

## Austin UltraHealth Yeast-Free Protocol

1. Follow the *Yeast Diet* in your binder for 6 weeks or you may also use recipes from the Elimination Diet. (Just decrease the amount of grains and fruits allowed).
2. You will be taking one pill of prescription antifungal daily, for 30 days. *This should always be taken two hours away from your probiotics. This medication can be very hard on your liver so it is important to refrain from ALL alcohol while taking this medication.*

### Candida Die-Off

Some patients experience die-off symptoms while eliminating the yeast, or Candida, in their gut. Die off symptoms can include the following:

- *Brain fog*
- *Dizziness*
- *Headache*
- *Floater in the eyes*
- *Anxiety/Irritability*
- *Gas, bloating and/or flatulence*
- *Diarrhea or constipation*
- *Joint/muscle pain*
- *General malaise or exhaustion*

### What Causes Die-Off Symptoms?

The Candida “die-off” occurs when excess yeast in the body literally dies off. When this occurs, the dying yeasts produce toxins at a rate too fast for your body to process and eliminate. While these toxins are not lethal to the system, they can cause an increase in the symptoms you might already have been experiencing.

As the body works to detoxify, those Candida die-off symptoms can emerge and last for a matter of days, or weeks.

The two main factors which cause the unpleasant symptoms of Candida die off are *dietary changes* and *antifungal treatments*, both of which you will be doing.

- **Dietary Changes:** When you begin to make healthy changes in your diet, you begin to starve the excess yeasts that have been hanging around, using up the extra sugars in your blood. When there is not enough fuel for these yeasts, they begin to die off.
- **Antifungal Treatments:** Starting on the prescription antifungal will obviously kill yeast, as yeast is a fungus.

It is vital to stick to the Yeast-Free diet while taking the prescription antifungal. If you continue feeding the yeast by not adhering to the diet, you will be cancelling out the progress made by the prescription antifungal. Additionally, if you continue to feed the yeast while on the prescription antifungal, you increase your chances of experiencing more severe Candida die-off symptoms.

Again, please remember that Candida die off symptoms, while not any fun, are an indication that your efforts are paying off. It's all part of the natural healing process. Stick with the program and you will beat the yeast!

### Relieving Candida Die-Off Symptoms

To alleviate these symptoms, you may try *activated charcoal*, which can be purchased from People's Pharmacy. Take 2 hours after taking the prescription antifungal, and then repeat in 8 hours.

Another way to alleviate the symptoms is to take the prescription antifungal every-other-day for one week, then begin taking it once daily for the remainder of the course of anti-fungal medication.

**If you are doing the Yeast-Free Diet and the Elimination Diet at the same time:**

- It is best to follow the Elimination Diet and decrease the amount of grains and fruits allowed.
  - Eat only 1 serving of grains a day
  - Eat fruit only in fruit smoothies
- How to add the foods back in:
  - Wait until you have done 6 weeks of the diet and add foods back in as you would normally on the Elimination Diet.
- If you have a reaction to a food:
  - Avoid this food indefinitely

**Food Rich in Fungal (Mold) Protein-Allergen**

Dried Fruit	Avoid raisins, apricots, prunes, figs, etc.
Aged Cheese	Some cheeses are OK if milk is not a problem, e.g. cottage cheese, mozzarella, provolone, ricotta, and farmer's cheese.
Mushrooms	
Leftovers	Eat within 24 hours unless frozen (microwave frozen food to thaw quickly).
Over-ripe Fruits and Vegetables	Avoid produce that is discolored, wilted, or mushy.
Breads	Check ingredients. Malted means moldy. Dough conditioners are moldy. Sourdough is the worst (sometimes labeled yeast-free). Bread develops surface mold after a day (store in the freezer and use as needed from freezer). Tortillas, biscuits, muffins, cakes, and cookies are usually yeast-free.
Tomato Products	Juice, sauce, paste, ketchup, etc., are made from moldy tomatoes.
Beer	The darker the brew, the more mold it contains.
Wine and Wine Vinegar	White wine is the least moldy; clear vinegar may be tolerated.
Most Liquors	Vodka, tequila, and clear rums are the least moldy.
Processed Meats	These include hot dogs, sausage, salami, bologna, etc. Solid preserved meats such as ham, turkey, pastrami, may be OK.
Hamburger	Beware! These are often made from aged meat; eat within a day of grinding.
Products of Aspergillus Fermentation	These include soy sauce, chocolate, tea (black), malt extract (bread, cereals), Lactaid (milk additive), citric acid (a very common food additive, not derived from citrus fruit), fruit juice (commercial juices often from moldy fruit; many contain mold enzymes added in processing), digestive enzymes (pancreatic are OK), and cholesterol-lowering enzymes.

