

CANDIDA CLEANSE FOR YEAST OVERGROWTH

What is Candidiasis?

Candidiasis (yeast overgrowth) is a fungal infection caused by an overgrowth of *Candida albicans*. *C. albicans* is a yeast naturally present on the skin and in the mouth, throat, vagina, and gut. It is normally controlled by a healthy, balanced immune system and by the beneficial bacteria in your colon.

However, when the environment of the gut becomes imbalanced, *C. albicans* may overgrow, causing symptoms that frequently get misdiagnosed as something else entirely. Causes for imbalances in the gut environment include stress, inflammation, diets high in yeast, sugars and carbs, as well as frequent 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. Antibiotics are often overprescribed, leading to an imbalanced gut microbiome.

As the gut microbiome becomes further imbalanced, the body will begin to show symptoms associated with Candida overgrowth. Yeast feeds on sugar in the gut, which is why sugar cravings are a common indication of yeast overgrowth. Other symptoms range from bloating, constipation and yeast infections to headaches, brain fog and fatigue.

The good news is that these symptoms can be eliminated by implementing a **Candida Cleanse**



SYMPTOMS ASSOCIATED WITH CANDIDA OVERGROWTH

- bloating
- belching
- excessive gas
- constipation
- heartburn
- indigestion
- diarrhea
- headaches
- fatigue
- skin rashes
- sugar cravings
- immune suppression
- chemical sensitivity
- hives
- fungal infections under fingernails and toenails
- vaginal yeast infections
- joint pain
- brain fog or inability to concentrate
- athlete's foot
- thrush
(white coating on the tongue)

HOW TO ORDER

You may place refills:

📞 281.828.9088

🖱️ physicianspreferencex.com

Enroll in our **Autofill Program** to **save 15%** on your entire order!

TAKE A VIRTUAL TOUR

👉 [Click here to view an inside look at our compounding labs.](#)



ACCREDITED

Physicians Preference Pharmacy standards are more stringent than those of the United States Pharmacopeia (USP). In addition to onsite weight testing, we send multiple samples per week to an outside laboratory for potency testing. Physicians Preference Pharmacy ranks first in Houston for the number of samples sent for potency testing and in the top 8% of pharmacies nationwide.

Physicians Preference Pharmacy is a Houston-based, PCAB-accredited compounding pharmacy serving physicians and patients since 2001. We are licensed to work with doctors and ship to patients in 49 states (excludes AL).

to balance the gut microbiome, decrease inflammation and allow the body to restore immune defenses.

Candida Cleanse: How to Treat Candida

► **1. The Yeast-Free Eating Regimen** below is crucial to stop feeding the yeast present in the gut. It is important to strictly follow these recommendations for at least 30 days. After the first month on this regimen, fruit, brown rice, sweet potatoes, oatmeal, yogurt, and liquor low in sugar (i.e., vodka) may be reintroduced in moderation. Drinking plenty of water is also important to flush out Candida.

► **2.** After five to seven days of following the Yeast-Free Eating Regimen, prescription antifungal medications are started to kill yeast in the colon and bloodstream. They include:

- **Compounded Nystatin** is an antifungal that kills yeast in the colon. Unlike commercially available products, Physicians Preference Pharmacy's

compounded nystatin is sugar-free and dye-free. Yeast feeds on sugar, so it is essential to use sugar-free nystatin during this regimen. It is started after about a week of following the Yeast-Free Eating Regimen and is taken for one to three months, depending on the severity of yeast overgrowth.

- **Fluconazole**, which kills yeast throughout the body, is used to eliminate yeast that has extended beyond the GI tract and into the bloodstream. Fluconazole is started after completion of nystatin treatment and is taken for one week.
- **Antifungal Nail Solution** may be added if needed to treat stubborn fungal infections in the nails. This proprietary combination of natural and prescription antifungals is applied twice a day to the surfaces and edges of infected nails.

Who Can Benefit from a Candida Cleanse?

Yeast overgrowth is very common, and it is not caused by poor dietary choices alone. Stress, hormone imbalances, antibiotics, and gut microbial imbalances may all lead to the opportunistic infection known as Candidiasis. Because yeast overgrowth is associated with a wide range of symptoms that could also be attributed to other health challenges, Candidiasis often goes undiagnosed and untreated.

If you are dealing with any of these symptoms and have not been able to find an effective solution, talk to your healthcare provider about yeast overgrowth. The **Candida Cleanse** is a simple and effective tool for eradicating candida, improving gut health, reducing myriad symptoms, and bringing the body back into balance in a gentle way.

For additional information on products compounded for the Candida Cleanse, please contact our pharmacy team at **281-828-9088**.



YEAST-FREE EATING REGIMEN FOOD CHOICES

Foods to Include

- Meats
- Eggs
- Salads
- Most vegetables
- Dried beans
- Hard cheeses (i.e., 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)

Foods to Be Eliminated

- 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 (i.e., hot dogs)
- Beer, wine, liquor
- Vinegars (pickles, green olives, salad dressing, soy sauce, mayo, ketchup, salsa)
- Vegetable shortening