

## **Candida – Basic Information**

### **By Kim Wilson**

Thank you for your interest in the candida material I have developed. I have provided a few basic pages from The Candida Companion Guide here for those who are eager to begin educating themselves on the issue of candida.

Basically, I encourage individuals to address candida from a diet and lifestyle approach. I identify certain foods as clearly harmful (contribute to candida), others as “great” (directly combat candida), others as “good” (all around good for our health), and then still others as “questionable” (these are foods that can be problems for different people for different reasons). I suggest that for at least a three week period a person attempt the “battle plan”, which is a temporary restricted diet that is limited to the “good” and “great” foods, supplemented with probiotics, fiber, grapefruit seed extract (GSE), and enemas or colonics at the bare minimum. If you are dealing with some intense candida symptoms, then this battle plan should actually temporarily make your symptoms worse- not what you wanted to hear, huh?! The reason for this is the fact that you will be having an intense initial yeast die-off, and unless you are using enemas and colonics to move those dead bodies out, they are circulating and aggravating your condition. BUT- feeling miserable and tired and crabby will actually be a good sign at this stage. It shows you are starving the yeast in your system. Be sure to consider intensely supplementing with probiotics to renew good bacteria in your system.

Following the initial “battle plan” I encourage individuals to move into the long-term “healing plan” where they begin to test individual foods back into their diet. This is all explained in the book.

I hope these pages will give you some good introductory information. In addition to The Candida Companion Guide, you’ll probably also want to get a hold of the books, Everyday Wholesome Eating and/or Everyday Wholesome Eating. . . in the Raw. These are the cookbooks that recipes are drawn from in the Candida Companion Guide. You can purchase any of these materials at our website, [www.simplynaturalhealth.com](http://www.simplynaturalhealth.com).

I pray these resources will give renewed help and hope with your condition. I would love to get some feedback on how your recovery has gone, as well as tips and thoughts you might have for others.

**Check out our books and guides available at [www.simplynaturalhealth.com](http://www.simplynaturalhealth.com)**

Please Note- Candida is such a complex problem, with such a variety of contributors and so many different symptoms, that it can be difficult to recognize and deal with. In many ways, it is a very personal problem, with many unique variations for each person. This booklet is written as a result of personal study and experience with candida and is offered for educational purposes only. Be sure to consult with your physician regarding the treatment of any condition, including candida.

## Goals in Dealing with Candida

**Offensive** (not enough on its own, only treats the temporary problem)

1. starve the yeast

**Defensive**

2. improve the body's internal environment and immune system in such a way that the problem won't return (don't offer the yeast a home)

*Bad flora cannot survive in a slightly alkaline, well oxygenated, nutrient-rich environment- brought about by a healthy lifestyle and a fresh (predominantly raw) vegetarian diet*

### Methods:

1. **Starve** the yeast  
(discontinue eating foods that are food for them)
2. Efficiently **rid the body** of the dead yeast and other negative/harmful toxins  
(fiber, water, exercise, enemas, colonics)
3. **Rebuild inner environment**, body organs and systems, and immune system  
(slightly alkaline, well-oxygenated, nutrient-rich diet and lifestyle)
4. **Improve digestion and repair damaged intestinal tract**  
(don't overeat, chew well, use digestive enzymes with cooked foods)
5. **Reintroduce friendly bacteria** to support the function of the inner environment  
(probiotics, cultured vegetables)
6. **Rest, exercise and lowered stress** all promote the healthy inner environment  
(under stress, adrenals dump glucose into the bloodstream= food for yeast)

### General Principles for Healthful Living

1. God created our bodies and the foods and environment to optimally sustain them
2. Man can't improve on God's design. Any amount of refining, altering, enriching or other attempts at improvement have a harmful, not beneficial, effect.
3. God has built self-healing into our bodies
4. When we return to GOOD (God's Original Optimal Design) foods and lifestyle, our bodies can restore health.

