

THE PALEO GUIDE TO BEATING CANDIDA NATURALLY

YOUR COMPREHENSIVE GUIDE TO
GETTING RID OF CANDIDA, AND
KEEPING IT THAT WAY



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The Paleo Guide to Beating Candida Naturally

by

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TABLE OF CONTENTS

How to beat Candida, naturally.....	3
What is Candida Albicans?.....	4
Why it might be doing you harm.....	4
How to determine whether you have Candida overgrowth.....	6
Beating Candida, the natural way.....	10
The protocol.....	11
Diet.....	12
Lifestyle.....	56
Your road map back to health.....	67

HOW TO BEAT CANDIDA, NATURALLY



Hello, friend!

Congratulations on making a vital step in your quest to defeat Candida overgrowth. This book seeks to provide you with everything you need to beat this pesky yeasticle, and do so in a way which promotes your health and wellness via wholesome, natural means.



Before we begin, we have but one disclaimer:

We are not doctors, nor do we pretend to be. If you are suffering from a serious medical condition, you should not hesitate to seek the attention of a qualified doctor. Use of the suggestions and other information contained in this book is at the sole choice and risk of the reader.

WHAT IS CANDIDA ALBICANS?

Candida albicans is a parasitic fungus (a type of yeast) which is present naturally in our mouths and intestines. It comprises a portion of our gut flora, and actually plays an important role in nutrient absorption and protection of the intestinal tract from infection.



WHY IT MIGHT BE DOING YOU HARM

Many people would have you think that Candida is pure evil. This is like calling the greedy child who was given too much candy evil – the chubby little kid didn't start out as a raging tyrant stamping his pudgy foot and demanding his next delivery of sweets, he was made that way by being spoilt. Candida is much the same. Under ideal conditions, with a healthy host and hence a healthy gut, it fulfills its vital digestion and immunity roles while being kept in check by the other, more dependable (aka "friendly") gut bacteria.

However, when your immune system becomes compromised, Candida begins to multiply and quickly turns into the metaphorical sugar-addicted, greedy child. As Candida multiplies, it begins to weaken the intestinal wall, allowing it to penetrate into the bloodstream and release its toxic by-products throughout the body. These by-products can do some serious damage to your body, often resulting in any (or all) of the following symptoms:

- Persistent mental fog, including poor memory and feeling "spaced out"

- Chronic fatigue and/or exhaustion
- Pain and/or swelling in the joints
- Constant bloating, gas and abdominal pain
- Constipation or diarrhea
- Bad breath
- Intense sugar cravings
- Repeated yeast infections (itching, burning and “unseemly” discharge...tasty!)
- Food and environmental allergies
- Chronic sinus infections
- Depression
- Anxiety
- White coating on the tongue
- Hypothyroidism, due to inhibition of thyroid gland function
- Impotence or infertility
- Insomnia

As you can see, the symptoms of Candida overgrowth are wide-ranging, and just because your condition isn't listed above doesn't mean that you don't have a problem with this unruly yeasticle. The next section will explore easy ways of determining whether or not you have a Candida problem.



HOW TO DETERMINE WHETHER YOU HAVE CANDIDA OVERGROWTH

Western medicine is only just starting to recognize the significance of Candida, and chances are if you marched into your doctor's office and asked them about it, you'd either get an owlish blink or they'd immediately prescribe you a strong dose of antibiotics. As we'll explore later, antibiotics are one of the biggest culprits for causing Candida overgrowth in the first place, so that certainly isn't the solution. As such, the best form of diagnosis is self-diagnosis. Various lab-based testing is available for diagnosing Candida, including stool, blood and saliva, however these are typically very expensive and many people can't afford to fork out a whole lot of money for something they're not sure they have.

Step 1: Examine your health history

Natural vs. Cesarean birth

The first step in your Candida overgrowth self-diagnosis should be to travel back through time (in an imaginary time-travelling device of your choosing – feel free to get creative here, people!), to the day of your birth. While you likely don't remember this momentous occasion, your mother certainly does, and a short, possibly awkward conversation with her should allow you to determine whether you were born naturally or via caesarean.

If the latter, it's very likely that you have Candida, as a caesarean birth deprives you of all the vital bacteria in your mother's body which you would have been exposed to on the way out the normal (aka vaginal) route. This deficiency in good bacteria sets you up

right from the start for a poor immune system and an imbalanced gut flora.

Antibiotics

Antibiotics, while life-saving in many instances, are not selective in the way they attack bacteria in our bodies. This means that, while they may kill harmful bacteria which make you sick, they also kill the good bacteria in your gut – it is these same bacteria which are vital for keeping your little population of Candida under control.

You're probably rolling your eyes at this, thinking "surely everyone has had a dose of antibiotics at some point in their lives?" And you probably wouldn't be wrong – doctors dish that stuff out like there's no tomorrow, and as such most of us have been prescribed antibiotics at a certain time. The truth is that just one full-spectrum round of antibiotics has the potential to result in Candida overgrowth. Furthermore, for each additional round of antibiotics you've been put on, more and more of your good gut bacteria has been wiped out, meaning your likelihood of having Candida overgrowth increases exponentially.

Birth control pills

Oral contraceptives have been shown to disrupt the normal monthly flow of predominant hormones in the female body, resulting in estrogen dominance. In one study, many females who tested positive for Candida overgrowth were also shown to have higher than normal levels of estrogen in their bodies, which was directly linked to their use of birth control pills.

Other contributing factors

The above three are some of the biggest culprits contributing to

an overgrowth, however there are also a range of other markers to look out for in your quest to determine whether you're suffering at the hands of Candida:

- Regular and/or excessive alcohol consumption
- Overconsumption of coffee
- Many years of eating sugary foods and/or refined/processed foods
- Periods of chronic, prolonged stress

Step 2: Perform a "spit test"

There's a reason why this is Step 2 and not Step 1 – the best way of determining your likelihood for Candida overgrowth is always examining your health history, rather than taking a test. Also keep in mind that this test, while supported by strong anecdotal evidence, is still lacking a certain amount of scientific verification.

Here's how to go about utilizing your spit to determine whether Candida is an issue for you:

1. First thing in the morning, prior to brushing your teeth, eating or drinking, fill a glass with (preferably purified or distilled) room temperature water.
2. Spit a dime-sized amount of saliva into the glass.
3. Observe the spit every 20 minutes for the next 45 to 60 minutes, checking and recording any of the following signs:
 - Strings or "legs" hanging down from the main saliva mother-ship
 - Most of the saliva falling to the bottom of the glass
 - The saliva generally remaining on top of the water

Repeat this process for a minimum of 5 days, to get a good range and discount any anomalies. Try to continue eating and drinking the same things that you would typically eat on any given day, in order to give the test more validity. If the saliva remains on top, Candida probably isn't an issue for you (although if your health history assessment suggested otherwise, the test may not have conclusively diagnosed your problem). If the saliva grows "legs" or if it falls to the bottom of the glass, it's very likely that you have a Candida overgrowth.



BEATING CANDIDA, THE NATURAL WAY

As the awareness of Candida has grown over the past few years, the number of programs and protocols claiming to solve the problem of Candida overgrowth has skyrocketed. Most, if not all, of these protocols have one common theme: cut out the sugar. While removing high-sugar refined foods from your diet is definitely a good thing, complete removal of natural sugars, such as those from honey and fruit, is not a good idea, for the following reasons:

- A lack of sugar in the body can elevate the stress hormone cortisol, exhausting the adrenals, reducing thyroid hormone production and ultimately putting the body under unnecessary pressure.
- Total elimination of sugars can actually contribute to Candida overgrowth, as when it is starved of sugar it will



move upwards through the intestines in search of sustenance. When none is found, it extends invasive tendrils through the intestinal wall and into the bloodstream, making the issue much worse.

In essence, other protocols take the approach of “Candida is the enemy, and it must be destroyed”. This is achieved via “starving” it out by eating a low-carb, zero-sugar diet, which ultimately stresses the body, exhausts the adrenals, and makes the enemy even more angry, causing it to hunker down, get tougher and become harder to treat. The following sections will take you through a step-by-step process for restoring balance in your body without introducing new stressors or creating hormonal

THE PROTOCOL

We’re going to keep this nice and simple, so that there’s no excuse for not following through and winning the battle against Candida. Generally, this is not an intense, eat-this, don’t eat that, two tablespoons of this and 3 cups of that, kind of protocol, and focuses on removing damaging foods from your diet while integrating healthy, whole, quality foods into your system, using high-potency tools like essential oils to target specific problem areas, and ensuring your lifestyle is optimized for low stress and maximum happiness.

