

Guide to Candida: symptoms, causes, testing and treatment

By Nele Liivlaid



Nele's Health Journey



My journey began in my early twenties when I developed an eating disorder. The only thing I could see in food was calories... and calories make you fat, right? So, I had periods of eating and periods of fasting as well as bulimic episodes. I was always skinny, but often constipated and felt miserable desperately seeking peace between food and myself.

As years went by, I found some kind of equilibrium, but it still meant I needed to eat and then fast and exercise to get rid of all the calories I'd been consuming.

In 2013 I discovered The China Study and my world turned upside down. I was finally at home when it came to eating and food. I started to eat whole food plant-based diet with no need to watch those calories again.

Everything seemed perfect, but... As it turned out I'd been eating way too many dried fruits and raw desserts/cakes with nuts – the ominous combination of sugar and fat. Consequently, I ended up with yeast infection. Read more on my symptoms from [Vegan Candida Diet](#).

To cut the long story short, it took me more than 2 years to finally come to a decision and start dealing with my Candida overgrowth. I still have my ups and downs, but I'm in a better place I've ever been in my life.

In a word, I don't want your journey to be as long and bumpy as mine has been! So, please take advantage of this guide, the articles up on my blog and the meal plans I've put together to save you huge amounts of time and energy.

With love,

Nele

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GUIDE TO CANDIDA:

SYMPTOMS,
CAUSES,
TESTING AND
TREATMENT

What is Candida Albicans?

Candida albicans, a yeasty fungus, and other strains of Candida normally inhabit our digestive tract, intestines, mouth, throat and genitourinary tract. Candida albicans, an integral part of the bowel flora, has many positive functions such as defending our digestive tract from harmful bacteria. Candida has the ability to recognize and kill harmful bacteria and other pathogen organisms inside the digestive tract.

In a healthy balanced state, a person can actually have millions of Candida microorganisms that only benefit our inner terrain.

As long as our system has the proper acid-alkaline balance, our immune system is strong enough and our probiotic friendly bacteria (such as Lactobacillus acidophilus, B. bifidum, Lactobacillus bulgaricus, Streptococcus thermophilus and L. salivarius) are greater in relation to the number of Candida microorganisms, Candida is kept under control.

Candida overgrowth develops when:

- There is toxic buildup (in the bowels, blood, lymph or kidneys)
- We experience loss of friendly bacteria (due to the use of prescription drugs, antibiotics or chlorine, for example)
- Our immune system is weakened
- There is over-acidity in digestive system
- We eat diet high in toxic foods, refined carbohydrates (sugar, white flour, and white rice) and low in fresh fruit and vegetables.

When yeast transforms into fungal form, it produces two very toxic substances – ethanol and acetaldehyde. These two dangerous toxins negatively impact the functionality of our cells. Candida produces more than 75 toxic substances that contaminate the tissues and weaken the immune system, lungs, kidneys, gallbladder, liver and brain.

While there are cases of yeast infection that clear up on their own, especially when the yeast is triggered by elevated pH levels in the vagina during menstruation, Candida in general can be quite dangerous if left untreated.

What Causes Candida Overgrowth

Yeast infection is a complex condition triggered by more than one factor, which is what makes it very difficult to get under control. The basic most fundamental truth regarding the vast majority of chronic health conditions, including Candida yeast infection, is that there is no such thing as a single cause.

- **Antibiotics.** Antibiotics are used to kill disease-causing bacteria, but unfortunately, they also kill normal, protective bacterial flora throughout your body and actually encourage yeast infections.
- **Antibiotics in meat.** Many different kinds of antibiotics are also found in commercial poultry, pork, beef and other meats.
- **An underlying inherited or acquired immune system deficiency.** Be sure to have the appropriate blood tests to uncover any potential causes like neutropenia, which means poor levels of neutrophils or white blood cells (get a full blood count), vitamin B12 or folate deficiencies.
- **Steroids and other drugs,** e.g. contraceptive pills, heartburn or anti-ulcer preparations.
- **Alcohol,** especially beer, white wine and spirits like whisky, rum and bourbon.
- **Candida friendly foods** – sugar, refined grains, dairy, vinegar, alcohol, mouldy foods (soft cheeses), too much sweet fruits (especially dried fruit) etc.
- **Stress,** which eventually depletes our body's ability (adrenal glands) to produce sufficient cortisol that in turn reduces the immune system's functionality. Fluctuating cortisol levels also



cause blood-sugar dysregulation (hypoglycemia) that is a further risk factor for candida.

- **Inappropriate clothing**, bad hygiene. Wearing tight clothes or synthetic fabrics will disallow the vagina or penis area to breathe and make the area over-acidic, thus accelerating the yeast overgrowth process. Using famous brands of feminine hygiene products can also change the pH level of the vaginal environment, allowing the overgrowth of yeast infection in that area. Walking, sitting or just staying inside wet clothing such as a bathing suit or underwear can contribute to excess moisture in the penis or vaginal area, triggering yeast infection.
- **Sexual activity**. Yeast infection, especially in the vaginal or penis area, can be contagious and is more so during sexual activity. Practicing caution and treating your partner's yeast infection prior to having sexual intercourse is an important step to preventing the spread of yeast infection.
- **Exposure to pesticides, herbicides, chemicals, toxic metals** (lead, mercury)
- **Improper acid-alkaline balance** and the lack and/or imbalance of digestive enzymes and hydrochloric acid produced by the stomach and pancreas.
- **Hormonal imbalance**. When there is an imbalance between estrogen and progesterone due to birth control pills or hormone replacement therapy or even before your menstrual period, it can interfere with the intestinal flora, thus allowing Candida yeast infection to take control and multiply.
- **Weakened immune system**. When our immune system is weakened due to several factors such as nutritional deficiency, high toxic build-up (heavy metals, chemicals, bacteria, viruses, parasites), stress, lack of sleep or the use of pharmaceutical drugs such as antibiotics and steroids, the body becomes vulnerable to virtually every type of sickness and disease. In this state the body cannot defend itself and cannot control the process of Candida overgrowth as it could if the immune system was at its peak performance.



