Hospital Linens Are Testing Positive For Mold

A study published in *Clinical Infectious Diseases* examined freshly-laundered hospital linens, and found that more than 10 percent of sheets received by a fifth of hospitals studied tested positive for *Mucorales*, a fungus responsible for potentially serious infections. Cases of healthcare-associated mucormycosis, the infection associated with *Mucorales*, have been on the rise for the past decade. Previously, scientists have suggested that contaminated medical devices could be a reason for this, but researchers from the University of Pittsburgh have identified hospital linens as another cause of the infection. The study shows that forty-seven percent of freshly delivered healthcare linens in the hospitals studied contained *Mucorales* upon arrival.

Cleaning Hospital Linens

Healthcare is a business, and cutting costs is one of the ways a business makes money. In the modern age, that has translated to outsourcing hospital laundry, as the hospital is no longer obligated to pay for the equipment, energy, and manpower needed to wash their linen. Much of the process is now automated.

This automation isn’t necessarily a bad thing, especially if there’s a way to push for more environmentally friendly laundry practices. Still, this study shows there is cause for
concern regarding the outsourcing of washing linens.

Recommended: *Everything You Need To Know About Fungal Infections*

**Why Hospitals Breed Pathogens**

While the washing of the linens no longer happens in hospitals, it can’t be denied that healthcare facilities are excellent breeding grounds for bacteria and fungus that cause potentially dangerous infections. Hospitals are where people who are dealing with these infections go. It makes sense that those pathogens will be present.

Modern medicine, in particular antibiotics, compounds the issue though. Antibiotics are designed to destroy all of the bacteria in the gut. While this can eliminate the present infection, it also kills the beneficial bacteria that balance the microbiome. There are also pathogens that antibiotics don’t eliminate. Those pathogens grow stronger in the microbiome vacuum created by the antibiotics. In a hospital setting, you don’t even need to take antibiotic yourself to experience these effects. A study from 2016 found that patients were more likely to develop a C.diff (a notoriously hospital-friendly pathogen) infection if the previous occupant of their hospital room or bed was given antibiotics.

**Risky Business**

People in hospitals are constantly exposed to infection. A
frequent source of exposure is improperly cleaned medical devices, but this study adds another culprit into the mix, the linens. We can all agree that we need to limit our exposure to certain microbes, but indiscriminately killing them all leaves us with no natural defenses. Are the number of fungal infections up because there is more dangerous fungus out there? Or is it because we are increasingly ill-equipped to deal with them?

Sources:

- How Clean Is the Linen at My Hospital? The Mucorales on Unclean Linen Discovery Study of Large United States Transplant and Cancer Centers – Oxford Academic
- Laundry: The ‘Fastest Growing Outsourced Service’ – Becker Hospital Review

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**Signs You Have Too Much Candida**

A gut filled with Candida leads to chronic illness. It inhibits beneficial bacteria and proper digestion, which increases toxicity and nutrient deficiencies. Candida also
increases zonulin levels, the substance that controls the tight junctions between enterocytes in the gut, which leads to weaker junctions and the development of leaky gut. Candida filaments also penetrate directly through the wall of the gut lining and contribute to leaky gut in this manner as well. Undigested proteins and pathogens seep through the gut lining causing inflammation and infection throughout the body. Candida and other fungal pathogens open up pathways for infection with filaments that damage organs and glands. This leads to the immune system becoming overwhelmed.

Candida also disrupts the endocrine system causing hormonal imbalances that also cause chronic illness. Lyme disease, celiac disease, Morgellons, and most other chronic infections and chronic ailments are an indication of an abundance of Candida in the gut and throughout the body.

Related: How To Heal Your Gut

Tiredness, Physical Fatigue

Adrenal fatigue is a common symptom of Candida overgrowth. Being exhausted or fatigued regardless of how many hours you sleep along with other symptoms including headaches, joint pain, difficulties with memory and concentration is a sign of chronic fatigue syndrome. One of the main symptoms of candida overgrowth is chronic fatigue.

Mental Fatigue, Depression, Anxiety, Mood Swings, and Mental Illness

Our brains are inextricably tied to our gastrointestinal tract. Your gut health affects your brain health. Candida overgrowth leads to an inability to concentrate, brain fog, headaches, depression, anxiety, and worse. With a leaky gut,
the 180+ toxins produced by Candida travel to the rest of your body through your bloodstream, affecting your different tissues and organs, including your brain. In addition to that, Candida, its toxic byproducts, and other pathogens in the gut can reach the brain through the millions of nerves and neurons that run between your gut and brain.

Ethanol and acetaldehyde are toxic byproducts of Candida which are known to interfere with cognitive function, the respiratory system, the endocrine system, and the immune system.

Candida also affects serotonin production, the key neurotransmitter responsible for regulating mood, with 90 to 95% of the chemical produced in our gut. A deficiency in serotonin causes depression and anxiety.

Related: *Sugar Leads to Depression – World’s First Trial Proves Gut and Brain are Linked (Protocol Included)*

**Intestinal Distress, Digestive Issues**

Diarrhea, constipation, flatulence, bloating, cramps, IBS, stomach ulcers, and most digestive issues are an indication of Candida overgrowth. We need a healthy microbiome for our immune system to properly breakdown food to assimilate nutrients.

**Allergies and Allergic Reactions**

Rash and hives are typically a sign of increased fungal activity. Seasonal allergies and food allergies almost always vanish when Candida is brought under control. It sounds radical, but it’s true. Celiac disease, wheat allergies, and gluten sensitivity also subside when the gut is healed.
**Joint Pain**

Uric acid is one of the many byproducts of Candida albicans, which leads to joint pain in various parts of the body, and can lead to gout. High levels of uric acid can eventually do damage to the tendons and joints.

Candida can also enter the bloodstream and infect joints like the knees and hips.

Related: [Running Without Knee pain](#)

**Skin, Athlete’s Foot, and Nail Fungal Infections**

Candidiasis on the skin causes red, itchy rashes to form, typically in the folds of the skin and then spreading to other areas of the body. An abundance of Candida in the gut also degrades the immune system and depletes the body’s beneficial bacteria which can lead to other skin infections as well. Liver toxicity, hormonal imbalances, and autoimmune reactions from Candida also lead to other skin issues.

**Floaters**

The longer thread-like floaters (not the small round ones) are a sign of an abundance of yeast in the body. Candida can also negatively impact vision.

**Body Odor**

Candida converts sugar into alcohols that can contribute to body odor. An abundance of Candida also reduces the beneficial bacteria on the skin that would otherwise keep odor-causing bacteria in check.
White Tongue, Oral Thrush

White tongue is a typical sign of an overgrowth of candida.

Genital or Urinary Tract Infections

An unhealthy gut microbiome leads to most UTIs and yeast infections. An abundance of Candida can reduce the variety of beneficial bacteria which can then allow a select few to become pathogenic.

While some UTIs are directly caused by yeast, many UTIs are caused by E. coli. The body relies on a variety of beneficial bacteria, including lactobacillus, to keep bacteria like E. coli in check. If the E. coli, normally found in a healthy gut, are able to proliferate, it can infect the urinary tract.

Kidney infections are often caused by slow kidney function due to swollen reproductive systems putting pressure on the kidneys (swollen prostates and PMS can cause this).