As for how long you should follow this protocol for, the absolute minimum time we would recommend is 30 days. This should be just enough time for your body to adjust to the new, healthy changes you’ve made and start to repair the damage done to your body by Candida. But if you’re really serious about this, the key recommendations in this protocol should become your

“health bible” for the rest of your life – meaning that if you’re dead set on keeping Candida under control for good, you **MUST** continue to follow these guidelines.

DIET

While dietary changes are not the only factor required for beating Candida overgrowth, most people find them the easiest changes to make as they simply involve a trip to the supermarket and a few minutes spent in the fridge and pantry throwing out harmful items. The key here is to find high-quality, wholesome foods which nourish the body and help to re-populate your ravaged healthy gut bacteria (aka “gut flora”). The beauty of these foods is that, generally speaking, you don’t have to worry so much about how much of them you eat – when your food is nutritious and from clean sources, calories lose importance and your body is much better equipped to tell you when enough is enough. That being said, as these foods are more nutrient-dense than your average processed food, they tend to be more filling and keep you full for longer. The side-benefit is that, if you’ve been having issues with weight gain, you’ll likely return to a healthy weight on this protocol, which is always a nice bonus!

Step 1: Remove all foods from your diet which might be feeding Candida

For many of you, this step is likely to be a difficult one, requiring a paradigm shift in your fundamental conception of “what is healthy”. There may be those of you who have already made these changes in your quest to defeat Candida overgrowth, however we nonetheless urge you to read through this section



to ensure you're doing everything right.

Our Candida-busting Protocol draws heavily upon the strictures of the Autoimmune Paleo Diet, but also involves a fusion of other approaches, including Primal, Bulletproof, and the GAPS diet. If at any point during your reading you feel that you need more information or guidance on integrating these eating-styles into your life, you can drop us a line here at thriveprimal.com or consult the following resources:

- Autoimmune Paleo Diet: <http://empoweredsustenance.com/autoimmune-paleo-protocol/>
- Primal diet/lifestyle: <http://www.marksdailyapple.com/>
- Bulletproof Executive: <https://www.bulletproofexec.com/>
- GAPS Diet: <http://www.gapsdiet.com/>

What you should strictly avoid eating for the first 30 days of the Protocol

As mentioned earlier, while this Protocol is aimed at resolving your Candida issue within 30 days, it's likely that it will take longer than that to bring your body back into perfect balance. Furthermore, if you want to keep your Candida in check and prevent another overgrowth, the following guidelines will need to be your diet Bible in the long term. That being said, it is simply not realistic to expect people to live strictly "by the book", and therefore after the first 30 days you can ease off a little in your avoidance of these foods – perhaps you have the odd cheat day where you have some delicious fresh-baked bread or a tantalizing ice-cream sundae, or indulge in a wine or three at your friend's birthday party. This is perfectly fine, as long as you ensure that, for the majority of the time, you stick to the guidelines. But for the first 30 days, you'll do exactly what we say, and no grumbling or complaining thanks very much!

Here's the list of foods you should avoid in order to give your Candida overgrowth the middle finger (we'll go through each one in detail, after the list):

- Grains
- Dairy
- Eggs (from any animal – not just chickens!)
- Nuts (including chocolate, we're sad to say)
- Beans and legumes
- Seeds (including coffee (!!)) and seed-based spices such as cumin)
- Nightshades (including tomatoes, all peppers, potatoes, eggplant, paprika, cayenne, etc)
- Artificial food compounds (think ingredient lists with

words like carageenan, MSG (monosodium glutamate), hydrolized, and artificial colors or flavors) and artificial sweeteners (including stevia)

- Alcohol

As we'll explain later, you should avoid all of the above like the plague for the first 30 days. After this, you can begin re-introducing these foods (with the exception of artificial food compounds and sweeteners, and grains) back into your diet. This must be done in a systematic fashion (i.e. one at a time), and you must pay attention to how your body receives these foods in order to determine whether you have an allergy to them or not.

Grains

You've undoubtedly observed the growing (well-deserved) stigma against gluten, and perhaps many of you have adopted a gluten-free way of life after reading about the ravages this protein can wreak upon your gut and immune system. While this is a move in the right direction, you need to take it a whole lot further.

To clarify, gluten is a compound protein which comprises approximately 80% of the protein found in wheat, rye and barley. Gluten causes gut inflammation in most (~80%) people, and can trigger an autoimmune response in some when the body develops antibodies to fight the intrusion of "alien" (aka gluten) proteins in the bloodstream. The gluten protein gliadin is very similar to certain proteins naturally found in the tissues of organs such as the pancreas and thyroid, which can cause your antibodies to unknowingly attack these organs and result in all sorts of diseases, including hypothyroidism and diabetes.

The process is exacerbated by the inflammatory effect of gluten causing the cell walls of your gut to thin, resulting in “leaky gut” and allowing bacteria and toxic proteins to enter the bloodstream. Yikes!

While wheat, rye and barley are grains, not all grains contain gluten. This does not mean that they are ok to eat! Here’s a non-exhaustive list of grains, so you know what to look out for:

- Amaranth
- Barley
- Buckwheat
- Bulgur (cracked wheat)
- Flaxseed
- Grano
- Kamut
- Millet
- Oats
- Quinoa
- Rice
- Rye
- Sorghum
- Spelt
- Triticale
- Wheat



While not all grains are created equal, and some are not as bad

for you as others, you should avoid all of the above for at least the first 30 days of your protocol. Why? Well, for starters, they're simple carbohydrates, and therefore break down into sugars very easily in your body. This can cause a spike in your insulin levels, preventing your body from burning fat. Long-term consumption of grains can thereby result in chronically high blood-sugar levels, leading to obesity and diabetes.

Perhaps worse than the blood-sugar effect of grains is their anti-nutrient capacity. Anti-nutrients associated with grains include lectins and phytates. Lectins are created by plants to discourage their consumption. Grains are the seeds of plants, therefore it stands to reason that these plants don't actually WANT you to consume their reproductive capacity. Grains are chock-full of lectins, which are sticky proteins that can lead to intestinal damage, compromised gut bacteria, and leptin resistance, which is a precursor to diabetes.

Phytates are the saline form of phytic acid, a primary form of energy storage in plants. These compounds bind to minerals such as magnesium, calcium, zinc and iron in the digestive tract and prevent your body from absorbing them. This can lead to serious nutrient deficiency, which results in a host of health problems.

In short, grains = bad! Throw out your bread, oatmeal, cookies, muffins, cakes, pasta, tortillas, cereal/muesli, pitas, etc. All of it. In the bin. If you're not sure whether a particular food item contains grains, look at the ingredients on the packaging. Even your beloved "healthy" quinoa is doing you damage, so get rid of it!

Dairy

Historically, dairy products came from happy, grass-fed animals (cows, sheep, goats, etc) and were eaten or drank fresh and raw. The cultures present in these healthy, raw milk and milk-based products helped humans to digest the lactic acid and other hard-to-digest compounds found in these products. Today, almost all of the dairy products available on supermarket shelves have been sourced from unhealthy, factory-raised, grain and soy-fed animals and then pasteurized and homogenized into oblivion. The hormones injected into the animals and the pesticides ingested by these animals results in all manner of toxins being present in the dairy products, while the pasteurization of these products removes the healthy live cultures and makes them difficult for us to digest.

