

# Candida overload →

## Yeast Infections eg Thrush and Eczema

Candida is a fungus that belongs to a family of yeasts called *Candida albicans*, and under normal circumstances it's a harmless part of your skin ... but Candida cells develop rapidly, and if your system is out of balance from eating unhealthy foods, taking certain prescription drugs, fighting an illness, and more, Candida can quickly grow out of control.

### **Some symptoms that indicate you may have Candida overgrowth include:**

Yeast Infections / Cravings for sugars and foods rich in carbohydrates (see below) and yeast / Food Allergies / Depression / Lowered Immunity / Babies' nappy rash.

### **Yeast Infections and Thrush**

One of the most important reasons for a yeast infection is the overconsumption of processed foods and foods high in sugar, both of which serve as a fertilizer for the growth of yeast and fungi in your body.

Sugars and carbohydrates (see below) are the main fuel for nourishing the bad bacteria yeast and fungi in your body. The more sugars and grains you eat, the more the yeast grows out of control.

With yeast infections or thrush, the underlying causes are also related to imbalances in your body's terrain, such as your pH balance and the balance of good and bad bacteria.

### **If Your Gut is Out of Balance Avoid**

#### **Sugar**

(includes fruit sugars, ie: fructose),

#### **Carbohydrates**

(eg: breads and cereals made with wheat, pasta, potatoes, corn, rice), and

#### **processed foods**

are among the factors that throw your gut flora out of balance if you eat too much of them. If you can avoid processed foods, that change alone will dramatically reduce the amount of sugar (also the amount of damaging salt, soy, and high fructose corn syrup), you eat.

### **Foods for Yeast Control**

In order to prevent yeast overgrowth, you need to create an environment that makes it more difficult for fungus to thrive.

#### **Eat the best diet possible:**

Meats / Chicken / Eggs (free range if possible) / Fish / Seeds and Nuts (eg: almonds which can also be ground up and put into babies' meals) / Vegetables (raw, boiled or steamed very lightly, cooked into

casseroles, or blended into soups) / Healthy Fats and Oils (eg: butter, avocados, olive oil, coconut oil) / Oats rather than wheat if possible (eg: porridge / oat biscuits) / Sweet potatoes.

**Restrict the amounts of yeast-containing foods:**

Bread / Carrots / Potatoes (sweet potatoes are fine) / Corn / Mushrooms / Peanuts / Aged Cheeses / Also restrict fruits for a short while until the yeast is under control then resume eating fruits again.

**Avoid:**

Sugars / Carbohydrate-rich foods (eg: white bread) / 'Probiotic' yoghurts in grocery stores because they are pasteurised and contain added sugars, high fructose corn syrup, and artificial sweeteners.

**Get plenty of good bacteria:**

Plain yogurt (with live cultures) / Lassi (an Indian yoghurt drink) / Sauerkraut / Fermented raw milk such as Kefir.

**NOTE: Always avoid ALL UNFERMENTED soy products:**

Soy milk, cheese, burgers, tofu, soybean oil, soy additives found in virtually all processed foods, etc.

Fermented soy products (natto, miso, tempeh, and some brands of soy sauce) have some health benefits – **but only** when eaten in very small quantities and when eaten alongside meats and other protein foods.

Please Note: Soy is extremely harmful to babies.

**Sources:**

***Candida Overgrowth***

<http://welladjustedbabies.com/candida-overgrowth>

***How Yeast Can Create Havoc In Your Life And How To Address It***

<http://articles.mercola.com/sites/articles/archive/2008/12/02/how-yeast-can-create-havoc-in-your-life-and-how-to-address-it.aspx>

***Probiotics: One Of The Most Important Supplements You Can Take***

<http://articles.mercola.com/sites/articles/archive/2011/09/24/one-of-the-most-important-steps-you-can-take-to-improve-your-health.aspx>

***Food Pyramid for Optimal Health***

<https://media.mercola.com/assets/images/infographic/Mercola-Food-Pyramid-v2.jpg>

***Soy: Eating This 'Healthy' Food?***

<http://articles.mercola.com/sites/articles/archive/2010/12/04/soy-dangers-summarized.aspx>