

# A Gentle Guide to Candida Healing

**Restore Balance •**

**Nourish Your Gut •**

**Reconnect with Yourself**



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# Nele's Health Journey



*"Healing isn't about perfection. It's about presence."*

My journey with food and healing began in my early twenties, though I didn't know it at the time.

Like many, I was caught in the cycle of restriction and control — trying to make peace with my body through rules, fasting, and punishment. I lived in a constant negotiation between eating and "making up for it," and while I looked healthy on the outside, I often felt exhausted, disconnected, and lost in my relationship with food.

That changed in 2013, when I discovered The China Study and shifted to a whole food, plant-based way of eating. For the first time, I felt at home — not counting calories, but nourishing myself. It was a profound turning point.

And yet, healing isn't linear. What followed was a new kind of imbalance — too many raw desserts, dried fruits, and high-fat treats — and soon I was facing something I hadn't anticipated: a yeast infection that turned out to be Candida overgrowth.

It took me more than two years to truly address it. Not just through food, but by gently exploring what it meant to rebuild trust in my body, understand my cravings, regulate my nervous system, and support deeper layers of healing. It wasn't just about Candida — it was about coming back to myself.

What I know now is that healing isn't about perfection — it's about presence, rhythm, and self-kindness.

I created this guide so that your journey doesn't have to be as long, confusing, or exhausting as mine was. I hope it helps you feel less alone — and more supported, curious, and empowered.

*With care,*

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.

*Understanding your body is a powerful act of self-compassion.  
Learning what's happening inside is the first step toward healing it  
with care.*

## 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.

*Remember: this isn't your fault.*

*Overgrowth develops slowly — often under the radar — and many people live with it unknowingly for years. Now you're bringing awareness, and that changes everything.*

# What Causes Candida Overgrowth

Candida overgrowth doesn't have just one cause — and that's actually a gift in disguise.

It means you don't have to find a single “root” or perfect fix.

Instead, you can start gently — supporting your body layer by layer, in the places where imbalance has quietly built up over time.

Many things can contribute to Candida — from stress and antibiotics, to hormonal changes, to certain foods, to deeper emotional patterns.

But every contributing factor also offers a doorway back into balance.

## Nele's Note:

*You don't have to solve everything at once.  
Just understanding what might be contributing can help you respond more  
clearly — and more kindly — to what your body is asking for.*

- **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.

### **Pause & Reflect**

There are many contributing factors — and most are things  
we were never taught to pay attention to.

This isn't about blame, but clarity.  
With understanding comes choice.



# Candida Overgrowth Symptoms

Candida can show up in many ways — some subtle, others more disruptive.

It often mimics or overlaps with other imbalances, which is why so many people live with its effects without realizing what's underneath.

Becoming aware of your symptoms isn't about fear — it's about gently listening.

When you start to see the patterns, you can respond with care, clarity, and compassion.

In the sections that follow, you'll find the most common general symptoms of Candida, as well as those that may be more 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.

### **Pause & Reflect**

You may see yourself in these symptoms — and that might feel validating, or even overwhelming.

Pause here. Breathe.

Awareness is not the end of the journey — it's the beginning.



# 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) (Helicobacter pylori) and E.coli.
- Mould toxicity
- Parasites
- Heavy metals and other toxins

*Testing can bring clarity, but it's not the only way to  
understand your body.  
Listen to your intuition alongside the results.  
You know more than you've been taught to trust.*



# Candida Treatment: How to Overcome Candida Naturally

Because every health issue is multidimensional, healing needs to be as well. That's why addressing Candida is not just about diet — it's about gently supporting the whole system: gut, immune function, nervous system, sleep, and stress.

Think of it as a woven system, where each thread contributes to your healing. Diet is powerful, yes — but true transformation happens when you also tend to what's underneath: your rhythms, your energy, your environment, and your capacity to receive nourishment in all forms.