The result is simple. Conventional dairy is harmful to our bodies. Dairy products are therefore considered one of the most common food allergens, and are responsible for a wide range of health problems. Dairy products to remove from your diet include:

- Milk
- Cheese
- Cottage cheese
- Butter
- Cream
- Ice cream
- Sour cream
- Yoghurt



- Kefir (milk-based)
- Ghee
- Whey

It is important to remember that this list is not all-encompassing and there may be other dairy products you encounter which we haven't included. If in doubt, please feel free to pop us a comment at thriveprimal.com and we'll be happy to help. Note that these products can come from cows, sheep or goats – all should be avoided initially. Once the first 30 days is up, you can consider re-introducing some of these products back into your life, but ONLY if they meet the following criteria. They must be:

- From grass-fed animals
- Free from hormones, pesticides and insecticides
- Organic
- Raw

You may find the last requirement daunting, as your government has led you to believe that eating or drinking raw dairy products is dangerous. The fact is that, per capita, far more people get sick from pasteurized dairy products than raw ones. This is because raw dairy products don't really expire – the cultures present in them prevent bad bacteria from colonizing them, and over time the product simply changes form – for example from milk to sour cream. Pasteurized dairy products, on the other hand, go off quickly and can become very dangerous to consume. Take things slowly and see how your body responds.

Eggs

Eggs, when they come from good-quality sources, are a nutritional powerhouse. However, like dairy, they are also considered as one of the most allergenic foods. Similar to grains, eggs are designed to protect their own reproductive capacity. Because the developing embryo of an egg ultimately has to break through the shell, the shell is porous. For this reason, the egg white, which surrounds the developing embryo, contains a range of proteins designed to ward off microbial attack. One protein in particular, lysozyme, acts to break down the bilipid membrane of cells as a defense mechanism, and it is this protein that is responsible for the most egg allergies in people.

While the egg white contains the highest concentration of potentially allergenic compounds, some people are also allergic to the yolk, therefore it is best to avoid eggs altogether, at least for the first 30 days. As with dairy, you can consider re-introducing high-quality (free-range/pastured, organic) eggs back into your diet after 30 days, but do so in isolation of any of the other “foods to avoid” listed above. This will allow you to determine whether you have a negative reaction to eggs.

Reactions can include:

- Swelling, rashes, hives or eczema
- Difficulty breathing
- Running nose, sneezing or watery eyes
- Stomach pain, nausea
- Vomiting, diarrhea

The above list is a little alarming, but these are obviously worst

case scenarios. You'll probably know within an hour of eating eggs whether you have an allergy to them or not. Also try experimenting with different kinds of eggs, such as duck or quail eggs, which are often available in the larger (or weirder) supermarkets.

Nuts

Nuts are another of those foods which, when they're good, they're very good. They are loaded with protein and minerals, and are an excellent snack on the go. However, they're also famously attributed to allergies (many people break into a cold sweat when they see the terrible words "may contain peanuts").

For most of you, cutting out nuts from your diet shouldn't be too much of an issue, however you'd be surprised how many processed food products display the warning "may contain traces of nuts" or "processed in a facility which handles nuts". Just another reason to cut out refined foods! Here's what you'll need to avoid for at least the first 30 days of the protocol:

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Cocoa/chocolate
- Hazelnuts
- Macadamias
- Peanuts
- Pecans



- Pine nuts
- Pistachios
- Walnuts
- Any nut oils derived from the above
- Any flours derived from the above

Keep in mind that there are a plethora of food products which are made from or contain nuts, so be vigilant! When re-introducing nuts back into your diet after the first 30 days, stick to very small amounts (less than a handful a day, max) of raw, unprocessed, unsalted nuts – also try to avoid peanuts, as they're really not worth the trouble. Chocolate is a personal favorite of ours, as it's packed with nutrients, tastes great and fills you up – but only if it's high quality dark chocolate. Minimum cocoa content should be 72%, and it shouldn't contain any oils or other unpronounceable ingredients. Generally speaking, dark chocolate manufactured in Europe is a lot better quality than the stuff produced in North America.

Beans and legumes

While they're relatively high in protein, we don't put much credit in beans and legumes as they're also high in phytates (see the section on grains, above) and are hard to digest. If you're serious about staying healthy and keeping Candida at bay, we suggest removing these entirely from your diet over the long term, not just for the first 30 days. Watch out for the following:

- Black beans
- Black-eyed peas (not the band – they're almost impossible to avoid!)

- Butter beans
- Calico beans
- Cannellini beans
- Chickpeas (garbanzo beans)
- Broad beans (fava beans)
- Great northern beans
- Green beans
- Italian beans
- Kidney beans
- Lentils
- Lima beans
- Mung beans
- Navy beans
- Pinto beans
- Peanuts (also considered a legume)
- Peas
- Runner beans
- Split peas
- Soybeans



Basically, any beans, peas, lentils or peanuts. Enough said.

Seeds

Seeds are often used to add some pizzazz to a salad, provide some variety to a snack mix or present an interesting change of consistency in baking or soups. In addition, many varieties

provide rare nutrients and minerals. Regardless, a lot of people experience allergy issues with seeds, and for that reason they are to be removed from your diet during the protocol. Here's what to avoid:

- Anise
- Annatto
- Black caraway
- Celery seeds
- Chia
- Coffee
- Coriander
- Cumin
- Dill
- Fennel
- Fenugreek
- Flaxseed
- Hemp seeds
- Mustard
- Nutmeg
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Any flours, butters or oils derived from the above seeds



For most of you, there shouldn't be a problem with re-introducing seeds back into your diet after the first 30 days, however as always look out for any signs of mal-reception. With regards to coffee, use only freshly ground beans from organic sources, and try to avoid drinking it more than once or after midday as it can affect your sleeping patterns (whatever you might argue otherwise!).

Nightshades

The nightshade family comprises a sizeable component of the modern western diet, and much of the rest of the world, for that matter. Unfortunately, nightshades are also widely attributed to an alarming range of ill-effects in the human body, and many people are highly allergic to them. While many nightshade plants provide high levels of Vitamin C and a plethora of other important minerals and nutrients, they are also inflammatory and are often attributed with chronic joint pain. While the negative mechanisms of nightshades are not fully known or necessarily scientifically proven, it is suspected that the highly potent form of Vitamin D3 found in nightshades may prevent adequate calcium metabolism, causing the body to deposit calcium in the soft tissue (bad) rather than in bones (good). Rather ironic, considering Vitamin D3 from other sources is a necessary element for healthy bones.

If you have trouble finding the willpower to drop nightshades, perhaps this fun fact will help: the majority of nightshades are highly toxic to humans, with only a small portion being edible. Perhaps the most well-known nightshade is deadly nightshade, which was traditionally used to poison one's foes (think Shakespeare's Macbeth!). So, as you eye up a juicy tomato or a

vibrant bell pepper, just imagine they're actually a deadly nightshade – that should do the trick! Here's a list of (edible) nightshades to avoid:

- Potatoes
- Tomatoes
- Sweet bell peppers
- Chili peppers
- Eggplant
- Tomatillos
- Cayenne
- Jalapenos
- Habanero
- Anaheim
- Serrano
- Naranjillas
- Paprika
- Pepinos
- Pimientos
- Tamarillos
- Goji berries
- Cape gooseberries
- Garden huckleberries
- Ashwaganda



Be particularly careful of spices, as many will contain

nightshades (such as chili or cayenne) but drop under your radar. Pay particular attention when you re-introduce these back into your diet, as symptoms can take a while to manifest, but when/if they do you'll feel noticeably worse. If you suffer from chronic joint pain or arthritis, you're better off staying away from this food group altogether.

Artificial food compounds

This is a large, convoluted aspect of the Protocol, and is best approached with this in mind: stay away from all processed foods! As a general rule of thumb, anything in packaging with a long list of ingredients is likely to be suspect. Sticking to whole foods and ingredients that you can pronounce is a surefire way of avoiding the worst of these. Also avoid, at all costs, processed vegetable oils and artificial sweeteners. The following is provided as an example no-no list – there are, in reality, too many harmful food compounds to list in this book without rendering it a literary atrocity.

- Canola oil
- Corn oil
- Cottonseed oil
- Palm kernel oil
- Peanut oil
- Safflower oil
- Sunflower oil
- Soybean oil
- Artificial colors
- Artificial flavors



- Agave
- Beet sugar
- Brown rice syrup
- Brown sugar
- Cane juice
- Caramel
- Corn syrup
- Dextrin
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Glucose
- High fructose corn syrup



- Maltodextrin
- Monosodium glutamate (MSG)
- Refined sugar
- Rice bran syrup
- Treacle
- Sorghum syrup
- Erythritol
- Mannitol
- Sorbitol
- Xylitol
- Aspartame
- Saccharin
- Stevia



Many would argue that natural sweeteners like honey, maple syrup and coconut sugar should be included in this list. But let's be realistic – you've got to have some sweetness in your life, and, as discussed earlier, completely removing sugar from your diet is harmful in a number of ways. For this reason, feel free to use these three during the first 30 days, but do so with strict moderation. Raw organic honey is probably one of the safest sweeteners, as it contains enzymes which support immune function and its sugars are easier to digest.