- **Diabetes.** Diabetics are more prone to candida yeast infections for several reasons, but the main connection is that diabetics have problems regulating their blood sugar levels and are prone to hormonal fluctuations.
- **Chlorinated water.** Chlorinated water is a big but commonly overlooked problem in the development of a yeast infection. By swimming in a chlorinated pool or a Jacuzzi (spa pool) you are allowing your body to absorb plenty of chlorine, an antibiotic.
- **Mould exposure.**

There are also life situations, external factors and psychological and mental factors that directly or indirectly form the environment in which Candida gets out of control and manifests itself in a variety of the common yeast infection symptoms.

Candida Overgrowth Symptoms

Candida symptoms can vary from mild to extremely inconvenient to even life threatening. Therefore, it'd be better to track those yeast infection symptoms down early on to be able to fight them off with less effort and more success. In this article I'll cover the most common general Candida symptoms as well as symptoms specific to women, men and children.

General Candida Symptoms

Symptoms linked to central nervous system:

- Alterations of smell, taste, sight or hearing.
- Blurry vision, spots before eyes
- Tingling in the head, brain fog, dizziness, numbness, spaced-out feeling
- Loss of self-confidence
- Irritability, nervousness, panic attacks, agitation
- Poor concentration and memory, feeling of being drunk
- Dull headaches
- Earaches, itchy ears
- Confusion, mood swings
- Depression

Gastro-Intestinal Symptoms:

- Bloating, gas, abdominal pain
- Indigestion
- Diarrhea and/or constipation
- Mucus in stool
- Hemorrhoids with rectal itching, itching in or around the anus
- Heartburn
- Burning tongue, white or yellow coating on the tongue
- Mouth sores or blisters, canker sores, dryness, bad breath, oral thrush
- Low appetite with low-grade nausea
- Cravings for sugar and other foods made of refined carbs (pasta, bread, pizza), alcohol, and sweet fruits
- Recurring bacteria gut infections: salmonella, E. coli, H. pylori etc.

Genito-Urinary Symptoms:

- Kidney and bladder infections
- Urinary frequency or urgency
- Smelly and strange-coloured urine, difficulty urinating, painful/burning urination
- Fluid retention, puffiness around the body
- Bed-wetting

Skin and Nail Symptoms:

- Oral thrush
- Dryness, red or white skin patches
- Chronic mouth ulcers
- Skin irritations
- Random itching
- Athlete's foot (red and itchy feet/toes), more common among men
- Discoloured, brittle and thickened nails
- Itchy scalp and dandruff



- Red and scaly eyelids
- Psoriasis, seborrhoea, dermatitis
- Acne rosacea, vulgaris
- Any fungal infections of the skin and nails
- Smelly feet, hair or body

Musculo-Skeletal Symptoms:

- Muscle aches
- Bloating, gas, abdominal pain
- Painful sides of neck, upper back and shoulders
- Rapid pulse, pounding or irregular heart and palpitations
- Joint pain, stiffness and swellings
- Rheumatoid arthritis
- Creaking of joints
- Numbness, tingling or burning sensations in muscles
- Lack of strength and coordination
- Bruising easily
- Cheekbone or forehead tenderness or pains
- Cold hands or feet, low body temperature

Ear, nose, throat and respiratory symptoms:

- Persistent nasal congestion or stuffiness
- Sinus inflammation, swelling and excessive mucus or infection
- Flu-like symptoms, coughs and recurring colds
- Excessive mucus in the throat, nose and ear canals (popping ears), sinuses, bronchial tubes or lungs. Can be worse after meals or on rising
- Ringing in the ears, tinnitus, “fluttering” sounds
- Ear infections, ear pain, earaches, discharges, fluid in ears, deafness, abnormal wax build-up
- Sore throat, hoarse voice, constant tickle in the throat, loss of voice (laryngitis)



Other symptoms:

- Hypoglycaemia (low blood sugar) and diabetes
- Hypothyroidism, Wilson's Thyroid Syndrome, Hashimoto's disease, hyperthyroidism, erratic thyroid function, etc.
- Cysts and polyps in different parts of the body, especially around the ears, neck, throat, and ovaries, and in the bladder, groin or scrotal region.
- Swollen lymph nodes
- Insomnia, waking up frequently, nightmares, restless sleep
- Just feeling sick
- Fatigue (chronic fatigue syndrome or Epstein Barr), lethargy, drowsiness

Gender and Age Specific Candida Symptoms

Candida Symptoms In men

- Jock itch
- Burning sensation and irritation during and after sexual intercourse
- Prostatitis
- White lesions and red rash in the penis area
- A drop of white discharge from the penis

Candida Symptoms In women

- Localized vaginal yeast infection: itching, irritation and burning of the vagina or vulva, white and abnormal discharge from the vagina, pain during sexual intercourse, inflammatory redness in the perineum area, over-sensitivity and irritation of the pubic hair follicles, frequent pain during urination, low pelvic aching
Systemic vaginal yeast infection: severe swelling of the vagina characterized by swollen anus and purple colour of the vulva, pain during urination, painful skin cracks due to extreme dryness of the vaginal and vulva areas, general fatigue and lethargy, walking difficulties, scratching the area causing bloody exudation, bleeding and swelling of haemorrhoid veins, difficulties having sexual intercourse

- Chronic polycystic ovarian syndrome or endometriosis
- Cyclic vulvovaginitis – recurrent pain, burning and itching sensation during every menstrual cycle.