## Candida Control Diet Shopping List

### Vegetables

Artichokes  
 Arugula  
 Asparagus  
 Bamboo shoots  
 Beet tops  
 Bok choy  
 Broccoflower  
 Broccoli  
 Brussels sprouts  
 Cabbage(all types)  
 Carrots  
 Cauliflower  
 Celery  
 Chives  
 Cilantro  
 Collard greens  
 Cucumbers  
 Dandelion greens  
 Eggplant  
 Endive  
 Garlic  
 Green beans  
 Jicama  
 Kale  
 Kohlrabi  
 Leeks  
 Lettuce(all types)  
 Mustard greens  
 Okra  
 Onions  
 Parsley  
 Peppers(all types)  
 Radishes  
 Sea vegetables(seaweed, kelp,  
                   nori, dulce, hiziki)  
 Peas(all types)  
 Spinach  
 Sprouts(broccoli and bean)  
 Swiss chard  
 Tomatoes  
 Watercress  
 Zucchini

### Flesh Foods(organic when possible)

Chicken, Cornish game hens,  
 turkey, duck  
 Fish  
 Shellfish  
 Water-packed canned tuna,  
 turkey, chicken, salmon  
 Lamb  
 Wild game  
 Lean beef or pork  
 Eggs

### Beans - 1cup/day

All beans  
 Lentils(brown, green, red)  
 Split peas(yellow, green)  
*Beans can be bought dried or  
 canned without added sugar*

### Oils

Almond  
 Flaxseed  
 Canola  
 Olive  
 Pumpkin  
 Safflower  
 Sesame  
 Sunflower  
 Walnut

### Grains 1 cup/day

None is best  
 May have 1 cup or 1 brown rice  
 shake

### Dairy and Substitutes

Plain cow yogurt with live  
 cultures  
 Plain goat yogurt  
 Coconut milk  
 Fresh, un-aged goat cheese

### Nuts and Seeds

Almonds  
 Cashews  
 Flaxseeds  
 Hazelnuts (filberts)  
 Pecans  
 Pignoli (pine nuts)  
 Poppy seeds  
 Pumpkin seeds  
 Sesame seeds  
 Sunflower seeds  
 Walnuts  
*All of the above can be  
 consumed as nut butters and  
 spreads (e.g. tahini)*

### Vinegar Replacements

Lemon juice  
 Apple cider vinegar

### Beverage

Herbal tea (non-caffeinated)  
 Mineral water  
 Spring water  
 Distilled water

### Miscellaneous

All spices  
 Olives (without vinegar)

## Intestinal Candidiasis: The Yeast Syndrome

There are literally trillions of bacteria living in our digestive tract, making up the normal “microflora.” These bacteria generally play a supportive role in the health of the colon by helping to synthesize vitamins, degrade toxins, and produce natural antibiotics. Candida, a yeast-like fungus, also normally inhabits the gut in small amounts. However, if these yeast organisms are allowed to grow unchecked, the harmonious balance between yeast and bacteria is upset, resulting in *intestinal candidiasis* or what has been called the *yeast syndrome*. Not only can this overgrowth cause problems such as vaginal infections and oral thrush, but candida can release by-products, which are then absorbed into the bloodstream and may travel to many areas of the body. A variety of symptoms may then occur as the immune system attempts to deal with these foreign molecules. As a result, intestinal candidiasis can be an underlying cause of chronic, difficult to diagnose health problems. Below is a list of symptoms that may be associated with yeast overgrowth.

### Common Symptoms of the Yeast Syndrome

*General:* chronic fatigue or malaise, sweet cravings *Gastrointestinal system:* thrush, bloating, gas, intestinal cramps, rectal itching, alternating diarrhea and constipation *Genitourinary system:* vaginal yeast infections, frequent bladder infections *Hormonal system:* menstrual irregularities, decreased libido *Nervous system:* depression, irritability, trouble concentrating *Immune system:* allergies, chemical sensitivities, lowered resistance to infections.

