



Mardian Natural Medicine

347 Old Chicopee Trail, Kitchener, Ontario, N2A 4G5

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Candida Protocol

To remove the Candida

Cut out all of the following:

- * sugar, all types: brown, white, syrup, molasses, honey, fructose, lactose, maltose, dextrose etc. Check all tins and packets,
- * yeast products: bread, pizza, buns, breadcrumbs, marmite, Oxo, Bovril, Bisto, gravy mix etc. flavoured foods i.e. crisps and foods containing citric acid.
- * refined grains, white flour products, cakes, biscuit, pasta, cornflour, cereals etc. all prepared breakfast cereals except Shredded Wheat and purpose made options like Kashi
- * cured and smoked products: bacon, meats, kippers etc.
- * fermented products, vinegar, pickles, chutney, soya sauce, alcohol
- * tea, coffee, ovaltine, chocolate, etc and all malted products
- * cows milk, cheese cream except yoghurt and cottage cheese
- * fruit, fresh, juice or dried (some fresh fruit can be added after three weeks under the direction of your therapist)
- * mushrooms
- * peanuts and peanut products

Enjoy the following foods:

- * onions and garlic,
- * fresh vegetables and their juices (beware of carrot juice it contains a lot of sugar)
- * rainbow salads are good,
- * rice cakes, oat cakes (unmalted), ryvita, sesame and original only,
- * soya milks, butter, cottage cheese and yoghurt.
- * herbs, mild spices,
- * freshly cracked nuts, seeds
- * water, fruit and herb teas
- * cold pressed oils
- * brown rice and flours, use for cakes and pastry etc.



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Continued....

- * oats (porridge makes an excellent breakfast – make with water and serve with nuts, seeds and yoghurt)
- * meats, unprocessed preferably organic or free-range
- * fish preferably unprocessed, oily fish is best
- * eggs, lentils, peas and beans
- * Granny Smith apples inhibit Candida and all other apples contribute to it. You may enjoy one Granny Smith apple per day.

To replace important nutrients

Take a good multi vitamin and mineral, vitamin C and any other nutrients prescribed by your therapist. At this stage chromium should help to control blood sugar. Citricidal acts as a parasiticide and has great potential when combined with black walnut and oregano.

To re-colonise the gut

Take probiotics - Lactobacillus acidophilus, bifidus

FOS -fructo oligo saccherides

Homeostatic soil bacterias are of great benefit

Eat natural yogurt daily

Eat plenty of fresh vegetables, organic if possible to provide essential nutrients and antioxidants to repair the immune system and fibre to help repair the digestive system.

Candida takes 6-8 weeks to treat properly and most people are inclined to stop after 4-6 weeks. To truly be effective one must cleanse for 8 weeks and do a couple of 2 week mini cleanses per year.

IF YOU ARE A WOMAN AND EXPERIENCING A VAGINAL YEAST INFECTION YOU CAN ADD AN HMF PROBIOTIC CANDIGEN SUPPOSITORY TO HELP REESTABLISH PROPER BACTERIAL FLORA.