

CANDIDIASIS PROTOCOL – Yeast Free Regimen

Candidiasis (yeast overgrowth) is a fungal infection caused by an overgrowth of *Candida albicans*. *Candida albicans* is a yeast naturally present on the skin and in the mouth, throat, vagina, and gut but is normally controlled by healthy, balanced immune system and by the healthy bacteria in our colon. However, when the environment of the gut becomes disbalanced, *Candida albicans* may overgrow, causing systemic complications. Examples of disbalance in the gut environment include: Stress, inflammation, diets high in yeast, sugars and carbs, as well as antibiotic use. Antibiotics are prescribed to kill bacteria based on a certain type of infection, but they also kill normal healthy bacteria in other areas of the body. **An overabundance of sugar in the gut feeds the yeast, which is why sugar cravings are an indication of yeast overgrowth.** As the gut becomes further disbalanced, the body will begin to show symptoms associated with candida overgrowth.

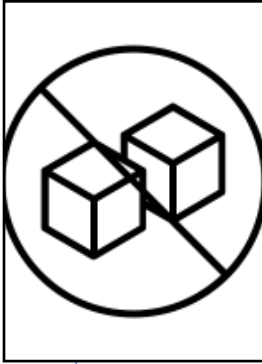
Symptoms associated with *Candida* overgrowth may include: Bloating, constipation, headaches, fatigue, skin rashes, immune suppression, chemical sensitivity, persistent yeast infections, brain fog, and oral thrush. These symptoms can be eliminated by implementing a Yeast Free Regimen to restore a balanced gut environment, decrease inflammation, and allow the body to regain immune defense.

Depending on the extent to which a patient is experiencing symptoms associated with *Candida* overgrowth, the duration of this protocol may vary. Patients generally follow a Yeast Free Regimen between one and three months. **In addition to eliminating yeast from the diet, the patient should incorporate compounded sugar-free Nystatin, fluconazole, and rotate their probiotic roughly every three months.** If necessary, an antifungal nail solution can also be added on.

NOTES ON THIS PROTOCOL:

- Duration of treatment depends on persistence and severity of yeast overgrowth symptoms
- Nail treatments should be expected to last 3-4 months for complete resolution
- Using a sugar-free Nystatin is important for overcoming Candidiasis. Commercially available Nystatin products contain sugars, which is counterintuitive to eradicating sugar and yeasts from the body.

STEPS FOR A SUCCESSFUL YEAST FREE REGIMEN:



Prior to starting the Yeast Free Regimen, eliminate simple carbs from the diet for at least one week



During Month 1 of Yeast Free Regimen eliminate the following:

Yeast, sugar, milk products, alcohol, and fruit

Start compounded Nystatin (Sugar/Dye Free) capsules

Start probiotic

Consider Alka-Seltzer Gold with each dose of Nystatin to neutralize acid-associated yeast die-off symptoms



During Months 2 and 3 of Yeast Free Regimen:

Continue to avoid yeast and sugar products (Some products may be added back in sparingly - see table below)

Continue compounded Nystatin (Sugar/Dye Free) capsules

Take 1 week of fluconazole (while continuing Nystatin)

THROUGHOUT THE **DURATION** OF THE YEAST FREE REGIMEN:

The following foods are okay	The following foods are to be eliminated
<ul style="list-style-type: none"> • Meats • Eggs • Salads • Most vegetables • Dried beans • Select hard cheeses (ie: cheddar, jack, parmesan, manchego) • Butter (real butter only, no margarine) • Lemons, limes • Avocados • Virgin coconut oil and Cold-pressed olive oil • Nuts and natural nut butters • Black olives • Coffee and Herbal teas • Natural Sweeteners (Stevia, Erythritol, Xylitol) • Apple Cider Vinegar (the only vinegar product allowed) 	<ul style="list-style-type: none"> • Sugar and Artificial Sweeteners (honey, syrup, agave nectar, NutraSweet, Sweet-n-Low, Equal, Splenda) • Vegetables to avoid: Beets, butternut squash, peas, potatoes, mushrooms • Soft drinks • Flour • Pasta • Bread and Baked goods • Grains (corn, wheat, oatmeal, rye, millet, rice, barley) • Milk, Yogurt, Soft cheeses • Lima, refried, baked beans • Processed meats (ie: hot dogs) • Mushrooms • Beer, Wine, Liquor • Vinegars (Pickles, green olives, salad dressing, soy sauce, mayo, ketchup, salsa) • Vegetable shortening

AFTER 1 MONTH: In moderation, the following may be reintroduced - fruit, brown rice, sweet potato, oatmeal, yogurt and liquor low in sugar (ie: vodka)

For additional questions on products compounded for the Candida Cleanse, please contact our pharmacy team at 281.828.9088.