCRIBED BY YOUR PRACTITIONER AND MAY BE SPECIFIC TO THE TYPE OF CANDIDA OVERGROWTH. IN ADDITION IT MAY BE SUGGESTED THAT YOU TAKE ENZYMES TO HELP BREAKDOWN THE BIOFILM SURROUNDING THE CANDIDA FOR BETTER RESULTS. AN EXAMPLE OF THIS IS SERRAPEPTASE.



### **PROBIOTICS**

QUALITY PROBIOTICS: CAN HELP REINOCULATE THE GUT WITH GOOD BACTERIA. THIS HELPS PROTECT THE LINING OF THE GUT, IMPROVES NUTRIENT ABSORPTION, AND IMPROVES NUTRIENT SYNTHESIS. HAVING ADEQUATE HEALTHY BACTERIA ALSO HELPS TO CROWD OUT CANDIDA, PREVENTING FUTURE OVERGROWTH.