10 Tips to Beat Candida

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1. The anti-candida diet is the most important place to start to see improvement in your overall health. Add in supplements when you feel ready to go to the next level. An anti-candida diet consists of having no alcohol, dairy (except for butter/ghee), corn, caffeine, sugars (except xylitol, stevia, lo han, and chicory root), gluten, and fruits (except fresh berries, green apple, grapefruit, avocado, lemons/limes, and olives without vinegar brine).

2. Do I need to test for candida? You can do a stool or blood test but I would suggest that you save your money. There still is not a perfected laboratory test for candida overgrowth or leaky gut. Yeast and parasites are evasive and like to hide in the tissues and organs. Most people test negative on these tests and loaded with yeast and fungus.

3. Make sure you move your bowels daily. You will feel worse die-off from taking an antifungal and detoxing if you don’t eliminate daily because you are recirculating toxins within the body. Magnesium citrate and triphala are mild stimulants that can help you eliminate daily. Aloe products are better for stubborn cases of constipation. Also add in 1 tablespoon of ground flaxseed meal into your daily regime to help sweep the intestinal linings and improve elimination.

4. If you are having a rough day and eat something off your program don’t beat yourself up – keeping going. One or two mishaps will not set you back.

5. If you continue to have food cravings and/or struggling with emotional eating try Emotional Freedom Technique (EFT). Go to You Tube and type in Julie Schiffman EFT. She has free videos that you can incorporate immediately or set up a private session with her via Skype or phone.

6. Some people can feel deprived when they start a diet. Shift your mindset away from deprivation, and instead tell yourself, “I’m removing infection and inflammation from the body.” Make it more about physiology than psychology.

7. Hang in there during the first week of the program… it is normal to feel low energy, have a headache, feel like you are getting a cold… this will pass. Drink a lot of water. Drink hot water and fresh lemon upon arising to help kidneys move toxins out of the body.
8. List of what sets you back most, in order, while doing an anti-candida program:

- Alcohol (wine, beer, champagne, and sake are the most detrimental because of the sugar content and fermentation). Vodka with fresh lime juice and/or sparkling water is a better choice because the alcohol is distilled, not fermented, and has no sugar.
- Sugars (cookies, pastries, ice cream, candy, chocolate, muffins, etc.)
- Gluten (cookies, pastas, bread/rolls with gluten, crackers, salad dressings)
- Dairy (milk, cheeses, yogurt, sour cream, keifer, etc.)
- Corn (carbohydrate content and 90% GMO)
- Caffeine (green tea – 1 or 2 cups is ok for some people)
- Fermented foods (kefir, kombucha, sauerkraut, tempeh, etc.) can cause histamine reaction the first 60-90 days.
- Soy (90% GMO and inhibits thyroid function). It is okay to use Braggs Amino’s and take supplements with small amounts of soy)
- Two pieces of fruit

9. How to eat out at restaurants and go to social gatherings without stressing out:

- You’re at a party and there is pizza and salad with balsamic vinegar. Which is less disruptive? The salad.
- You’re at a Chinese restaurant – don’t order a sweet/sour dish, instead order a steamed dish and get brown rice instead of white rice.
- You’re at a restaurant and there is sauce on the chicken or fish. It is fine to eat but try not to dip every bite into the sauce.
- There is a luncheon and only sandwiches are served. Throw away the bread and eat what is inside minus the cheese.
- There is a trace of sugar in chicken sausage or turkey bacon (nutritional label says 0-1 grams of sugar). It is still okay to eat.

10. Once I do an anti-candida program can I ever have sugar or wine again?
   Yes, the key is moderation. Once you have done my 90-day program and feel great you won’t want to lose that feeling. Realize that you have made a lifestyle change and keep to an 80-20 ratio. In other words, 80% of the week try to adhere to the expanded list of foods to eat in my book The Candida Cure. The other 20% (once or twice a week) treat yourself to a favorite dessert, slice of pizza, etc.