

Candida

Candida albicans (or yeast) is a part of our intestinal flora, but sometimes it can grow out of control and be a cause a wide variety of symptoms, ranging from intestinal gas and bloating, to various chemical sensitivities which can cause headaches, depression, mood disorders, “foggy brain”, joint pain, fatigue and host of many other symptoms. Generally there are a number of predisposing factors such as frequent antibiotic use, elevated blood sugar, exposure to environmental toxicants (especially ones that can disturb intestinal flora such as the herbicide glyphosate), lack of fiber in the diet (extremely common), and hormone imbalance, amongst other factors.

Diagnosis: Generally is made from symptoms and history, but using a Candida questionnaire can be very helpful along with lab testing. I generally use a lab test from US Biotek is a special Candida blood test that checks for antibodies to Candida albicans. I use this as a guide and not the final word.

Dietary recommendations:

- Basically gluten-free and anti-inflammatory.
- Avoid all known food allergens.
- The following list is taken from the website: <https://www.thecandidadiet.com/>
 - Non-starchy vegetables: artichokes, asparagus, broccoli, brussels sprouts, cabbage, cauliflower, celery, cucumber, eggplant, garlic (raw), kale, onions, rutabaga, spinach, tomatoes, zucchini.
 - Low sugar fruits: avocado, lemon, lime, olives.
 - Non-glutinous grains: buckwheat, millet, oat-bran, quinoa, teff.
 - Healthy proteins: anchovies, chicken, eggs, herring, salmon (wild), sardines, turkey.
 - Some dairy products: butter, ghee, kefir, yogurt (probiotic).
 - Low-mold nuts & seeds: almonds, coconut, flaxseed, hazelnuts, sunflower seeds.
 - Herbs, spices, & condiments: apple cider vinegar, basil, black pepper, cinnamon, cloves, coconut, aminos, dill, garlic, ginger, oregano, paprika, rosemary, salt, thyme, turmeric.
 - Healthy fats & oils: coconut oil (virgin), flax oil, olive oil, sesame oil.
 - Non-sugar sweeteners: erythritol, stevia, xylitol.
 - Fermented foods: kefir, olives, sauerkraut, yogurt.
 - Drinks: chicory coffee, filtered water, herbal teas.

Supplements: *Can purchase most of these through Fullscript/Wellevate.*

- Phytostan (Integrative Therapeutics): 1 cap 3x day.
- Activated Charcoal (Integrative Therapeutics): 2 caps 3x day (to prevent die-off reaction).
- Saccharomyces boulardii (Klaire Labs): 1 cap 2x day.
- NAC 600 mg: 2x daily.
- Nystatin Powder SIG: Wk 1: 1/8 tsp 2x daily; Wk 2: 1/8 tsp 3x daily; Wk 3: ¼ tsp 3x daily; Wk 4: 1/2 tsp 3x daily; Wk 5 and beyond: 1 tsp 3x daily. *Contact our medical assistant at ma@quest-center.org if you would like this prescribed.*