Related: How To Stop a UTIs & Yeast Infections Naturally, and How To Prevent Them From Reoccurring

Sinus Infections

Like the rest of your body, your sinuses rely on a healthy microbiome to ward off infection. Doctors used to believe that almost all chronic sinus infections were caused by bacteria. Recent research shows that many of the long-term, chronic sinus infections are often fungal. A Mayo Clinic study looked at 210 patients with chronic sinusitis and found fungal infections in 96% of the patients’ sinuses.

More Candida Overgrowth Symptoms

Due to the fact that Candida can affect all of the body’s
major systems and infect every part of the body, virtually any health issue could be a sign of Candida overgrowth. While any one symptom on this page doesn’t mean Candida has taken over, it’s a safe bet that if the body hasn’t been working properly for long periods of time, Candida is one of the main underlying causes.

Related: Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections

- Acne
- Alcohol cravings
- Allergic reaction to certain medications including antibiotics or steroids
- Asthma
- Bad breath
- Bad PMS and erratic periods
- Body odor
- Chronic aches and pains
- Chronic nasal congestion
- Congenital heart disease
- Constant colds and other infections
- Constant feeling of dehydration
- Constantly craving sugar or carbs
- Cracked tongue
- Feeling slightly drunk without drinking alcohol
- Hayfever
- Insomnia
- Itching
- Itchy anus
- Itchy ears
- Itchy eyes
- Mood swings
- Night sweats
- Panic attacks
- Post-nasal drip
- Psoriasis
- Recurring cystitis
- Recurring vaginal discharge
- Regular fevers
- Restless leg syndrome
- Sensitivity to smells such as chemicals and perfumes
- Stuffy nose or itchy ears after eating
- Thrush infections
- Tinnitus (ringing in the ears)
- Vertigo, Dizziness
- Weight gain

**Fungal Supplement Stack – Knock Out Yeast, Candida, Mold, Fungus**

The first three should be plenty for most people, but for really prominent fungal issues or for impatient people with a bigger budget I’d recommend all of these:

- [Formula SF722 – Thorne Research](#)
- [Syntol AMD – Arthur Andrew Medical](#)
- [Berberine 500mg – Thorne Research](#)
- [MycoCeutics MycoPhyto Complex – EcoNugenics](#)
- [MicroDefense – Pure Encapsulations](#)
- [Abzorb Vitamin & Nutrient Optimizer (500mg) HCP Formulas](#)

I recommend taking the SF722, Berberine, MycoCeutics, and Microdefense with meals, and the Abzorb and Syntol separately, on an empty stomach (like in the morning and before bed). The Abzorb and the Syntol are a bit redundant, but I find good results using both if the budget can afford it. If money is really tight, just get the SF722 and put your money into your diet. And be sure to check out [How To Heal Your Gut](#) for more on this.
Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections and Gut Health

Most people living in modern societies suffer from an excess of Candida. Like bacteria, we all have fungi cohabiting within us. Anyone who is chronically ill is dealing with an abundance of Candida. While more and more people are beginning to realize this, most of the protocols and supplements sold to repair gut function and balance flora are not getting people well. We will address the reasons for this, but first let’s get a better understanding of what Candida is, and why we at OLM keep harping on it as if this microbe is the foundation for all disease.

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- Pathogenic = Mold, Hyphae Fungus, Filamentous Growth, Virulent Candida, the Mycelium Form
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Candida Causes Leaky Gut

Potential Causes of Candida Overgrowth

Acidity and Alkalinity

Potential Nutritional Deficiencies

Heavy Metals, Hormones, Pharmaceuticals, GMOs, Pesticides, Antibacterial Soil, and Other Toxins

Supplements, Herbs Used For Killing Fungal Infections

Anti-Fungal Diet and Supplement Protocol

Candida, Yeast, Mold, Fungus, 101

Yeast is a fungus that grows as a single cell. They look like translucent crisped rice cereal under a microscope. Mold is fungus that grows in multicellular filaments called hyphae. Fungi is the plural form of fungus, so, for instance, if we’re talking about Candida albicans we call it a fungus. If we’re talking about more than one specific kind, it’s fungi.

Candida is a genus of yeasts. There are nearly 20 different strains with different qualities peculiar to each species that we know of. Candida is the most common cause of fungal infections worldwide. Many different species of Candida are found in our gut flora, most commonly the C. albicans. Other fungi are also found in our gut. Any protocol that addresses Candida properly addresses all fungal overgrowth. Though they mean different things, often times within medicine the words Candida, fungus, and yeast are used interchangeably. Mold, on the other hand, is not generally used synonymously with the
latter. Generally, when health practitioners speak of mold, they are referring to environmental exposure, like from a moldy home, for instance.

Black mold and other mold exposure should also be treated by an anti-fungal protocol. Black molds and other molds do not directly cause Candida overgrowth, but anything that depletes the immune system for a long enough period of time will lead to Candida overgrowth.

**Candida albicans**

*Candida albicans* is a polymorphic fungus. This means that it can grow in several different forms. When the gut is good and healthy, there will most likely be some Candida in the form of yeast (the little rice crispy looking fellows). Candida is usually a commensal, or symbiotic, organism but can become pathogenic when it becomes filamentous. Other types of Candida we are familiar with so far that can cause infection in humans include *Candida tropicalis*, *Candida glabrata*, *Candida parapsilosis*, *Candida krusei*, *Candida lusitaniae*, and *Candida auris*. For these intents and purposes, we’ll just be referring to any overgrowth of Candida, which will address all fungal infection.

Candida albicans is found in over 70% of the population, and due to inaccuracies of testing, this percentage is likely much higher. If we include all kinds of Candida, one can guess it’s much closer to 100%.

**Symptoms of Candida Overgrowth**

- Athlete’s foot
- Diaper rash
- Itchy crotch
- Itchy vagina,
- Yeast infections
- Funky discharge
- Body Odor
- Digestion problems
- Gas, and bloating
- Seasonal allergies
- Food allergies
- Any other allergies
- Thrush or a white tongue
- Itchy ear canals
- Sugar cravings
- Addictive tendencies
- Insomnia
- Severe mood swings

Read more about [Candida Overgrowth Symptoms](#).

**Is Candida Contagious?**

Transmission can occur with direct contact, and in some cases, indirect contact transmission may be possible. In other words, Candida is contagious, and sex is a likely way for this to occur, but the body has to be susceptible to receive the transmission of infection, which usually means a weakened immune system and plenty of sugar to feed the infection.

**Pathogenic = Mold, Hyphae Fungus, Filamentous Growth, Virulent Candida, the Mycelium Form**

There is yeast, there is the pseudohyphae form, and there’s the hyphae state. The yeast form of Candida is ovoid-shaped (translucent rice crispies). The hyphae form, (long visible chains, threads, or filaments, mold that grows in a thread), is what causes the big problems, but the yeast form of Candida is believed to play an important role in the spread of Candida. Then there is the pseudohyphae form, which is not very well understood, other than being an intermediate form between yeast and hyphae. Differences in pH, temperature
changes, carbon dioxide levels, and starvation, as well as other complex feedback loops, can trigger yeast to convert to the hyphae form.

Candida can change back and forth between its different forms depending on its needs at any given time, which is one of the many reasons it is able to adapt and survive in such a wide variety of conditions.

