

Candida Systemic Cleanse

Candida overgrowth Candida treatments

Candida overgrowth is yeast in the digestive tract or mucous membranes, called candidiasis, was popularized by William Crook, MD in his 1983 book, *The Yeast Connection*. It is also known as candida-related complex, polysystemic candidiasis, and chronic candidiasis. While some doctors dismiss candidiasis as a "fad" diagnosis, an increasing number of doctors and naturopaths are recognizing that Candida infection can be a serious health concern.

Learn the symptoms of systemic candida overgrowth infections.

Systemic Candida is believed to contribute to many troubling and vague health problems...see candidiasis infection and disease

Are You Experiencing Any of these Typical Systemic Candida Overgrowth Symptoms?

- Painful Itching and Swelling •Vaginal Odour •Vaginal Discharge • Rashes •Painful Intercourse or Sexual Dysfunction •Depression •Tiredness or Fatigue •Poor Memory •Irritability •Joint Pain or Swelling •PMS •Feeling Rundown •Digestive Problems •Muscle Aches •Short Attention Span •Hand Pain •Hip and Knee Pain
- Headaches •Acne •Respiratory Infections •Memory Loss
- Lowered Immune System •Low Self Esteem •Skin Problems •Impotence •Gas and Bloating •Hypoglycaemia
- Menstrual Pain •Urinary Disorders •Shortness of Breath
- Food Allergies •Learning and Memory problems
- Premature Aging

There are other more chronic conditions which are also associated with candida overgrowth...Poly-cystic Ovaries, Endometriosis, and infertility

.If you are suffering from any of the symptoms of systemic candida overgrowth, take heart. There are safe and effective candida treatments to rid your life of these problems. I am going to show you how to get your life back and have the good health

Diet is an important part of Candida cleansing. The length of time on the Candida cleanse depends on the length of time one has had symptoms, symptom severity, and overall health. Many people notice improvement after strict adherence to the diet for two to four weeks. For others it takes months. Once symptoms are gone, whole foods from the restricted list can be slowly incorporated back into the diet.

Limit daily carbohydrate intake as they break down into glucose sugars -Sugar feeds Candida, and promote candida overgrowth so it is important to minimize the total carbohydrate content of one's diet. During the first 2 to 3 weeks of the program, it is

often recommended that carbohydrate intake be reduced by 60%, and that only whole grain, yeast free versions are consumed.

Related Information

This Candida overgrowth systemic detox diet plan supports detoxification by increasing elimination from the body, cleansing the colon, enhancing circulation to clear toxic substances, eliminating foods from the diet that require detoxification or are allergenic, and providing nutrients to support and protect the liver which is the main organ involved in detox.

List of Foods to Avoid while Candida cleansing

1) Sugar

Refined sugar and mixtures containing refined sugar, including sucrose, dextrose, corn syrup, brown sugar, turbinado. Avoid artificial sweeteners. These all feed Candida and cause increased pH acidity.

2) Dairy Products

Milk, butter, yoghurt and other dairy products. These contain lactose-a sugar.

3) Wheat

Wheat and products containing wheat. Wheat sensitivity is common with systemic candida.

4) Gluten

All gluten-containing grains, including barley, oats, rye, spelt and kamut. Some people are sensitive to gluten, a protein fragment in these grains.

5) Corn

Corn and all corn products

6) Caffeine

Coffee, both regular and decaffeinated, black tea, and other drinks containing caffeine. Caffeine is a stimulant creating a stress response from the body and increased acidity. Green tea, however, is allowed and should be enjoyed.

7) Other Foods to Avoid

- Yeast
- Fermented Foods

- Vinegar
- Mushrooms
- Alcohol
- Food additives and preservatives
- Chocolate/confectionary
- Fast food
- Convenience foods

List of Foods to Enjoy while candida cleansing

As part of any systemic candida cleansing regimen some fruit may be consumed. First and foremost, all foods should be organically grown, without pesticides

1) Fresh Fruit

Enjoy one helping of fresh fruit daily. Fruit contains fructose...a sugar, which will feed your fungus. Avoid fruit juice drinks. Avoid acidic fruit such as Oranges, lemons and grapefruit. A compound in grapefruit called naringin can significantly inhibit liver detox enzymes and should be avoided during detox diets. Organic berries are best.

2) Fresh Vegetables

All fresh vegetables except corn, which can be an allergenic food. Great detox foods include broccoli, cauliflower, broccoli sprouts, onions, garlic, artichokes, beets, red and green vegetables. These also alkalize your body, aid detoxification and systemic candida cleansing..

3) Carbohydrates

Tips That Will Help Your Body during the candida cleanse diet

Carbohydrate intake should be restricted to 20 to 60 grams per day, depending on age, health, activity level, and extent of grain sensitivities. As symptoms disappear, the carbohydrate total can gradually increase. Foods that are low carb include protein foods such as chicken, turkey, shellfish, some nuts, and non-starchy vegetables.

a. Brown Rice (wholegrain rice)

Brown Rice is easily digested by most people. Choose brown rice, rice cakes, rice crackers and rice pasta.

b.) Other Wholegrain

Quinoa, amaranth, millet, and buckwheat can be used instead of rice. They can be purchased at a health food store.

4) Beans

Split yellow and green peas and lentils are easy to digest and require less soaking time. Other acceptable legumes include kidney beans, pinto beans, mung beans, garbanzo beans (chickpeas) and adzuki beans.

5) Nuts and Seeds

Unsalted nuts, seeds and nut butters can be sprinkled over any meal. Includes flaxseed, pumpkin seeds, sesame seeds, sunflower seeds, almonds, cashews and walnuts. Avoid peanuts as they carry a fungal spore, adding to candida overgrowth..

6) Fish, meat and poultry

Poached, broiled or steamed wild fish can be enjoyed. Avoid tuna, shell fish and farmed salmon as these contain toxic residues of metals, colorants and antibiotics..

7) Oil

Extra-virgin organic olive oil, and coconut oil

8) Condiments

Vegetable salt, sea salt, vinegar, naturally fermented soy sauce or tamari, any culinary herbs or spices, limited amounts of honey.

9) Herbal Tea

Herbal non-caffeinated teas, green tea.

10) Other Beverages

Water, 100% natural fresh vegetable juices (except orange, lemon and grapefruit), rice milk, oat milk, and soya milk (unsweetened)

11) Daily Detox Must Do's

- Start systemic candida cleanse antifungal treatment
- Eat raw unsweetened coconut.
- Drink a minimum of 8 glasses of water per day, warm or room temperature. Water is essential to clear waste from the blood in addition to the Whole Body Deep Cleanse. Thirst is often mistaken for hunger.
- Do not drink liquids around mealtime.
- Take the time to chew food well, especially grains.