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CANDIDA PROGRAM

BASIC PROGRAM:

- 1) TOXIN BINDER--- taken an hour before breakfast, away from any food or supplements
Psyllium -- for either of these take 1 tablespoon in 2 - 4oz. of water or
Nutriflax grapefruit juice, followed by 8oz. of water
- 2) YEAST BALANCER --- taken with food
CapsPlus (Citricidal) _____ capsules with breakfast
Garlic _____ tablet with breakfast
- 3) BOWEL RE-COLONIZER--- never taken at the same time of day as the yeast balancer to keep the yeast balancer from nullifying the good effects of the probiotic. It is best kept in the refrigerator.
HMF Forte _____ capsules at dinner
HMF Replete _____ package at dinner
- 4) DIET--- avoid all sugars, yeasts, fungus and fermented foods. Eat low carbohydrate vegetables, seafood, lean meats, soy and eggs. Even though the diet is low in carbohydrates you need to feel full. The amount of carbohydrates needed varies from person to person. The following lists of foods are meant to be a guide only. There are some foods not on these lists that would be fine to ingest on this program. If you are hungry eat larger quantities more often. You are allowed two fruits a day on the program, avoid sweet fruits such as bananas and dried fruit. Keep the quantities moderate.

THREE MONTH PERIOD ENDING: _____

This program needs to be followed strictly for 3 months. If one slips for a day just go back to the program the next day. If you go without the supplements or the diet for 1 week or more before the 3 month period ends the yeast will start to regrow and some of the gain you have made will be lost.

FOODS YOU CAN EAT FREELY:

VEGETABLES: Most of these vegetables contain lots of fiber and are relatively low in carbohydrates. They can be eaten raw or cooked.

Asparagus	Beets	Broccoli	Brussel Sprouts	Cabbage	Carrots
Cauliflower	Celery	Cucumbers	Eggplant	Green Pepper	Onions
Okra	Parsley	Radishes	Soybeans	String Beans	Tomatoes(fresh)
Garlic	Greens: Spinach, Mustard, Beet, Collards, Kale				

MEATS AND EGGS:

Free Range Chicken	Lobster	Sardines	Mackerel	Salmon
Free Range Turkey	Shrimp	Crab	Cod	Other Seafood
Wild Game	Lamb	Eggs	Tuna	Organic Beef

BEVERAGES: Water, herb teas, coffee substitutes

FOODS YOU CAN EAT ONCE A DAY:

HIGH CARBOHYDRATE VEGETABLES:

Sweet Corn	Lima Beans	White Potatoes(baked)	Sweet Potatoes	English Peas
Beans and Peas(dried and cooked)		Squashes: winter, acorn, butternut		

WHOLE GRAINS: Barley, corn, millet, oats, rice, wheat

BREAD: All breads should be made with baking powder or baking soda as a leavening agent. Whole grain or sourdough bread is okay, but 100% rye products are recommended.

PASTA: Keep to a minimum. Refined flour and water often acts like a refined sugar in the body.

DAIRY: Yogurt (sugar free), buttermilk and butter. Milk and soft cheeses can be used in moderation (if not sensitive to dairy).

FOODS YOU MUST AVOID:

SUGARS:

Sugar and Sugar-containing foods: sugar and other quick-acting carbohydrates. Including sucrose, fructose, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose, monosaccharides and polysaccharides. Also avoid honey, molasses, maple syrup, maple sugar, date sugar, and turbinado sugar.

Packaged and Processed Foods: canned, bottled, boxed, and other packaged and processed foods usually contain refined sugar products and other hidden ingredients.

Fruit and Fruit Juices: all sweet fruit should be avoided and no fruit juices. Diluted vegetable juices are okay.

Dried and Candied Fruit: raisins, apricots, dates, prunes, figs, pineapple.

Melons: (mould content may be high) watermelon, honeydew melon, and especially cantaloupe.

YEASTS AND MOULDS:

Breads, pastries and other raised bakery goods (yeast). Whole grain, sourdough is okay.

Cheeses: most cheeses (mouldy cheeses, such as Roquefort, are the worst). Prepared foods including Velveeta, macaroni and cheese, Cheezits, and other cheese-containing snacks. Also sour cream. Soft cheeses (mozzarella, string, etc.) are okay.

Leftovers: properly refrigerated leftovers will reduce mould content. Freeze if possible.

FERMENTED:

Alcoholic Beverages: wine, beer, whiskey, brandy, gin, rum, vodka, and all other fermented liquors and liqueurs. Also fermented beverages such as cider, root beer, & ginger beer.

Condiments, Sauces, and Vinegar-Containing Food: avoid pickles, pickled vegetables, sauerkraut, salad dressings made with vinegar (lemon juice may be substituted for vinegar in salad dressings and does not count as a daily fruit portion). Use condiments with caution, but if vinegar is the 4th or 5th ingredient on the list a small amount is okay. This includes: mustard; ketchup; worcestershire; seafood, steak, BBQ, and chili sauces; relishes; horseradish; mayonaise.

Soy Sauce & Tamari: use in moderation. Substitutes are Bragg Amino Acid mix or Ronners Broth.

Malt Products: malted milk drinks, cereals, and candies. (malt is sprouted grain that is kiln-dried and used in the preparation of many processed foods and beverages).

FUNGUS:

Edible Fungi: all types of mushrooms, morels, and truffles.

Nuts: no peanuts allowed. Other nuts are okay.

OTHER:

Coffee and Tea: regular coffee, instant coffee and black tea. Herbal tea is okay. Coffee substitutes without malt are okay.

Processed and Smoked Meats: pickled and smoked meats and fish—including sausages, hot dogs, corned beef, pastrami and pickled tongue.