**Crazy Scary Candida Facts**

*Why does candida make us sick, and why is it so damn resilient?!?!!*

Candida mutates and develops resistance towards treatment. It has been found that Candida Albicans has the ability to rearrange its genes and adapt to many methods of eradication that may be used against it, including antifungal medications, oxidative stress, and temperature increases.

When Candida has access to the bloodstream (which happens with a leaky gut), it can colonize in the sinus cavities, glands, and organs in the body, including the skin and the brain.

The cell wall of Candida is made up of mostly sugars and proteins. One of the sugars that make up the cell wall of Candida is called *beta-glucans*. Beta-glucans are also used as a structural building block for Candida biofilm. The beta-glucans can stimulate and suppress the immune system of the host.

Candida can bind to certain hormones, altering their shape so they’re no longer able to fit into their target hormonal receptors. This is one way Candida can manipulate the endocrine system and disrupt hormonal balance.

A healthy gut has a healthy biofilm made up of beneficial bacteria with a little bit of yeast. Healthy biofilm has a beneficial symbiotic relationship with our body. Candida also
develops a biofilm.

Candida biofilm is the resilient, gelatinous matrix that Candida creates around itself when it colonizes tissue around the body. This biofilm allows Candida to grow while protecting it from the immune system. In other words, Candida uses its biofilm to suppress or activate the immune response of the host to adjust its environment.

Some Candida proteins look similar to gluten protein molecules, which also look similar to the proteins that make up our thyroid. This causes autoimmune disease.

Candida needs an alkalinity to survive. When it finds itself in an environment that is too acidic, like your gastrointestinal tract, Candida will release ammonia to lower the PH of the environment.

An abundance of Candida causes anxiety, depression, ADHD, and other a plethora of other mental health disorders. The toxins released by Candida can impair neurotransmitter production and neurotransmitter function and disrupt brain chemistry. Your thoughts, feelings, moods, and your way of seeing the world can be profoundly influenced by Candida.

Yeast needs energy. Sugar supplies this energy. If oxygen is low or non-existent (like in the middle of a ball of dough, or inside much of our body), yeast will produce carbon dioxide and ethanol, also known as alcohol. Alcohol levels can be so high in the body that the individual may actually be drunk, fail a breathalyzer test, and experience a hangover after the sugar is used up.

**Byproducts of Candida — Candida Toxins**

Byproducts of Candida also include uric acid and acetaldehyde. Excessive uric acid can lead to kidney stones, gout, and metabolic acidosis. In other words, while Candida loves an
alkaline environment, it can cause the body to be extremely acidic in the blood and all over the body outside the Candida biofilm.

The carbon dioxide that yeast produces can damage the nervous system and the cardiovascular system.

Acetaldehyde is a neurotoxin that affects your brain, nervous system and every other internal organ. It damages red blood cells which it reduces the capacity of blood to carry oxygen.

Acetaldehyde combines with two key neurotransmitters in the brain, serotonin and dopamine. Together they form tetrahydro-isoquinolines, which closely resemble opiates in structure and function. Tetrahydro-isoquinolines cause an opiate-like high. This is one of the causes of sugar addiction that occurs with Candida overgrowth, and the tetrahydro-isoquinolines also fuel addiction to alcohol and other drugs and addictive behaviors.

**Candida Die-off**

Candida Die-Off is also called the Herxheimer reaction. When many fungal microorganisms like Candida are destroyed at the same time a bunch of those previously mentioned toxins will be released immediately and will need to be processed by the body. For an already over-taxed body, a Candida detox can sometimes push the body too hard, causing serious illness. This isn’t common, and should not stop anyone from ridding their body of fungal overgrowth, but it is advisable to take things relatively slowly or to address the die-off issues with the right supplementation regimen.

**Candida Causes Leaky Gut**

Candida increases zonulin levels, the substance that controls the tight junctions between enterocytes in the gut, which leads to weaker junctions and the development of leaky gut.
Candida filaments also penetrate directly through the wall of the gut lining and contribute to leaky gut in this manner as well.

A gut filled with Candida causes the body to not digest anything properly, which increases toxicity and nutrient deficiencies.

What this means is that when Candida takes on its hyphae form in the gut, it will soon open up the gut, allowing food to pass through the gut wall undigested. This leads to celiac disease and a host of other problems. When the body sees foreign proteins (proteins that were not completely broken down during digestion), the body sees a foreign invader. A leaky gut also gives the Candida and other pathogens access to the bloodstream in order to colonize anywhere and everywhere.

You should be able to see why it is absolutely imperative for anyone who is dealing with a leaky gut to avoid gluten. And if you host disease, you have a leaky gut.

**Potential Causes of Candida Overgrowth**

We like to consider stress as a huge factor with diseases, but I feel we give stress way too much credit. Take PMS for instance. When the endocrine system is of subpar health, women suffer from extreme emotional swings tied to their biological cycle. It should be noted that men have a sort of “PMS” too, and are just as susceptible to hormonal outbursts, and in my opinion, more so. My point is that hormonal mood swings are an indicator of poor hormonal health. We know how much hormones affect our day-to-day decisions and our ability to cope in stressful situations. Now picture trying to make it through life with a severely unbalanced hormonal system. It’s not the stress that kills us, it’s our ability to cope with it. And poor choices in stressful situations often beget more
It’s sugar. That’s the primary cause of Candida overgrowth. In the two decades I’ve been studying Candida, and hundreds of people I’ve spoken with who suffered from an abundance of Candida, sugar was always the cause or was at least fueling the problem. Other toxicity issues will need to be addressed, and often times it was one major toxic event that precipitated an illness, but health will not be restored unless sugar is radically reduced in the diet, and virtually all refined sugars are eliminated. See more on diet below. I doubt any of the following would accurately be the one and only “cause” of most people’s fungal abundance, but the following issues will at the very least exacerbate the Candida overgrowth.

**Acidity and Alkalinity**

Many have heard that acidity equates to disease, and alkalinity equates to good health, but it’s not that simple. Candida likes alkalinity. An alkaline environment of the intestinal tract favors yeast growth. Candida overgrowth needs increased alkalinity in the digestive tract in order to switch to its virulent fungal form. Strong stomach acid promotes better digestion and it kills or inhibits pathogens.

Antacid medication is an important risk factor for Candida overgrowth. To make matters worse, researchers have also found that Candida can control the pH of its environment. When necessary, Candida produces and releases ammonia. Ammonia is alkaline in nature. The ability of Candida to produce ammonia ensures its survival.¹

**Potential Nutritional Deficiencies**

Mineral deficiencies are more likely to lead to Candida overgrowth, though the most virulent cases almost always seem to come sometime shortly after prescription antibiotic usage. These deficiencies do not seem to cause Candida, but they do...
exacerbate the problem, and Candida overgrowth does lead to mineral deficiencies. Low stomach acid can also lead to mineral deficiencies with calcium, magnesium, phosphorous, iron, copper, and zinc.\textsuperscript{2}

Iron or folic deficiency may facilitate an invasion of Candida albicans in some individuals, but studies don’t show a significant enough correlation to indicate that these deficiencies will cause Candida overgrowth, at least not alone.\textsuperscript{3}

Magnesium and molybdenum break down the toxic metabolites of Candida albicans. Acetaldehyde is the most well known of these toxins. With a magnesium or a molybdenum deficiency, our body is unable to remove acetaldehyde from the body. The toxins promote cell decay which feeds the Candida lifecycle (pathogens love two things: sugar and decaying or dead cells).

