

CANDIDA OVERGROWTH NUTRITION PLAN

THE NATURAL MED DOC NUTRITION PLAN

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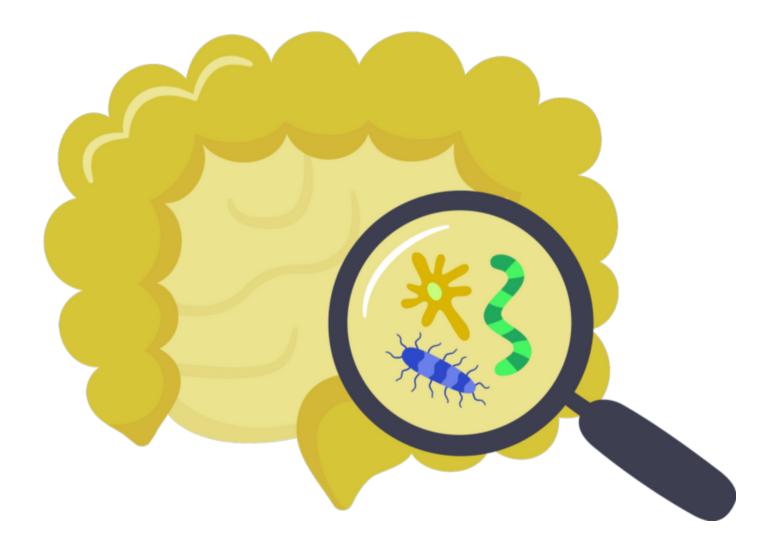
Foods to Eat and Foods to Avoid

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
- Repeated yeast infections
- Weight Gain
- Rashes
- Recurrent Sinus infections
- Oral Thrush
- Food Cravings

- BloatingConstipation
- Diarrhea
- Abdominal pain
- Fungal growth on the toenails
- Joint pain
- 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.

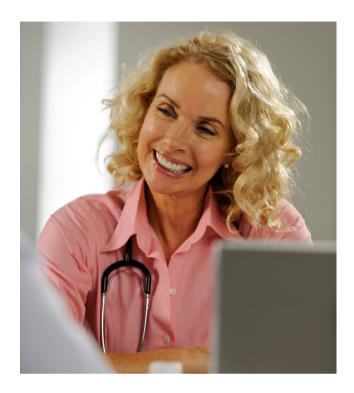
Symptoms may become worse before they get better! This is a typical detox reaction that usually will subside in 3-9 days.

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

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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			

	Jicama, Konirabi, leeks Lettuce, all Radishes Microgreens Okra Onion Parsley Peppers, all Radicchio Salsa Sea vegetables Scallions Shallots Shallots 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

	Pomegranate seeds– Raspberries Strawberries	
WHOLE GRAINS Limit serving to 1 per day Unsweetened required. Sprouted, organic preferred	Gluten Free: Amaranth Buckwheat/Kasha Millet Oats: Gluten Free Rolled, whole Quinoa	Corn products: chips, grits, polenta, tortilla, etc. Refined grain products (white bread, sweetened cereals, multi-grain cereals, sweetened
	Rice: Brown, wild Barley Rye Wheat Spelt Individual Portions: Bread	baked goods, etc.) and yeast breads.
	Cereal Granola Pasta Tortilla	
LEGUMES (LENTILS AND BEANS)	Black soybeans Dried beans, lentils (cooked) Edamame	Peas and peanuts
HERBS AND SPICES	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	

	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	
CONDIMENTS 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.
FATS/OILS 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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