



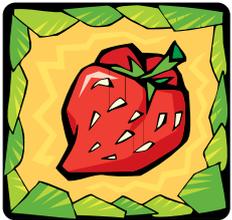
What's candida?

Candida albicans is a benign yeast which lives in everybody and usually doesn't cause problems. However, when the immune system is depleted, you've had prolonged anti-biotic treatment or immunosuppressive drugs, or you are stressed or unwell, sometimes candida can overgrow to the point where it also makes us sick. You might feel lethargic, depressed, get allergies, have a white coated tongue, a red rash, itchy anus, bad breath, or other symptoms. It grows in the mouth, vagina and gastro intestinal tract, but can affect other parts of the body too. It is more prevalent in women than men, and can affect people of any age. Symptoms can be similar to chronic fatigue syndrome, and gluten intolerance.

How do you find out if you've got it?

There are a number of tests: Comprehensive Stool Digestive Analysis will show it, as well as live blood analysis. Colonic irrigation will reveal foamy yellow material. There may be a cheesy vaginal discharge, or a cottage-cheesy deposit on the tongue.

Sometimes it is identified during a pap smear procedure. However, a case history and observation will be often be sufficient to identify the problem.



Do doctors treat candida?

Some doctors do, and use a pharmaceutical drug called Nilstat, which is quite effective. Other doctors seem to have trouble accepting that candida exists, but that situation is improving.

So how do you treat candida?

First step is to take a case history and look for the cause of the problem. Otherwise, one will endlessly treat symptoms but never find the cure. Secondly, we remove the cause if possible, and begin to treat the symptoms to give relief. This could be through anti-fungal herbs, caprylic acid, Nilstat or homoeopathic treatment. Thirdly, it is important to change the diet – radically for a while – in order to deplete the overgrowth of candida and remove the spores. This diet is quite restrictive, and has a lot of fibre. Our fourth step is to repair damage, and restore the immune system and nutrient balance and get the patient back to good health.



How restrictive is the diet?

We need to remove all dairy products, yeasts and sugars (including fruits) for at least a month, and possibly up to three months, depending on your progress. If you have severe candida, then eliminating gluten, nuts and seeds and dried or smoked meats is also important. This diet is fairly difficult to live with, but it isn't as bad as being sick all the time. Then you would go onto a maintenance diet in order to prevent the candida recurring.

Some authors, such as Nan Fuchs who wrote *The Nutrition detective* in 1985, recommend three candida diets, depending on the severity of the condition.

Will that fix it?

The antifungals and restrictive diet plus supplements will go a long way towards fixing the problem. However, if the stressor (physical, emotional, environmental etc.) remains, then it could return. As candida spores can build up resistance, it is important to treat this problem quickly and effectively.



Where can I get more info?

Books:

Jeanne M. Martin. *Complete Candida Yeast Guidebook, 2nd ed.* Random House, 2003

Websites include:

<http://www.candidapage.com/>

<http://www.curezone.com/diseases/candida/default.asp>

<http://www.candidablog.com/>



These anti-candida diets are based on Nan Fuchs' information in *The Nutrition detective*, 1985

Diet 1

This diet is for women with mild vaginal or oral thrush and no other symptoms.

Eliminate: all sugars including honey, fungus, moulds and yeast, alcohol, mushrooms, pork products, all vinegar and products containing vinegar, all fermented products, dry roasted nuts, processed chips and fast food, packet soups, white flour, flour products.

Reduce: wholegrains and starch until symptoms improve, nuts and seeds, beans, legumes, fruits

Increase: Eggs, fish, chicken, turkey, seafood, lamb, and veal. Vegetables except corn and potatoes. Vegetables that inhibit the growth of Candida are raw garlic, onions, cabbage, broccoli, turnip, kale. Stevia should be an acceptable sweetener if required.

Supplements: Probiotics – maintain for up to 12 months; Vitamin C: 2-3g daily, good (yeast free) multi-vitamin and mineral tablet or powder. Garlic oil capsules may also help. Oral thrush can be treated locally with Zinc Drink.



Diet 2

This diet is for chronic infections, or if Diet 1 did not clear up all symptoms.

Eliminate: sugars, yeasts, alcohol etc. as for Diet no. 1, plus all gluten products (wheat, rye, barley, oats) and all fruit and fruit juices.

Reduce: Herb teas and spices, wholegrains except brown rice, and everything as for Diet no. 1.

Increase: Same foods as Diet no. 1

Supplements: As for Diet no. 1, plus anti-microbial treatment, antioxidants, essential fatty acids, selenium, vitamin E and digestive enzymes at each meal. Double the probiotic dose.



Diet 3

This diet is for people who are completely debilitated by candida and are very sick. Also for those for whom Diet no. 2 was not sufficient.

Eliminate: all foods eliminated in diets 1 and 2, plus dried/smoked meats and fish, nuts and seeds, all grains except for a little rice or millet

What you can eat: Eggs, fish, chicken, turkey, seafood, lamb, or veal, sauteed in a little butter or safflower oil or baked with vegetables. Steamed, sauteed, or baked vegetables, especially onions, garlic, cabbage, broccoli, turnips, and kale. All vegetables except potatoes and corn, which are high in carbs. Sauteed vegetables with eggs on rice cakes, or a vegetable omelet. Salads seasoned with safflower oil and a little fresh lemon juice. Gazpacho, tomato-based fish chowder, vegetable soup, chicken or lamb stew. Small quantities of rice or millet. Rice salad with steamed vegetables, seasoned with oil and lemon juice; sauteed rice with shrimp, chicken, and vegetables, or simply steamed vegetables with either grain. Rice cakes, instead of bread. Vegetable sticks with guacamole dip (avocado, fresh tomatoes, onions, lemon juice, and a little salt) for a snack.

Supplements: Nilstat, or anti-microbial herbs such as Black walnut, Pau d'arco, Golden seal etc. Triple the dose of Vitamin C and probiotics in divided doses, multi vitamin & mineral tablet, digestive enzymes at each meal, plus all supplements in Diet no. 2.

Progressing to a maintenance diet:

This should only happen when you are free of symptoms. You reintroduce small quantities of foods one at a time, noting if there are symptoms. The last foods to reintroduce are yeasts, vinegar and mushrooms and any foods containing them.



Fibre:

It's important to have high levels of fibre during the diets, as it will assist in dragging out the dead candida spores in faeces. If there isn't enough fibre in the diet to maintain easy bowel movements, add psyllium husk to the diet. One teaspoon in water twice daily. Plenty of water is needed when taking this type of fibre.