Alcohol

This one speaks for itself, really. You're going to have to lay off the Friday night martinis and mojitos for the time being, we're

afraid. After the first 30 days, if you absolutely must, try sticking to some of the cleaner alcohols, such as potato vodka, good quality gin, and 100% agave tequila or mezcal. Also avoid mixing said alcohols with anything sugary and nasty – we find club soda with a healthy splash of fresh lime or lemon juice just the ticket. You'll also find your hangover is vastly reduced as a result – you're welcome!

Step 2: Introduce foods which support your immune system and nurture your gut flora

We've waggled our fingers quite enough – it's time to explore what you CAN eat during the Protocol! The focus here is to use a carefully crafted concoction of foods which not only increase your metabolism but also provide the building blocks for establishing a newer, stronger immune system and gut flora which will be instrumental in bringing your Candida overgrowth under control.

Firstly, we'll focus on establishing a healthy, whole-food regimen which will get your digestive system back on track and your metabolism functioning as it should. Simultaneously, we'll introduce a potent blend of probiotics, anti-fungals and intestinal cleansing agents (sounds unpleasant, but it's not, we promise!) to get your gut back on track and in a position to fight the Candida on your behalf. After that, it'll be a simple task to sit back, watch your health skyrocket and once more feel in control of your wellbeing. Let's do this!!

Foods to eat during the Protocol

As with the previous section, we'll keep things simple by first listing all the foods you should eat during (and hopefully after) the first 30 days of the protocol. After this, we'll go into further

details, so you know how and where to source these foods, how much to eat, and so on. It's important to remember that this is not a "eat exactly this amount" type of diet – everyone is different, and to specify exact dosages for any one person would be completely unrealistic and possibly harmful. So – listen to your body: when you eat wholesome, healthy foods, you know when you've had enough or not enough. Eat when you're hungry, but don't overeat. Also try to avoid excessive sugar cravings – while sugar is not the devil incarnate, as many would have you believe, it DOES provide fuel for Candida and can quickly throw your progress off the rails if you have too much. You'll know when you start getting your overgrowth under control, as the sugar cravings will diminish considerably – this means your Candida population has dwindled to healthy numbers once more, and it is therefore not demanding as much sugar as previously.

Fruit

Listed in order of most preferred (green) to least preferred (red):

- Avocados (yes, they're fruit!)
- Blackberries
- Cranberries
- Coconut (technically also a nut and seed, but for the sake of this diet let's consider it as ONLY a fruit!)
- Lemons
- Limes
- Raspberries
- Strawberries

- Blueberries
- Grapefruit
- Pomegranates
- Tangerines
- Apples
- Apricots
- Cherries
- Clementines
- Kiwifruit
- Nectarines
- Oranges
- Peaches
- Pears
- Plums
- Bananas
- Guava
- Mangos
- Papaya
- Persimmons
- Plantains



Many people think of fruit as the very image of health, and they can therefore eat as much as they want. This just in: fruit consumption is not directly proportional to health! Stick to a maximum of two servings (e.g. one handful of berries and one

orange) of fruit per day – any more, and your blood sugar levels will become elevated and your Candida population will use this fuel to continue growing. Also bear in mind that those fruits at the top of the list are the least sugary, whereas those at the bottom are the most sugary (with a notable exception being bananas and plantains – when they're green, they're a lot less sugary, and even provide an excellent source of prebiotics when they're in this state – we fry unripe plantains in coconut oil and add spices like turmeric, salt and cinnamon for a delicious starchy side-dish). With that in mind, the more you stick to those fruit at the top of the list, the better.

As with all foods, stick to only the highest quality sources. Organic is a must, however it's more important for certain fruits than others. Bananas and oranges, for example, aren't as susceptible to herbicides and chemical sprays as they have a thick protective skin surrounding them, whereas apples and berries are often thoroughly coated in toxins if they're not organic. If you can't buy all organic produce, use this "thick skin vs. no skin" mantra as your guiding principle for prioritizing.

Vegetables

Vegetables are your friend – they fill you up, provide a vast array of vitamins and nutrients, and you can (and should) eat a lot of them.

- Acorn squash
- Asparagus
- Artichoke
- Arugula
- Beets

- Broccoli
- Bok choy
- Brussels sprouts
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Celeriac
- Celery
- Chard
- Collard greens
- Cucumber
- Daikon
- Dandelion greens
- Fennel root
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mustard greens
- Okra
- Onions



- Radish
- Shallot
- Spinach
- Summer squash
- Sweet potato
- Taro
- Winter squash
- Yams

Try to vary the vegetables you eat each day, and aim to have a good color spectrum on your plate with each meal – for example, one green (i.e. leafy greens or broccoli), one yellow (i.e. Spanish onion) and one red/purple (sweet potato). Make sure to have plenty of leafy greens, and don't go overboard with the starchy vegetables, such as squash, sweet potato, yams, taro, and beets. Too many starchy vegetables and you'll get a carb overload, which will ultimately elevate your blood sugar levels and offset your fight against Candida.

Once again, try to buy organic where possible, however if this is financially not possible then try to prioritize as you did with fruit – those vegetables with hard/thick skins are generally less likely to have been subjected to toxic chemicals like herbicides, therefore it is not as important to buy these organic. These include the squashes, onions, and cucumber (provided you remove the skin).

Fungi

It's not advisable to eat mushrooms every day, but it doesn't hurt to enjoy them in a meal every so often. Mushrooms are

generally produced in conditions which don't require the use of pesticides or herbicides, so it's not as important to buy them organic.

- Button mushrooms
- Chanterelle
- Crimini
- Portabella
- Oyster
- Shiitake



This is just an indicative list – most mushrooms from your supermarket or green grocer are ok to eat during the first 30 days.

Meat

This is where quality REALLY matters, as animals which have been raised on poor diets in cramped conditions can accumulate an alarming array of toxins in their meat, which gets transferred to you when you eat it. Ensure you adhere to the following conditions when you buy your meat. It should be:

- Grass-fed (buffalo, bison, beef, goat, lamb, venison) or pastured (pork, poultry, quail, squab)
- Organic
- Humane
- Free-range or free-run (this mostly applies to poultry, as any grass-fed meat has likely been allowed to roam freely)

Here's a list of acceptable meats under the Protocol:

- Bacon (provided it doesn't have anything other than pork, water, salt, and nitrates/nitrites. Despite what you may have read, nitrates and nitrites are not harmful – you can read more on this in our article on bacon on thriveprimal.com)
- Beef
- Bison
- Buffalo
- Chicken
- Cornish game hen
- Deli meats (without fillers like grains/gluten, sugar, or any artificial food compounds)
- Duck
- Emu
- Goat
- Goose
- Lamb
- Ostrich
- Pork
- Quail
- Sausage (without grains/gluten, sugar, or any artificial food compounds)
- Squab
- Turkey
- Venison



We typically include meat in at least 2 of our meals each day, if not 3 – when it’s good quality, it fills you up and provides long-lasting energy. Try to vary what type of meat you eat each time, as eating too much of the same thing can lead to the development of allergies. For example, on the first day you could have chicken for lunch and beef for dinner, then the next day you could have fish for lunch and lamb for dinner, and so on. And for those of you who stick primarily to chicken, you should know that grass-fed beef is far higher in nutrients and healthy fats than poultry.

Fish and shellfish

Sourcing high quality fish is a little easier than meat, with the main requirement being that it is wild caught. That being said, it helps if you dig a little deeper and determine WHERE said fish are being caught – often, for example, if a particular fish we’re examining says it comes from the waters of China, I put it back in the freezer (the seas around China being rather polluted). One way around this is to only buy large fish (tuna, salmon, etc), which can bioaccumulate much more toxins than smaller fish, from places you know are unpolluted, such as the waters off the coast of Alaska, for example. Buying smaller fish (sardines, mackerel, etc) from less “pristine” waters is less of a concern as they don’t tend to accumulate harmful concentrations of toxins.

