

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 our colon. However, when the environment of the gut becomes imbalanced, *C. albicans* may overgrow, causing systemic complications which 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 commonly overprescribed, leading to an imbalanced gut microbiome.

As the gut becomes further imbalanced, the body will begin to show symptoms associated with Candida overgrowth. Yeast feeds on an overabundance of sugar in the gut, which is why sugar cravings are a common indication of yeast overgrowth. Other symptoms include bloating, constipation, headaches, fatigue, skin rashes, immune suppression, chemical sensitivity, persistent yeast infections, brain fog, and oral



SYMPTOMS ASSOCIATED WITH CANDIDA OVERGROWTH

Consider implementing this symptom checklist into your patient intake paperwork to assist in your screening of patients with Candida overgrowth:

Do you experience any of the following symptoms?

- 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

Call or fax your prescriptions:

Fax 281.828.9669

Tel 281.828.9088

NEED SUPPLIES?

For Rx sheets, product catalogs, and supportive materials, please call or email us:

281.828.9088

pharmacy@physicianspreferencrx.com

physicianspreferencrx.com

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Physicians Preference Pharmacy is a Houston-based, PCAB-accredited compounding pharmacy serving physicians and patients since 2001. We are licensed to work with and ship to doctors and patients in 49 states (excludes AL). Our standards are more stringent than those of the United States Pharmacopeia (USP). Physicians Preference Pharmacy ranks first in Houston for the number of samples sent for potency testing and in the top 8% of pharmacies nationwide.

thrush. These symptoms can be eliminated by implementing a **Candida Cleanse** to restore a balanced gut environment, decrease inflammation, and allow the body to regain immune defense.

How to Treat Candida

It is crucial to recommend a

yeast-free eating program to your patients to stop feeding the yeast present in the gut. In addition to temporarily eliminating foods that trigger yeast overgrowth, antifungal medications such as sugar- and dye-free nystatin as well as fluconazole are used to kill off the yeast present in both the

colon and the bloodstream. If necessary, an antifungal nail solution can also be added. The following medications available at Physicians Preference Pharmacy are used to help kill Candida and address yeast overgrowth present in so many patients.

MEDICATION	Description/Use	Suggested SIG	Quantity
Nystatin 500,000 IU capsules (sugar-free, dye-free)	Antifungal which kills yeast in the colon. Unlike commercially available nystatin, ours is sugar-free, dye-free, and can be compounded in oral capsules or oral suspension. Yeast feeds on sugar, so it is important to use sugar-free nystatin during this program.	Take 1 cap PO TID with meals for 2 weeks, then increase to 2 caps PO TID thereafter. (Severity of yeast overgrowth indicates a duration of treatment ranging from 1–3 months.)	#126 capsules OR #180 capsules
Fluconazole 100 mg tablet (not compounded)	Antifungal which kills yeast throughout the body. This includes yeast that has extended beyond the GI tract and into the bloodstream.	Take 1 tablet daily for 7 days, after completing nystatin treatment.	#7 tablets
Antifungal Nail Solution	(>4 years old) A proprietary combination of itraconazole, terbinafine, tea tree, and urea to address fungal infections in the nail beds.	Apply using brush applicator to top surfaces of the nails and under the nails' edges. Use twice daily or as directed.	#15 ml bottle

Steps for Successfully Addressing Candida Overgrowth

1. Initiate a Yeast-Free Eating Regimen.

- Begin following the Yeast-Free Eating Regimen for 5–7 days prior to starting nystatin prescription.
- During the Candida Cleanse, eliminate yeast, fruit, sugar, milk, and other foods as indicated in the Food Choices list. Milk/milk products and alcoholic beverages may be consumed sparingly in months 2–3.



2. Start/continue a probiotic.

3. Start nystatin prescription (duration of 1–3 months treatment depending on severity of overgrowth symptoms).

- Drink plenty of water to flush out Candida.
- Consider Alka-Seltzer Gold with each nystatin dose to neutralize acid-associated yeast die-off symptoms.

4. Finish with fluconazole prescription (7-day treatment).

5. If necessary, begin using the Antifungal Nail solution during any part of the process.

FOOD CHOICES THROUGHOUT THE DURATION OF THE YEAST-FREE EATING REGIMEN

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

After 1 Month: The following foods may be reintroduced in moderation: fruit, brown rice, sweet potatoes, oatmeal, yogurt, and liquor low in sugar (i.e., vodka).

At Physicians Preference Pharmacy, we recommend that our patients do an annual Candida sweep, generally at the beginning of each year when they are most motivated to make changes. Yeast overgrowth is common, and it is not caused by poor dietary

choices alone. Stress, hormone imbalance, antibiotics, and microbial imbalance may all lead to the opportunistic infection we know as Candidiasis.

Although the Candida Cleanse is one of the simplest tools to integrate into your practice, many physicians miss this

opportunity to bring their patients' bodies back into balance in a gentle way.

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

