



Clinic Guide

Candida Diet

Candida, yeast or fungal problems within the body can cause a number of symptoms including gastrointestinal and bowel discomfort, thrush and skin irritation including athlete's foot and skin-fold infections.

Candida Albicans is the main yeast causing these symptoms and occurs naturally in and on everyone's body. It only causes a problem when there is overgrowth in an area. Its own metabolism produces toxins which can have more wide-ranging effects on the body from headaches and fatigue to joint pains, abdominal discomfort, poor concentration, disturbed sleep or depression.

Your normal immune system and friendly bacteria in your gut both help to control levels of candida in your body, but an overgrowth of candida can occur due to a lowered immune system, stress, antibiotic use, poor diet or diabetes.

Candida is a fast growing yeast and so the best way to reduce it is to starve it of food! It likes sugar best so avoid all sweet foods, sweet fruit, fruit juice, fizzy drinks and simple starches such as white bread, rye bread, cakes and alcohol.

It also uses other yeast and fungii so avoid bread, mouldy cheeses, beer, wine, mushrooms, grapes and melons. Apples are generally ok but rinse them in a solution of apple cider vinegar. Lemon juice is good too as it is alkaline but avoid orange juice.

Avoid sweet vegetables including carrots, potato, sweet potato, squash, parsnips, beans. Meat and fish are fine as the protein feeds you but not the yeasts.

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Hot spices can weaken your natural bacteria so avoid hot curries.

Peanuts tend to carry moulds as do any nuts that are not fresh.

Sauces and condiments tend to be sweet and vinegars are made on yeasts so avoid all except cider vinegar.

Coffee and caffeine disturb your insulin and sugar metabolism and so should also be avoided.

The main areas of your body that hold large colonies of candida yeasts are your feet and your colon. Use the topical cider vinegar or grapefruit seed extract between your toes daily for at least six weeks (and continue regularly if you are prone to fungal skin infections).

Anti-yeast Tips

1. Apple cider vinegar

Use diluted 50:50 as a skin wash, mouth rinse or drink (add lemon juice for palatability).

2. Grapefruit seed extract

Take tablets (I recommend Viridian from good chemists, healthfood shops or Neals Yard) for ease of use. (You can also take the liquid but it is really revolting!)

Dilute the liquid (Triguard Plus or Citricidal from Higher Nature) 20 drops in 50ml water to use topically similar to the cidar vinegar. Ask in clinic for more details on this product.

3. Take Diflucan (flucanazole), available over-the-counter at pharmacies, for uncomfortable yeast infections such as vaginal thrush to get initial symptoms under control.

4. Probiotics from Actimel, Yakult help to re-populate your natural gut flora. Live yoghurt also helps but is not as tough or effective.

5. Eat plenty of garlic, onions, celery, cabbage, cauliflower, broccoli, kale, sprouts, radish, courgette, cucumber, asparagus, avocado, tomato.

6. The Neurological Integration System protocols help your body to identify underlying causes of symptoms including those caused by yeasts. I have seen many cases of low back, hip and groin pain clear once the NIS yeast protocol has been integrated. However, I recommend using these tips for the most rapid and effective result.

For more information, please ask in clinic, or visit www.juliawilliams.co.uk.

Colon Cleanse

Your colon is a long folded up tube and pockets of faecal matter, which also contains stashes of candida yeasts, can get trapped. If you suffer from constipation, your bowel tends to be more sluggish and so is more likely to hold onto old waste matter. If you suffer from diarrhoea, your bowel can move too rapidly and often a hard layer of old waste material remains lining the bowel and reducing your ability to absorb water so that you have poor hydration leading to achy joints, headaches and more.

A simple indicator of gastrointestinal candidiasis is the Spit Test. On waking in the morning, before eating or drinking anything, spit some saliva into a glass of cool water. After about half an hour inspect the glass. If there are strands coming down from the spit, specks floating down the glass or saliva sitting in the bottom of the glass then it is highly likely that you have candida overgrowth. You can re-take the test periodically to see how the cleanse is going.

Stool tests and blood tests also help diagnose candidiasis.

A colon cleansing program can help you to clear out trapped waste material and candida yeasts and enable you to start afresh.

1. Preparation

Prepare your body and mind by improving your diet following the diet tips overleaf. Eat plenty of fresh lightly cooked or raw vegetables (initially you may have to cook some vegetables like broccoli, cabbage and cauliflower quite well as your tired colon may find them difficult to digest). Drink a glass of water with half a lemon squeezed into it every morning. Make nutritious soups with meat and vegetables.

Endeavour to make your bowel movements regular. Naturopathic principles dictate that you should empty your bowels twice daily - after breakfast and after dinner. Never ignore the urge (women are particularly bad for this!)

2. Cleanse

Start taking Pau D'Arco tea (readily available from health food shops). Pau D'Arco helps to gently loosen the bowels and faecal matter and is also a powerful anti-fungal so will attack the candida yeasts. *N.B. Pau D'Arco also has a slight blood thinning effect and so should not be taken by anyone prior to surgery or those suffering from a blood-thinning disorder or taking a blood thinning medicine such as Warfarin or by pregnant or breast-feeding women.*

After a couple of weeks of preparation start using Psyllium husks. Start with one tablespoon with a large glass of water in the morning half an hour before or after breakfast and build up gradually over a week or two to two tablespoons twice daily. If you prefer, you can take the psyllium husks with your food but make sure there is a liquid component e.g. milk on cereal or soup. Some psyllium husk cleansers also contain bentonite volcanic ash which helps to mop up the toxins liberated in the cleansing process. Carbon tablets have a similar effect and are traditionally used as a remedy for diarrhoea. If you have side-effects from the cleanse such as headaches, fatigue or irritability try taking carbon tablets (available at chemists or health food shops).

You will notice various changes in your bowel habits and products - observe with interest and adjust the cleanse as needs be. Do not rush the process.

3. Anti-fungals and Probiotic Repopulation

Once your bowels have settled into the cleansing process, start taking probiotics (I recommend Yakult or Actimel as they have been proven to reach the lower colon, many of the tableted sorts do not) to repopulate your bowel with friendly bacteria. These will help to keep candida levels under control. Use a berberine containing product such as goldenseal (my favourite) or Oregon grape to control candida and unhelpful bacteria, particularly if you are also prone to cystitis. Goldenseal is often taken with echinacea which helps support your immune system.

The whole cleanse will take 4 to 12 weeks, depending on the extent of the cleansing required!

Once through the main cleanse, continue to follow the diet guidelines as a basis for good health.