Candida can also prevent us from assimilating minerals. With a gut filled with fungi and other pathogens, the proper breaking down of minerals (and proteins and other nutrients) does not happen. Obviously, this opens the door to an extensive list of autoimmune diseases.

B vitamins, including pantethine (B5) and biotin (B7), are often cited as supplements that inhibit Candida growth, but there are also studies that indicate Fungi feeds off of these and other nutrients. To supplement with such specific nutrition when the gut is in such disarray is a fool’s errand.

A deficiency in calcium and magnesium, can lead to and exacerbate sugar cravings. Supplementing with these minerals can help. Though we are rarely deficient in glutamine, supplementation with it does help eliminate sugar cravings.

Copper has a fungicidal value in the body’s tissues. Copper compounds are used commercially as sprays on vegetables, as algicides in swimming pools, etc. Having too much copper or
not enough copper in the body can disrupt gut flora and other nutrient balance.

Improper fat digestion or a diet lacking in healthy fats can also help Candida to flourish. Short-chain fatty acids have fungicidal properties. A healthy body synthesizes appropriate protective fatty acid compounds.

**Heavy Metals, Hormones, Pharmaceuticals, GMOs, Pesticides, Antibacterial Soil, and Other Toxins**

Toxic compounds kill beneficial bacteria if for no other reason than that they’re toxic. Pesticides, herbicides, and GMOs designed to kill microbes will do the same thing inside humans once digested. Inhaled steroids used to treat asthma have also been shown to cause oral candidiasis, which makes one wonder what happens in the gut with steroid use.

People with mercury fillings are often subject to Candida outbreaks. Tiny particles break free, and mercury vapor is released that we then inhale and swallow. The body doesn’t just slough off the mercury. Its molecular structure is so similar to selenium, which the body needs, the cells snap it up as if it were a beneficial mineral. In the gut, mercury creates an environment that is not friendly for beneficial bacteria. An overgrowth of “bad bacteria” and Candida results.

*The majority of fungal conditions or chronic infections should be considered a conscious adaptation of the immune system to an otherwise lethal environment by heavy metals. Mercury suffocates the mechanism and can cause respiratory intracellular cell death. So the immune system reaches a compromise: Grow bacteria and yeasts that can bind large amounts of toxic metals.”* – Dr Dietrich Klinghardt

*Some doctors specializing in Candida treatment have reported*
that they have discovered clinically that 98% of their patients with chronic Candida also had mercury toxicity.” — Dr. John P. Trowbridge

Mercury vapors from dental fillings play havoc on the body through a host of means, the least of which is to feed the bacteria, fungi, and yeasts that thrive on mercury. Mercury will promote the growth of Candida, though as it absorbs the mercury, it thereby protects the system to a certain extent from its toxicity – until they are saturated then they begin to re-release the mercury in organic form. Mercury fed Candida become more and more virulent and eventually penetrates the intestinal walls and invades the cells. These fungal microorganisms become quite at home in the cell, and can easily be considered a principle characteristic of cancer.” – Dr. Mark Sircus

Endocrine disrupters interrupt hormones in ways that Candida find beneficial. Candida binds to certain hormones, altering their shape so they’re no longer able to fit into their target receptors, making these hormones inactive. Candida likes estrogen. Too much estrogen helps support Candida in a variety of ways. Candida also produces a waste product that, in the human body, *mimics estrogen*. With enough Candida in the body, the endocrine system can lower the acidity of the digestive tract, the urinary tract, and the reproductive systems. Candida can effectively raise the pH level in parts of the body to make it more alkaline the way Candida likes it, creating a feedback loop. Other areas of the body quickly get too acidic, promoting more disease.⁴

Antidepressants alter gut function. Antidepressants that influence the neurotransmitter serotonin are particularly egregious. NSAIDs can damage the entire intestinal tract. NSAIDs often damage the mucosal lining of the stomach (causing ulcers) and the small intestine.⁵
Toxic compounds don’t have to reach the gut to cause problems. Toxins damage our cells just like they damage microbes when we breathe toxins in or absorb the compounds through our skin. The pathogens will come to feed off of the damage. We could go on endlessly about how all of the most talked-about toxic compounds reak havoc in the gut and the immune system, but it’s all the same. They do damage to the body and they strain the immune system which puts the body out of balance and leads to infection. Think of infection as the garbage men. It’s their job to consume the garbage, the damage, the decay of our bodies. If we have a lot of damage to feed infection (or too much sugar), the infection takes over the body, and the damage its presence ensues helps to feed its own cycle.

Supplements, Herbs Used For Killing Fungal Infections

- **Activated Charcoal**: Binds with positively charged things in the gut, like Candida in its pathogenic form, and many of the toxins it produces, which then gets defecated out of the body. (more on activated charcoal)
- **Astragalus**: A potent antimicrobial that also is anti-inflammatory, boosts the immune system, slows tumor growth, helps prevent and reverse diabetes, and more.
- **Berberine**: This plant-root alkaloid extract has confirmed, potent antiviral, antibacterial, and antifungal properties.
- **Biotin**: With the presence of the B vitamin, biotin, it is said that yeast is unable to change into its mycelium form. On the other hand, there are some studies that suggest Candida can feed off of biotin.
- **Black Walnut**: Studies have shown that black walnut can effectively kill canker sores, herpes, and syphilis sores. The husks of black walnuts have potent antifungal powers; more powerful than many prescription drugs. Fungi and parasites thrive in an acidic
environment.

- **Caprylic acid**: A fatty acid in coconut which contains antibacterial, antiviral and antifungal properties. Coconut or coconut oil by itself does not have very strong antimicrobial properties.

- **Chlorella**: It’s not an anti-fungal, but Chlorella is negatively charged like charcoal and has a host of other benefits that counter Candida symptoms. Chlorella also helps remove heavy metals and limited amounts of positively charged Candida from the blood.

- **Cinnamon**: A potent natural antifungal with tons of other health benefits. [Read more on cinnamon.](#)

- **Clays**: Like activated charcoal, bentonite clay can bind with Candida and heavy metals and other positively charged items to pull them out of the body through defecation.

- **Cloves**: This strong smelling spice contains some of the same compounds as oregano oil. Studies have shown that cloves contain powerful antimicrobial and anti-fungal compounds.

- **Cranberry**: There is nothing better for a urinary tract infection than unsweetened, unadulterated cranberry juice. [Click for Recipe](#).

- **Diatomaceous Earth**: Often called DE for short, this supplement is another negatively charged chelator (like charcoal and bentonite clay, but not as effective in that way), that also kills pathogens, but Candida biofilm protects itself well from DE. [More on DE](#).

- **Enzymes**: Hemicellulase, protease, and Cellulase have been shown to break down the cells walls and the biofilm of Candida. These must be taken within a protective capsule that will break apart in the gut and not the stomach acid. [More on enzymes](#).

- **Garlic**: Allicin, a compound in garlic, has antifungal, antibacterial and antiviral properties, and garlic helps strengthen the immune system. [Read more about garlic](#).