If you keep these principles in mind, it doesn’t matter too much which fish you consume. However, here’s a (non-exhaustive) list nonetheless:

- Cod
- Flounder

- Halibut
- Hake
- Herring
- Mackerel
- Red snapper
- Salmon
- Tuna
- Sardines
- Trout



Eat any shellfish you like – generally, the more, the better. Shellfish are very good for you, and provide a range of nutrients which are otherwise hard to find in a landlubber’s diet. The beauty with shellfish is that they are only really found in unpolluted waters, so the location from which they are sourced doesn’t matter as much as fish. They also thrive whether wild or farmed, so don’t worry too much about that either! For the sake of the environment, however, please try to only buy sustainably sourced shellfish.

Offal

Offal is such a hideous word, but it includes an often discriminated food group which is actually some of the healthiest you could ever ingest. We give you leave to go crazy on things like bone broth, liver, kidney, tongue and heart, provided they are from high quality meat, as explained above. Bone broth is very easy to make, but if you need guidance, check out the thriveprimal.com article titled “5 foods to increase the nutrient density of your paleo diet”, which

includes step by step instructions for making nutritious, delicious broth.

Milk and yoghurt

Not too much is allowed in this category during the Protocol, we're afraid. You can, however, substitute your usual dairy milk for unsweetened coconut milk, coconut cream or coconut yoghurt, provided it is free from Carageenan. For best results, look for the coconut milk and cream with more fat and less additional ingredients (water, guar gum, etc).

Fats and Oils

The list of permitted fats and oils is relatively short, but should be more than sufficient to maintain your culinary prowess in the kitchen:

- Animal fat, including tallow (from high-quality sources, as explained in the meat section, above)
- Avocado oil
- Coconut oil (unrefined is generally better, however if using for a lot of high-heat cooking, consider using refined coconut oil)
- Coconut butter
- Duck fat (from high-quality sources, as explained in the meat section, above)
- Extra virgin olive oil (preferably in a dark/opaque bottle, as this prevents UV damage to the oil, and only to be used for non-cooking purposes)
- Red palm oil

With the exception of grass-fed butter and ghee, the above are all the oils and fats we ever use. Tasty tip: after we cook high-quality bacon, we always pour the collected bacon fat into a glass or ceramic dish for later use with cooking. It's good for frying, and adds a flavor punch to any dish.

Beverages

Essentially, anything which doesn't have sugar or artificial sweeteners added and which is made with allowable foods under the Protocol is ok. Here's a few examples:

- Black and green tea (only once per day, preferably in the morning)
- Bone broth
- Coconut kefir
- Coconut water
- Filtered, distilled or mineral (most preferred) water
- Green smoothies
- Herbal teas
- Kombucha
- Veggie and fruit (in moderation) juice
- Water with fresh lemon or lime juice

Fermented foods

Fermented foods are an ancient source of probiotics, and will prove instrumental in getting your gut flora back on the road to greatness. If you haven't already been eating any of these fermented foods on a regular basis, take it slow and introduce them into your diet at a measured pace – e.g. one teaspoon of

sauerkraut on day 1, one tablespoon by day 7, etc. Don't go overboard either – you shouldn't really be having more than half a cup of fermented food per day.

- Beet kvass
- Fermented carrots
- Fermented cucumbers
- Kimchee
- Kefir water or coconut kefir (unsweetened, of course)
- Kombucha
- Lacto-fermented vegetables and fruits
- Pickled ginger
- Pickles
- Raw apple cider vinegar
- Sauerkraut

If buying your fermented foods, ensure they are from a reputable brand and are preferably from organic sources. They should also not contain sugar, artificial sweeteners or other nasty additives. If in doubt, feel free to send us a comment on thriveprimal.com. There is also an easy step-by-step guide on thriveprimal.com on how to make your own sauerkraut. No excuses, people!

Herbs, spices and condiments

We're sure you take your tastebuds very seriously, so you'll want to know what you can add to your nutritious meals to make them even more delicious:

- Apple cider vinegar (great on salads)

- Balsamic vinegar
- Basil
- Bay leaves
- Chervil
- Chives
- Cilantro
- Cinnamon
- Cloves
- Coconut aminos
- Coconut vinegar
- Dill
- Garlic
- Ginger
- Horseradish
- Lemongrass



- Marjoram
- Mint, peppermint, spearmint
- Oregano
- Parsley
- Rosemary
- Saffron
- Sage
- Sea salt (unrefined) or Himalayan pink salt
- Shallots
- Tarragon
- Thyme
- Turmeric
- Vanilla extract (NO artificial vanilla – check the packaging!)

Unless you buy high-quality, organic spices, there's no guarantee that they don't contain mould or other toxins. For this reason, we strongly recommend buying fresh herbs and spices or growing your own. They're much tastier this way. If fresh isn't an option, make sure you thoroughly scrutinize the packaging of herbs and spices to ensure they don't have anything else added. There should ONLY be the herb or spice in question, not additional ingredients like vegetable oils. You'd be surprised how many companies sneak that in, for some unfathomable reason.

Sugar substitutes

Cinnamon makes an excellent substitute for sugar in baking and hot drinks, as it tastes sweet but actually has the opposite effect to sugar, helping to lower your blood sugar level. You can also use raw honey and, if you absolutely must, maple syrup (real maple syrup, that is) or coconut sugar. Raw honey is the most preferred of these last three, but use all in moderation. Remember, sugar feeds Candida!

Step 3: Employ key dietary weapons to further weaken the enemy

With your diet optimized for health, now is the perfect opportunity to unleash some potent weapons to further drive your Candida back from whence it came. Once again, our focus is largely centered around using whole foods to lead the charge, but we're also going to employ some other secret weapons to speed up the process of recovery and re-populate your gut.

Support Digestion

Squeeze half a lemon into a glass of water, three times a day. Keep in mind that this needs to be fresh lemon, not some nasty bottled alternative. If you don't have lemon to hand, you can instead mix 1 teaspoon of raw apple cider vinegar (ACV) into your water 3 times a day.

Not only does the ascorbic acid (Vitamin C) found in lemons help boost your immune system, lemon is also understood to cleanse the liver and support hydrochloric acid in the stomach, thereby further aiding digestion. ACV plays a similar role to lemons in increasing stomach acid and therefore digestive capacity, and has the added benefit of a probiotic, provided it's raw.

Support Metabolism

Use plenty of Himalayan pink salt or unrefined sea salt

Salt is vital for a number of reasons and plays an important role in increasing insulin resistance, moderating allergic reactions, maintaining healthy stomach pH, lowering adrenaline spikes, and maintaining balanced hormones in your body. If that's not enough, it also encourages a fast metabolism through elimination of cortisol, the stress hormone which is linked to weight gain and slow metabolism.

For this reason, salt is a key ingredient in your fight against Candida, particularly if you use Himalayan pink salt or unrefined, natural sea salt (for example, "gray" salt). Use it liberally on your meals, and use it as an electrolyte replacement in water when exercising or sick.

Use plenty of healthy fats

To further boost your metabolism, ensure you include a strong dose of healthy fats with every meal. Healthy fats like coconut oil, avocado oil, red palm oil and olive oil help with the absorption of nutrients and ensure healthy weight levels. Furthermore, coconut oil and red palm oil contain medium chain triglycerides (MCT), which stimulate fat burning, thyroid function and energy production. Try to have at least a teaspoon and as much as a tablespoon of one of these healthy fats at each meal.

Support Immunity

Say hello to probiotics

As mentioned earlier, probiotics are a vital part of the Protocol as they can re-introduce good bacteria back into your gut,

which can then help to bring your Candida back under control. The previous section touched upon some of the fermented foods which are permitted under the Protocol, and it is these foods which will be instrumental in re-populating your digestive system with the good guys.

