

CORRECTION - DIET

Dietary change is most important, especially minimizing all sweets including fruit juices. This includes reducing cookies, cakes, ice cream, pastries, honey, rice syrup and barley malt used in soy and rice drinks and other products. Stevia and artificial sweeteners are somewhat better as they do not contain sugars, though they present other problems. Stevia contains some lead, however. Reducing all sweetener use is best.

Reducing grains may be helpful, especially wheat and spelt, and at times rye, oats and barley. These foods include breads, pasta, deep-fried food, cream soups thickened with flour, crackers, cakes and cookies.

Reducing fruit is also helpful. Ripe fruit is best, as the sugars are more quickly absorbed. Avoid very sweet fruits such as dates, figs and dried fruit. Best fruits are apples, pears, peaches, berries, kiwi and other less sweet fruits.

Reduce dried beans such as pintos, lentils, black beans and peanuts. Peanut butter is very sweet and best avoided. Toasted almond, cashew or sunflower seed butters are much better.

Some candida books recommend eliminating all fermented foods such as cheese, wine, pickles and yeasted breads. This is usually unnecessary unless one is specifically allergic to all yeast. Candida albicans is very different from yeasts in bread, wine and cheese.

Milk and buttermilk are high in sugar. Soda pop, Kool-aid, fruit and vegetable juices and sweetened teas are best avoided. Unsweetened live-culture yogurt is good. Unsweetened tea, water or water with lemon are excellent.

Strict vegetarian diets are high in starch and tend to worsen candida. Diets low in protein can also make it worse. Natural meats, poultry, eggs, nuts and goat cheese may be eaten liberally.

EATING HABITS

Humans have a limited ability to digest cellulose fiber in foods. Proper chewing breaks down fiber so that more can be digested. Insufficient chewing causes excessive fibrous material to remain that can feed candida. Eating in a hurry, in one's car, when working or when upset or anxious also impairs starch digestion and worsens candida.

LIFESTYLE

Lifestyle plays a critical role. Reducing stress rests the adrenal glands and helps improve copper metabolism. Plenty of rest and sleep are important, as lack of rest stresses the adrenal glands. Stimulant use such as caffeine or heavy exercise decimates the adrenal glands. Improving eating habits and positive emotions and attitudes reduce stress and promote healthy digestion. Deep breathing and good posture assist oxygenation of the body which inhibits candida.