## Nele's Note:

*You don't have to fix everything at once.  
This isn't a race — it's a spiral.  
Begin where you are. The path will meet you.*

## STEP 1: The Candida Diet aka Anti Candida Diet

### *The Nourishing Cleanse*

The first step is gently removing the foods Candida thrives on — not as punishment, but as a way of giving your body space to reset.

That usually includes refined sugars and syrups, sweet fruits and dried fruits, refined flours, coffee, alcohol, vinegar, and yeast.

Some people also benefit from pausing starchy vegetables and fruits for the first few weeks.



This isn't about "never again" — it's about offering your gut a window of calm. You're creating a clear environment so your body can begin to regulate itself again.

If you're unsure how to begin, my [Plant-Powered Candida Bundle Plan](#) offers guidance and meals to support you.

**Pause + Reflect:**

*Removing familiar foods can bring up emotion, resistance,  
and even grief.  
You're not doing anything wrong — this is part of the healing.  
Go slowly. Be curious.  
Support your nervous system as much as your digestion.*



## ***Reintroducing Foods with Care***

As your symptoms begin to ease, it's natural to want to bring back the foods you miss — and you will. But moving gently here is key.

Often the foods we crave most are the ones our body is still sensitive to. That doesn't mean they're "bad," it just means your body might need more time before fully welcoming them back.

There's no set timeline — some people feel ready to reintroduce foods within 2–3 months, others need 6 months or more. And that's okay.

What matters most is that you listen to your body, take your time, and avoid rushing into patterns that may have created stress in the first place.

The reintroduction section of my [Candida bundle meal plan](#) offers structure, recipes, and reflection tools to help guide you through this process step by step.

### **Nele's Note:**

*You are not going backward.  
This phase isn't about restriction — it's about rebuilding trust.  
One meal, one day, one choice at a time.*



## *Candida Friendly Meals: Where to Begin*

Shifting the way you eat — especially when you're already feeling depleted or unsure — can feel overwhelming at first. You're not alone in that.

That's why I created a thorough guide to Candida cleanse meal planning, filled with supportive insights and practical tips to help you make the transition as gently as possible.

You'll also find a growing collection of [Candida-friendly recipes on my blog, Nutriplanet](#) — real meals made with care, without the need for perfection.

And if even that feels like too much right now, I completely understand.

For that reason, I've created a complete [Candida Bundle Meal Plan](#) — with ready-made menus, guidance, and substitution options to help you take the first step without decision fatigue.

### **Pause + Reflect:**

*This isn't about doing it all at once.  
Start with one meal. One new habit.  
One moment of nourishment.  
That's how healing begins.*



## STEP 2: Supporting The Body's Healing Systems

As you begin clearing your diet and rebalancing your gut, it's important to remember that healing Candida isn't just about removal — it's also about **support**.

Your body has been doing its best to keep you functioning, even in imbalance. These tools and nutrients can offer deeper nourishment to systems like the adrenals, **gut, liver, mitochondria, and immune response** — giving your body the building blocks it needs to recover its natural rhythm.

### Nele's Note:

You don't need every supplement on this list. Let your body guide you. Choose what resonates, and consider working with a practitioner to tailor it to your unique needs.

### *Adrenal support*

Chronic stress — physical or emotional — can deplete your adrenal reserves. These herbs and nutrients may help rebuild energy and restore steadiness:

- Ashwagandha (long-term safe adaptogen)
- Reishi, cordyceps, Siberian ginseng
- Rhodiola (note: avoid with bipolar)
- Ginkgo biloba, vitamin B12 and B5
- Holy basil tea, licorice (note: avoid with high blood pressure)

Essential oil blend (adapted from Dr. Mariza Snyder):

Use a 10 ml roller bottle with:

- 8 drops geranium
- 7 drops rosemary
- 5 drops clove
- 2 drops peppermint

→ Apply to the soles of the feet or gently over the mid-to-lower back (above the kidneys).