Some of the most potent good-bacteria elixirs are also very simple to make, and include sauerkraut, raw kefir, and kombucha. Here's a few tips for getting your hands on these beauties:

- **Sauerkraut:** Many supermarkets stock sauerkraut - if not, your local health food store is sure to. If buying from these places, make sure to buy only raw (unpasteurized) sauerkraut, as heating the sauerkraut during the process of pasteurization kills the beneficial bacteria which would otherwise have been used by your body to re-populate your gut. As mentioned earlier, if you decide to make sauerkraut at home, thriveprimal.com has a simple step-by-step recipe for making delicious sauerkraut – just plug “sauerkraut” into the search bar
- **Kefir:** These days, you're more and more likely to find kefir in the “miscellaneous dairy-goods” section of your supermarket, or in your health food store. Once again, it must be raw/unpasteurized, but it also must be non-dairy based, such as coconut milk or water kefir – for the first 30 days, at least. Kefir is also very easy to make, however you'll have to purchase the kefir grains (little balls of the beneficial bacteria which convert certain liquids into kefir) either online or at some health food stores
- **Kombucha:** We always have a jar of kombucha brewing in

the cupboard, as it comprises a significant portion of our daily probiotic intake and it's a delicious, refreshing drink. There's no reason why you shouldn't make this yourself, you just have to get hold of a SCOBY (aka "mother") first. A kombucha mother is simply a disc-like colony of good yeast and bacteria which grows when it has sugar to feed on (sound familiar?). You can purchase a mother online, or even just buy raw kombucha (look for a label stating "with the mother") and use the mother from that to start your own little colony. We typically use black or green tea, but you can use a range of different mediums to create your own little piece of probiotic paradise, and add things like raspberries or strawberries to provide natural delicious flavorings.

Try to consume a probiotic 3 times a day to maintain your gut re-colonization. You don't need much – a spoonful of sauerkraut with each meal or up to quarter of a cup of kombucha or kefir in the morning, afternoon and evening.

Use essential oils to boost your immune system

High-quality, therapeutic-grade essential oils are a potent weapon against illness and can be a very effective way to boost your immune system. Essential oils are derived from plants, and just as they help support the successful growth and protection of the plant, so too do they assist our own digestive and immune systems. Their molecular constituents are chemically compatible with the human body, meaning that they can physically enter our cells and communicate with our DNA. In this way, essential oils can re-program damaged cells to restore their function and promote repair, from the inside out.

There has been much controversy surrounding which companies provide essential oils that are acceptable for therapeutic (i.e. health-related) use. In the end, it really comes down to your own research, and which company you are most comfortable with. Just make sure they provide honest and detailed information regarding where and how they source their oils, and their intended use. We use doTERRA essential oils, and have yet to be disappointed by the quality or value. Young Living is another widely-used essential oil provider, however we haven't looked into this company in too much depth.

So which essential oils are best for boosting your immune system and thereby supporting your body's fight against Candida overgrowth?

- doTERRA's *OnGuard* oil blend is a potent concoction of some of the most effective immunity-promoting oils and, as a bonus, smells amazing. If you could only use just one essential oil blend in your fight against Candida, it should be this. Rub a couple (you really don't need much) of drops of this on the bottom of your feet just before bed, or on the back of your neck. Rubbing it on these two areas assures rapid absorption into the bloodstream and almost instantaneous effects.
- Lemon essential oil: yes, we're back to lemon again. It's pretty darn awesome. In addition to its digestion-promoting properties, lemon has a strong detoxifying effect on the body, helping to cleanse your blood and remove excessive buildup of toxins. It's really up to you whether you use fresh squeezed lemon

juice, or lemon essential oil in your glass of water – the essential oil is just an ultra-condensed version of the fresh one. 2 to 3 drops should be sufficient for one glass of water.

- Frankincense essential oil: this is a natural antiseptic and disinfectant, and has traditionally been used to help speed recovery from colds and the flu. In addition, it has immune enhancing abilities which may help eliminate dangerous or unwanted (aka Candida) bacteria, viruses and even cancer. Just before bed, place a couple of drops on the bottom of your feet or behind your neck.
- Oregano essential oil: this stimulates the production and function of white blood cells, the body's main line of defense against intruders. As a result, oregano essential oil boosts the immune system and helps to defend against dangerous viruses and even certain autoimmune disorders. Apply as per Frankincense, however be careful – oregano is a "hot" oil, so only use a little at first and consider diluting it with a carrier oil to ensure your skin doesn't react adversely.



Remember: essential oils are potent, so never use more than one or two drops at each application, and ensure you don't use them near sensitive areas like your eyes. Mixing essential oils with a carrier oil (such as coconut oil, olive oil, or castor oil) reduces potential skin sensitivity and actually helps the essential oil to penetrate the skin more effectively and work more efficiently. If you ever find you've put too much essential oil on your skin, you can dilute it with a carrier oil – water does nothing!

Increase consumption of certain herbs and spices

You need look no further than your kitchen cupboards for a host of excellent immune-boosting foods, including garlic, turmeric and ginger. Just one clove of garlic provides 5 mg of calcium, 12 mg of potassium, and over 100 different sulfur compounds. This heady concoction of stench is powerful enough to wipe out hordes of unwanted bacteria and great swathes of infection (plus some of your less tolerant friends). To maximize garlic's potency, eat it raw – heating it inactivates the sulfur enzymes, lowering its antibiotic properties.

Curcumin, the active ingredient in turmeric, is anti-viral, anti-fungal, and has been proven to protect against carcinogens. Mix turmeric into soups and stews, or use it to add an earthy spice to green plantains or potatoes when you fry them.

Ginger is great stuff. It protects against stroke and heart disease, dissipates indigestion and nausea, and has strong anti-inflammatory properties. What we're most interested in, however, is its immune-boosting properties. Ginger assists the body in breaking down the accumulation of toxins in the organs, particularly the lungs and sinuses, by cleansing the lymphatic

system. You can bring ginger into your life in a variety of ways, however its best to buy whole fresh ginger root and cut it up into small pieces and either steep it in boiling water for a tasty tea, or mix it into hot dishes.

A cup of bone broth a day keeps the nasties at bay

It may be a little nauseating to drink at first, but bone broth is well worth enduring a gag or two. It has recently gained popularity in the paleo and primal spheres due to its ability to provide a vast array of bio-available nutrients and high gelatin content, which encourages gut healing and more efficient absorption of nutrients from other foods. In addition, as an excellent source of glutamine, bone broth can actually promote the recession of allergies, many of which are closely linked to gut health.

It is strongly recommended that you make bone broth yourself – it's ridiculously easy, and ensures that you know exactly what's gone into it. Here's what to do:

- Every time you have some meat bones left over from a meal, place them in a re-sealable container in the freezer (these will of course be bones from high-quality meat, as is required under the Protocol)
- Once you've collected enough bones to fill a crockpot or slow-cooker, dump them in, pour in sufficient water to fully submerge the bones, and add a dash of vinegar. The vinegar helps to leach the nutrients and minerals from the bones into the water
- Set the slow cooker/crockpot to medium heat and leave for at least 18 hours, topping up with water as necessary.
- After the allotted time, turn off the heat, allow to cool, and

remove the bones from the liquid. We usually pull off any meat left on the bones, as it is extra protein and helps to bulk up soups and stews.

- Store the broth in the fridge and eat within a week.

We get most of our daily broth intake by adding a cup or two to stews, stir-fries and soups, but you can also just warm it up on the stove and drink it straight. Bon appétit!

Make friends with a bottle of transdermal magnesium oil

Magnesium oil is simply a highly concentrated solution of magnesium chloride in water. This is one of the best ways to supplement with magnesium, as it is easily absorbed by the skin and is efficiently utilized by the body. The modern diet is woefully deficient in magnesium, yet it is a vital component within our cells, helping the body maintain balance, protect against illness, minimize the adverse effects of stress, and maintain a general state of good health. Magnesium oil can also help with sleep deficiency, which is vital for a properly functioning immune system.

Once you've got hold of a bottle of transdermal magnesium oil (we often use Ancient Minerals Magnesium Oil), you should use it once a day to begin re-stocking your body with this essential nutrient. Start with a small amount (i.e. 3 or 4 drops), then slowly increase the amount you use each day. Ultimately, you should aim to apply between half a teaspoon and a whole teaspoon per day. You can apply it on whatever area of skin you like, but keep in mind that it is potent stuff, and can irritate more sensitive areas. For that reason, we usually apply it to the legs, feet or arms. Also be careful not to use too much at any one time – high intake of magnesium almost always results in a

strong laxative effect, which could make for an awkward day at work or an unpleasant sleep!

