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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 refridgerated 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 4<sup>th</sup> or 5<sup>th</sup> 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.

**Candida Diet Plan for 7 Days** (Try and find organic sources of food as much as possible. See my list of sources of organic fruits, vegetables and meats. Try not to worry about blood type diet while you are on this program. It will be too difficult. Inquire about my recipes available on the web site free or in print for a small fee).

**Allowable condiments:**

Bragg liquid in place of soy sauce  
Spike in place of salt and pepper  
Lemons and limes instead of vinegars  
Hot sauces (read labels)  
Curry sauces (read labels)  
Butter  
Nut butters such as cashew, almond, sesame (not peanuts as they are moldy)

**Snacks suggestions:**

Almonds, cashews, filberts, soy nuts, macadamia nuts  
Grapefruit  
Hard boiled egg with spike  
Olives  
Air popped popcorn with butter and spices (try not to have in evening)  
Celery filled with nut butters

**Salad Ideas:**

Proteins:

Roasted almond slices  
Soy bacon bits  
Grated soy or rice cheese  
Shrimp  
Smoked salmon  
Sardines  
Fake crab

Carbohydrates:

Grated beets or carrots  
Peas and corn (carbohydrate)  
Olives  
Sunflower sprouts  
Avocado

**Sandwich suggestions:**

Avocado, lettuce, sprouts and tomatoes  
Sundried tomatoes with humous or baba ganouj (see my recipes)

**Day One:**

Breakfast: Rice puffs with soy or rice milk

2 sliced of rye toast with nut butter

Lunch: Salmon mixed with soy mayonnaise on a bed of organic romaine lettuce

Bowl of soup (see my recipes for suggestions)

Handful of organic pre-washed carrots

Dinner: Stir fry breast of chicken and vegetables in a mix of olive oil, garlic, onions,

And other spices.

Salad (protein)

**Day Two:**

Breakfast: Eggs cooked any way you like. Omlette is the best food combining. If you want to add cheese try soy or rice cheese instead. The best form of soy cheese is soya loaf.

Lunch: Rice stir fry with vegies and rice.  
Salad (carbohydrate)  
Dinner: Chicken wings with hot sauce or spices  
Steamed carrots, broccoli and cauliflower  
Salad (protein)

**Day Three:**

Breakfast: Vitamin Drink with grapefruit juice, soy or rice milk. See office handout for this  
Recipe.

Lunch: Spinach salad with roasted almond slices, lime juice, eggs, and olive oil.  
Soup or left over protein stir fry

Dinner: Baked salmon or cod  
Baked beets and carrots with butter  
Salad (protein)

**Day Four:**

Breakfast: Hot oatmeal with butter and soy or rice milk  
Rye toast with nut butters

Lunch: Baked potato with butter and onions  
Mixed vegies such as carrots, peppers

Dinner: Shrimp stir fry  
Salad (protein)

**Day Five:**

Breakfast: Rice with bragg liquid and butter

Lunch: Vegetable soup  
Sandwich with rye bread

Dinner: Lamb curry with carrots, broccoli, etc  
Salad (protein)

**Day Six:**

Breakfast: Left over protein stir- fry  
Vegetables

Lunch: Baked yams  
Wild rice with organic brown basmati rice  
Salad (carbohydrate)

Dinner: Salad with avacado, and shrimp or sardines and roasted almonds  
Chicken and cashew stir fry

**Day Seven:**

Breakfast: Corn flakes  
Rye toast with nut butters

Lunch: Devilled eggs with soy mayonnaise  
Salad (protein)

Dinner: Hamburger patties with vegies  
Salad (protein)