NB! There are some normal discharges during the menstrual cycle that are yellowish and mucus-like in consistency, and there are normal discharges when sexual arousal occurs. It's only when you seem to have white cottage cheese-like discharge, often accompanied by bread or yeasty odour and several of the symptoms above, that it may indicate a yeast infection.

Candida Symptoms In children

- Hyperactivity, terrible attitude
- Learning difficulties
- Colic
- Diaper rash
- Thrush (coated white tongue)
- Cradle cap
- Strong sweet and sugar craving (including sweet fruits and fruit juices)
- Itchy anus
- Abdominal pain which is “undiagnosable” by the bowel specialist
- A child living in a cold, damp or mouldy environment who is always sick
- Recurrent bladder or urinary tract infection
- Recurrent ear, nose or throat, respiratory or sinus infection
- Celiac disease

In case you experience some or many of the yeast infection symptoms mentioned above, make an appointment with your physician, functional medicine doctor or naturopath and get yourself tested.



Candida Testing

Home Tests for Candida

- **Candida spit test.** First thing in the morning, before you put anything in your mouth, get a clear glass of water (some sources say it should be mineral or reverse osmosis water) and work up a bit of saliva, then spit it into the glass of water. Check the water every 15 minutes or so for up to one hour. If you have a mild case of Candida yeast infection, you will see strings in the form of legs that travel down into the water. If you have a systemic advanced case of Candida yeast infection, you will see your saliva sink to the bottom of the glass.
- **The Itch Test.** Look for recurrent itching anywhere and record these hot spots for three days. Itchy hot spots include the vaginal or scrotal region, anus or rectal area, armpits, scalp, ears, feet and toes, especially between the toes, under the breasts and folds of skin around the abdomen. In fact, anywhere where the skin is warm and covered in particular.
- **The Craving Test.** Become more aware of what you eat, but particularly what you like to eat, how often and when. Do you want something sweet routinely after your evening meal? Do you want something sweet between meals? Eat NO sweet foods for three days and see how you feel. You can have fruits and vegetables but avoid oranges and dried fruit. Did you crash, develop a headache or feel tired?

Then you were too dependent on sugar and may have an addiction. The stronger the craving and withdrawal, the bigger the problem

- **The Smell Test.** Having a bad or offensive body odour can be a key to having a candida problem, and so can be overheating and easy sweating of the body. Smelly feet, smelly armpits and body odour in general is linked with candida. Do you smell and sweat easily? It could be a yeast infection.
- **The Tongue Test.** Does your tongue have white or yellowish coating? Does your breath smell bad, especially in the morning? Now, if your gums and teeth are perfectly fine, you might have a bacterial issue somewhere in your digestive system. The more towards the back of your tongue the discoloration is the more likely it will be bacteria or candida in your large intestine, and if the discoloration is at the very back of the tongue, your dysbiosis is likely to be in the sigmoid colon, the part of the large intestine closest to the rectum.
- **The Sound Test.** Can you hear your digestive processes? The production of excess gas in the digestive system with bloating and a loosening of the waistband is one of the cardinal symptoms of candidiasis. A healthy digestive system is virtually silent, you feel nothing, and you hear nothing.
- **Home Blood Test.** CanDia5® is the world's first and only professional (blood-based) home test for candidiasis. This accurate test utilises just a small drop of whole blood taken from a finger stick to provide accurate diagnosis within 5 minutes.

Laboratory Testing for Candida

- **Organic Acid Test (OAT).** Urinary organic acids are assayed in a patient's urine and come from the metabolic conversion of the person's dietary protein, fats and carbohydrates intake, in addition to compounds of bacterial origin, this test can provide a unique chemical profile of a patient's cellular health. The main yeast and fungal dysbiosis marker in the urine to check for elevation in particular is sugar alcohol D-arabinitol. D-Arabinitol is a metabolite of candida, and a high level of this marker is associated with invasive candidiasis. D-arabinitol is produced from dietary carbohydrates when yeasts are rapidly growing in the low oxygen (anaerobic) environment of the small intestine. Because D-arabinitol is a sugar found in sweet apples, grapes, and pears, these fruits and their products are best strictly avoided 24 hours prior to urine collection to avoid any false positive test results. You might get also tested for carboxycitric acid and D-arabinose.
- **The Candida ELISA test** (blood or saliva). There are three antigens, which can potentially tag the candida specific antibodies in your blood; they are immunoglobulin G (IgG), immunoglobulin A (IgA) as well as immunoglobulin E (IgE). Your body produces these three antibodies in order to fight the different strains of candida. The IgG-type antibodies tend to reflect a long-term or an older, more established candida yeast infection. IgG can also reveal that your candida infection may be a lot more severe if this marker is elevated at the same time as the other two. The IgE antibody represents a present or a more recent candida yeast infection. And an elevated serum (blood) IgA level indicates a more superficial infection, especially if the IgG and IgE levels are low to normal. An elevated IgA on its own will also tell you if the exposure is mainly limited to the mucus membranes (digestive tract, vagina and/or skin). Having a strong family history of allergies can also make a person more likely to have a heightened level of the IgA



class of antibodies in particular, so careful case-taking is necessary when performing this test to uncover such a history.