- **Goldenseal**: A popular herb that has been used by Native
Americans for hundreds of years, with potent antimicrobial activity, including some pretty decent antifungal properties.

- **Goldenrod**: Goldenrod is antifungal, diuretic, diaphoretic, anti-inflammatory, expectorant, astringent, antiseptic, and carminative.¹⁰
- **Magnesium**: Breaks down the toxic metabolites (byproducts) of Candida albicans. Read about [homemade calcium and magnesium here](#).
- **Molybdenum**: Also breaks down the toxic metabolites (byproducts) of Candida albicans.
- **Mushrooms**: Fight fire with fire, and fungi with fungi! Many mushrooms produce natural anti-yeast factors to prevent other fungi from taking over their turf. The reishi mushroom is well known throughout the world for its plethora of health benefits, including powerful antifungal properties, but there are many other mushrooms that help clean the gut as well.
- **Lemongrass**: Lemongrass oil is the most powerful antibacterial and antifungal essential oil.
- **Neem**: This plant’s properties include immunomodulatory, anti-inflammatory, antihyperglycaemic, antiulcer, antimalarial, antifungal, antibacterial, antioxidant, antimitagenic and anticarcinogenic.
- **Oil of Oregano**: This extract is very well known for its ability to kill off pathogenic activity, and there are plenty of studies that demonstrate its efficacy.
- **Olive Leaf Extract**: This extract is known for killing fungal and pathogenic bacterial infections without harming healthy bacteria. I suspect this is because it’s weak and doesn’t penetrate biofilm.
- **Pau D’Arco**: Also known as Lapacho, this supplement has received worldwide attention in recent years due to the numerous studies proving its amazing health benefits including the ability to kill antibiotic-resistant
bacteria and difficult fungal infections like Candida.

- **Probiotics**: Most everyone knows to take probiotics to fight yeast infections, but make sure the probiotic is of quality. Lots of cheap probiotics break down in stomach acid and the ingredients end up actually feeding yeast. Also, able to pass through stomach acid and into the gut where it needs to be to do its job. Taking probiotics with antimicrobial supplements will reduce the effects of both.

- **Spirulina**: For purposes of Candida killing, it works just like the other aforementioned algae, Chlorella. Check out [How to Grow Spirulina at Home](#).

- **Turmeric**: Turmeric is a potent antimicrobial herb with proven antifungal properties and a host of other amazing health benefits. Check out [How to Optimize Curcumin](#).

- **Undecylenic acid**: This fatty acid is six times more effective than caprylic acid. It’s been shown in studies that Candida cannot build a tolerance for undecylenic acid, which probably makes it the most potent Candida killer on this list.

- **Wormwood**: This is a potent antimicrobial’s active ingredient is Artemisia, and it is better known the world over for its ability to kill parasites.

- **Zinc**: helps with protein digestion, enzymatic reactions, energy production, antioxidant functions, and it is imperative for proper mineral balance. It’s common to see a zinc deficiency in a Candida laden body.

### The Best Anti-fungal Supplement Products Available (that I know of)

I’ll bet someone is going to ask why I don’t mention colloidal silver. I don’t think it’s good for you, I’ve never found it particularly helpful, and I just don’t trust it. But to each their own; you can find tons of very intelligent naturopaths who are much more educated than I am who will vehemently
disagree with me on colloidal silver.

**SF722**

If you’re on a budget and can only afford one supplement, SF722 is my first recommendation. SF722 is undecylenic acid. The gel tab is derived from Bovine, so vegans beware.

**Undecyn**

Undecyn combines undecylenic acid with betaine HCl (very acidic) and berberine. Some use both, as the formula provides differing avenues for absorption of the undecylenic acid which may be more or less effective depending on the body’s state at any given time.

**Abzorb**

Abzorb is one of my new favorite supplements and one of the few I personally take regularly. On an empty stomach, Abzorb is a potent probiotic and a systemic enzyme. That means the capsule breaks open in the gut, not the stomach. If, on the other hand, you take Abzorb with food, you’ve got a potent digestive aid with enzymatic activity and beneficial bacteria to help break down the food and populate the gut with beneficial bacteria. It’s a fine probiotic, with potency I can attest to, but there are much more potent probiotics available as well, which many like to use in conjunction with Abzorb, though for most people this would likely be overkill. It wouldn’t hurt to use both, but it may be a waste of money.

**Mycophyto Complex**

Then there’s a mushroom complex that I would take every day if I were a wealthy man. This formula contains turkey tail, reishi, maitake, blazei, and cordyceps. The health benefits of this supplement are too many to list.
Gastro-Cleanse

The Gastro-Cleanse contains psyllium husk, activated charcoal, goldenseal, chlorophyll, apple pectin, and 50 million lactobacillus acidophilus specifically designed to accompany the antimicrobials.

Candida Complex

The Candida Complex includes calcium undecylenate (candida killing fatty acid), Pau d’arco, a very potent enzyme blend, and berberine.

Berberine

And then there’s the straight berberine at 500mg per capsule. That’s a potent dosage, and one I don’t recommend for long-term, as the gut would not likely be able to build up a healthy ecosystem with such a powerful antimicrobial continually bombarding the system.

MicroDefense

The MicroDefense gives you olive extract, sweet wormwood, clove powder, and grapefruit extract; all good stuff to help balance the gut, but the company is owned by Nestle, so buyer beware. We’re looking for an equivalent that we can carry.

Anti-Fungal Diet and Supplement Protocol

Here are three articles I put together on diet. This is indicative of how my family eats every single day.

- Detox Cheap and Easy Without Fasting – Recipes Included
- Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet
- How to Make the Healthiest Smoothies – 4 Recipes
We start off with cranberry lemonade and a huge salad every morning. For lunch, we sometimes do a smoothie or we snack on some nuts and/or fruit or we just finish our massive 11-cup salads. For dinner, we always cook from scratch, which takes preparation and time, but it gets easier. Rice and beans, quinoa, lentils, millet, oatmeal, and amaranth are common staples for our cooked meals. We add lots of raw vegetables and herbs to our dinners as well, for instance, the rice and beans go great with chopped tomatoes and avocado, diced onions and garlic, and shredded turmeric and ginger. Eat raw herbs and cooked herbs together for maximum health benefits.

This is truly a lifestyle, not a diet, and it’s one we live every day. You may not need to go to this extreme to rid your body of disease, but I find that most who are dealing with chronic illness need to take it this far, at least for a few months.

The salads are the most important part of this protocol. More than supplements, more than anything save getting enough water, the salads are imperative. Eat lots of it. Make sure they are diverse with at least 15 different vegetables and herbs. If you could see what packing your gut with salad does to your ecosystem under a microscope, you’d understand why I’m so passionate about them. There is nothing more beneficially life-changing than developing a salad habit when the salads are big and diverse and homemade. They do more than any supplement or any other food to clean the intestinal walls of filth and develop a beneficial gut ecosystem.

The cranberry lemonade helps keep the kidneys and liver working optimally. These organs typically get sluggish quickly when lots of Candida are killed. If salads are #1, this cranberry lemonade is #2, and supplements are a distant #3.

For those with very serious gut issues, legumes and grains will be a no-no for the first few weeks at least, but when enough salad has been consumed, the gut should be able to reap
many benefits from cooked foods like the dinner meals aforementioned.