## *Gut support*

Your gut is the root of your immune system — and rebalancing it can support the entire healing process.

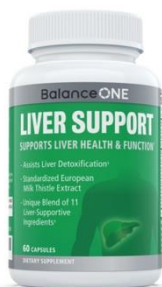
- Hydrate: drink at least 8 glasses of water daily
- Fiber: rotate gentle sources like ground flaxseed (store cold), oat bran, acacia
- Probiotics & *Saccharomyces boulardii*
- Supportive herbs: slippery elm, marshmallow root, chamomile, olive leaf
- Vitamins: A for mucosal lining, D for immunity

## *Liver support*

Your liver filters toxins — and during a Candida cleanse, it's working harder than usual. Support it with:

- Milk thistle (St. Mary's thistle), berberine (or Golden seal and barberry), artichoke, omega-3s
- Vitamins A, C, and E
- Bitter greens: rocket, chicory, endive, olives, capers
- Veggies & herbs: beetroot, garlic, Brussels sprouts, carrots, turmeric, fennel, artichoke, broccoli, onions, fresh ginger
- Gentle practices: lemon water in the morning, dandelion root tea, herbal teas, green tea

**Avoid:** alcohol, coffee, paracetamol, processed foods, refined fats



### → **Optional: Liver Support by BalanceOne:**

11 carefully chosen ingredients, incl. selenium, NAC, turmeric, dandelion root, ginger, beet, etc.

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

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



## ***Mitochondrial support***

Mitochondria are your cells' energy centres. During healing, supporting them can improve stamina and reduce fatigue.

- Creatine
- Rooibos and green tea
- CoQ10 (supports cardiovascular and brain health)

## ***Immune support and anti-inflammatory tools***

These supplements and whole-food compounds may help regulate inflammation and strengthen your immune defence:

- L-glutamine, quercetin, N-acetyl-glucosamine
- Turmeric (curcumin), omega-3s, zinc, elderberry extract
- Green powders (any type containing organic veggies, berries, wheat grass, spirulina), chlorella (binds heavy metals), spirulina
- Vitamin C ester with citrus bioflavonoids
- Apple cider vinegar (if tolerated)
- Zinc tablets, black elderberry extract for when you're sick.

### **Pause + Reflect:**

Let this be a gentle reminder:  
you don't have to add everything all at once.

Even one small supportive shift can have a ripple effect.  
Keep it simple, consistent, and in rhythm with your energy.



### STEP 3: Stress & Emotional Healing: A Core Part of Candida Recovery

You can eat the most beautiful meals and take the best supplements, but if your nervous system is constantly overwhelmed or depleted... true healing won't take root.

That's not a failure — it's simply how we're wired.  
The body doesn't heal well in a state of constant survival.

That's why finding small, consistent ways to reduce stress and reconnect with your inner calm is one of the most powerful things you can do.

#### **Pause + Reflect:**

*You don't have to overhaul your life.  
Sometimes it starts with a breath. A moment of silence.  
A walk without your phone.  
Little by little, your system begins to exhale.*

### ***Meditation***

Meditation doesn't need to be complicated.

Even 5–10 minutes a day can calm the nervous system and help clear the mental fog that Candida often brings.

Explore what resonates — silent sitting, guided meditations, breathwork, sound, or even prayer.

What matters most is that you return to yourself.

### ***Yoga***

There are many forms of yoga — from energizing to deeply restorative.

Hatha, Yin, and gentle Kundalini practices can be especially grounding when healing from Candida, stress, or burnout.

You don't need a perfect pose — just a safe space to breathe and move.



## ***Practicing Mindfulness***

Being present in everyday moments is a form of healing.

Especially when eating — mindfulness reconnects you with your body's signals and helps digestion begin in a state of calm.

