



## Da Vinci Holistic Health Centre

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### ANTI-CANDIDA DIET

It is important that this dietary protocol is strictly adhered to, as all these foods listed below will feed and nourish the Candida, or antagonise it in some way or other. When fed, Candida grows exponentially, reaching 100 million cells in only four days! So **DO NOT** feed it!

The foods that should be strictly **AVOIDED** for a 3-month period include:

- . **SUGAR** – and all foods that contain sugar. These include white and brown sugar, honey, syrups, liquors, lactose, fructose, all confectionary and sweet cakes, chocolates, ice-cream, home-made sweets and cakes, biscuits, fizzy beverages, all fruit drinks.
- . **YEAST** – and all foods that contain yeast including breads, vinegar, ketchups, mayonnaise and pickles, including most bread.
- . **FRESH AND DRIED FRUIT** – all fruit whether fresh, cooked, tinned or dried. These should be avoided for the initial **SIX WEEKS ONLY** – your health practitioner will advise you when to begin eating fruit again. Obviously this includes fresh fruit juices (vegetable juices are OK), as well as marmalades and jams. Dried fruits and fruit juices should be avoided for the full three months as they are too sweet and will feed the Candida.
- . **MUSHROOMS** – all types, including Chinese mushrooms such as Shitake, Mitake etc
- . **REFINED FOODS** – all white flours, white rice, white pasta products, cornflower, custard and white cereal products, unless they are wholemeal or organic.
- . **FERMENTED PRODUCTS** – all alcoholic beverages, vinegar and all vinegar products such as ketchup, mayonnaise and pickles.
- . **NUTS** – avoid all types of nuts that are cleaned and packaged without their shells- these have a tendency to collect fungal spores and moulds from the atmosphere which will antagonize the Candida. **Nuts that are fresh with their shells are OK.**

These foods should be avoided throughout the three month period **RELIGIOUSLY** with the exception of fruit that can be added back into the diet from the beginning of the 7<sup>th</sup> week of the protocol. Stay with **two SOLID** fruits daily for the remainder of the protocol. All **JUICY** fruits such as watermelon, grapes, oranges, grapefruit, tangerines, mangos, pineapple and very sweet figs should be avoided throughout the 3 months of the treatment as they give their sugars to the blood too quickly

Stick to this protocol and you will be free of your Candida!