

# CANDIDA ALBICANS

Candida Albicans is normally a friendly bacteria in the bowel. As long as it is in the bowel, there is no problem with digestive imbalance. It is when it causes fungus infection outside of the bowel that problems begin to show up. It can penetrate through the colon and cause a problem that can last a lifetime.

Candida Albicans can cause thrush and vaginal infections. It can, in fact, mimic almost any disease from eye infection to allergy to colitis, cystitis, gastritis, brain tumor, multiple sclerosis and even insanity.

Major problems come from the use of Cortisone, birth control pills and antibiotics. Many allergies are caused by the hidden candida fungi. People who have developed susceptibility to this problem must follow a very strict diet in order to bring the ever present Candida under control. Certainly, improving the immune system and restoring it to its natural state is the best advice that can be given.

The medical profession uses a drug called Nystatin - it is an anti-fungal drug (a side effect is liver weakness). There are also many herbs that are anti-fungal.

Candida is often misdiagnosed. Another one is Premenstrual Syndrome. Candida Albicans and Premenstrual Syndrome go together like twin sisters. Symptoms of the two conditions are quite similar and should be treated concurrently for a complete cure. Premenstrual Syndrome, they have found, is majorly involved with the pituitary and thyroid glands which influence the hormone balance in women. A primary cause is the use of antibiotics anytime in one's life.

## DIETARY SUPPRESSION OF CANDIDA. ALBICANS

- A. The yeast grows on sugar and starch and is fed by gluten-containing grains. Gluten grains include wheat, oats, rye and barley.
  1. Do not eat sugar or sweets. This includes products made with honey or molasses as well as sugar.
  2. Do not eat wheat, oats, rye or barley, corn, rice, potatoes, buckwheat and millet. Exclude all of these starchy foods from the diet.
  3. Milk (even raw) encourages Candida growth. Avoid milk and milk products except butter.
- B. Yeast, molds and fungi cross react. When taken in food or even breathed in high concentrations, they trigger symptoms and diminish the body's resistance to Candida. Bathrooms and air vents should be kept clean and dry. Yeast, mold and fungus should be minimized in foods.
  1. Yeast is used in food preparation and flavoring:  
DO NOT EAT:
    - (a) Commercial breads, rolls, coffee cakes pastries, etc.
    - (b) Beer, wine, all alcoholic beverages and all soft drinks (cola and non-cola)
    - (c) Cream, commercial soups, potato chips
    - (d) Vinegar and vinegar-containing foods such as pickled vegetables, sauerkraut, relishes green olives and salad dressing. Lemon juice with oil may be used as a salad dressing.
    - (e) Cider and natural root beer.
  2. Yeast is the basis for many vitamin and mineral preparations. Tryptophan is often derived from yeast.
  3. Molds build up on foods & sugar.  
The following need to be avoided:
    - (a) Fresh & dried fruits such as prunes, raisins, dates, figs, citrus peels, candied cherries, currants, peaches, apples and apricots.
    - (b) All dairy products including cheeses, cottage cheese, sour cream, buttermilk and milk
    - (c) Chocolate, honey, maple syrup are sugar and accumulate mold and should not be eaten
  4. Melons (especially cantaloupe) and the skins of fleshy fruit accumulate mold during growth
  5. Avoid fresh, canned (bottled) or frozen citrus, grape or other fruit juice.
  6. Mushrooms are fungi. Do not eat them.
- C. Eating fruit will boost blood sugar levels and encourage yeast growth. Fruits and fruit juices must be temporarily omitted for three months from the diet.

### WHAT IS LEFT TO EAT?

**PROTEINS:** Fish, chicken, turkey, duck, fish, eggs, pheasant, quail, lamb, veal. In other words, animals if the meat is fresh instead of dried, smoked, pickled or cured.

**VEGETABLES:** All vegetables are potentially acceptable. Only starchy ones such as potatoes and sweet potatoes must be avoided.

**DRINKS:** Teas (herbal) sweetened with stevia/ licorice root; vegetable juices (no carrot or beet); sparkling water and mineral water.

### IS IT POSSIBLE TO EAT OUT?

Yes! Just order carefully. Skip the cocktail. Have oil and lemon juice on your salad. Order meat, chicken or other animal protein that is prepared without sauces which might contain sugar, mushrooms, wheat as a thickener and other harmful ingredients. Broiled or plain items are obviously the safest choice. Lightly steamed vegetables are perfect! Skip bread, crackers and dessert!