

STEP 2

STARVE IT!



Importance of the Anti-Candida Diet

When fighting Candida, many people do only this step and find only temporary relief. I can't tell you how many different times I've heard some version of this story:

"The Anti-Candida diet didn't work for me. I did it for 2 months, and my symptoms improved a lot. I thought I had done a good job fighting off the Candida in my gut. But as soon as I went back to eating 'normally,' all of my symptoms came back worse than ever."

What happened with this person is totally normal and expected because she:

1. Didn't do a colon cleanse
2. Didn't take any anti-fungals (natural or pharmaceutical)
3. Didn't replenish beneficial bacteria (so she left a mansion for Candida to live in)
4. Didn't use mucilaginous herbs to repair her gut lining, leaving herself susceptible to ongoing food sensitivities and the various states of inflammation and illness that can result from leaky gut.

So, I want it to be clear for you:

This step is absolutely necessary to get Candida levels back down to normal ranges, but without the other steps, it's practically useless.

It's also probably the most difficult step in the whole process, and it's the thing you're going to need the most support with. That's why we have the Guts and Glory Galley with the extra group support and recipes!

Starving Candida does NOT have to be boring and tasteless.

You do NOT have to spend every spare minute in the kitchen.

You CAN cook easy, quick meals that the whole family will love!

Okay, let's get down to it!

Foods We Eat on the Anti-Candida Diet

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Vegetables

LOTS OF VEGGIES, garlic, unprocessed organic meats, pasture raised eggs (Vital Farms is a good brand- sold at most Whole Foods), and coconut oil, and nothing that digests as sugar.

I've included a cheat sheet of popular foods that are included/ not included on the typical Anti-Candida diet as a PDF right where you found this one.

I encourage you to download it, print it out, and hang it somewhere prominent in your kitchen.

Garlic

Eat as much garlic as you can handle! Food is medicine! And garlic is powerful against viruses and fungus and strengthening to the immune system.

Sweeteners

Xylitol: 20% of people react to xylitol with bloating, diarrhea, or headache. If this doesn't happen with you, go ahead and use it to sweeten things.

Xylitol is great against Candida and can help to strengthen tooth enamel. I use it in my homemade essential oil toothpaste, which I use every day.

Check to make sure yours is from a birch tree and not a GMO. You can measure it cup for cup the same as sugar in recipes.

Liquid Stevia: I like the Trader Joe's kind best for quality and price.

There are some other brands that work well which you can find online and at Whole Foods (365 Brand). Just make sure it's not flavored (chemicals) and not powdered (way too processed, chemicals).

Turmeric

Turmeric is a powerful spice! It helps to support the liver so that it can produce a powerful antioxidant called glutathione peroxidase. This helps to reduce cellular inflammation and will reduce detox symptoms, making the cleanse more comfortable for you.

I encourage you to find a way to consume turmeric every day while you are fighting Candida!

There is a recipe for turmeric ginger lemonade that you can make every day if you like. Sip on it all day long and feel your detox symptoms flit away!

Beans and nuts

These are all welcome on the Anti-Candida diet, except for peanuts (mold) and kidney beans (hard to digest).

I've listed some cooking tips to make beans and grains more easily digested below in the grains explanation.

Grains

On the typical Anti-Candida diet, grains are limited to quinoa and brown rice. You do not have to eat grains at all if you don't want to or if you feel like sticking to more of a paleo style diet is better for you. That's up to you.

Just a couple tips for making grains and beans more easily digestible:

1. Soak them in water with 1-2 tsp sea salt overnight before you plan to cook them and rinse them in the morning. This removes phytic acid in grains and helps to make both grains and beans more easily digestible.
2. Cook them in bone broth, if you have it handy!
3. Cook them with kombu. Kombu is a sea vegetable that adds minerals to food when used like a bay leaf in cooking. Just cut a roughly 3-inch strip and put it in the pot with the beans/grains.

Kombu can also help to reduce cravings for sugar. You can find it in the Asian section of most grocery stores.

Organic, pasture raised animal products (meat and eggs)

If you eat animal products, just make sure they are pasture raised and organic.

That means that the animals ate worms, bugs, and grass rather than soy and corn that may have been GMOs, full of pesticides, hormones, and antibiotics, or laced with corn syrup to fatten them up quickly.

You are eating what the animal ate, even in eggs! The animal should be eating the most natural things possible.

Fruit

The Anti-Candida diet can include 1 green apple or up to one cup of berries per day. Also, limes, lemons, pomegranates, and avocados.

This is a great way to satisfy your cravings for something a little sweet.

I love to slice a green apple nice and thin in my food processor and simmer it on the stove with a little water and a lot of cinnamon until it's all soft and I can mash it with a potato masher.

Yummy homemade applesauce!

Add a little unsweetened coconut milk in there for a creamy finish. Yum!

Vegetables

Lots and lots of vegetables!!!

