

## **ANTI-CANDIDA/FUNGAL/YEAST DIET**

Candida/fungus and yeast infections are said to be '*the Great Mimicker*'. That is, that they can 'mimic' almost any acute or chronic symptom or disease. Symptoms such as: autoimmune conditions, mood swings, headaches, skin rashes (wet), thrush, bowel problems, weight gain, fatigue, toe nail fungus, yeast infections, joint pain, arthritis, seizures, brain fog and even cancer have all been linked to Candida/fungus/yeast overgrowth.

Candida/fungus and yeast thrive and reproduce using 'sugars' as fuel. These 'sugars' are in many foods. Foods such as dairy, vinegars, breads, processed foods, and refined sugars create a feeding frenzy for the candida/fungus/yeast. Therefore, it is imperative to 'starve off' the infection by not feeding it.

The following diet is Dr. Rhinehart's recommendations for recovery. It is a critical step in starving off yeast/candida or fungal problems. \*Note – Depending on the chronicity and severity of the infection, the diet may be indicated from 20 – 90 days.

### **FOODS YOU CAN EAT FREELY**

**Vegetables:** All fresh vegetables all colors (except carrots and beets) and fresh vegetables juices. Fresh sprouts.

**Proteins:** All quality fish (except scavengers and shell fish). Deep sea white fish, cod, and salmon are particularly good. Free range fowl such as chicken (white meat) and turkey. Lamb, beef, buffalo and pork. Organic Eggs. Cheese from (goat, almond or coconut) and Greek yogurt.

**Legumes:** Beans, lentils and legumes.

**Liquids:** Purified water, coconut water, and caffeine free herbal teas.

**Fruit:** Lemons, limes, cranberries, pears, blackberry, blueberry and Granny Smith apples.

**Grains:** Well-cooked whole grains or pastas made from: millet, buckwheat, amaranth, quinoa, brown rice and organic corn. **NO WHEAT or LEAVENED BREADS OF ANY KIND!**

**Helpful aids:** Essential fatty acids – 1 tbsp. per day of coconut oil.

**Oils:** Clarified butter (ghee), Olive oil, avocado oil or coconut oil

**Snacks:** Raw almonds, nuts and seeds such as sunflower and chia seeds.

**Sweeteners:** Coconut nectar, organic agave syrup, Stevia, xylitol.

### **FOODS TO AVOID**

**Vegetables:** Avoid carrots and beets.

**Proteins:** Avoid Shellfish and scavengers.

**Sugars –** Sucrose, fructose, maltose, lactose, glucose, mannitol, sorbitol, galactose, maple syrup, maple sugar, brown sugar, raw sugar, date sugar, corn syrup, and honey.

**Carbs:** Avoid all refined products such as breads, white flour (bleached), processed foods (chemically altered), sugar (refined), corn syrup (GMO, refined), crystalline fructose (chemical), MSG (toxin), gluten containing foods such as wheat, rye, and barley.