

What Can I do? Supplements, Foods and Other Ideas

Be prepared for this yeast issue to be a memory fairly quickly. Share and discuss the following information with your practitioner to determine exactly what you need.

Supplements

- A. **Remove the Excess Yeast – Candisol** is a potent practitioner's formula. It goes into the bloodstream and begins immediately breaking down the outer "chitin" wall of candida albicans yeast very effectively. Contains very potent specific yeast digesting enzymes.
- B. **Syntol or PB formulas** – Probiotics to replenish the beneficial flora is a must. When there is enough of the "good bacteria" in the intestines the yeast cannot easily overpopulate.
- C. **Floraphage** – Multiply beneficial flora very fast and eliminate e-coli. Floraphage maximizes the strength of probiotics. How? It destroys the harmful bacteria in the digestive tract (usually e-coli) which then becomes food - YES - nutrients for the good bacteria in the intestines! When taking floraphage with probiotics, the beneficial intestinal flora will multiply on average 24x faster!

Foods that are beneficial

It is really just a matter of getting into a different train of thought. Instead of one perfect diet for everyone, consider that improvement from where you are, is all that is needed to feel better.

My diagnosis was pretty severe and I was frozen with fear years ago. The books with diet plans felt overwhelming for me and I was very fatigued. The only thing that made sense at the time was to SIMPLY TURN TOWARDS BASIC foods closer to their natural state. Believe me I was very depressed back then – but also on a mission to feel better.

I ate just a small amount of animal products for a long time as I wanted to create an alkaline body condition. However I did not do this all perfectly – because that does not exist. Several times a month I would have a little chicken or steak **because it felt better to do so**. *You do not need to become a raw food vegan unless, of course, that does feel better to do. Always follow your intuition.*

EATING to not feed yeast was a shock at first and also very boring.... but once I got over the "YIKES" and into a flow, I started feeling better.

Soft boiled eggs and buckwheat cereal with coconut milk and stevia instead of honey was a new kind of breakfast in the beginning however, I got used to it. I did miss my bread, but the products I supplemented with were cleansing my body so quickly that I was motivated to make some smart food changes. I did generally have some chocolate once a week – read below what I think about that. ☺

I [juiced organic raw vegetables](#) and ate raw nuts and seeds, raw organic almond butter on celery, lentil soup, green drinks with [Pure Synergy and Spirulina powders](#) and liquid blue green algae. The green drinks and juicing help flush out toxins and infuse the cells of the body with a tremendous amount of vitamins and minerals (which builds the immune system).

I snacked on bowls of raw vegetables with kale, dandelion greens, sliced yams, zucchini whatever was green and fresh in the produce section. After a while it became easier to eat this way and surprisingly my teeth became visibly whiter from chewing on raw vegetables.

- ✓ Browse the list below and pick anything that seems doable for you. Not everyone can eat the same foods due to allergies or digestive issues. So just do your best.
- ✓ this is all temporary
- ✓ These suggestions are a good place to start.
 - **Green tea.** Instead of coffee, I use green tea. My favorite is Gunpowder green tea in bulk from [Mountain Rose Herbs](#).
 - Use Stevia or Xylitol as sweeteners instead of sugar.
 - Fresh ginger root (improves digestion and immune function). You can purchase fresh ginger root in the produce section of your grocery store and grate some into warm water to make a tea to drink before meals)
 - Purchase Braggs apple cider vinegar (add 1-2 tablespoons of AVC to warm water to make a tea). This is antibacterial, antiviral and antifungal, and can soothe your throat and heartburn.
 - Avocados are very good fat – make guacamole to pour over bowls of raw vegetables
 - Sprouts, radish, spinach, broccoli, dandelion greens, beet greens, kale, whatever is dark green and fresh in the produce section – you get the idea
 - Humus, tahini, garbanzo, many beans such as tepary can become spreads or soups
 - Vegetable soups
 - Celery with raw organic almond butter spread on top & sprinkle with Celtic Salt
 - Buckwheat, amaranth, quinoa
 - **Raw nuts and seeds, such as:** almonds, pumpkin, sunflower, walnuts, ground flax
(*skip cashews and peanuts as they tend to be moldy*)

Remember **RAW** not roasted.

