



NATURAL  
MED DOC

# CANDIDA OVERGROWTH

## NUTRITION PLAN



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# What is Candida?

Candida albicans is a yeast or fungus that is naturally present in the microbiome of the gastrointestinal tract, vaginal canal, sinuses, and skin. Candida is not harmful to the body unless it begins to grow out of control.

Candida overgrowth will occur when the environment of the digestive tract is disrupted, or when sugar is present in high concentrations. Candida feeds on sugar and therefore diet has a huge impact on overgrowth.

When Candida overgrowth throws off the delicate balance of the gut microbiome mild to severe symptoms will present.



# Overgrowth Concerns and Feeding the Problem

As mentioned above, Candida feeds on sugar, and therefore high sugar diets (AKA standard American) and uncontrolled blood sugar directly feed this overgrowth.

Earlier we mentioned that if given the environment to thrive, candida overgrowth would become likely. What are those factors that allow for candida overgrowth?

- A high-sugar diet
- Antibiotic use
- Chronic stress
- Hormonal imbalances
- Oral contraceptives
- Diabetes
- Chloride exposure

## Symptoms of Candida overgrowth

- |                              |                                 |
|------------------------------|---------------------------------|
| • Brain Fog                  | • Bloating                      |
| • Repeated yeast infections  | • Constipation                  |
| • Weight Gain                | • Diarrhea                      |
| • Rashes                     | • Abdominal pain                |
| • Recurrent Sinus infections | • Fungal growth on the toenails |
| • Oral Thrush                | • Joint pain                    |
| • Food Cravings              | • Gas                           |
| • Fatigue                    |                                 |

A short list of symptoms of imbalance include decreased mental clarity, oral thrush, weight gain, fatigue, frequent gas, vaginal yeast infections, weakened immune system, sinus congestion, amongst many others.

# Why the Candida Diet is Necessary to Treat Candida Overgrowth

It is imperative that candida overgrowth gets treated. An untreated yeast overgrowth will not only leave your current symptoms unresolved but instead can worsen them and affect your quality of life.

The American diet and lifestyle are not set up to help us live our best and healthiest lives. In addition, diet alone also cannot kill yeast.



# The Natural Med Doc Protocol:

## Phase 1: Kill the Yeast Overgrowth

Begin diet in conjunction with anti-fungal supplements and/or pharmaceuticals. This phase consists of 3 weeks of treatment and a strict diet protocol. During this killing phase, you may expect “die-off” symptoms. “Die-off” symptoms occur when these fungi are rapidly being killed and releasing substances.

“Die-off” symptoms to expected including but not limited to:

- Nausea
- Headache
- Fatigue
- Dizziness
- Abdominal upset like gas, bloating, diarrhea
- Joint pain

As you saw above, high amounts of sugar worsen candida overgrowth, therefore dietary avoidance of those foods is crucial. Below you will find a basic guide of foods to strictly avoid during this phase.

Be sure to do a Pantry Purge! Throw out all foods that are not allowed while on the elimination diet to avoid temptation.

Be sure to read labels on all processed food before eating as sugar and other ingredients are often snuck into products.

Be careful when eating out. We often see symptom recurrence in patients after eating out even when they are careful with ingredients.

Symptoms may become worse before they get better! This is a typical detox reaction that usually will subside in 3-9 days.

## Phase 2: Transition and Progress Review Phase

At this phase we meet again and talk about your symptom picture, challenges while completing treatment, and may alter the protocol based on symptoms presentation.

While our hope is that at this phase your symptoms are improving, not every patient is the same, and there is a potential for co-infections such as SIBO that may also need to be treated. Therefore, at this phase we look at your progress and re-asses. If additional workup is needed then we discuss it at this phase.



## Phase 3: Gut Healing and Prevention Phase

Once intestinal balance is restored we must heal the underlying damage created by the yeast overgrowth, this includes healing tight junctions of the intestinal lining. At this phase we also focus on prevention, this is to make sure you don't ever have to deal with this again!



	Allowed	Restricted
PROTEIN	<p>Eggs</p> <p>Fish: anchovies, cod, flounder/sole, herring, halibut, salmon, sardines, trout</p> <p>Meat: beef, buffalo, elk, lamb, ostrich, pork, venison</p> <p>Poultry (skinless): chicken, Cornish her, duck, pheasant, turkey</p>	<p>All deli meat, lunch meat, processed meats,</p>
DAIRY PRODUCTS	<p>Cheese: cottage, goat, mozzarella, ricotta</p> <p>Keifer</p> <p>Milk Alternatives: almond, cashew, coconut, flaxseed, hazelnut, hemp, soy</p> <p>Yogurt- coconut, soy (cultured)</p>	<p>Cow's milk, goat milk, yogurt, all other cheeses</p>
VEGETABLES (Non-starchy)	<p>Artichokes, arugula, asparagus, bamboo shoots, bean sprouts</p> <p>beets (fresh, cubed), bok choy, broccoflowe, broccoli, broccoli sprouts, brussels sprouts, cabbage, carrots, cauliflower , celery, chard/Swiss chard, chervil, chives, cilantro, cucumbers, daikon radishes,</p>	<p>Corn, fermented foods (kimchi, pickles, saurkraut), mushrooms, potatoes, yams, and other root vegetables, and starchy vegetables.</p>