Try these simple rituals:

- Breathe before your meal
- Notice the colours, textures, and smell of your food
- Eat slowly, chew thoroughly, and pause halfway
- Release distractions (screens, books, multitasking)
- Express quiet gratitude for the nourishment in front of you

And beyond meals:

- Take walks without your phone
- Tune into nature's sounds
- Be fully present with the people you're with
- Let one task at a time be enough

## ***Cognitive Support & Therapy***

Sometimes stress runs deeper than simple practices can reach.

If you feel constantly on edge, exhausted, or unable to shift out of negative loops — you're not alone.

A skilled therapist or counsellor can support you in untangling what's stuck.

There is no shame in seeking help — in fact, it's one of the most powerful choices you can make.



## ***Exercise***

Exercise is not about burning calories — it's about circulation, energy, and mood. Moving your body helps transport oxygen and nutrients to your cells, lowers stress hormones, and supports immunity.

Start with what feels good:

- A walk in nature
- Dancing to music
- Gentle stretching
- A short Pilates or yoga video
- Swimming, biking, or gardening

Even 15 minutes counts — and consistency is more important than intensity.

### **Nele's Note:**

*You don't need to run marathons to benefit.  
Just move — with presence and care.  
Let joy, not judgment, be your motivator.*

#### STEP 4: Rest as Medicine: The Role of Sleep in Healing

Sleep is not just rest — it's rebuilding.

While you sleep, your body repairs tissues, processes emotions, balances hormones, and integrates all that you experienced during the day.

Your heartbeat slows, your temperature drops, and your muscles finally release their grip.

In sleep, the body does what the mind often cannot: it remembers how to heal.

##### **Pause + Reflect:**

*Are you giving yourself permission to rest fully?  
Healing begins when we stop performing —  
and allow ourselves to simply be.*

#### ***Gentle Practices to Support Restorative Sleep:***

Rather than a checklist, consider this a menu of rituals.

Choose what speaks to your rhythm — let the rest be something you return to later.

- Move your body during the day, so your system knows the difference between active and rest states.
- Avoid caffeine 6–8 hours before bed, and give alcohol, sugar, and heavy meals space to metabolize before sleep.
- Aim for consistency: Try going to bed before 10–11pm if you can — even 15 minutes earlier helps.
- Create a wind-down routine: Reading, dim lights, gentle music, a warm bath, or herbal tea.
- Give your mind a place to soften: Morning or evening meditations can cue the body to slow down.
- Let screens go early: Try to be device-free for 1–2 hours before sleep, if possible.



- Be gentle with your body: A good mattress and posture-supporting sleep position really do make a difference.
- If you nap, try doing so between 2–4pm for no more than 20 minutes — long naps may disrupt nighttime sleep.
- Don't go to bed overly depleted or stressed — create a buffer zone between your day and your rest.
- Let quiet moments find you during the day, not just at bedtime. Mini-pauses help your nervous system stay regulated.

**Nele's Note:**

*You don't have to earn your rest.  
Let sleep be a gift, not a reward —  
a quiet space where your body remembers that it's safe to let go.*



## Supplements to Support You

Supplements can play an important role in Candida healing — not as a quick fix, but as gentle allies that help your body return to balance.

If you're feeling overwhelmed by where to begin, that's completely normal. You don't need everything on this list.

Instead, tune in to what feels most supportive for your current energy. Consider working with a trusted practitioner or health coach to tailor what's best for you, and let this section be a companion — not a prescription.

### *Vitamins and fatty acids*

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

### *Antifungal Support*

Antifungals can help reduce Candida in the body, but it's important to introduce them slowly — typically starting a week after beginning the Candida cleanse diet.

This gives your body time to adjust and helps reduce the risk of strong die-off reactions (which are not signs of progress, just signs that the body is overwhelmed).