### Consequently, we want to aim to eat:

1. Foods that God created as foods
2. As close to the way God created them as possible
3. Not allowing any food to become controlling in our lives (this can certainly be an issue for those struggling with candida- those yeast have their own ideas about what they want you to eat- they're crying out for their own foods)

### We can do this in levels of change:

1. **transitional level-** reducing the amount of SAD (man-altered) foods and increasing the amount of GOOD ( whole, natural) foods in our diets
2. **healing level-** including more raw foods (nutrition in original forms, more useable)
3. **accelerated level-** supplementing with fresh vegetables juices  
-concentrated source of nutrition in its original God-designed ratios
4. **personal fine-tuning** (this becomes very important when addressing candida)
  - a.) eliminating any sugars (including natural sweeteners)
  - b.) eliminating all refined, processed foods
  - c.) identifying personal food allergies and sensitivities

## Summary of the “Battle Plan”

### **Eating:**

Mostly vegetables (as much raw and juiced as possible)

Moderate amount of “good” grains and starchy vegetables

millet, quinoa, buckwheat, sweet potatoes and winter squashes

No fruit (except lemons, limes and cranberries)

**Absolutely no sugars, baked goods or refined/processed/packaged foods**

### **Supplementing with:**

Probiotics

Enemas/colonics

GSE

Digestive enzymes

Fiber (herbal fiber supplement, flax)

Olive leaf/oregano oil

Garlic

### **Concentrating on:**

Lowered stress

Gentle exercise

Plenty of rest

Realistically expecting to feel “yucky” physically and emotionally (detoxing)

### ***Back-Up Emergency Plan:***

*Many people struggle with sugar cravings during the restricted plan. If you find it beyond your ability to stick to the plan- do not reach for something known to be harmful (a cookie, pastry, bread, or processed snack food)- but have as an emergency back-up a granny smith apple or grapefruit hiding in the back of the refrigerator- (maybe in its own little “In Case of Emergency” bag)!*

*It is ideal to stay away from anything questionable for the first 3 weeks, but better to make an exception with a good food than a truly harmful one.*

## Good Snacks on the “Battle Plan”

**almonds**- raw- dry, presoaked, or dehydrated

**sunflower, pumpkin seeds**- raw- dry, presoaked, or dehydrated with seasonings

**flax crackers**- plain or curried

on their own or with a seed-based dip

**dehydrated crackers**- seed and vegetable-based crackers

**cut veggies**

on their own or with seed-based dip or dressing

**veggie chips**- dehydrated sweet potato, zucchini, or cucumber chips

**salads**

**cultured vegetables**

*for “die-hards” who are serious about saying “good-bye” to candida*

**sea vegetables** (nori sheets, toasted dulse, . . .)

**green juices**

**lemon water**

**herbal tea**

## An Example of an Optimal Day on “The Battle Plan”

### Morn

**Lemon water** (juice of 1/2 lemon in glass of water)

*GSE (taken in water)- can be added to lemon water*

**Green juices\*** (wait ½ hour before eating anything else)

**Additional liquids** (herbal teas, water, . . .)

*Probiotic supplement (“healing plan”= 1x/day)*

### Mid-morn

**Green juice\*** (wait ½ hour before eating anything else)

**Additional liquids** (herbal teas, water, . . .)

*Fiber supplement (herbal fiber supplement or ground flax)*

**Optional snack** (see snack ideas)

### Lunch

**Salad** and/or cultured vegetables

**Veggies and seed-based dip**

**Flax crackers**

**Soup**

**Vegetable-based entrée** (raw or cooked)

### Mid-afternoon

**Liquids** (herbal teas, water, . . .)

**Green juice\*** (wait ½ hour before eating anything else)

**Optional snack** (see snack ideas)

### Dinner

*Fiber supplement (“battle plan”= 2x/day)*

*Digestive enzymes, or chew fennel seed, with any cooked foods*

**Salad** and/or cultured vegetables

**Vegetable-based soup or entrée**, with optional **grain/starchy vegetable side**

*Probiotic supplement (“battle plan”= 2x/day)*

### Eve

*Additional supplement support (garlic, olive leaf, oregano, etc.)*

*GSE (taken in water)- (“battle plan”= 2x/day)*

**Liquids** (herbal teas, water, . . .)

### Additions for the “Healing Plan” Stage:

Because of the **cleansing and building power** of the following foods,  
as soon as possible after the initial “battle plan”, **add back:**

**Carrot/vegetable juices** (throughout morning and ½ hr. before meals)

**Fruits** (as snacks or for a meal)

\*Green Juices are those made from greens (romaine lettuce, spinach, kale, etc.), celery, cucumber, parsley and other green vegetables. Also wheat grass and barley grass juices.

