



C A N D I D A

management & diet



Definition

Candida is a genus of yeasts. The most significant and commonly known member of the genus is Candida albicans. It is known to cause numerous infections (called candidiasis or thrush) in humans, especially in immunocompromised patients. Candida albicans is opportunistic and may increase colonization of the gastrointestinal tract following periods of stress, antacid and antibiotic use, and high consumption of sugar. Colonization of the gastrointestinal tract by Candida albicans may follow antacid or antihyperacidity drug use and also a time of stress, which compromises the immunity of the GI tract. This colonization can potentially interfere with absorption of Coenzyme Q10. It is kept in check not only by stomach acid but also by beneficial bacteria that reside in the GI tract. Candidiasis can also become a systemic infection by spreading throughout the body, via the bloodstream.

Signs and Symptoms

- Bad breath
- Creamy white patches on the tongue and in the oral cavity (thrush)
- Fatigue
- Immune issues
- Indigestion
- Recurrent vaginal or urinary tract infections
- Prostatitis
- Respiratory problems
- Concurrent parasite problems of the GI tract
- Chronic digestive issues including gas, bloating, cramping, indigestion, and rectal itching
- Emotional issues

- Blood sugar imbalances
- Lightheadedness
- Perfume and other smell sensitivities
- Allergies

Contributing Factors

- Low stomach acid (due to decreased production or suppression by medication, chronic stress, and cofactor deficiencies)
- Hypothyroidism
- Dietary intake, especially sugar and alcohol excess dietary intake of sugar, alcohol, and grains
- Diabetes due to elevated blood sugar
- Immune system dysregulation
- Estrogens such as those found in birth control pills or HRT and hormonal imbalances in general
- Use of steroids either topically or orally
- Food allergies and/or sensitivities
- Environmental allergies and/or sensitivities
- Destruction of beneficial bacteria in the GI tract by antibiotic use
- Blood sugar imbalances
- Adrenal dysfunction
- Recent surgery



Dietary and Lifestyle Considerations

1. Avoid sugar in all forms to avoid feeding the Candida. This includes fruit and fruit juices, honey, sucrose, dextrose, and fructose. Eat fruit with caution until the infection is addressed.
2. Avoid foods that you are allergic to or have sensitivity to.
3. Avoid oral contraceptives and HRT.
4. Avoid moldy or damp places.
5. Avoid fermented foods or those prepared with yeast (such as bread).
6. Increase fiber intake.
7. Promote healthy intestinal flora by eating Prebiotic food (FOS) and

- probiotic containing foods (i.e. yogurt).
8. Avoid antibiotics when possible.
 9. Avoid these foods:
 - Cheeses
 - Alcohol
 - Vinegar
 - Refined and gluten-containing breads and pastas
 - Packaged and processed foods
 10. Integrate a Candida diet.
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Candida Diet

A “Candida Diet” is designed to create an environment in the body where Candida cannot survive. This is accomplished by decreasing sugar intake (a fuel for Candida) and also decreasing any yeast intake (from bread and molds from cheeses). An important part of this diet is to eliminate any foods you are sensitive to or have an allergy to.

Foods to eat:

- o Vegetables – most vegetables except those with high starch (squash, potatoes, etc.)
- o Fish and Meats – chicken, turkey, beef, salmon, and veal
- o Eggs
- o Nuts and seeds
- o Unprocessed oils – olive, walnut, sunflower, corn, and safflower
- o Water – increase intake
- o Dairy – in small amounts (if dairy tolerant- yogurt with live and active cultures)
- o Low glycemic - Some fruit – 1 to 2 per day
- o Omega-3 Fatty Acids – cold water fish and flax
- o Fucoidans (found in some sea vegetables)



set goal

ACTION PLAN:



develop plan

goal: _____

action: _____



take action



score your success

plan: _____

success score: scale: 1 (lowest) - 10 (highest)

current score

30 day score

60 day score
