

*From "The Nutrition Detective" by Nan Fuchs, Ph.D., Dist. by St. Martin's Press, 1985. ISBN 0-87477-350-4*

*About the Author: Nan Kathryn Fuchs holds a Ph.D. in nutrition and, at the time of publication, was director of a research project on premenstrual syndrome with endocrinologist/gynecologist and PMS specialist Guy E. Abraham, MD.*

*Dr. Fuchs has long been interested in alternative medicine and was cofounder of one of Los Angeles's most successful holistic health centers. A writer and researcher, she has a private practice in nutrition in Santa Monica, CA.*

*Excerpted from "The Nutrition Detective" pp. 125-129.  
Just as there is no simple diagnosis or test for Candida, there is no simple treatment. Stopping the growth of the fungus and driving it out of the tissues are the goals of a multilevel treatment that includes:*

*Immediate elimination of antibiotics, birth control pills and other hormone-altering substances.*

*A diet designed to stop feeding the yeast.*

*Medical use of antifungal agents--such as Nystatin, or a homeopathic liquid, Candex--which permeate the intestines and help destroy Candida throughout the body.*

*The diets required to starve out Candida eliminate all sources of yeast and fungus and all sugars and sweets, including lactose-containing dairy products, except for butter.*

*Mild cases of Candida (yeast infections and vague symptoms that are recent) will usually respond to the Candida Diet No. 1*

*Moderate Candida (chronic, severe yeast infections or definite, interfering symptoms) would best respond to the Candida Diet No. 2*

*Severe cases, which may have begun in early childhood or are debilitating (cannot work, difficulty functioning), would require the persistent efforts of the Candida Diet No. 3*

*Each diet is listed with foods to eliminate, to reduce, and to emphasize. In addition, each level has its recommended nutritional supplementation.*

## **Candida Diet No. 1: Mild**

For persistent vaginal yeast infections with no other symptoms. This diet will help you get the Candida under control and prevent recurrent outbreaks.

### **Foods to Eliminate** (Save for Reference for Diets 2 and 3)

Sugar in all forms, including honey, except occasional whole fresh fruit.

Fungus, molds, and yeast in all forms, including vitamins and minerals.

Most B vitamins (unless label states otherwise).

Most breads and commercial baked goods.

All alcoholic beverages.

Mushrooms.

Vinegar and all foods containing vinegar, including salad dressing, sauerkraut, green olives, pickled vegetables, and relishes.

Some crackers (read labels carefully for yeast ingredients)

Fermented products including soy sauce (tamari) and tofu

Dry roasted nuts.

Barbecued potato chips.

Most commercial soups.

Apple cider and natural root beer.

White flour.

Bacon and other pork, which often contain molds.

### **Reduce**

Whole grains and starchy vegetables until symptoms lessen.

Fruit and diluted fruit juices, which may cause yeast to grow.

Nuts and seeds (small amounts).

Beans and other legumes (small amounts).

### **Emphasize**

Eggs, fish, chicken, turkey, seafood, lamb, and veal.

Vegetables except corn and potatoes.

Vegetables that inhibit the growth of Candida: raw garlic, onions, cabbage, broccoli, turnip, kale.

## **Candida Diet No. 2--Moderate**

For chronic vaginal yeast infections, or additional symptoms which prevent you from feeling really good, begin with this diet. If Diet No. 1 did not clear up your symptoms, incorporate these suggestions into your program as well.

### **Eliminate**

Same as Diet No. 1 -- Plus

Wheat, oats, rye and barley, which contain gluten and can feed Candida.

Fruit and diluted fruit juices, high in fructose (fruit sugar).

### **Reduce**

Same as Diet No. 1, except for some whole grains: brown rice, millet, buckwheat, cornmeal

Herb teas and spices, which may contain molds.

### **Emphasize**

Same as Diet No.1

## **Candida Diet No. 3: Severe**

Some people are debilitated by Candida and cannot function at work or can barely get through the day. If you were exposed to high levels of antibiotics as a child, or if you have had severe symptoms for more than four years, go directly to this diet. If your symptoms did not clear up with Diet No. 2, advance to this one until they diminish.

### **Foods to Eliminate**

Same as Diets nos. 1 and 2.

Dried meat and smoked meat, fish of poultry, including sausage, hot dogs, luncheon meats, smoked turkey, and smoked salmon.

Nuts and seeds, which may contain mold.

All grains, except a little rice and millet.

Herb teas and spices.

### **Emphasize**

Eggs, fish, chicken, turkey, seafood, lamb, or veal, sauteed in a little butter or safflower oil or baked with vegetables.

Steamed, sauteed, or baked vegetables, especially onions, garlic, cabbage, broccoli, turnips, and kale.

All vegetables are fine except potatoes and corn, which are high in carbohydrates.

Sauteed vegetables with eggs on rice cakes, or a vegetable omelet.

Salads seasoned with safflower oil and a little fresh lemon juice.

Gazpacho, tomato-based fish chowder, vegetable soup, chicken or lamb stew.

Small quantities of rice and millet.

A cold rice salad with steamed vegetables, seasoned with oil and lemon juice; sauteed rice with shrimp, chicken, and vegetables, or simply steamed vegetables with either grain are a few ideas that will work on this program.

Rice cakes, found in some supermarkets and health food stores, can be used instead of bread.

Vegetable sticks with guacamole dip (avocado, fresh tomatoes, onions, lemon juice, and a little salt) for a snack.

*As soon as you are free from symptoms, begin reintroducing a few foods slowly. The last ones to add would be yeast, vinegar, and mushrooms.\* It may be necessary for you to stay on the Candida Albicans Diet for a number of months. Doctors report a year or more is not unusual, but Fuchs has found by combining supplements with diet, it is often possible to go back to the Anti-Illness Diet more quickly. The more thoroughly you are able to stay on these diets, the faster you can eliminate excess Candida. However, it is better to be on a modified diet than on no diet at all. Some patients would rather eat sugar or have a glass of wine occasionally even though it may mean being on the diet for a longer period of time.*