Sweet fruit should be severely limited, and for the very ill, avoided until the gut is working better. Grapefruit, cranberry, avocado, lime, and lemon do not fall under this category.

Juicing with fruits is not much better than refined sugar, so don’t make the common mistake of thinking a fresh-juice fast is going to get you well.

Now that diet is covered, here’s the supplement part:

**SF722** – 5 capsules three times a day, once on an empty stomach, the other two times with or without food.

**Abzorb** – take two capsules with harder to digest meals, and also take two on an empty stomach twice a day, like early morning and late night.

For anyone on a tight budget I recommend putting the money to food, and if affordable, add Abzorb and SF722. That’s enough with the right diet to eliminate fungal overgrowth in almost everyone. There are some who work or live in environments that constitute more environmental stressors on the body, and therefore need a lot more help. There are also many living in areas of the country where the healthy food selection at the local grocery store is sparse. I recommend more supplements and growing your own food in such a case. And I recommend growing your own food for a hundred other reasons as well.

If you’re someone who needs more supplementation or, like me, you just tend to prefer overkill, here’s a step-by-step protocol that includes all of the previously recommended supplements, and a bit more to address Candida die off and healthy defecation.

Each day has two supplement routines that are repeated. Each
supplement routine has an objective.

Optional Supplements include:

**MycoPhyto Complex**

### Clean and Populate with Good Guys:

On an empty stomach, early morning and late night

- 2 Abzorb
- 2 cups of cranberry lemonade
- Optional: Add a serving of the MycoPhyto Complex
- Optional: Additional probiotic with Abzorb, or separate probiotic and systemic enzymes instead of Abzorb

### Antimicrobials, Kill the Bad Guys:

With meals, three times a day

- 5 of the SF722
- Optional: one serving of MycoPhyto Complex
- Optional Intestinal Cleanse
- Optional: Other antimicrobials like the Undecyn, Gastro-cleanse, Candida Complex, Berberine, and the Micro-defense, you could take one or two of each

Also, take absorb with any food that is difficult to digest.

### Protocol

**6am – Clean and Populate With Good Guys**

Start with Abzorb and a big glass of cranberry lemonade and the other aforementioned optional supplements.

**9am – Antimicrobials, Kill the Bad Guys**

Salad time! The MycoPhyto Complex company recommends to take on an empty stomach, but I like to take it with salads and
Homemade Smoothie Time! If you’re extremely ill you may need to wait on the smoothies and just double up on the salads for the first week, but I’ve found that many people who were suffering from a plethora of ailments and having trouble recovering responded very well to pineapple smoothies. Pineapple smoothies (made with fresh pineapple), like the ones I have recipes for in the above link, pack a massive amount of enzymes and can help break down a lot of junk in the gut, while delivering large amounts of nutrition. But, smoothies have plenty of sugar, so it’s a good time to repeat the supplements from 9am.

Use pineapple, coconut water, water, cranberry juice, or if you can withstand some sugar try granny smith apple juice, but don’t use sweet fruit juices for smoothies. Always add as many vegetables and herbs as you can.

3pm - Week 1 – Antimicrobials, Kill the Bad Guys

3pm - Week 2 – Populate With Good Guys

6pm – Antimicrobials, Kill the Bad Guys

Dinner time! Everything from scratch, nothing pre-made in any way, all whole food ingredients.

9pm – Populate With Good Guys

Finish off the night with probiotic support and leave them alone for the night to do their thing.

Three More Supplements to Consider – Die-Off, Heavy metal Detox, & Bowel Movements

If Candida die-off is a concern be sure to drink plenty of cranberry lemonade and I also recommend adding Total Nutrition.
Formula and the Intestinal Detox. Here’s a recipe to make your own Total Nutrition. This way you’ll get bentonite clay, charcoal, chlorella, spirulina, and more, which are all great for mitigating the die-off effects of a Candida detox, and they also chelate heavy metals.

You can take the Total Nutrition Formula with the smoothie or sprinkle it on the salad (or choke it down with water), and take the Intestinal Detox anytime throughout the day as directed.

If you’re not defecating easily and at least twice daily, I also highly recommend the Intestinal Cleanse. It kills parasites and moves the bowels better than anything else on the market that I know of, by far. I recommend taking it with the antimicrobials.

**Conclusion**

Also, any doctor who tells you that raw foods are a bad idea when dealing with Candida does not understand gut health. If you can’t digest raw foods, the supplements will help you develop a gut ecosystem that can. Take it slowly if need be, but there’s no getting around the raw foods. They are a must for good health. If I were to eat McDonald’s right now, I would have a very hard time digesting it. I don’t have the proper bacteria for digesting fast food because I don’t eat it. What you eat dictates what microbe you have. The most beneficial bacteria in our gut is bacteria that likes the healthiest foods. And it makes sense; nature wouldn’t work well any other way!

On the other hand, I also do recommend cook foods as well. There are nutritional benefits to cooked foods, and it is very difficult and expensive for most people to get enough calories and nutrients from raw food alone. The way I look at it is, cooked foods sustain, raw foods heal. But it’s a little more complicated than that, as many cooked foods have healing
benefits as well.

**Recommended Supplements:**

- Formula SF722 by Thorne Research
- Abzorb Vitamin & Nutrient Optimizer by HCP Formulas
- Shillington’s Total Nutrition Formula
- MycoCeutics MycoPhyto Complex by EcoNugenics
- Shillington’s Intestinal Cleanse
- Shillington’s Intestinal Detox
- Fibrenza Systemic Enzyme by HCP Formulas
- Probiotic, 100B by Ayush Herbs
- Undecyn by Thorne Research
- Gastro-Cleanse w/Psyllium by Allergy Research Group
- Candida Complex by Complementary Prescriptions
- Berberine 500mg by Thorne Research
- MicroDefense by Pure Encapsulations

**Sources:**

1. [The #1 Cause of Mineral and Protein Deficiency – Body Ecology](#)
3. [Nutritional deficiency in oral candidosis – NCBI](#)
4. [Candida & The Endocrine Factor – Puristat](#)
5. [PMS and Candida Overgrowth: The Dangers of Estrogen Dominance – Body Ecology](#)
6. [Can Digestive Enzymes Assist in Controlling Candida Overgrowth? – Body Ecology](#)
7. [15 Fascinating Facts About Candida You May Not Know – Holistic Help](#)
8. [Candida albicans – Microbe Wiki](#)
How To Kill Candida, Fungi, Yeast in the Body

There are over twenty different species of Candida known to cause yeast infections. The best known, and most common, is Candida albicans. Natural treatments for yeast infection do not vary based on the type of yeast that is attacking the body; both the protocol and supplementation are the same.

Candida is typically present in healthy individuals. It can live on the skin and in mucous membranes without causing an infection or any ill effects. As a fungus, it even plays an important role in breaking down organic wastes and recycling the nutrients. A little Candida is not a bad thing, but a lot of it, especially when it spreads throughout the body, is a very bad thing.