Some of the more commonly accessible antifungals include:

- Coconut oil, garlic (2-4 cloves a day), ginger, turmeric, onions
- Clove, cinnamon, aloe vera
- Pumpkin seeds, olives, seaweed, lemon and lime juice
- Rutabaga, cayenne pepper
- Peppermint and tea tree essential oils for topical use

Stronger options:

- Caprylic acid, undecylenic acid
- Pau d'Arco, black walnut hull, neem, berberine
- Essential oils (like oregano, olive leaf, or grapefruit seed extract — see safety notes below)







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***

A healthy gut is home to trillions of living organisms — and probiotics help bring that inner ecosystem back into balance.

Probiotics aren't just about replacing what was lost. They help rebuild your inner terrain after stress, antibiotics, restrictive diets, or prolonged imbalance.

If you're using antifungals, begin probiotics about a week after starting them — allowing your system to integrate both steps more gently.



## Tips for choosing a good probiotic:

- Multiple strains (6 or more)
- Time-release delivery for deeper colonization
- No cheap fillers e.g., maltodextrin.
- Avoid binders like magnesium oxide or zinc oxide that reduce absorption
- Free of allergens and fillers (gluten, soy, dairy, corn, etc.)
- No artificial sweeteners or colouring agents

I personally recommend Canxida Restore, which combines probiotics and digestive enzymes. It's clean, gentle, and supportive for long-term use.



[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.

[Buy Canxida Restore here](#) – use code *ne/e5* for 6% off.

## How long should I take them?

Let your body be the guide. Most people benefit from continuing probiotics for at least 1–2 months beyond symptom relief — sometimes longer.

Think of them as companions on your journey, especially during stress or transition.

## Probiotic foods:

Raw, unpasteurized fermented foods like sauerkraut, kimchi, and unsweetened plant-based yogurts (soy or coconut) can also support gut flora.

*Note: Coconut yogurt is nourishing but rich in fat — enjoy it in small, balanced portions.*

**Prebiotic foods** (like chicory root) don't contain bacteria, but help feed the good ones already inside you.

Try a cup of chicory root coffee with unsweetened plant milk.



## ***Digestive Enzymes***

Help the body actually receive nourishment.

Even the most nourishing food can't help you heal if your body struggles to break it down.

That's where **digestive enzymes** come in — they help your body absorb nutrients more effectively, especially during times of stress, inflammation, or digestive imbalance.

Our enzymes naturally decline with age, illness, low stomach acid, and chronic stress. Many people benefit from a gentle enzyme blend, particularly during Candida healing.

Look for a broad-spectrum formula containing:

- Proteases (for proteins)
- Lipases (for fats)
- Amylase, cellulase, glucoamylase, hemicellulase, invertase (for carbohydrates)

[Canxida Restore](#) contains both probiotics and enzymes in one — a simple and effective support for rebuilding your digestive strength.

*(Code nele5 applies here as well.)*

## ***Essential Oils for Candida***

Strong medicine — use with discernment and respect.

Essential oils like oregano, grapefruit seed extract, and olive leaf extract can offer potent antifungal and antibacterial support — but they must be used with care.

These are concentrated plant allies — and just a few drops can go a long way.

When using internally (always diluted):

- Never add essential oils directly to water. They'll float, and you risk burning your lips and mouth.
- Mix with a carrier oil (like olive, coconut, or sesame) or liquid stevia
- Add to an antifungal "shot" or fill capsules for safer swallowing

My personal rhythm was:

- Oregano oil (1–2 drops/day)
  - Grapefruit seed extract (5–6 drops, 3x/day)
- Alternating them with breaks



**Use for no more than 2 weeks at a time**, then take a 2-week break.  
You can repeat this rhythm, but pause fully after 6–8 weeks total.

**Recommended:**

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

## ***Parasite Cleanse Tools***

Some Candida imbalances come hand-in-hand with parasites or other opportunistic organisms.

If you feel this may be part of your picture — or have symptoms that remain stubborn — a gentle parasite cleanse may help.

Traditional natural tools include:

- Berberine, wormwood, black walnut hull, raw garlic, raw pumpkin seeds, cloves
- Additional support from: burbur, banderol, samento, slippery elm

[Canxida Remove](#) already contains both antifungal and anti-parasite ingredients, making it an accessible starting point.

