



Treatment of Yeast in the Body

To get rid of yeast in the body, it is important to go on a sugar free diet to starve the yeast.

This organism is difficult to eradicate once it has got a hold in the body and the aim of treatment is to starve it of sugar and let it die off.

In the first few days of the sugar free / yeast free diet, it is possible to get a “die-off” reaction with slight temperature, general malaise and aches and pains. This is a detox reaction and is not harmful. Ignore the symptoms if at all possible – drinking lots of water.

Candida Diet

Candida thrives on sugar, therefore, the first foods to avoid are sugar containing foods. All types of sugar and maple syrup, honey, molasses should be avoided completely.

Avoid packaged and processed food.

Most packaged, bottled and processed foods contain hidden sugar and should be avoided.

Many foods contain moulds and yeasts, which also needed to be avoided.

Avoid

- Breads, biscuits, pastries and cakes.
- Alcohol - all types (Vodka may be the least problematical)
- Cheeses - All the moldy cheeses, which include the blue cheese and ripe soft cheeses, such as camembert and brie
- Dairy – Sour milk products, milk, and yogurt (may relax yogurt later)
- Factory Sauces – Tomato ketchup, mayonnaise, mustard, Worcester sauce, barbeque sauce
- Malt Products – Malted cereals and milk drinks

- Processed and smoked meats. All pickled items of meat and fish
- Fungi - All fungi – mushrooms etc.
- Fruit Juices: Canned and bottled fruit juices. Home squeezed fresh juice drunk immediately, in small quantity, is permissible)
- Candied Fruit – Dates, raisins etc.
- Fruit – Less is better – avoid melons

Things to Eat

Putting yourself on an anti-candida diet is not easy but the benefits of doing so are immense. For the first 3 months you should be as strict as possible, then, you should be able to slowly relax of the regime.

Hopefully you will decrease certain foods in your diet, in the future, like poor quality bread etc.

Here is What You Can Eat Now

- Chicken, turkey, other meats (lean cuts)
- Fish including prawns etc
- Eggs and bacon
- Vegetables – except mushrooms
- Butter – sparingly – no margarine
- Nuts – except peanuts and pistachios (fungus)
- Fresh fruit juice – drink immediately
- Fruit – avoid melons
- Potatoes and rice
- Barley, oats and wheat

(Please note no account of gluten is taken in this programme)

Additionally

See if any particular foods give you a problem – You can keep a food diary (food/symptoms diary).

The above is a comparatively simple yeast free diet, other yeast free diets are often much more strict, however, the restrictions in this diet are usually enough to treat most yeast body infections.