eggplant, endive,  
 escarole, fennel,  
 garlic, greens: Beet,  
 collard, dandelion,  
 kale, mustard, turnip,  
 etc, green beans,  
 horseradish  
 (additive-free),  
 jicama, kohlrabi,  
 leeks  
 Lettuce, all  
 Radishes  
 Microgreens  
 Okra  
 Onion  
 Parsley  
 Peppers, all  
 Radicchio  
 Salsa  
 Sea vegetables  
 Scallions  
 Shallots  
 Snap peas/snow  
 peas  
 Spinach  
 Sprouts, all  
 Squash: Delicata,  
 pumpkin, spaghetti,  
 yellow, zucchini, etc.  
 Tomato  
 Turnip  
 Watercress

FRUITS  
 Limit servings to 1–2  
 per day

Apple, green  
 Apricots  
 Blackberries  
 Blueberries  
 Cranberries  
 Grapefruit  
 Huckleberries  
 Peach

All fruits not  
 specifically listed in  
 allowed section, all  
 dried fruits, and all  
 fruit juice

	<p>Pomegranate seeds– Raspberries Strawberries</p>	
<p>WHOLE GRAINS Limit serving to 1 per day Unsweetened required. Sprouted, organic preferred</p>	<p>Gluten Free: Amaranth Buckwheat/Kasha Millet Oats: Gluten Free Rolled, whole Quinoa Rice: Brown, wild Barley Rye Wheat Spelt</p> <p>Individual Portions: Bread Cereal Granola Pasta Tortilla</p>	<p>Corn products: chips, grits, polenta, tortilla, etc. Refined grain products (white bread, sweetened cereals, multi-grain cereals, sweetened baked goods, etc.) and yeast breads.</p>
<p>LEGUMES (LENTILS AND BEANS)</p>	<p>Black soybeans Dried beans, lentils (cooked) Edamame</p>	<p>Peas and peanuts</p>
<p>HERBS AND SPICES</p>	<p>Basil Bay leaf Black pepper Cayenne pepper Chili powder Cilantro Cinnamon Cloves Cacao powder (100% raw) Coriander seed Cumin Curry powder Dill Fenugreek Garlic powder Ginger Himalayan salt</p>	

	Nutmeg Onion powder Oregano Parsley Paprika Pumpkin spice Red curry paste Rosemary Sage Sea salt Thyme Turmeric Vanilla bean (whole)	
BEVERAGES Unsweetened, no sugar added	Broth (organic): Bone, meat, vegetable Coconut water kefir Filtered water Seltzer water Tea (decaffeinated): Herbal Vegetable juice (fresh, raw, cold pressed)	Alcohol, caffeine, coffee, energy drinks, fruit juices, soda, and tea (green & black)
SWEETENERS	No Sugars, Natural Sweeteners, Or Artificial Sweeteners, Including (But Not Limited To) Aspartame, Splenda, Stevia, And Sugar Alcohols	
NUTS AND SEEDS Unsweetened required. Unsalted and organic preferred	Almonds Brazil nuts Chia seeds Coconut (dried) Coconut wraps (raw, vegan- no sugar) Flaxseed Hazelnuts Hemp seeds Macadamias Nut and seed butters: Almond, cashew, macadamia, pecan, sunflower	Cashews, peanuts, and pistachios.



	tahini, walnut Pecan Pine nuts Pumpkin seeds Sesame seeds Sunflower seeds Walnut	
<b>CONDIMENTS</b> 1 T or less per serving.	Coconut aminos Ketchup (sugar-free) Lemon/lime juice (fresh) Miso Mustard: Dijon, stone ground Tamari Vinegars: Apple cider	Ketchup (sweetened), mayonnaise, relish, soy sauce, tamari, vinegar (all except apple cider), all brined or sweetened products.
<b>FATS/OILS</b> Minimally refined, cold-pressed, organic, non-GMO preferred	Avocado whole Coconut butter Coconut milk Ghee/clarified butter (grass-fed), cooking: Avocado, coconut, ghee/clarified butter, olive (extra virgin), sesame salad: Almond, avocado, flaxseed, hempseed, olive oil (extra virgin), pumpkin, safflower (high-oleic), sunflower (high- oleic), sesame, walnut Olives: Black, green, kalamata Pesto (olive oil)	Commercially prepared salad dressings, sauces, and spreads. Margarine, mayonnaise, highly processed oils (canola, corn, grapeseed, peanut, soybean), and shortening



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