Always check with your practitioner before beginning any cleanse, and listen closely to how your body responds.

## ***Binders***

Helpful for clearing — but use gently.

Binders help carry toxins and die-off byproducts out of the body, especially during deeper cleansing.

But they don't discriminate — they can also bind nutrients, which is why timing and moderation are key.

Common gentle binders include:

- Chlorella
- ZeoBind (zeolite clay)
- PectaSol C (modified citrus pectin)
- Activated charcoal
- Bentonite clay



Always take binders at least 2 hours away from food or supplements.  
Too close, and you risk pulling out the very nutrients you're trying to absorb.

Consult your health care practitioner to choose a binder best suited for your needs.

**Nele's Note:**

*Think of binders as the cleanup crew — helpful when things get stirred up, but not something to rely on daily without guidance.*

## Supplement Summary & Resources:

If you're looking for a place to begin, I personally recommend the Canxida range — I've used it myself and trust its integrity.

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

*(Code nele5 applies for 6% off.)*

You can also explore my [Amazon storefront](#) for additional hand-picked tools — including plant-based omega-3s and high-quality vitamins.

Your support through these links helps sustain this work — and I'm deeply grateful for that.

*Affiliate Disclosure: I only recommend what I've vetted personally. This isn't about selling solutions — it's about sharing what helped me and others heal.*



# Candida Die-Off

When your body starts to shift out of imbalance, it sometimes releases toxins faster than your elimination systems can keep up with.

This is often called a “die-off reaction” — and while it can happen during Candida healing, it doesn't mean you're doing something wrong.

It also doesn't mean it has to happen.

You can absolutely heal gently, especially if you take your time and listen to your body's signals.

## **Nele's Note:**

*The goal isn't to push harder — it's to support your body as it recalibrates.  
Slower is often safer. Gentler is often wiser.*



## What a Die-Off May Feel Like

Some people experience:

- Mild flu-like symptoms
- Fatigue or brain fog
- Body aches or mild fever
- Digestive upset, nausea, skin flare-ups
- Worsening of pre-existing symptoms (temporarily)

But it's important to distinguish **true die-off** from **withdrawal** — which can also happen when reducing things like sugar, caffeine, alcohol, or gluten.

## Two Gentle Ways to Begin Your Transition

There's no one "right" way to start.

Choose what feels most sustainable for your energy, lifestyle, and emotional bandwidth right now:

1. **Go all in** — clean up your diet 100% from the beginning
2. **Go gradually** — reduce one category at a time, such as:
  - Week 1: remove coffee, alcohol, and sugar
  - Week 2: reduce refined grains, gluten, sweet fruits, vinegar
  - Week 3: fine-tune portions of starches, nuts, etc.

*One gentle tip:*

Make a list of the foods you crave most — these are often the ones Candida thrives on. Start by reducing or replacing those gradually.





## If You Experience Symptoms: Gentle Support Tools

- Ginger tea — calming and anti-inflammatory  
(Thin slices simmered 15–20 min, steep another 10)
- Homemade applesauce (unsweetened) — natural pectin can help bind and soothe
- Fibre — whole-food fiber (flax, chia, veg) helps with elimination
- Activated charcoal — can bind toxins, but also nutrients  
→ Take at least 2 hours apart from food or supplements

If you're unsure whether what you're feeling is die-off, withdrawal, or something else — pause. Breathe. Give your body some space and kindness before making adjustments.

### Pause & Reflect

Healing doesn't always feel linear.  
But it should never feel violent.

If your body is crying out, listen — not to power through, but to slow down and care for it with even more love.

# Discover Your Holistic Candida Journey

*This is not a protocol. This is a return.*

You've just moved through a lot — information, emotion, insight.  
Take a moment to breathe.  
Feel your body.  
You've already begun the journey home to yourself.

