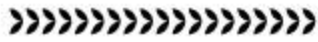


CANDIDA

DIET



Visit <http://www.kellyschmidtwellness.com> for more info!

HOW DO I STARVE

CANDIDA?

How do I starve candida? Candida feeds on glycogen in membranes and sugar in foods and your blood stream. The only way to starve candida is to avoid sugars. An anti-candida diet should be an extremely low carbohydrate diet. Once the candida have been sufficiently killed off and carbohydrates will be reintroduced to feed the beneficial bacteria (gut flora).



Avoid

- ADDED SUGARS
- MUSHROOMS
- HIGH MOLD NUTS
- DAIRY PRODUCTS
- JUNK FOOD
- GLUTEN
- STARCHY VEGETABLES
- HIGH SUGAR FRUIT
- ALCOHOL



Enjoy

- LOW-SUGAR FRUIT
- HIGH-QUALITY PROTEIN
- NON-STARCHY VEGGIES
- FERMENTED FOOD
- MCT OIL
- STEVIA
- COCONUT PRODUCTS
- OLIVE OIL
- HERBAL GF TEA