A number of factors increase the risk of yeast overgrowth. They include:

- Repeated use of antibiotics and/or steroids
- Chronic stress
- Diet high in simple sugars
- Alcohol
- Oral contraceptive use
- Diabetes
- Hypothyroidism
- A weakened immune system

### Treatment

The successful treatment of intestinal candidiasis requires a comprehensive approach involving the reduction of risk factors for candida overgrowth, improving immune function, enhancing digestion and elimination, supporting liver function, and inhibiting candidal growth. The general protocol often used involves three components. The first is a diet prescription that essentially starves yeast of its main fuel—sugar. Second, beneficial bacteria such as *Lactobacillus* and *Bifidobacteria* are ingested as they compete for space with the yeast and therefore rebalance the microflora. Third, antifungal substances are prescribed to kill the yeast. The dietary component of this program is very important since yeast feeds on carbohydrates. Foods recommended for this diet are higher in protein and “good” fats. They include eggs, fish, chicken, turkey, seafood, tofu, tempeh, nuts and seeds, non-starchy vegetables, and *plain* cow or goat yogurt with live cultures.

An important point to keep in mind is that with initial treatment, individuals may experience symptoms as the yeast begins to “die off.” Some of these organisms are reabsorbed into the bloodstream, increasing the load the liver must filter or detoxify. Often patients experience short-term reactions to this die-off, such as headaches, abdominal bloating, muscle and joint aches, or fatigue. It is also not unusual to crave the very food yeast thrives on, such as sweets, bread, and alcohol. (For further reading about intestinal candidiasis or yeast syndrome, refer to *The Yeast Connection Handbook* by William G. Crook, MD.)

## Candida Control Diet Guidelines

<b><u>Category</u></b>	<b><u>To Include</u></b>	<b><u>To Exclude</u></b>
<b>CategoryFruits</b>	Whole, fresh/frozen, unsweetened fruit only in the protein smoothie	All dried fruits and juices
<b>Eggs, dairy, and dairy replacement</b>	Eggs, plain unsweetened yogurt (cow, sheep, or goat ) with live cultures and without maltodextrin or modified food starch, coconut milk, un-aged goat cheese	Cheese (cow, rice, and most soy-based cheeses), milk (cow, rice, almond, oat, and most soy milk), sour cream
<b>Grains</b>	1 cup/day or 1 brown rice shake/day	All refined or whole grains, breads, baked goods, products made with flour
<b>Flesh foods</b>	Fish (fresh or canned) and other seafood, chicken, turkey, lean beef, pork, lamb, (preferably organically raised meats)	Cold cuts or processed meats
<b>Beans</b>	1 cup/day	none
<b>Nuts and seeds</b>	Walnuts, hazelnuts, filberts, pecans, almonds, cashews, flaxseeds, pumpkin seeds, sunflower seeds, poppy seeds, sesame seeds – whole or as nut butters	Peanuts (often considered a nut up are actually a legume), pistachios
<b>Vegetables</b>	Non-starchy vegetables – raw, steamed, sautéed, juiced, or baked (see shopping list)	Mushrooms, starchy vegetables including potatoes, corn, yams
<b>Fats and oils</b>	Avocado, butter, olives, cold pressed oils: olive, flaxseed, sesame, safflower, pumpkin, sunflower, almond, walnut, canola	Margarine, shortening, processed oils, prepared salad dressings, spreads, and sauces, mayonnaise
<b>Acidic and fermented foods</b>	Lemon juice and apple cider vinegar	All vinegars and preserved foods, including sauerkraut, pickles, other products preserved in brine or vinegar
<b>Sweeteners</b>	None Stevia if you must have something	All: sugar, white/brown sugars, honey, maple syrup, corn syrup, high fructose corn syrup, molasses, brown rice syrup, fruit sweeteners
<b>Beverages</b>	Filtered, spring, or distilled water (drink 8 cups per day), herbal tea	Soda, alcohol, coffee, and nondairy creamers

\*There are several brands of soy milk that do not contain sweetener—read the labels carefully. Also, if you have an allergy to dairy, it may be to casein, a protein in most soy cheeses, so you should avoid them.

©Functional Medicine Research Center Used by permission

## Dietary Guidelines Explained

The following is included to help you understand the reasons behind the Candida Control Diet Guidelines. In general, foods are restricted because of their carbohydrate (sugar) content. Additional foods are restricted as noted. These dietary modifications are usually implemented for 24 weeks to assess response to the program. Follow-up modifications are made on an individual basis.