- **Comprehensive Digestive Stool Analysis (CDSAx3)** with parasitology is the most comprehensive and commonly ordered functional stool test, assessing the widest range of intestinal conditions. This test will provide information on your ability to digest, metabolise, and absorb nutrients, as well as report all bacterial flora (beneficial, imbalanced and disease causing), all yeasts, and all intestinal parasites (worms, eggs, larva, and protozoa). *This test reveals:*
 - Bacteriology culture
 - Yeast culture
 - Parasitology microscopy
 - Giardia and cryptosporidium assay
 - Digestion & absorption markers (elastase, fat stain, muscle & veg. fibres, carbs)
 - Inflammatory markers (lysozyme, lactoferrin, white blood cells, mucus)
 - Immunology (secretory IgA –sIgA)
 - Short chain fatty acids (the end product of bacterial fermentation of beneficial bacteria in the bowel)
 - Intestinal health markers (red blood cells, pH, occult blood)
 - Visual appearance
 - The 3-day collection period is considered the gold standard by most gastroenterologists, and the scientific literature suggests that three-day collections give maximum sensitivity and specificity for parasite and candida yeast detection because many parasites do not shed from the host at even intervals, and yeasts have varying growth cycles as well.

- The other thing to look for in a CDSA test is the actual level of other bad bacteria in the sample and in particular the level of beneficial bacteria. You should be concerned if there is nil growth (NG) in terms of *Lactobacillus acidophilus*.
- **The Urinary Indican Test.** Indican is produced as a by-product by the dietary breakdown of an amino acid called tryptophan. Indican is normally low in healthy people and increased levels indicate small intestinal bacterial overgrowth (SIBO) or intestinal dysbiosis. People that may be at greater risk for indican overproduction include those with poor diets or refined diets, those who drink too much alcohol and those with hectic and stressful lives. While the urinary indican test is not a test that is specific for a yeast infection, most people with a yeast infection are positive for urinary indican, signifying dysbiosis (high levels of bad bacteria). Those with yeast infections, especially when chronic, often have high to very high levels of dysbiotic bacteria as well.

This test is often performed by your naturopath or functional medicine doctor and can be performed quickly in their clinic.

Some causes of a positive Urinary Indican Test include:

- Intestinal overgrowth of anaerobic bacteria (dysbiosis)
- Intestinal mucosal permeability (leaky gut syndrome) due to damage from an infection, an anti-biotic, a toxic or reactive exposure, or nutritional deficiency.
- Protein maldigestion or too much protein.
- Alcohol consumption or a diet high in sugary and refined foods
- Constipation
- Bile duct obstruction or gallstones.
- Common Micro-Organisms Contributing to Positive Indican Tests Include: *Salmonella*, *Shigella*, *Campylobacter*, *Yersinia*, *Citrobacter* species, *Klebsiella pneumoniae*, *Pseudomonas*, some strains of *Escherichia coli*, *Staphylococcus aureus*, *Bacteriodes*, *Clostridium*, *Candida albicans*, and many other *Candida* species.



- **Live Cell Microscopy.** This is a new test (taking one drop of blood from a fingertip) that provides a reliable and fast visualization of Candida, parasites and bacteria that float freely in the bloodstream.

You should not rely solely on the outcome of any one single test, and it is best you verify a candida yeast infection by looking at several ways to assess your condition.

Other recommended tests

- Bacteria that do not retain the crystal violet stain used in the gram-staining method of bacterial differentiation. Including H.pylori (damages cells that secrete stomach acid, stops stomach acid production for up to 3-5 years or permanently) (Helicobacterpylori) and E.coli.
- Mould toxicity
- Parasites
- Heavy metals and other toxins

Candida Treatment: How to Overcome Candida Naturally

Because every health problem is multidimensional, the solution must be multidimensional in order to eradicate the problem from the root.

The Candida treatment protocol is a system where all the links (steps) are crucial for recovery. It means that diet alone won't cure you, if you have other underlying issues such as parasites, bacterial infection, mismanaged sleep and stress etc.

STEP

1

The Candida Diet aka Anti Candida Diet

Candida Cleanse Diet

First, you need to clean up your menu of all the foods that Candida thrives on refined sugar and syrups (all products containing the latter), sweet fruit and dried fruit, refined grains (flours, pasta, pizza, buns, all products that contain refined flours), coffee, alcohol, vinegar, and yeast. Most people will also benefit from excluding starchy veggies and all fruits for the first weeks into the diet. Read more on [Vegan Candida Diet](https://www.nutriplanet.org/vegan-candida-diet/).

Reintroducing Foods After Candida Cleanse

Many people make the mistake of hastily reintroducing all kinds of foods as soon as they feel a bit better. Reintroduce the foods you love and crave the very last, because these are the foods and drinks your immune system has most likely become the most sensitive to. There is no fixed time period when it comes to eating your normal diet again. And remember, normal is never going to be filled with alcohol and sugary treats! Some people are reintroducing foods back into their diets that they previously could not tolerate, within 3 months. Others are not so fortunate and find that they are still having issues with foods after 6 months. And for some, the battle can go on for decades. It is crucial to do the reintroduction phase properly not to aggravate once again. My [Reintroduction Meal Plan](#) includes guide to gradual reintroduction of foods.

STRUGGLING WITH MAINTENANCE?

In my ***Holistic Candida Membership***, I'll help you find your resilience and change your environment for the best outcome.

[TAKE THE NEXT STEP TOWARDS LASTING RESULTS!](#)

Candida Diet Recipes

It can be overwhelming to start cooking and eating for Candida cleanse. To help you, I wrote a thorough guide to [Candida diet meal planning](#) and also have many Candida diet friendly recipes on my blog [Nutriplanet](#). Should you still feel too overwhelmed, see my [Candida Cleanse Meal Plan](#).



Supporting your immunity, adrenals, gut, liver and mitochondria is as important as cleaning up your diet to become Candida free.

Mitochondria are known as the powerhouses of the cell. They are organelles that act like a digestive system, which takes in nutrients, breaks them down, and creates energy rich molecules for the cell, i.e., they keep the cells full of energy.

