

Here's a simple overview of a very effective Candida diet. A minimum of three weeks on this diet is recommended to help reduce the amount of yeast in your system. As you reduce the amount of yeast, you will begin to lose your cravings for sugar and carbohydrates, so it's very important to stick with the diet.

### CANDIDA DIET

For 3 weeks do not eat any foods containing these ingredients:

sugar, honey, sucrose, fructose, dextrose, nutrisweet, equal, maple syrup, soy sauce, alcohol, mushrooms, fruit juice, fresh fruit, dehydrated fruit (e.g. raisins)  
limit vinegar (i.e. salad dressings, etc. )

Read all ingredient labels for "hidden sugar"! Do not use artificial sweeteners!

You may eat: proteins (meat, poultry, fish, tofu, etc.), fresh veggies, whole grains, nuts and seeds (raw, not roasted)

Drink: 6-8 glasses of water each day

For more information, a good book to read on the subject is:

*The Yeast Connection* by William G. Crook, M.D.

A good description of the scope of symptoms caused by antibiotic overuse, artificial foods, synthetic hormone prescriptions (e.g. birth control pills, prednisone). The yeast organism overgrows the intestine as a result of those factors. Although the books' proposed treatment options are quite limited in scope, I have a treatment that effectively eliminates the problem, based on lifestyle and dietary changes, over the course of one to two sessions. Available at bookstores or [www.amazon.com](http://www.amazon.com).