Anti-Candida Diet

Candida or *Candida albicans* is just one of a large group of yeasts that can produce problems in the body. Yeasts are natural inhabitants in our body and normally our natural body defences are able to keep yeast and other pathogens under control.

**Predisposing Factors**

- Prolonged, or repeated, use of ***antibiotics, corticosteroid drugs, and/or birth control pills***, at any time in the past
- Impaired immunity
- Impaired liver function
- ***Pregnancy, diabetes mellitus, and HIV infection*** are associated with an increased risk of Candida infections.
- ***Allergies*** can cause chronic recurrent yeast vaginitis, which can be resolved by avoiding the allergens and treating the allergies. Kudelco N. Allergy in chronic monilial vaginitis. *Ann Allergy* 1971;29:266-267.
- A ***diet high in processed sugars*** which encourages Candida growth.
- ***Low stomach acidity and secretions*** leading to poorly digested food.
- ***Antacids*** which decrease the pH of the stomach.
- ***Improper bowel movements*** leading to prolonged retention of fecal matter in the colon.
- Liver injury is linked to Candida overgrowth.
- There is some suggestion of Candida overgrowth being related to hypoglycaemia.

How do you know if you have an overgrowth of yeast? The internet is full of lists of symptoms that are attributed to yeast overgrowth. I prefer to test for the presence of yeast using an Organic Acid Test. This test includes a panel of yeast and mould metabolites that indicate the presence of yeast somewhere in the body. The metabolites I find most commonly detected is arabinose and tartaric acid, both are produced by Candida species. Arabinose binds with lysine and arginine in proteins crosslinking the proteins. This cross linking impairs the active sites for lipoic acid, vitamin B6 and biotin as well as initiating an autoimmune response. Cross linking of proteins results in poor nutrient flow through cell membranes resulting in loss of bowel function. Tartaric acid competes or inhibits the activity of malic acid in the Krebs (energy) cycle, thus reducing energy production. Candida is a tricky beast. It can turn into a hibernative state or form biofilms (basically a protective around the yeast). Therefore Candida can be difficult to eradicate.

Candida species love sugar in any form and our highly processed Western diet is full of sugar. Therefore the anti-Candida diet is a low-sugar diet. The diet eliminates fruit, added sugar, and most starchy vegetables, and is designed to starve the Candida of food. I provide a list of foods to eliminate as well as foods that are allowed and do not feed yeast. As well as providing dietary support, you may need support with “die off” symptoms as the yeast dies off it releases toxins that may make you feel worse.

Nutritional support is recommended as Candida depletes nutrients in the body and certain nutrients can also minimize Candida transforming into a hybernative state. In addition, using supplements that inhibit the growth of yeast can ensure that the anti-Candida program is successful.