Adrenal support

Ashwaganda (can be taken long term), motherwort, reishi and cordyceps, Siberian ginseng, Rhodiola (precautions for bipolar), Ginkgo biloba, vitamin B12 and B5, holy basil tea and liquorice (precautions with high blood pressure).

Adrenal/liver support essential oil blend by Mariza Snyder, DC:

- 10 ml roller bottle
- 8 drops geranium
- 7 drops rosemary
- 5 drops clove
- 2 drops peppermint

Apply (massage) to the bottom of feet or right above the kidneys (adrenal glands) around mid to lower back.

Gut support

Drink at least 8 glasses of water daily, ground flax seeds, oat bran, acacia (fibres); *Saccharomyces boulardii* and probiotics, vitamin A, slippery elm, marshmallow root, chamomile, olive leaf extract. Rotate the fibres, using one source for two weeks at a time.

Make sure to store ground flax seeds in an airtight container in fridge or freezer.

Liver support

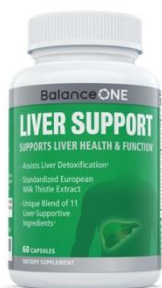
Berberine (or Golden seal and barberry), milk thistle (St. Mary's thistle), omega 3s, vitamins A, C and E, stress management.

Foods for healthy liver:

- Bitter foods: rocket, endive, chicory, capers, olives
- Best herbs & vegetables: beetroot, garlic, Brussels sprouts, fennel, artichoke, carrots, broccoli, onions, fresh ginger, dried turmeric
- Glass of warm water with lemon juice before breakfast
- Dandelion root coffee
- Herbal tea, green tea – instead of regular tea & coffee

Watch out for: coffee, alcohol, bad fats, paracetamol and other pharma drugs, refined foods.

As far as supplements are concerned there's an excellent **Liver Support by BalanceOne**:



Contains 11 carefully chosen ingredients to detox and improve your liver health: selenium, molybdenum, choline, milk thistle seed extract, N-acetyl-L-cysteine, artichoke leaf, turmeric root, dandelion root, yellow dock root, beet root, ginger rhizome extract.

[Buy on Amazon](#) | [Buy on BalanceOne](#)

Use code NUTRISALE for 15% off (valid in both shops).

Mitochondrial support

Creatine, rooibos, green tea, CoQ10 (protects the brain, slows the effects of aging and supports cardiovascular health).

Immune support and anti-inflammatory effects

L-glutamine, quercetin, n-acetyl-l-glucosamine, green powders (any type containing organic veggies, berries, wheat grass, spirulina), chlorella tablets (they bond with heavy metals and pull them out through your bowels), turmeric supplement with active curcumin, omega 3s, vitamin C ester (Ascorbyl Palmitate, the oil soluble form of Vitamin C) with citrus-based bioflavonoids, zinc tablets, black elderberry extract for when you're sick, and apple cider vinegar.

In addition, learn how to make liver cleanse and the liver and gallbladder flush from [The Candida Crusher](#) or [Yeast Infection No More](#).

NB! Work with your practitioner or naturopath to find the best supplementation for you!

STEP 3 Stress Management

You can be on the most perfect diet and take all the necessary supplements, but you won't heal if there are stressors in your life. Maybe it's the job that you hate or vampire relationships, but you need to figure it out and take the necessary steps to remove all negativity from your life.

Here are a few techniques that will help:

Meditation

Meditators have reported a significant improvement in their health, self-mastery and tranquillity. To deal with lingering stress, take a few minutes out of your day to meditate. All it takes is a short break, five or 10 minutes, to sit, relax, and let your mind go blank. Meditation is great for your wellbeing as it calms your soul and clears out mind clutter. There are several ways to mediate so why not do some

research and find your perfect method?

Yoga

There are so many different types of yoga, from intense (Ashtanga) to very gentle focusing on breathing (Hatha). Find the one most suitable for you. Read [on the different types of yoga](#) and [how yoga can help you manage stress and find serenity](#).

Practicing Mindfulness

Be present in all moments of your life, especially when you're eating.

Some easy tips to follow:

- Take a few deep breaths and concentrate on the food you're about to eat.
- Imagine how it's going to fuel, nourish and heal your body.
- Slow down and take your time chewing each bite carefully. Remember, digestion begins in your mouth.
- Be present; don't eat while engaged in other activities (TV, iPad, phone, book, emails).
- Be grateful that you can eat such a healthy and nourishing meal.
- If you're short-sighted, take off your glasses. You'll find the surroundings much less distracting.
- Don't eat if you are not hungry or are stressed and/or tired.
- Don't overeat! Stop eating if you feel full/satiated.
- When having a walk in the nature, notice all the sounds around you and everything you see. Don't walk with your phone in your hands!
- When you're having a conversation with your spouse, child or a friend, concentrate on him/her instead of checking your phone all the time and texting with other people simultaneously.

Cognitive Therapy

When you feel that you can't cope on your own and struggle with keeping the negative stress at bay, find a good therapist who can

<https://www.nutriplanet.org/>



help you find your way.

Exercise

It's no secret that physical activity is good for your health: both body and mind. More and more, people are realizing the effects exercise has on mental health too. Here are some benefits of regular exercise:

- balanced blood sugar
- lower heart rate, blood pressure, cholesterol and triglyceride levels
- stronger body
- improved endurance
- positive effect on mood
- helps you cope with stress
- helps you sleep better
- can also help reduce yeast infection symptoms and improve immunity.

When we're physically active, nutrients and oxygen are transported into cells more effectively. That means all the wonderful nutrients from the whole foods you're eating is going exactly where they're needed. This in turn makes you more energetic and you'll get a lot more done during the day. Exercise also helps us forget our everyday problems and heals the mind.

For major health benefits, adults should do at least 30 minutes of moderate-intensity aerobic activity daily or about an hour of vigorous-intensity aerobic activity each week. Of course, the best option is to do a combination of both. The more you exercise, the easier it becomes and the more you will enjoy it.