Related: Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections

A Silent Epidemic

Candida is opportunistic and highly adaptive. When given the right conditions Candida albicans can overgrow very quickly causing yeast infections and fungemias (systemic fungal infections). Mild to severe Candida infections are incredibly common among the U.S. population due to the Standard American Diet, which is very conducive to Candida overgrowth.
Candidiasis is more prone to occur in warm and moist areas of the body; areas like the digestive tract, the genitals, mouth, throat, skin folds, and anywhere in the body with dead or dying tissue. After Candida eats away at dead tissue, it will often attack healthy tissue in order to keep growing. And Candida creates waste products that are neurotoxins such as formaldehyde, alcohol, and acetlyaldehyde. Candida infections include the following:

- Skin (yeast infection or diaper rash)
- Genitals (genital/vulvovaginal candidiasis)
- Throat (thrush or oropharyngeal candidiasis)
- Mouth (thrush or oropharyngeal candidiasis)
- Blood (invasive candidiasis)
- Digestive Tract

As you can see, yeast infections can happen just about anywhere. Athlete’s foot and ear infections are directly caused by Candida while many other ailments such as the cold and flu are indirectly caused by Candida. When our immune system is stressed and taxed from battling Candida, we are more prone to other infections. Usually, when someone is sick they are dealing with multiple pathogens including Candida and other fungi, though not always at a level where conventional medical testing would show it.

Systemic candida infections, even mild infections, can place a heavy burden on our body’s defenses making it open season for other pathogens. This is how most of us get sick. The Standard American Diet and Candida impair our immune system enough to make us susceptible to viral and bacterial illnesses.

Related: [How To Heal Your Gut](#)

Candida Overgrowth Mimics Other
Conditions

There are so many symptoms of Candida overgrowth that it can be difficult to diagnose. It is exceedingly rare that someone would have all of the symptoms and the combination of symptoms varies a great deal from person to person. Far too often, symptoms of candida overgrowth are mistaken for other conditions such as ADHD, Autism, Alzheimer’s, and Multiple Sclerosis. Worse still, Candida overgrowth makes these conditions far more difficult to manage.

The symptoms of Candida overgrowth are legion. Much of the following list of symptoms of Candida overgrowth is from Donna Gates book *The Body Ecology Diet*.

- Chronic fatigue
- Poor memory
- Feeling spacy or unreal
- Indecisiveness
- Numbness
- Burning sensations
- Tingling sensations
- Insomnia
- Muscle aches, or muscle weakness or bouts of paralysis
- Pain or swelling in joints (especially the knees)
- Abdominal pain
- Constipation or Diarrhea
- Excessive gas causing bloating, belching, or flatulence
- Burning sensation in genitals or around genitals
- Prostatitis
- Impotence
- Low libido
- Endometriosis or infertility
- Cramps and/or other menstrual irregularities
- Premenstrual tension
- Anxiety
- Sudden feelings of sadness
- Cold hands, feet and cold flashes
- Shaking when hungry
- Irritability (especially when hungry)
- Drowsiness
- Poor coordination
- Inability to concentrate
- Frequent mood swings
- Headaches
- Dizziness, and loss of balance
- Pressure above ears, and a feeling of the head swelling
- Bruising easily
- Chronic rashes
- Frequent itching especially in the nasal passages, ears, arches of the feet, genitals, and scalp
- Psoriasis or recurrent hives
- Indigestion and/or frequent heartburn
- Food sensitivity or food intolerances
- Food allergies and other allergies
- Dandruff
- Mucus in stools
- Rectal itching
- Dry mouth, or throat
- Rash or blisters in mouth
- Bad breath
- Foot, hair, or body odor not relieved by washing
- Nasal congestion, or post nasal drip
- Sore throat
- Laryngitis or loss of voice
- Cough or recurrent bronchitis
- Pain or tightness in chest
- Wheezing or shortness of breath
- Frequent need to urinate
- Incontinence
- Burning sensation when urinating
- Seeing spots or blurry vision
- Burning or tearing of eyes
- Recurrent ear infections
Pain in ears and/or difficulty hearing

The Role of Bacteria

Bacteria live in and on the human body in either a harmful or a health promoting, symbiotic relationship. We have ten times more bacteria in and on our bodies than our number of human cells. We label bacteria as bad when it feeds off of healthy tissue or releases toxins through its metabolic processes.

Beneficial bacteria in the gut digest our food, assimilate the nutrients present in our food, and they even make vitamins and the body’s majority of neurotransmitters. Bacteria play a dominant role in our immune system. Beneficial bacteria work hard to keep bad bacteria and Candida in check.

The remainder of the body’s defenses would be quickly overwhelmed by invading pathogens without the help of friendly microorganisms. If we take care of our good microbes, they’ll take care of the bad microbes for us.

Diet Is Key

The easiest and most effective way to increase beneficial bacteria and build up the immune system is to eat the right foods. Without changing the diet, all of the supplements and medications in the world won’t rid the body of Candida. The right food is the best medicine; it restricts the growth of Candida and aids in the growth of beneficial bacteria.

Gut microbiomes can even influence our food cravings. This can make it even more difficult to change our diet than we once thought, but new evidence is emerging that further reinforces the notion that the change is well worth the effort.

Bad bacteria and yeast prefer junk food, low fiber, sugar, and a lot of carbohydrates and processed foods. Sugar directly feeds yeast. Simple refined sugars feed it the best. A diet
high in sugar also enables viral and bacterial infections, as sugar impairs immune system function. This is standard American fare but not what we have evolved to eat. This is much of the reason why Americans are, on average, in such poor health.

We evolved to eat foods in their entirety, not reconstituted, concentrated foods. Food is more than just vitamins, minerals, and calories. The parts of food that we don’t digest, the fiber, is crucial to our health. So is a diverse diet.

High fiber foods such as raw produce modulate our metabolism. If you drink a large glass of orange juice your blood sugar will jump up. Not so if you eat a large orange. Fiber regulates the speed at which food travels through our digestive system. It slows the release of the sugars and carbohydrates from food and it feeds beneficial bacteria. Raw produce, more vegetables than fruit, creates a microbiome that kills harmful microbes and encourages beneficial ones.

Good flora can turn into bad flora because your eco system is built on what you feed it. Good food equals good flora. Flora that is even remotely capable of digesting and moving out highly processed foods such as fast food are flora that are very powerful and dangerous to us. These are the kind of microbes that can survive preservatives and exposure to other toxins.

If we damage our intestinal lining with things like alcohol, preservatives and other toxins, then we are also killing our more delicate and more friendly intestinal flora. Candida does not die off so easily, and without fierce competition from friendly bacteria, yeast can and does overgrow in the digestive tract.

Anti-Candida Diet

A Candida diet must eliminate some of the foods that you will
normally eat on a healthy diet, but the basis of a healthy diet remains the same. A Candida diet should consist of 80% fresh, raw, organic produce, more vegetables than fruit. Choose a wide variety of nutrient dense foods. If you eat meat, make sure you choose organic meat. You do not want to eat meat from diseased animals that were fed hormones and antibiotics. Avoid processed foods, and do not eat any foods with artificial flavorings, colorings, preservatives, MSG, or trans fats. Avoid all GMOs. This is easy to do if all of your food choices are organic.

