

The answer is ... lots!

Below is a full day's menu to illustrate that you don't have to starve yourself - just the Candida!

Breakfast

1 egg omelette with tomatoes or
Porridge made with water, soya or rice milk
Herbal or fruit tea

Midmorning

Small handful cashew nuts or an apple
Herbal or fruit tea or water with a slice of lemon

Lunch

Tuna salad
Rice or oat cakes
Herbal or fruit tea

Mid-afternoon

1 Ryvita with humus dip or a pear
Herbal or fruit tea or water with lemon

Dinner

Small chicken breast
New potatoes, Carrots, broccoli
1 apple or pear (if not eaten earlier in the day)

Evening

Herbal or fruit tea
Small handful nuts

Recipe books that will also help you plan sumptuous meals include:

The Food Doctor Everyday Diet by Ian Marber (ISBN 1 4053 0605 X)

Cooking Without by Barbara Cousins (ISBN 0 7225 4022 1)

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Candida albicans

What does this mean exactly?

Why is it bad for you?

What do we do about it?

This leaflet aims to answer these questions and provide an opportunity for you to control Candida in your body for good!

What is Candida?

Candida is a yeast that naturally grows in the human gut. In normal health it lives in the intestines and it is controlled by the friendly bacteria that keep your gut healthy. In certain situations this relationship becomes imbalanced and the candida can grow out of control - known as 'overgrowth'.

Some of the symptoms of candida overgrowth are:

Thrush
Athlete's foot
Constipation or diarrhoea
Fatigue
Foggy memory
Inability to concentrate
IBS
Depression
PMT
Weight swings
Allergies

Some of the causes of candida overgrowth include:

Antibiotic medication
Amalgam fillings
Deficient immune system
Steroid medication
The 'Pill'
A diet rich in refined/processed food and sugar
Prolonged stress

There are three main ways to overcome Candida overgrowth and for best results they need to work together. Using any one strategy on its own is likely to result in a return of symptoms after a while.

- **Kill** candida using suitable and safe anti-candida supplements. Your tests have identified which of these are appropriate at this time.
- **Support your immune system** during the detox process. Again, individual needs vary and we have identified any supplements that may be of help.
- **Starve** candida of its food supply by removing its food supply from your own diet. This is a strategy that applies to all who battle to control candida.

Diet

Without changing your diet any attempt to control your candida will not last for very long.

We have identified specific foods that you should avoid but please also remember the general list opposite.

In general the following list of foods either contains yeast, or encourages its growth and should be eliminated from the diet for at least 3 months:

Bread (non-yeast wholewheat bread is usually acceptable unless you have a grain sensitivity)

Yeast spreads e.g. Marmite

Sugar in all its forms e.g. cakes, and cake mixes, biscuits and crackers; sucrose, honey, fructose, maltose, glucose, maple syrup, sorbitol etc. Sweets, chocolates

Soft drinks e.g. coca cola, lemonade (Even the 'diet' versions!)

White flour products e.g. pastry

Anything fried in breadcrumbs

Mushrooms

Soya sauce

Stock and soup cubes (you can buy yeast-free stock cubes – ask your therapist)

Buttermilk and soured cream

All cheeses especially aged or blue cheese

Fruit juices

Dried fruit

All fermented beverages e.g. beer, wine, spirits, cider, ginger ale etc.

All malted products e.g. cereals, sweets or dairy which have been malted

Monosodium Glutamate

All vinegars e.g. malt, cider etc frequently used in sauces, relishes, salad dressings, olives and pickles

Smoked meats and fish, sausages, corned beef, hamburgers etc

In addition, antibiotics and yeast-derived vitamin B supplements should also be avoided for at least 3 months of the anti-Candida regime. If at all possible so should steroid medication and the contraceptive pill.

If you have been used to eating the above foods regularly it can seem daunting to consider eliminating them from your diet.

What is there left to eat you may be thinking? Read on ... / ...