Cleanse your system

Get yourself a sack of diatomaceous earth

Diatomaceous earth (DE) has been around for a long time, but it has only recently enjoyed its time in the sun as a health product. DE is a powder derived from organisms known as diatoms, which are algae-like plants that have existed for millions of years. When these diatoms die, they leave behind chalky white deposits in the soil, which is collected and refined to make DE.

DE acts as a natural insecticide, and when ingested it safely passes through our bodies while eliminating harmful bacteria, viruses and parasites. An additional benefit is that DE has a chemical structure which acts as a sponge to dangerous or



harmful inorganic particles in the body, meaning it provides a powerful detoxifying effect. In essence, DE is a very powerful tool in cleaning all the nasties out of your system, and allowing your new and improved diet and good bacteria to work their magic on your Candida problem unopposed.

Mix one teaspoon of food grade DE into a glass of water at least one hour before or after breakfast, and again before going to bed. After doing this for a week, add another dosage at least one hour before or after lunch, so that you're taking three teaspoons of DE per day. If, after a few days of doing this, your body seems to be having trouble dealing with this new regimen, you can stop – however this is unlikely to happen.

Eat some dirt

Bentonite clay is a type of healing clay made from aged volcanic ash that has been used for millennia for its ability to provide nutrients and rid the body of toxins. It produces an electrical charge upon hydration, giving it the ability to absorb and remove toxins, heavy metals, impurities and chemicals. Bentonite also has an alkalizing effect on the body, and can help balance gut bacteria.

Drink ½ to 1 teaspoon of bentonite clay in a cup of water once a day. For best results, put the clay and water in a glass jar with a plastic lid (metal messes with the electrical charge of the clay) and shake until well mixed. You can find bentonite clay at your health food store or online from the likes of Amazon.

LIFESTYLE

While dietary considerations are certainly a core element of beating Candida overgrowth, how you conduct yourself on a day-to-day basis is equally as important. The reason we listed the diet section first is because people find that far easier to change than lifestyle. Certain habits and routines become so ingrained that people struggle to even comprehend abolishing them, however that is what you'll need to do if you want to really get your Candida problem under control.

Recognize stressors in your life, and remove them

Stress is undoubtedly one of the greatest contributors to Candida overgrowth. As explained earlier in this book, stress promotes formation of the hormone cortisol, which can act adversely on a range of organs and impose hormonal chaos, where once there was balance. This hormonal imbalance can make it difficult for



your body to fight the overgrowth of Candida, and further undermines your weakened immune system and gut health. You might adhere to every piece of dietary advice given above, and still fail to beat Candida if you don't eliminate excessive, chronic stressors in your life.

Stress associated with work

This may seem a little obvious, but it's worth pointing out that work is probably the single greatest stress people experience on a day-to-day basis. While you might not be able to change certain things within your work environment, such as your duties or your tyrant of a boss, you can certainly modify peripheral things related to work which are causing you undue stress. Here's a list of common stressors associated with work, and what you should do about them:

- **Commuting to and from work:** many people drive long distances to work, and spend hours sitting in traffic essentially hitting their head against the steering wheel in frustration. Consider talking to your boss about working slightly different hours, such as from 10am to 6pm, in order to drive to work in off-peak hours and avoid the traffic. You'll be surprised by how much more time you have on your hands, and how much less you'll dread going to work each day. If necessary, go and see your doctor and ask for a note explaining that driving into work during peak hours is causing you health issues (which it most certainly is!) – this is often a useful tool for your boss to argue your case with his or her superiors. If you can't change your commuting times, you can make other arrangements to minimize the

stress, such as listening to podcasts on a subject of interest, listening to comedy CD's (laughter is an excellent weapon against stress!), listening to audiobooks or learning a new language. All of these things can take your mind off the monotony of the drive and make you feel like you're actually doing something useful with your time.

- Sitting in front of the computer for too long: it has recently been proven that sitting too long in one position can actually shorten your life. Your body needs to be constantly moving around (even in sleep – this is why you toss and turn!) to encourage blood flow and prevent muscle atrophy. Subsequently, sitting too long in one position, staring at a computer screen, can actually place considerable stress on your body. Furthermore, you can often find your frustration levels building the longer you sit and don't move around. Make a point of getting up and walking around for a few minutes at least every 20 minutes. This might just be to walk to the water cooler for refreshment, or going to the toilet, or even talking to a colleague about work-related matters (they can't yell at you for THAT!). Even better, go for a short stroll outside – you'll be surprised by how much it clears your head and makes you feel so much better! The added benefit is that you'll return to your desk with a greater clarity of mind, and be much more able to tackle your work tasks.
- Bringing your work home with you: many people have difficulty "switching off" after a hard day at work, and often bring their work worries or troubles home with

them. This allows the stress of the day to continue at home, where you should be relaxing and unwinding, and often rubs off onto other members of your family or friends. Furthermore, it can make it difficult to sleep, which can further weaken your immune system and undermine your struggle against Candida. Make a conscious effort to leave your work troubles at work, either by writing down all the things you need to do the next day on a piece of paper, or by explaining them to your partner when you first get home and speaking of them no more after that. The act of writing your tasks or troubles down, or at the very least talking about them briefly with someone who can sympathize, can be a very effective way to unburden your mind and help you to relax.

Stress associated with money

Finance-related worries can also place major stress on your body, and you should seek to eliminate or minimize them where possible. Here's a few tips which will help you to do just that:

- Never worry alone: it's important to share your financial worries with someone you love and trust, such as your partner or your parents. Speaking openly about your concerns and discussing how you might solve them together, can drastically lower your levels of financial stress.
- Visualize your desired financial outcome: transform financial worry by picturing, in detail, the outcome you want. For example, if you're worried about losing your house because you can't keep up with mortgage payments, visualize



yourself happily living in that house, with all your debts paid off and a steady income. Athletes use this technique to meet their physical goals, such as visualizing where you want the golf ball to land when you tee off, and it is a very effective way to get what you want as it re-programs your brain and subconsciously helps you work towards that goal, rather than wallowing in self-pity.

- Pay off debt as soon as possible: debt, such as that

associated with credit cards, acts similar to a parasite worming its way into your intestines – the more you ignore it, the bigger it gets, and the more it feeds off you and makes you ill. Pay off your debts as soon as possible, rather than using spare money to splurge on unnecessary items, as it will free up more of your money in the long run and remove a significant stressor from your list.

- Rank your monthly purchases: creating a list of your monthly spending and ranking the purchases from most to least important can help you to eliminate unnecessary cash outflow and ensure you have money available for the things that really matter – these are the things that cause you financial stress, so it's best to know you can afford them.

Stress associated with your body

This one, at least, is very easy to address. If you follow the diet guidelines listed above, we guarantee that you'll lose excess fat and look better than ever. You'll need to stick to these dietary guidelines for longer than a month, however, if you want to really look and feel good. Consider combining these dietary changes with a regular workout program – despite what all the health mags would have you think, it doesn't have to be anything too strenuous, and can be as little as 15 minutes a day of light to moderate exercise. The most important thing is to move around as much as possible throughout the day – it's the sitting around that's making you feel like crap and keep the pounds on, rather than sitting down all day then working out for an hour at the gym and wondering why nothing is happening.

Ensure you are getting sufficient sleep each night

Sleep is a vital element of staying healthy – perhaps more so than people think. Several studies into sleep deficiency have determined that it severely compromises



your immune system and also makes you far more likely to develop cancer. Furthermore, a lack of sleep can result in hormonal imbalances and cause you to put on weight.

Hopefully the above is enough to convince you not to skimp on shuteye. If you're to beat Candida, you'll need to be getting sufficient sleep each night – while sleep requirements differ from person to person, the "healthy" range is between 7.5 and 9 hours per night. If you're struggling to get or stay asleep each night, here's a few useful tips:

- **Magnesium:** if you've been doing your homework and reading through this whole book, you'll have already stumbled on the importance of magnesium supplementation. In addition to its immune and digestion-supporting benefits, magnesium can also help you to get to sleep at night. According to one source, magnesium is a vital component for the brain and nervous system, and is used by certain neurotransmitters to help the brain switch off at night – without it, we remain tense

and our brains refuse to relax. Supplement with magnesium as directed in the previous section, and you're likely to see good results.