Limit acorn squash, butternut squash, sweet potatoes, and yams to 1-1.5 cups per day.

Avoid starchy vegetables like white potatoes.

Unlimited access to all other vegetables! They are alkaline producing, don't feed Candida, full of vitamins and minerals, and support immunity.

That's everything we want in a food!

Bone broth

You can buy bone broth in the store or, even better, make your own! Check our recipes for a great, simple recipe.

Bone broth is a fabulous tool for gut repair and immune system support.

Drink this and the turmeric ginger lemonade every day, and your cleanse will pass by more easily and quickly than it could without them.

Hot beverages

I'm sorry, but I'm going to have to tell you that coffee is not beneficial for your health in any way, especially when you are immune compromised.

Caffeine thins the gut lining, which is already compromised by the Candida overgrowth.

It also encourages the overproduction of cortisol, the stress hormone, which we are actively trying to reduce in this program.

Herbal, green, white, and dandelion teas are all great to have.

If you're sad and missing your coffee, I do offer a great recipe on my website for [Cacao Hot Morning Beverage](#).

I still drink it every morning, and I just LOVE it!

Aloe Vera juice

Good quality Aloe Vera juice is very alkaline forming and can help with inflammation, gas, bloating, reflux, and constipation.

You might want to put 1-2 ounces in your smoothie in the morning or mix it with a little water before bed.

Foods We Avoid on the Anti-Candida Diet

Sugar (natural and artificial)

We don't eat any dried fruits or sugar of any kind (even sugar free artificial sweeteners) on the Anti-Candida diet.

This is where you really have to read the ingredients list!

Sugar comes in so many different forms and with so many different names, like dextrose, maltose, glucose, fructose, galactose, etc. (basically anything ending in -ose), cane juice, beet sugar, coconut sugar, corn syrup, dextrin, diastatic malt, ethyl maltol, Florida crystals, maltodextrin, sucanat etc.

Basically, if it ends in -ose or if you can't pronounce it, it will derail your cleanse, either because it is a form of sugar or because it's a crazy over-processed chemical.

Watch your salad dressings and condiments like a hawk! Really, it's best to make your own.

I love a salad dressing of olive oil, freshly squeezed lemon juice, and sea salt. Delicious, and slightly sweet!

Things our body digests as sugar

We're avoiding all grains except for brown rice and quinoa, because they digest as sugar, feed Candida, and create inflammation.

So, that means we avoid white rice, wheat, buckwheat, bread, bagels, pasta, etc.

Good news: there is pasta made with brown rice and quinoa! Just check the label and make sure they didn't sneak in anything else. I've seen brown rice pasta with wheat in the ingredients list. Ya gotta double check!

If you keep this down to about 1 cup per day, you're good!

Fermented foods

Candida feeds off fermentation, including apple cider vinegar and alcohol, so those are all not included in the Anti-Candida diet.

We only add in fermented foods towards the end of the cleanse, when the Candida overgrowth is gone and we're rebuilding the gut.

For now, if you want to kill Candida, it's not a good idea to feed it with fermented foods.

Cutting off alcohol might be the hardest part of this for you.

I feel for you! It was hard for me too!

But it's a small (and temporary) price to pay for getting this annoying bug out of your system and having true vitality from the inside out for the rest of your life!

Foods high in mold

Let's leave out peanuts and mushrooms.

Candida feeds on mold.

Peanuts are found to be high in mold because of how they are usually stored, and of course, mushrooms are a form of mold.

Most fruit

Most fruits and all dried fruits feed Candida. Even natural sugars feed Candida. Plus, most dried fruits harbor mold.

Huge bummer, I know. It's not forever. Just stick to your guns on this cleanse, and you shouldn't ever have to go through this again!

Eyes on the prize, guys!

Dairy products

First, note that eggs are not dairy products. Dairy is defined as products made from milk. If you do not have a sensitivity to eggs, have at it with the eggs!

But all dairy products are out on the Anti-Candida diet, including yogurt. They slow digestion (most take up to 8 hours to digest) and feed Candida because of the sugars in them.

Personally, I really think that humans were never meant to consume milk from anything other than their own mother. If you don't agree, I'm not offended. We're all allowed to have our own opinions. But I've seen what cow's milk can do to a person, and I hold firm to my beliefs here.

That being said, raw milk may be an option for you later on when we're adding in fermented foods. It has been shown to help rebuild the gut lining.

Also, goat cheese may not be so horrible for you on this cleanse since it can digest in only about 20 minutes. If you choose to do this, try to keep it to 2-3 times per week max, and make sure it's pasture raised.

Trouble digesting apples or berries?

I suggest cooking them to help them digest more easily.

What should your plate look like?

Try to fill at least $\frac{1}{2}$ of your plate with vegetables.

The other half: try to fill with clean animal protein and a little carbs like root vegetables, beans (except kidney beans), or brown rice or quinoa.

If you're going paleo, just fill that extra grain space with more veggies!
Weeeee!

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