

## Keeping Candida in Check

### Foods to Avoid

Aged cheeses, alcohol, chocolate, dried fruits, fresh fruits, fermented foods, mushrooms, vinegar, glutenous foods (wheat, rye, oats, barley), all sugars, honeys and syrups (that includes any 'ose', like lactose, sucrose etc), and foods that contain yeast or mold (breads, muffins, cakes, baked goods, cheese, dried fruits, melons, peanuts - although nutritional and brewer's yeasts are not harmful, as they do not colonize in the intestines).

### Foods to Eat

Vegetables (including plenty of raw garlic), protein foods (beef, chicken, eggs, fish), live yogurt cultures (both dairy and non-dairy,) FOS\*, whey, acidophilus, green algae's (such as spirulina and chlorella), nuts, seeds and oils, and non-glutenous grains (like millet, rice, rice bran and oat bran)

\* FOS, or Fructo-oligosaccharides, are nondigestible dietary fibers that help to keep the stomach and bowels healthy. FOS are considered a "prebiotic" because they nourish the naturally present "friendly" bacteria (especially Bifidobacteria and Lactobacilli) which help to ward off infection in the digestive system.

### Supplements

Checkout combination products containing these herbs & supplements for natural defense against candida overgrowth:

- \* Acidophilus
- \* Arm mesia
- \* Bentonite
- \* Black walnut
- \* Bifidobacterium
- \* Caprylic acid
- \* Cloves
- \* Garlic
- \* Goldenseal
- \* Grapefruit seed extract
- \* Oregano oil
- \* Oregon grape
- \* Pantethine
- \* Pau d'Arco