- Fruits and juice: Contain the sugar, fructose.
- Milk and milk products (cheese, cottage cheese, cream cheese, sour cream, etc.): Contain the sugar lactose. (Yogurt, although a milk product, is virtually devoid of the milk sugar lactose and is thus acceptable unless you have a dairy allergy.)
- Dairy substitutes: Most soy milks contain some type of sweetener, usually brown rice syrup.\* Soy yogurts contain various types of sugar (agave syrup, amazake, white grape juice concentrate, or honey). Most soy cheeses contain maltodextrin (see Sweeteners) or modified food starch (see Grains). Almond milk contains brown rice syrup. Oat milk is made from oats (see Grains). Rice cheese is made from a grain (see Grains).
- Grains: Although complex carbohydrates, they are broken down into simple sugars.
- Beans and other legumes: High in protein, but also high in complex carbohydrates and are recommended only in small amounts (not to exceed 1 cup per day).
- Peanuts are high in the mold aflatoxin, and pistachios are moldy nuts that can exacerbate candida.
- Starchy vegetables: Broken down into simple sugars.
- Mushrooms: From the fungi family and may cross-react with candida.
- Processed oils: “Bad” fats and should be eliminated from any healthy diet.
- Acidic and fermented foods: May provoke symptoms because of similarities to candida or may act as food for candida.
- Sweeteners: The favorite fuel source of candida.
- Alcohol: A sugar that is a fuel source for candida.
- Known food allergens: Increase gastrointestinal permeability and further weaken the immune system.

This results in a more hospitable environment for the candida yeast.

### **Candida Diet Recipes\***

*\*You may also use any of the recipes from the Elimination Diet. However, some recipes below contain foods now allowed on the elimination diet. Thus, if completing both at the same time, please avoid any foods that are specified to avoid on the elimination diet.*

#### **Curried Eggs and Vegetables** (serves 2–3)

2 teaspoons olive oil  
 ¾ cup chopped onion  
 2 slices ginger root  
 1 clove garlic, minced  
 1 teaspoon curry powder  
 6 tablespoons chicken broth  
 ¾ cup bell pepper, cut in thin strips  
 ½ cup snow peas  
 ½ cup celery, sliced  
 3 teaspoons olive oil  
 3–4 eggs 2 tbs. water

Heat 2 teaspoons olive oil over low heat in large skillet. Sauté onions, ginger root, and garlic until onions are soft. Remove ginger root. Add curry powder and chicken broth to onion mixture and simmer. In a second skillet, heat 1 tsp. olive oil. Beat eggs and water and add to skillet. While eggs are cooking, add remaining vegetables to onion mixture, cover, and continue to simmer. When eggs are done but still moist, fold vegetable mixture into eggs and serve.

#### **Mixed Greens Salad with Meat** (serves 1)

1 cup salmon, chicken, or turkey  
 2 cups mixed greens  
 ½ cup celery, chopped  
 Red and/or green cabbage, shredded  
 ½ cup garbanzo, kidney, or other beans of your choice  
 1 tablespoon minced parsley

Slice meat of choice into ½–1-inch pieces or break into chunks. Add remaining ingredients and top with dressing of your choice from below.

#### *Dressings:*

- 1 Mix ½ cup olive and/or flax oil and ¼ cup lemon juice. Add crushed garlic, oregano, and basil. Whisk in mustard powder, salt, and pepper to taste. *Optional: Whisk 1–3 tbs. plain yogurt*
- 2 Mix tahini (sesame butter) with water to thin a little and drizzle over salad.
- 3 Mix ½ cup plain yogurt, ¼ cup chopped chives, and 1 small clove minced garlic.

#### **Spinach Salad with Walnut or Pecan Dressing**

1 cup chopped walnuts or pecans  
 1 clove garlic, crushed  
 1 tbs. olive oil  
 2 cups chopped spinach greens  
 1 or 2 hard boiled eggs  
 ¼ cup sliced black olives  
 10 cherry tomatoes

Sauté walnuts or pecans and garlic in olive oil. Allow to cool. Toss dressing #1 (above) with spinach and remaining ingredients. Garnish with garlic and walnut/pecan sauté.

**Deluxe Salmon, Chicken, or Turkey Salad** (serves 2)

Add the following ingredients to 1 cup leftover salmon, chicken, or turkey (or 7-oz. can):

2 hard-boiled eggs, chopped  
 1–2 tablespoons hummus or mock mayo  
 ½ cup shredded and chopped cabbage  
 2 tablespoons cilantro or parsley, chopped

**Mock Mayo**

1 egg  
 ½ teaspoon sea salt  
 ½ teaspoon dry mustard  
 2 tablespoons lemon juice  
 1 cup cold pressed canola or safflower oil

Put egg, seasonings, lemon juice, and ½ cup oil into blender and process at high speed. While blender is still running, remove top and pour in remaining oil as a steady stream. Continue until oil blends in. Store in refrigerator.

**Bean Salad** (serves 4)

2 cups black beans (or other favorite bean)  
 1 red pepper, diced  
 1 yellow or green pepper, diced  
 ½ cup diced red onion or scallions  
 1 cup cherry tomatoes, optional  
 ¼ cup olive oil  
 1 tbs. lemon juice  
 2 tsp. ground cumin seed

Combine all ingredients and chill for an hour before serving.