- **Body temperature:** you may not have noticed this, but body temperature is closely linked to circadian rhythm. When we wake in the morning, our body temperature is low, but things begin to heat up once we've been exposed to sunlight and have ingested fuel (food). Ideally, our temperature would peak by mid-afternoon and begin declining towards night-time. The cooling of our body temperature is nature's way of getting us ready for sleep. Many people, however, find that they're still very warm or hot when they go to bed, and often have difficulty getting to sleep and staying asleep as a result. One of the best ways to cool down before bed is to have a cold shower – this may seem a little counter-intuitive, as cold showers are often associated with waking up, but trust us – it'll lower your body temperature and you'll soon find yourself yawning and ready for bed! Other options are to lower your thermostat, if have central heating, or wear less clothing before bed.
- **Blue light:** blue light from electronic devices such as TV's, computers and smart phones actually tricks your brain into thinking its daytime, and keeps you awake at night. This is because the wavelengths from these devices are similar to that of the sun, which acts to inhibit your natural melatonin production. The logical first step, therefore, would be to avoid using electronic devices at least 4 hours before going to bed. For some, this isn't an option, and besides the light emitted from

household lights also blocks melatonin production, and you'd be going through a heck of a lot of candles if you wanted to avoid all blue light after the sun goes down. Subsequently, the next best thing is to purchase a pair of orange/amber lens glasses. The orange color of these lenses actually blocks the blue light, and ensures your eyes don't register the "sunlight" coming from your devices. These can be purchased from any hardware store or via Amazon – you just have to make sure that the color of the lens is orange! Even better, you can buy a few low-blue light bulbs to distribute around the house at night, so that your skin also doesn't register any blue light.

For more information on how to get a great night's sleep, there is a very detailed article on thriveprimal.com – just type "sleep" into the search bar on the right.

Get plenty of Vitamin D

As an excellent lead-in from avoiding sunlight (or simulated sunlight, that is) during the evening, it's just as important to get plenty of sunlight during the day. Exposing your skin and eyes to the sun for at least 20 minutes a day helps to solidify your circadian rhythm and help signal to your brain when it is day and when it is night. This is a vital component of getting a good sleep at night, as if you're cooped up in a dark room all day your body has no way of knowing that its daytime, meaning you'll feel sleepy during the day and wide awake at night.

Furthermore, humans get most of their Vitamin D from sunlight. Vitamin D promotes healthy bones through facilitating calcium absorption, lowers blood pressure and

supports the heart, brain cells and fat tissue. Additionally, studies are increasingly showing that Vitamin D regulates gene and cell growth and development, immune function, and metabolic control. This is another huge reason to get plenty of sunlight exposure each day. If it's a cloudy day or you have to be stuck inside all day, consider supplementing with Vitamin D3 – but take your D3 supplement with a meal containing fatty foods (fatty meat, coconut oil, etc) as fats help with Vitamin D absorption, and also consider simultaneously supplementing with a high-quality Vitamin K2 supplement, as this greatly amplifies the potency of Vitamin D in your body.

Adopt a moderate exercise regime

The health benefits of exercise are wide-ranging, and include lowered blood pressure, improved cholesterol, prevention of



diabetes, weight management, and prevention of osteoporosis. With regards to your Candida issue, however, conducting around 15 to 30 minutes of exercise every day helps to reduce stress, improve sleep and boost your state of mind – all of which are essential tools for restoring balance in your body and hence addressing your Candida overgrowth.

The keyword here is moderate: exercising for too long or at too great an intensity can place stress on the adrenals and compromise your hormones and immune system. On the other hand, exercising for only a short period of time, or not really getting the heart rate up, means you're not getting access to all the benefits that moderate exercise provides. Here, we consider "moderate exercise" to mean around 15 to 30 minutes of cardiovascular or weight-bearing exercise – 15 minutes is generally sufficient for more intense workouts, such as interval training or weightlifting, while 30 minutes is generally more appropriate for less intense workouts, such as biking, swimming, or walking. Try to incorporate around 3 days of strengthening/weight-bearing exercises per week, separated by days of cardiovascular exercise. Also make sure you drink plenty of water (mixing water with lemon and good-quality salt provides an excellent, healthy electrolyte drink while exercising), and don't push yourself too far.



YOUR ROAD MAP BACK TO HEALTH

You've just taken in a LOT of information, and you're probably either falling asleep or in the process of deciding that you're ready to throw it all in and let this blasted Candida have its way with you. Never fear, we've taken pity on you and have kindly summarized all the key points into one table, to make things nice and easy.

Key things to remember:

- You must adhere to this Protocol for at least one month. For best results, continue adhering to the Protocol for 2 months, then begin to re-introduce certain foods back

into your diet and observe whether your body rejects them or not.

- How much you eat during the Protocol is up to you – listen to your body, and provided you eat only those things which are listed as “allowed”, you’ll know when to eat and when to stop eating.
- Don’t be afraid of healthy fats – they are your friends! They help you absorb nutrients, fill you up, provide an efficient energy source for your body, and (contrary to popular belief) DO NOT make you fat!
- In many people, adopting the changes outlined in this book can result in a mild Herxheimer reaction around a week into the Protocol, the symptoms of which usually feel like a common cold. This is simply due to the rapid die-off of yeast cells (i.e. Candida) in your body – as the cells die, they release toxins into the body and your cold-like symptoms are the liver’s way of telling you that it’s a trifle overwhelmed. If this happens, scale things back a little, reducing your dosages of probiotics (sauerkraut, ACV, kombucha etc.) and antifungals (diatomaceous earth, bentonite clay, etc.) until the symptoms go away.

Foods to avoid!	Foods to eat!
<ul style="list-style-type: none"> • Grains • Dairy • Eggs • Nuts • Beans and legumes • Seeds (including coffee & seed-based spices such as cumin) • Nightshades • Artificial food compounds (carageenan, MSG, hydrolyzed compounds, artificial colors or flavors, etc.) and artificial sweeteners • Alcohol 	<ul style="list-style-type: none"> • Fruit (max 2 servings/day) • Vegetables (as much as you want) • Mushrooms • High-quality meat (grass-fed/pastured, organic, humane) • Fish (wild caught, preferably cold-water varieties), shellfish • Offal from high-quality meat (liver, heart, kidney, etc.) • Coconut-based dairy substitutes (coconut milk, etc.) • Healthy fats and oils (coconut, olive, animal, avocado, red palm, etc.) • Sugar-free (artificial and real) beverages • Fermented foods • Herbs and spices from permitted food sources

Specific anti-Candida foods and compounds	Recommended daily dosage
Fresh lemon juice or raw apple cider vinegar (ACV)	Half a lemon or 1 tsp ACV in warm glass of water 3x/day
Himalayan salt or unrefined sea salt	A healthy sprinkle on each meal, and as an electrolyte replacement in water
Healthy fats	As much as you like, until you are satiated
Probiotics (sauerkraut, kefir, kombucha, etc.)	3x/day, with meals – 1 tablespoon of solid or ¼ cup of liquid
Essential oils – <i>onGuard</i> or lemon, frankincense and oregano	1-2x/day, in the morning or evening – 1-2 drops of each on soles of feet or back of neck,
Garlic, turmeric, ginger	As much as you like, with meals
Bone broth	One cup/day
Transdermal magnesium oil	1x/day, 3-4 drops increasing to max 1 tsp
Diatomaceous earth (food grade)	2x/day, before breakfast and before bed, 1 tsp in a glass of water. Increase to 3x/day after 1
Bentonite clay	1x/day, ½-1 tsp in a cup of water

Lifestyle Recommendations:

- Remove or minimize stress where possible, particularly with regards to work, finances, and lack of movement.
- Get at least 7.5 hours sleep each night.
- Get at least 20 minutes sunlight per day, or supplement with Vitamin D3 when there is no sun.
- Adopt a moderate exercise regime, between 15 and 30 minutes per day.

That's it! We strongly recommend that you read this book all the way through, and place a copy of the above tables on your wall in a conspicuous place so that you can easily refer to them whenever you need to. As always, if you need clarification on something, feel free to send us a message at www.thriveprimal.com. Good luck, your pathway back to health begins here!

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Thanks in advance!