

## Candida Cleanse

Start Date \_\_\_\_\_

End Date \_\_\_\_\_

### **Foods/ Beverages that are allowed**

All meats

All vegetables, except mushrooms

All fresh fruits, nothing dried

All dairy products, except for aged cheeses (yogurt needs to be unsweetened)

Any unleavened bread products (spelt, rice, rye and oat products are available)

Water, unsweetened tea

Oil and lemon to dress salads

### **Foods/ Beverages to avoid**

Anything containing refined sugars (soda, candy, jams/ jellies)

Anything containing yeast or wheat (bread, cake)

Anything fermented (vinegar, soy, alcohol – this includes dressings and condiments)

Anything packaged, read labels very carefully

Anything with 'active cultures' might contain yeast

Mushrooms

### **Acidophilus OR recommended supplement:**

*This may be found at Wholefoods or another natural food store*

## Weed and Feed Diet

Start Date \_\_\_\_\_

End Date \_\_\_\_\_

**This diet is on a weekly schedule and is in addition to your diet.**

Days 1 and 2: 1 raw clove of garlic/day between meals, **followed by an 8 oz glass of water.**

Days 3-7: High quality probiotic 1-3 times per day.

No garlic on probiotic days and no probiotic on garlic days.

**Standard Process Gut Flora may be used instead of a probiotic.**