**Chilled Shrimp** (serves 1)

6 large unpeeled shrimp or prawns  
 3 cups boiling water  
 lemon juice

Add shrimp to boiling water. Remove the shrimp when they turn pink (about 5 minutes), drain, and set aside. Shell the shrimp. Drizzle with lemon juice and serve. May be added to salad greens.

**Stir-Fried Vegetables with Salmon, Shrimp, Chicken, or Turkey**

1–3 tsp. sesame oil  
 1 tsp. ginger, grated  
 Add in any amount: broccoli, cabbage (thinly sliced or shredded), celery (slant cut), bok choy (sliced), onion or scallions (sliced or diced), sliced water chestnuts, and bamboo shoots  
 Cooked shrimp, chicken, turkey, or salmon, cut into cubes  
 ¼ cup chicken broth or coconut milk

Preheat cast-iron skillet or wok. Add oil after preheating. Quickly sauté the ginger for about 1 minute, then add all of the vegetables and sauté until they begin to soften, stirring continuously. Add your choice of protein and sauté for 2–3 minutes. Then add broth or coconut milk and stir until all ingredients are warmed through. Serve immediately. Servings depend on the amount of vegetables and protein used.



**Curried Lentils and Cauliflower** (serves 4–6)

1 cup dried (brown/green) lentils  
 1 bay leaf  
 2 cups water  
 2 teaspoons olive oil  
 1 onion, chopped  
 1 clove garlic, minced  
 ¼ teaspoon sea salt  
 1 teaspoon curry powder  
 1 teaspoon cumin  
 1 teaspoon turmeric  
 1 small head cauliflower, cut into florets  
 ½–1 cup tomato sauce (no sugar added)  
 1 teaspoon grated gingerroot  
 ½–1 cup water or coconut milk  
 Plain yogurt for garnish, optional

Rinse lentils several times and place in a medium soup pot with bay leaf and water. Bring to boil, lower heat, cover, and simmer 25–30 minutes until soft. Heat oil in another large pot while lentils are cooking. Sauté onion and garlic until soft. Add spices and remaining ingredients. Cover and simmer until cauliflower is tender, 10–15 minutes). Stir cooked lentils into cauliflower-tomato mixture and discard the bay leaf. Dress with plain yogurt if desired.

**Turkey or Buffalo Chili** (serves 8)

2 lb. ground raw turkey or buffalo  
 1 28-oz. can tomatoes, cut up  
 2 15-oz. cans red kidney beans, drained  
 ½ cup chopped onion  
 1–2 tablespoons chili powder  
 1 teaspoon dried parsley flakes  
 ¾ teaspoon dried basil, crushed  
 ¾ teaspoon dried oregano, crushed  
 ½ teaspoon black pepper  
 ½ teaspoon ground cinnamon  
 1 clove garlic, minced  
 ¼–½ teaspoon ground red pepper  
 1 bay leaf

In a 4-quart Dutch oven, cook the turkey until it is no longer pink. Drain off fat. Stir in undrained tomatoes, drained kidney beans, and remaining ingredients. Simmer uncovered for 45 minutes. Add more chili powder as needed.

**Walnut Spread** (makes 1 ½ cups)

1 cup garbanzo beans (chickpeas)  
 ½ cup chopped walnuts  
 ½ cup basil leaves  
 2 tbsp olive oil  
 2–3 tsp lemon juice  
 Dash of salt and pepper

Drain beans and reserve liquid. In a blender or food processor, combine beans with 2 tbsp bean liquid and remaining ingredients. Cover and blend until smooth. Add additional liquid as needed and scrape sides of bowl periodically. Use as a dip for raw vegetables and store in refrigerator. Use within five days.

**Breakfast Seed Cereal** (prepare the night before) *serves 2* adapted from Kara Kroger

1 tablespoon flax seed

1 tablespoon sesame seed

1 tablespoon sunflower seed

1 tablespoon sliced almonds

1 tablespoon chia seeds

Plain unsweetened almond or coconut milk (enough to cover mixture)

Small chopped apple or ½ cup of blueberries

Dash of cinnamon and/or allspice, to taste

Finely chop nuts and seeds by hand or in a coffee grinder. Then place nuts and seeds in a bowl and add enough milk substitute to cover mixture. Allow to sit overnight in the refrigerator. Add berries and a dash of cinnamon in the morning before eating. If you can tolerate dairy, you can eat this with plain yogurt or cottage cheese.