Finding motivation and keeping motivated

Not all of us are doing enough physical activity. We know it's important but instead we do other things. Why? There are plenty of reasons but the main one is we aren't motivated to move. It's difficult to change our habits because it seems like a lot of work. But one thing



at a time. Start with changing the way you think about exercise.

In order to be physically active, you don't need to run a marathon right away. Find what you like and do that. It doesn't have to be anything complicated or consume a lot of time and energy. Listen to your favourite music and dance away by yourself or have a friend join you if you want.

DIVE DEEPER INTO STRESS MANAGEMENT!

Understanding and managing stress is crucial for your healing journey.

In my **Candida Video Membership** area you'll find practical tools and guided meditations to help you find balance and peace.

Learn how to support your well-being every step of the way!

[EXPLORE MORE!](#)



STEP 4 Sleep Management

Sleep is a building process when the body restores its energy supplies that have been depleted through the day's activities. In sleep the body rejuvenates and repairs itself. It rebuilds its muscle tissues and regenerates body cells. Heartbeat and breathing are slower during sleep; the body's temperature lowers, and muscles relax.

13 tips for sleep management:

- Exercise regularly.
- Don't go to bed completely worn out or hungry.
- Don't drink coffee at least 6-8 hours before bedtime.
- Sleep on a good mattress that supports your body and good posture.
- Quit smoking.
- Don't drink alcohol.
- Take 20-minute afternoon naps between 2 and 4 pm.
- Try to go to bed at 10pm (at least before 11pm).
- Try not to eat 2 hours before you go to bed.
- Try to be screen-free at least an hour (2 is better) before you go to sleep.
- Meditate in the morning and in the evening.
- Do everything you need described under stress management above.
- Relax more during daytime and take quiet moments for yourself.

STEP

5

Candida Supplements

As much as you'd like to, there's no way around supplements if you want to completely heal yourself from Candida overgrowth.

Vitamins and fatty acids

Vitamins C, B-complex, biotin (B7), D, E, a multivitamin, omega 3 (see below for more details).

Antifungal Supplements and Foods

Antifungals help kill candida. It is advised to start antifungal therapy at least a week after the beginning of Candida Diet, otherwise you can experience severe candida die-off symptoms.

Natural and more commonly found antifungal are aloe vera, cinnamon, clove, coconut oil/meat/milk, garlic, ginger, turmeric, coconut meat/milk, garlic (2-4 raw cloves a day), onions, seaweed, olives, lemon and lime juice, pumpkin seeds, rutabaga, and cayenne pepper.

More antifungals: essential oils (oregano, peppermint, tea tree, grapefruit seed extract, olive leaf extract), Pau d'Arco, Berberine, allicin (garlic), caprylic acid, undecylenic acid + betaine HCL, black walnut hull extract, neem.



Here's an all-in-one clinically studied supplement – [Canxida Remove](#) that is **anti-fungal, anti-parasite as well as anti-bacterial**.

CanXida Remove is a unique high-potency, sustained-released, anti-fungal, antibacterial and anti-parasite formulation for candida yeast infection.

It contains 12 of the most potent anti-fungal herbs:

- Garlic 2% allicin
- Caprylic acid
- Undecylenic acid
- Betaine HCL
- Grapefruit seed extract
- Black Walnut Hull Extract
- Pau D'arco 4:1 extract
- Neem 4:1 extract
- Berberine HCL
- Clove 4:1 extract
- Biotin
- Oregano oil

Repeated CDSA testing (Comprehensive Digestive Stool Analysis testing) before and after taking CanXida Remove has confirmed the clinical efficacy of this potent broad-spectrum formulation.

[Buy Canxida Remove here](#) – use code nele5 for 6% off.

Take anti-fungals for 1-2 months for best results.

Probiotics, Prebiotic Foods and Digestive Enzymes

Probiotics help maintain healthy balance of gut flora and therefore support your immune system.

Start taking probiotics the week after you introduced antifungals.

Which is the best probiotic?

- Has at least 6 different probiotic strains.
- Has time-release formula (more below).
- No cheap fillers e.g., maltodextrin.
- No low-cost binders, such as magnesium oxide or zinc oxide, which can dramatically reduce the bioavailability and absorption



of supplements.

- Free from all the main allergens, such as gluten, dairy, soy, corn, peanuts, yeast or other ingredients for which you may have intolerance.
- Steer clear of artificial sweeteners and colouring agents.

I'd recommend the following **2-in-1 supplement** containing both probiotics and digestive enzymes:

[CanXida Restore](#) is a unique candida yeast-cleansing formulation designed by Eric Bakker after almost three decades of clinical naturopathic gastroenterology experience.



This formula contains 7 enzymes, 6 probiotic strains, 18 billion CFU, is Time Release, & Shelf-Stable. Formula works great for those with candida yeast overgrowth, leaky gut, and SIBO.

CanXida Restore contains:

6 premium probiotic strains:

- Lactobacillus acidophilus
- Lactobacillus plantarum
- Lactobacillus casei
- Lactobacillus rhamnosus
- Bifidobacterium bifidum
- Bifidobacterium longum

7 Digestive and Systemic Enzymes:

- Amylase

- Cellulase
- Glucoamylase
- Hemicellulase
- Invertase
- Protease
- Serratiopeptidase

[Buy Canxida Restore here](#) – use code nele5 for 6% off.

How long should you take probiotics?

Probiotics should be the last supplements you continue to take until you feel really well. When all symptoms abate, take them for at least a month or two longer.

In his book [The Candida Crusher](#) Eric Bakker recommends probiotics during the prolonged anti-candida therapy, and especially for some time after completing the therapy. He says that these are the patients who stay better for longer.

