

General Candida Treatment

There are many ways to approach candida treatment. The treatment for adults is different from children due to the difficulty of the regime. The regime is generally a six week protocol and the physician will usually want a follow-up visit around week five of the treatment to assess the progress and give the client instructions about how to proceed after the treatment. The treatment is usually a 4 part approach.

1. **ASSESS DIGESTION:**

Assessing the status of the Hydrochloric Acid (HCl) in the clients system. Refer to HCl Challenge handout.

2. **DON'T FEED THE FUNGUS:**

It is important to stay on this diet strictly if you are using medication to kill the fungus. If you do not stay on the diet strictly and you take medication you risk making a more resistant candida. Secondly, the physician advises you to get some book to help with the diet restrictions: The Yeast Connection, Yeast Syndrome, etc. The physician does not recommend one book over the other because people may be attracted to one book over another. The books do not always agree with the following diet restrictions. We encourage you to call with your questions while on this treatment.

The following foods are to be strictly avoided:

- sugar including fruit sugars
- fruits are to be avoided the first three weeks; at week 4 you can attempt to introduce meatier fruits such as apples, pears, nectarines, banana. No citrus, melons, berries or exotic fruits.
- peanuts
- mushrooms
- leavened products (e.g. bread)
- fermented products (e.g. soy sauce, vinegar, cheese, etc.)
- white wheat flour (it is a sugar....watch the pastas)
- no sweeteners (e.g. honey, molasses, malts)
- no alcohol, caffeine

Things that are OK: milk, rice dream, soy milk, lemons to make salad dressings, eat lots of garlic, coconuts and other nuts.

SAMPLE DIET

Breakfast: eggs, hot cereals, fish

Lunch: soups, salads

Dinner: animal products, beans/rice, all vegetables

Snacks: rice cakes and other unleavened bread products, nut butters (except peanut butter)

3. **GOOD BACTERIA:**

You should take acidophilus 3x/day. Most products need to be refrigerated.

4. **KILL IT:**

The medication the physician is recommended for you is:

Special Instructions:



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