## Cleansing/ Yeast Die-off

*Die-off of the yeast causes an increase of toxins in your system, stimulating stronger symptoms and bad feelings. This die-off effect is called the Herxheimer Reaction. These symptoms are temporary (like climbing a mountain, up hills and down into valleys, to greater peaks of health). Be encouraged- these symptoms are only a positive indicator that you are being successful in killing off the offending yeast. When I became perplexed or discouraged by the symptoms I found it encouraging to remind myself- "I'm not doing anything different other than not eating those foods that are foods for yeast- I'm not doing anything wrong, only good for my body".*

### **Examples of common yeast cleansing symptoms:**

Fatigue, energy lows	Mental spaciness or confusion
Flu or cold-like symptoms	Sinus congestion, sore throat
Sleeplessness	Headaches
Muscle or joint aches	Constipation, diarrhea, bloating, gas
Nausea	Coughing, excess mucus
Highly emotional, weepy	Depression, anxiety
Anger, aggression	Low tolerance
Skin outbreaks	Bad breath, tongue coating
Cravings	Body odor

These problems are caused by the release of years of accumulated toxins plus the intense yeast die-off. As you are supplying your body with the quality nutrition it needs as well as depriving it of food for the yeast, your body is taking advantage of the opportunity to do some long-awaited house-cleaning. Even though it doesn't feel good at the time, the discomforts and annoyances of a healing crisis should actually be welcomed as signs of progress. **Warning!**- there is **emotional detox** that takes place as well.

Sadness, irritability, and anger can be triggered very quickly. It's good to know this up-front so it doesn't come as such a surprise and, consequently, become distressing.

*Initial cleansing symptoms (when strictly adhering to "battle plan")  
may last 3-10 days (shorter periods of cleansing may follow)*

### **Aiding the cleansing process:**

**Eat lightly**- don't overeat, and be sure to eat easier to digest foods, i.e. raw foods

**Exercise gently**- walk, lightly rebound, etc.

**Get plenty of rest**- get good sleep and take breaks to breathe, pray, etc. during the day  
Cleansing takes energy. Give your body some rest so energy can be freed for this important process

**Lower stress** and include some love, laughter and play into each day

**Let go of negative emotions** (anger, bitterness, anxiety, guilt)- all slow the healing process. Replace them with God's truths and desires for our hearts and minds.

**Ensure regular elimination**- assist with fiber, water, enemas, colonics

**Talk with someone** who has gone through this

**Encourage yourself** that you're moving in the right direction  
-perhaps build in some rewards or incentives

*It's helpful in the midst of healing symptoms to remind yourself that you are climbing towards health. Every valley leads you to a higher peak, with an even better view!*

## **Great Foods**

### **Directly combat candida or build health**

Green juices	Lemons
Leafy greens	Ginger
Garlic	Curry powder
<b>Onions</b>	<b>Tumeric</b>
Cabbage	Cayenne
Cauliflower	Coconut butter
Broccoli	Pumpkinseed oil
Green vegetables	Flax/hemp oil
Cultured vegetables	Sunflower seeds
Sea vegetables	Pumpkin seeds
Certain herbal teas	Flax seeds

## **Good Foods**

### **Good for health and nutrition**

- in addition to GREAT foods above -

<b>Veggies!</b>	<b>Almonds</b>
Herbs	Cranberries
Avocado	Unrefined sea salt
Olive oil	<u>possibly:</u>
<b>Quinoa</b>	<b>lentils</b>
<b>Millet</b>	<b>limas</b>
Buckwheat	raw apple cider vinegar

## **Harmful Foods**

**Known to feed candida or otherwise compromise immune system or health**

Sugar (and foods containing such)

**White flour products**

All refined, processed foods

**Animal products (meat, dairy, eggs)**

Caffeine-containing foods

Alcohol (and foods containing such)

Yeast (and foods containing such)

Foods that harbor molds/mildew or bacteria

Foods that contain chemical additives, artificial colors, etc.

## **Questionable Foods Problematic for some people (test individually)**

### **Possible allergenic foods**

Certain fruits

Raw, unfiltered apple cider vinegar

Raw, unfiltered honey

Mushrooms

Nightshades (tomatoes, bell peppers,  
potatoes, eggplant)

Certain grains- wheat, corn, rye

Yeast

Soy and soy products

Legumes, peas and beans

**Battle Plan:** Focus on great and good foods for at least 3 weeks. Avoid all harmful and questionable foods during this time.

**Healing Plan:** Base meals around great and good foods. One by one, test back questionable foods. Include as an occasional part of diet if not problematic.

**Away from Home Plan:** Bring along some good and great foods. Make exceptions with questionable foods (try hard to avoid the real health-compromisers- the harmful foods)