Probiotic foods – yogurt (non-GMO soy or coconut), fermented foods such as sauerkraut and kimchi. You need to make sure that it is raw and not pasteurized as pasteurizing kills all the good bacteria. Eat coconut yogurt sparingly though because of its high fat content.

Prebiotic foods don't contain any good bacteria, but they help the good bacteria to survive and grow. Chicory root contains an excellent prebiotic named Inulin – so, have chicory root coffee with almond milk or non-GMO unsweetened soymilk and sweeten it with stevia or xylitol.

Digestive Enzymes

As you'd know, food has to be broken down nutrients: amino acids (from proteins), fatty acids and cholesterol (from fats), and simple sugars (from carbohydrates), as well as vitamins, minerals, and a variety of other compounds.



Digestive enzymes, primarily produced in the pancreas and small intestine, break down our food into nutrients so that our bodies can absorb them. If we don't have enough digestive enzymes, we can't break down our food – as simple as that. There are many causes for digestive enzymes to stop working properly including some diseases (pancreatic problems, Celiac disease, Crohn's etc.), inflammation in digestive tract, aging, low stomach acid, and stress.

Most people are going to benefit from a multi-enzyme product, so you'll want to see a number of enzymes listed:

- proteases (which break down proteins),
- lipases (which break down fats), and
- carbohydrases (such as amylase, cellulase, glucoamylase, hemicellulose, and invertase, which break down carbohydrates).

Essential Oils for Candida

Grapefruit seed extract

Oregano oil

Olive leaf extract

I took oregano oil (1-2 drops a day) and grapefruit seed extract (5-6 drops 3 times a day) by turns. Definitely read the next paragraph about *safety tips!*

[Canxida Remove](#) already contains oregano oil as well as grapefruit seed extract.

Should you only need oregano oil, Global Healing has [Organic Oregano Oil Blend](#) with peppermint oil and cayenne pepper for enhanced potency.

Remember with essential oils (especially if taken internally):

- Essential oils don't mix with water. They'll float, and you risk

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burning your lips and mouth. Mix them with a teaspoon of carrier oil (coconut, olive, sesame, avocado, almond) or with liquid stevia and then add to your antifungal shot. Alternatively, fill an empty capsule with carrier oil and essential oil drops and swallow. Order capsules online from [Amazon](#).

- It is not advised to take essential oils for more than 2 weeks in a row.
- Then take a 2-week break and have another oil.
- Repeat, but not for longer than 8 weeks in total.

Supplements and Herbs for Parasite Cleanse

Berberine and wormwood, burbur, banderol, samento, black walnut hull extract, slippery elm, raw garlic, raw pumpkin seeds, coconut oil, ground cloves.

Remember, that [Canxida Remove](#) contains both anti-fungals and anti-parasites.

NB! Make sure you work with your health practitioner, naturopath or functional medicine doctor/health coach to find the best supplementation, dosage and sequence to meet your individual needs.

Binders

ZeoBind

Chlorella

PectaSol C

Clay and charcoal

Be sure to leave 2 hours between taking any binders and having a meal, as it would also bind the nutrients you so desperately need. Consult your health care practitioner to choose a binder best suited for your needs.



Supplement Summary:

- [Canxida Remove](#) – anti-fungal, anti-parasite, and anti-bacterial. Code nele5 for 6% off.
- [Canxida Restore](#) – probiotics and digestive enzymes. Code nele5 for 6% off.
- [Canxida Rebuild](#) – 32 different vitamins, minerals, special nutrients, and 9 herbal medicines. Code nele5 for 6% off.
- [C-3K Plus](#) – 3000mg vitamin C powder with bioflavonoids. Code nele5 for 6% off.

Also, check out my [Amazon storefront](#) for a good vegan omega 3, vitamin D and more.

Disclosure: As a Global Healing, Canxida affiliate I earn from qualifying purchases. For every purchase made from the link, you'll be able to support my work. Thank you!

P.S. Every supplement I recommend has been hand-picked and double-checked!

Here's What They're Saying:

"This program is super complete and I love that everyone can follow it at her own pace, there is no rush.
We do not have to be perfect. At least that is the way I feel it. I really appreciate all the education you are teaching us."



Naomi
Texas

"Thank you for sharing how you see things. You're creating magic in this world.
It's like having a sisterhood. I like everything!
I really enjoy the way you have organised this course. Videos, meditations, workbook, and community. "



Laima
Lithuania

"Thank you, Nele for all your hard work and dedication to this. You are truly compassionate, a great leader, and always present to support us in all facets of this journey.
This has been wonderful. I have learned so much which has led me to continue researching more deeply into the healing and health world."



Joanne
Seattle

Candida Die-Off

Candida die-off happens when you detox too fast. It can manifest itself in flu-like symptoms, allergies, fever and nausea. In case you've been consuming lots of refined foods, alcohol and coffee, it's best to start your healing process gradually.

Basically, there are two approaches of getting started:

- to clean up your diet 100% from day one.
- to clean up your diet gradually. For example, if you consume coffee and alcohol, leave those out during the first week. From second week, remove all refined foods e.g., sugars, syrups, refined grains (flours, pasta or anything made of refined white flour), gluten grains, sweet fruit, vinegar, some nuts.

Make a list of foods that you crave the most and leave those out as first step (it can also be healthy foods such as sweet potatoes, but when eaten excessively can cause problems). Also, when you start reintroducing foods, those on top of the list would be the last to come back into your diet.

Should you still experience die-off symptoms, try the following:

- Ginger tea – cut really thin ginger slices and boils them covered for 15-20 minutes and let it steep for another 10 minutes. The water and ginger ratio really depend on your taste.
- Pectin – have a few tablespoons of homemade unsweetened applesauce every day.
- Fibre – make sure you're getting enough fibre from whole foods.
- Activated charcoal – leave 2 hours between taking charcoal and having a meal, as it would also bind the nutrients you so desperately need.

