

DETOX DIET- EBOOKLET

Hi there,

Thank you for ordering this Native Remedies eBooklet! eBooklets are modified from consultations with real people and cover some of the most frequently dealt with problems that are submitted to the Native Remedies site. The information contained in this eBooklet has helped many clients and I am confident that it will help you too!

Candida Albicans

Candida, also known commonly as yeast, is a type of fungus that exists as part of a huge number of other micro-organisms in the human body. Normally, in a healthy body, Candida does not cause any problem. However, when the bio-balance is upset by factors such as unhealthy lifestyle, stress, excessive consumption of sugar and refined carbohydrates, chronic use of medications such as antibiotics, cortisone, or birth control, an overgrowth of Candida can occur in the body.

This can result in toxins being released into the bloodstream that can have many adverse effects on the functioning of the body. The immune system is unable to cope with the continuous release of toxins, leading to disease. Symptoms can include depression, mood swings, sinusitis, headaches, chronic fatigue, joint pain, stomach pain, indigestion, vaginal thrush and other fungal infections, skin rashes, eczema and many others.

Fortunately, Candida can be controlled by means of a balanced diet and by the elimination of certain foods in order to create an internal environment in which the yeast cannot survive. An initial detox diet coupled with use of the Native Remedies "Candidate" formula will ensure that the levels of systemic Candida are significantly reduced. Thereafter, a maintenance program should be followed to keep Candida permanently at bay. Remember that Candida thrives on all sugars and refined carbohydrates and it is only by controlling your intake of these foods that you will beat systemic Candida. By following this diet, you will not only be able to control Candida levels in your body, but you will also be amazed at the amount of energy you have. Your skin will clear, your eyes will sparkle and you will even lose weight, despite the fact that you need never go hungry! Many people find that the Candida diet helps to clear joint and back pain, balance sugar

levels and blood pressure, control cholesterol and relieve symptoms of depression – all without medication! This is because by reducing Candida overgrowth in the body, the immune system is able to function properly for the first time in years, allowing the body to heal itself!

Some Important Points

When following the Candida diet, you must make sure that your blood sugar levels are kept at an acceptable level by eating a substantial breakfast, lunch and supper. If you find that your energy level is low or you are experiencing dizziness while on the diet, it is probably due to low blood sugar. If this happens, simply add a mid-morning and mid afternoon snack. Please remember to drink lots of water in order to assist with the elimination of toxins from your body. After a few days of detoxifying, some of your symptoms may become worse and you could also experience headaches. This is quite normal and part of the detoxification process. It will improve after a few days and you will begin to feel healthier than you have felt for years! The Candida diet should be followed for 4 weeks, followed by a maintenance program as outlined.

You may not use sugar in any form. This includes sucrose (cane sugar), glucose and fructose (fruit sugar). Lactose (milk sugar) must be kept to a minimum.

CANDIDA DIET

Foods Allowed

- Rye Vita (contains no yeast)
 - Rye Bread (no yeast or wheat)
 - Rice Cakes
 - Rice, Potato or Rye Flour
 - Corn or Soy Flour
 - Oats, Corn Meal, Maltabella

 - Milk (125ml per day)
 - Plain Bulgarian Yogurt (125ml, no sugar)
 - Low-fat Cottage Cheese (no sugar)
 - Soy/Rice Milk
 - Ricotta Cheese

 - Potato Chips (no MSG)
 - One Fruit per Day (no melons or grapes, make sure fruit is not bruised)
 - Herbs
 - Hummus
 - Tomatoes
 - Lipton Herbal Teas
- Chicken, Fish or Meat (preferably grilled, roasted or steamed)
 - Sunflower or Olive Oil
 - Lemon Juice (30ml per day)

 - All vegetables must be fresh or frozen, nothing canned or tinned.
 - Avocado
 - Sweet Potatoes or Normal Potatoes
 - Brown Rice (no white rice)
 - Onions
 - Garlic
 - Walnuts, Cashews, Hazelnuts, Macadamia Nuts, Pecans, Coconuts

 - Plain Popcorn (homemade)

 - Herbal Teas (Rooibos, Chamomile, etc.)

 - Mineral Water
 - Artificial Sweeteners (Advantage, Equal, etc.)

Foods Allowed Weekly (only one serving of each)

- Whole-Wheat Pasta
- Wheatbix (no sugar)
- Soft Goat Cheeses (Camembert, Feta, Chevre)
- 1 rice cake with carob or yogurt topping
- Tomato Paste

Foods Allowed Twice a Week (only one item of each)

- Canned Salmon or Tuna in Spring Water
- Spices (curries, chilies, etc.)

Foods to Avoid

- Anything containing Yeast
- Breads, Marmite, Provita, Bovril, etc.
- White Wheat flour or Pastry flour
- Gluten Flour
- Flake Cereals
- Semolina, Cream of Wheat
- White Pasta
- Pickled, Smoked or Processed Meats or Fish
- All Vinegars and Vinegar-based Products (dressings, chutney, mayonnaise, etc.)
- All forms of Alcohol
- Honey and other Natural Sweeteners
- Sugar or any product containing Sugar
- Fermented or Processed Cheeses (Cheddar, feta from dairy, or hard cheeses)
- All Non-Herbal Teas and Coffees
- Mushrooms
- Bruised Fruits or Vegetables, Melons or Grapes
- Peanuts, Peanut Butter, Pistachios
- All Fruit Juices

Typical Meals

(Omit foods to which you are allergic. Eat as much as you want.)

Breakfast

- 1 Serving of Fruit
- Porridge (Oats, Maltabella, Corn Meal)
- Rice Cereal (Good for Infants)
- Rye Vita, Yeast-Free Bread, Rice Cakes
- Avocado with Cottage Cheese
- Eggs and Tomato
- Baked Haddock

Lunch

- Salads (add potatoes, greens, rice, beans; the more ingredients, the better.)
- Meat, Fish or Chicken (grilled or steamed)
- Soups or Bakes of Lentils, Pulses, Legumes
- Steamed Vegetables

Dinner

- Meat, Fish or Chicken (grilled, steamed or roasted)

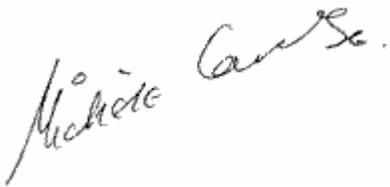
- Pumpkin or Squash
- Brown Rice
- Salads, Stir Fries or Soups (chicken, veggies)
- Yeast-Free Bread, Rye Vita, Rice Cakes
- Avocado, Tomato, Cottage Cheese, Tuna/Cold Chicken

Maintenance Program

After the initial four weeks of detox, you can slowly re-introduce foods from the "Foods to Avoid" list, but please remember to use them in moderation. Foods to still avoid or use with special caution even after four weeks are: sugars, white flour, fruit juices, dried fruits, prepared breakfast flakes (including muesli), alcohol, vinegar and foods containing yeast.

For help with this issue or any other problem, visit a Licensed Counselor. Also, have a look at the many other useful eBooklets available on the Native Remedies website, as well as the helpful reading lists in the Online Library at www.feelgoodcounseling.com/reference_library.htm.

Good luck and be well!



Michele Carel

Michele Carel is a Registered Clinical Psychologist and Licensed Counselor with more than 12 years experience. She runs her own private practice, as well as an online counseling and information service.

Michele has also developed Native Remedies - a range of natural herbal and homeopathic remedies for adults and children, specifically aimed at promoting emotional, psychological and cognitive health.

For more information on Native Remedies health products, go to www.nativeremedies.com.