- Cherry or plum tomatoes are a good snack together with raw organic almonds
- Extra virgin **organic coconut oil** - You can eat it straight from the jar or add it to smoothies **AND substitute it for other oils in your cooking.**
- Eliminate as much dairy (including cheese and butter) as you can, and try unsweetened almond milk or creamy coconut milk as a replacement.
- Garlic – Mince raw (not cooked) and add this to something fatty such as salad dressings or guacamole/avocado spread, olive oil or coconut oil. The compounds in raw garlic are anti fungal and immune system boosting.
- Raw onion is also a powerful antifungal and can be sliced over salad greens.
- Rutabaga - powerful anti-fungal food. You can roast them or put them in soup.
- **CELTIC SALT** – This is the only salt I use, except for sometimes Himalayan Crystal Salt.
** Contains 72 minerals essential to health and is needed to maintain the balance of electrolytes.

Refined salt (the white stuff) is pure sodium chloride; chemically cleaned and "enriched" by additives. This is the reason we are told not to eat it. The result of consuming common table salt is the formation of overly acidic edema, or excess fluid in the body tissue.

- **Chocolate** – Is it beneficial? Chocolate has saved my life at times when I needed a pick-me-up. When we hear that dark chocolate is good for us – *this is not referring to the candy bars at the checkout counter* which contain emulsifiers, chemicals and sugar. Raw cacao is the chocolate that is helpful to the body (in small amounts) sweetened with something like organic agave or coconut palm sugar, with vanilla. No more than 4 ingredients are listed on the chocolate bars I purchase.

However if you eat the candy at the checkout, no big deal. Enjoy it and move on.

- **Chinese Herbalist** – There are some very good Chinese herbalists who enthusiastically engage in helping their patients cleanse the body. If you are able to connect with a good practitioner, he/she can prepare an herbal prescription tailored to your needs that can help cleanse the digestive tract, liver, kidneys, lymph, lungs and so forth and this can help one feel better, boost the immune systems function which assists the body in being able to cleanse the yeast, bacteria and toxins easier.
- **Floraphage** – I bring this product up again as it binds to the bad bacteria in the gut (e-coli) and breaks it right down so it becomes food for the beneficial flora. This helps the immune system and increases the beneficial flora extremely fast. A very good thing indeed!
- **Digestive enzymes and HCL** at the beginning of each meal will help breakdown the protein, carbs and fats for healthier digestion all beneficial to eliminate candida.

What I Chose to Avoid While Cleansing Candida

Remember this is all temporary.

- Eliminate as much sugar as you can as it is the main food for yeast
 - white refined sugar – as is in cookies, cakes, candy, soda, etc...
 - sugar cravings may be from mineral deficiencies, and when the body is re-mineralized over time, it becomes harder to eat more than a cookie or two.
- simple carbohydrates - conventional cereals, processed breads, crackers, pasta
- syrups, dried fruit, juices
- yogurt – although it may contain probiotics, it is high in sugar and unwanted bacteria
- peanut butter, even organic tends to have high mold in it, since it is warehoused in hot areas
- alcohol (turns into sugar in the body)
- dairy - milk (lactose is a sugar), cheese, butter etc.
 - remember cheese (contains mold which contributes to candida growth)
- any foods one is allergic to, as eating these foods weakens the immune system

KEEP IN MIND:

If you are taking powerful supplements for eliminating the yeast and replacing the beneficial flora,

this will be a major contributor to moving things along much quicker than if one is using diet alone to eliminate excess yeast.

Move the body

If the most exercise you get is moving your fingers on the keyboard checking your email, then it's time to take a walk, even if it's just to the mailbox. Do something to move the body.

I live in the desert of Tucson and from May to September the heat is easily 80 degrees @ 4am. So most people here walk at 5am or go to a gym. Personally, I don't always feel like moving when its hot, however I do have a rebounder trampoline which I bounce on for 10 minutes at a time (in the air conditioning). This soft jumping shakes up the [lymph fluid](#) to fight infection by helping to clean out bacteria, cancer cells and increase the white blood cell count. I also have a hoola hoop compliments of my grandchildren!

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