You also need to remember that sometimes your aggravation symptoms are not a sign of die-off but come because of a withdrawal you are experiencing from coffee, tea, alcohol, chocolate, dairy products, sugar, wheat, corn, or even yeast itself.

Hear It Directly From Those Who've Tried It:

"It has been such an amazing journey! I have gained so much knowledge, but also so much more! I have been inspired, encouraged, motivated, reassured, and most of all, along the way I got to reconnect with myself. I am so excited for life, my whole perspective has changed. I never seemed to make any difference to how I was feeling no matter what I tried, including following a "standard candida diet", which we all now know, this course is definitely not, thank goodness!"

Kirsten
Australia

"The videos and meditations have been an immense support in being able to shift my mindset and then maintaining it. You're really onto something with the mindset part for the Candida journey. I feel helped and supported and not lectured and restricted. The materials remind me very much of Atomic Habits which is brilliant."

Maria
Helsinki

Discover Your Holistic Candida Journey

Congratulations on taking the first step towards a healthier you with this Candida guide. But your journey doesn't have to stop here!

My **Candida Journey Membership** offers a comprehensive, holistic approach designed to support you every step of the way.

What You'll Gain:

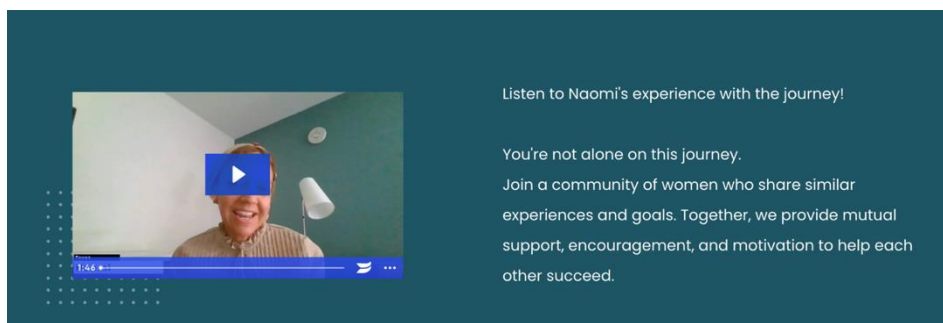
- **Mindset Shift:** Learn how to transform your beliefs and habits to support lasting change.
- **Nutritional Mastery:** Understand how to create balanced nutritious meals without relying on strict meal plans or recipes.
- **Supportive Community:** Connect with like-minded women who share your journey and provide mutual support.
- **Deep Healing Practices:** Engage in guided meditations and reflective exercises that nurture your body and mind.

This membership is more than just a diet; it's about embracing a new way of living that fosters health, balance, and joy.

Whether you're dealing with Candida overgrowth or simply seeking to improve your overall well-being, our journey together will equip you with the tools, knowledge, and support you need to thrive.

Start your 3-day free trial and join us now! Take the next step towards a healthier, more vibrant life. Remember, true transformation starts from within, and together, we can make it happen.

[LEARN MORE & SIGN UP TODAY!](#) Click on the image below for this video testimonial:



<https://www.nutriplanet.org/>

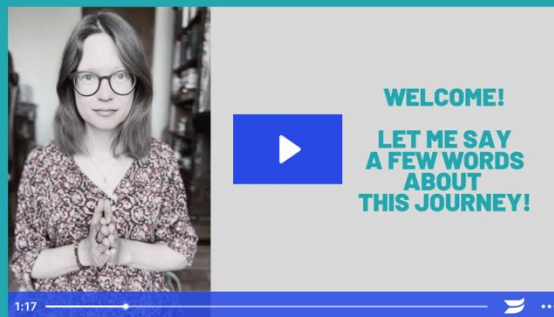
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Your Holistic Candida Video Journey

Created by a woman for women.

It's Not a Course – It's an Experience!
Use Your Candida to Transform Your Life!



Start Your 3-Day Free Trial Now!

Along with the main content you'll receive:



MEAL PLAN

- ★ Comprehensive Candida diet guidelines.
- ★ Supplement guidelines.
- ★ 7-day meal plan for both the cleanse and reintroduction phase. *(Available after the free trial is over).*



BONUS GUIDES

- ★ Breakfasts' cheat sheet.
- ★ Balanced bowls' and salad dressings' guide.
- ★ Science-based food combining and cooking cheat sheet.
- ★ Daily habit tracker.



WORKBOOK

The workbook is a must! It's very helpful and I've been doing all the exercises. It helps me to put in practice the information of the videos."
Naomi, Texas

Start Your 3-Day Free Trial Now!

Here's What You Can Expect from Each Module:



Foundation of Lifestyle Change

- Intrinsic Motivation
- Mindset Shift
- Sleep
- Movement
- Mindfulness
- Cravings



Nutrition Mastery

- Balanced Meals
- Meal Planning Skills
- Shopping & Reading Labels
- Maximising Nutritional Intake



Beyond Food

- Water and Air Quality
- Household and Personal Care Toxins
- Stress Management Tools



Advanced Topics

- Hormones and Menopause
- Deep Dive into Self-Love, Life Purpose, and Forgiveness
- Building Resilience and Inner Strength



Reintroduction & Maintenance

- Gradual Food Reintroduction
- Turning Setbacks into Comebacks
- Your Next Steps to Maintain This New Way of Living



Meditations & Practices

- Deeply Relax Your Mind and Body
- Visualise Yourself Healthy
- Be in the Now
- Support Yourself on This Journey.

Start Your 3-Day Free Trial Now!