If you're wondering what comes next... the truth is, **you're already in it.**



This isn't about getting everything "right."  
It's about reconnecting with your body, step by step.

That's why I created the **Holistic Candida Journey** — a spiral of soft, structured support that moves with you, not against you.

Your symptoms are not failures. They're invitations.  
And this is where we begin listening.



## Begin Here: Nourishment as the First Spiral

If you're ready to take your next step — softly, intentionally — the **Nourishment Journey** is where it begins.

You'll find:

- Video guidance on building supportive meals
- Cheat sheets, food rituals, and snack inspiration
- Gentle workbook exercises

Everything in this spiral is designed to help you reconnect with food, rhythm, and trust.

You don't have to be perfect.  
You just have to begin — and this is the beginning.



# Nourish Your Way Back to Balance

**Your gentle entry point into healing from Candida overgrowth.**

Discover how to build deeply supportive meals, shop with confidence, and make food choices that love you back — all without stress, rigidity, or fear.

**Begin the Nourishment Journey!**

Instant access • Lifetime support • No pressure



*“Here’s a glimpse of the Nourishment Journey space you’re about to enter...”*

**BEGIN THE NOURISHMENT JOURNEY**

*“This journey has quietly changed many lives. Here are a few reflections...”*

*“Your course is a godsend — filling a long-standing void between plant-based eating, Candida, and food addiction. It’s not just based on research, but lived experience, and that makes all the difference. There’s such calm surrounding your blazing passion.”*

Chris, USA

*“It has been such an amazing journey! I’ve been inspired, encouraged, and most of all, reconnected with myself. I used to feel hopeless about my gut — nothing ever seemed to work, even the ‘standard Candida diets.’ But this course is different. My whole perspective has changed.”*

Kirsten, Australia

*“This program is so complete, yet there’s no pressure to be perfect. I especially love the cheat sheets and how we’re taught to eat intuitively — not just follow recipes. The reflection sections help me stay motivated, and I truly feel supported and seen.”*

Naomi, Texas

### Your Holistic Candida Nutrition Journey

Your progress 0%

MODULE 2: ESTABLISHING HEALTHY EATING HABITS

- Welcome!
- Video 1: Healthy Breakfasts
- Video 2: Balanced Main Meals**
- Video 3: Snacks, Desserts & Warm Drinks
- Video 4: Meal Planning & Prepping
- Video 5: Getting the Most Out of Your Food
- Video 6: Shopping,

## Video 2: Balanced Main Meals

Get skilled in assembling your own balanced bowls and making stews/soups. Armour yourself with knowledge so that preparing a healthy meal becomes your second nature.

Candida Bowls Guide  
PDF file

DOWNLOAD

Salad Dressings Guide  
PDF file

DOWNLOAD

**To Do:**

- Download the guides to balanced bowls and salad dressings.
- Craft a balanced salad bowl, a stew or a soup for yourself. Then prepare it!
- Practice mindful eating

*“This is what you’ll find waiting for you — a calm, supportive space created with care.”*

This journey unfolds one layer at a time.

After nourishment, you may be invited into:

- **Groundwork** (mindset, movement, cravings, and inner clarity)
- **Beyond Food** (toxins, purpose, forgiveness, stress, hormones)
- **Resilience** (environment, routine, community, challenges)

But for now, **Nourishment is enough.**

Whether you join today or return when you're ready — this door will always be here.

Your journey doesn't expire.

Your body still remembers.

I'll meet you there. 💛

**BEGIN THE NOURISHMENT JOURNEY**

# A Gentle Reminder

Everything shared in this guide — and within the membership space — is offered for educational and informational purposes only.

I'm here to guide, support, and share tools from my own lived experience and research, but I am not a medical professional. I do not offer diagnoses, treatments, or medical advice.

Please always consult with a trusted healthcare provider before making any significant changes to your diet, supplementation, or lifestyle — especially if you have a health condition or are taking medication.

Your body is wise. Let's support it responsibly.