This is a prebiotic diet. Raw produce is high in fiber, which is essential for gut health. Fiber not only moves toxins through the bowels, it provides the perfect environment for healthy bacteria to thrive. Many conventional sites that write about a diet for Candida warn against eating fermented foods. We make the opposite recommendation, eat lots of fermented foods. Fermented foods such as sauerkraut, kimchi, kombucha, and kefir provide the healthy bacteria needed in the gut—the bacteria that will ultimately crowd out Candida. Foods that kill fungi include onions, leeks, green apples, ginger, pomegranates, and citrus fruits. Along with diet, there is an arsenal of natural treatments for Candida. It isn’t necessary to take supplements to kill Candida, but it does speed up the process faster than diet alone.

There is an undeniable link between gluten reactions and candida. This is because there is a protein found in Candida, HWP-1, which is highly homologous (nearly identical) to two gluten proteins, alpha gliadin and gamma-gliadin. These proteins are known to stimulate immune cell responses in people who otherwise might not have any problems with gluten. In other words, Candida, the yeast responsible for oral thrush and vaginal infections (and so much more), contains a similar protein as gluten, and this can trigger gluten sensitivities.
What to Avoid

Juices, gluten, GMOs, sugars, ketchup, mushrooms, refined foods, toxins that disrupt gut balance from antibiotics, vaccines, and alcohol should all be avoided if possible. Conventional meats should also be avoided due to widespread prophylactic antibiotic use, which can damage our beneficial bacteria. Also it is important to limit intake of starches. Red potatoes and sweet potatoes are good choices when eating potatoes. These restrictions are temporary. After healthy gut bacteria are well established and symptoms of Candida overgrowth are gone, some flexibility in diet will return. Should symptoms reappear, just strictly adhere to the diet for a few weeks to a few months.

Anti-Fungal Foods

A diet high in produce with more vegetables than fruits is crucial for healing Candida. There are, however, some foods that have particular anti-fungal or probiotic qualities that will speed up Candida’s demise. If you take away the foods that Candida thrive on, yeast infections will be a thing of the past, even the low-lying kind that saps you of your energy and focus.

These foods contain potent anti-fungal properties, so they do a remarkable job of killing Candida. They should make up a substantial portion of any Candida detox diet, which should also include other low-sugar, high fiber vegetables. High fiber raw produce creates the right environment for beneficial bacteria to thrive.

- Green Apples
- Pomegranates
- Garlic
- Oregano
- Onions
- Leeks
- Coconut
- Rutabaga
- Turnips
- Olive Oil
- Lemons & Limes
- Pumpkin Seeds
- Broccoli
- Brussels sprouts
- Arugula
- Watercress
- Cabbage

These spices also have potent anti-fungal properties. Try to work them into your meals every chance you get.

- Thyme
- Turmeric
- Clove
- Cayenne Pepper
- Cinnamon

These probiotic foods are very beneficial if you can get them with live cultures. Consuming these foods will help increase the numbers and effectiveness of your beneficial bacteria. Take care to avoid MSG, artificial flavors, and other questionable ingredients that are sometimes found in these foods.

- Sauerkraut
- Kimchi
- Raw apple cider vinegar
- Acidophilus
- BioK
- Kombucha
- Yogurt
- Kefir
- Other fermented vegetables
The problem with many of the aforementioned foods is that the stomach acid typically kills most or all of the beneficial bacteria. Some yogurts are designed with bacteria strong enough to survive stomach acid, and high quality probiotic capsules are typically designed get through acid and release in the gut.

If you want to heal from Candida faster, these supplements can help to speed up the process.

- Goldenseal
- Barberry extract
- Olive leaf extract
- Neem oil
- Grapefruit seed extract
- Undecenoic acid
- Oil of Oregano
- Black walnut
- Pau’ d arco
- Castor bean oil
- Propolis
- Echinacea
- MicroDefense – Pure Encapsulations

Conclusion

Candida overgrowth is incredibly common. A diet high in starches, sugars, preservatives, and processed foods feeds Candida while a diet high in raw produce feeds Candida’s competition. Once you kill off the Candida, you’ll be amazed by the clarity you gain and the difference in how you feel. In addition, the dietary changes you make will provide the foundation for a vital, healthy life.
From The Editor: Fungal Supplement Stack – Knock Out Yeast, Candida, Mold, Fungus

The first three should be plenty for most people, but for really prominent fungal issues or for impatient people with a bigger budget I’d recommend all of these:

- **Formula SF722 – Thorne Research**
- **Syntol AMD – Arthur Andrew Medical**
- **Berberine 500mg – Thorne Research**
- **MycoCeutics MycoPhyto Complex – EcoNugenics**
- **MicroDefense – Pure Encapsulations**
- **Abzorb Vitamin & Nutrient Optimizer (500mg) HCP Formulas**

I recommend taking the SF722, Berberine, MycoCeutics, and Microdefense with meals, and the Abzorb and Syntol separately, on an empty stomach (like in the morning and before bed). The Abzorb and the Syntol are a bit redundant, but I find good results using both if the budget can afford it. If money is really tight, just get the SF722 and put your money into your diet.

**Further Reading:**

- [Detox Cheap and Easy Without Fasting – Recipes Included](#)
- [Stop Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet](#)
- [How to Make the Healthiest Smoothies – 4 Recipes](#)
- [How to Avoid GMOs in 2018 – And Everything Else You Should Know About Genetic Engineering](#)

**Sources:**

- [Candidiasis – CDC Centers for Disease Control and Prevention](#)
- [Candidiasis – Web MD](#)
- [Debunking the Paleo Diet – Ted Talks](#)
- [10 Foods That Will Fight Your Candida – The Candida Diet.com](#)
How to Kill Fungal Infections

Do you suffer from chronic sinus infections? Respiratory infections? Gum disease? Ear infections? Digestive problems? Chances are you are suffering from an overgrowth of Candida, the most prevalent fungal infection.

There are four types of infections we suffer from: bacterial, viral, parasitic, and fungal (though an argument could be made that fungal infections are parasitic). Too often we assume that our bronchial infection is bacterial. We take ineffective antibiotics that kill off more of the beneficial bacteria in our gut and allow Candida to thrive.

We feed yeast with an unhealthy diet filled with sugar and simple carbohydrates. When we start to clean up our diet, we starve Candida which releases toxins into our system. These toxins make us feel terrible. We eat sugar or high carb foods and we feel better because we have fed the Candida. Candida multiplies and we crave more sugar. And thus the cycle begins.

It’s easy to know you have a yeast problem when you have vaginal yeast infections, athlete’s foot, fingernail or toenail infections, or patches of yeast on the skin. If you suffer from these infections, it is highly likely that you have a systemic problem with yeast as well.

Updated: Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections
How to Kill Candida and Other Fungal Infections

First and foremost, the very best supplement I know of to kill any fungal infection is Formula SF722 by Thorne. It really is an amazing yeast killer. Below we have a list of supplement recommendations, but if you can only afford one, trust me, get the SF722. In fact, if you can only afford two, and you are unwilling or able to keep your diet right, get two bottles of SF722. You can also take a lot of them at once if need be. For particularly bad infections of a fungal infection, try taking up to 30 a day for a few days, and then reducing to a maintenance dose. You can also use topically. It hurts (only when there is an infection to kill), but it doesn’t damage the skin. They are the best for Candida or any other fungal infections, and Green Lifestyle Market accepts full refunds, no questions asked if you try and you don’t feel it’s working for you. Full disclosure, Green Lifestyle Market is our sister company.

The first step in eliminating an overgrowth of any fungus is to stop feeding it. Sugar is your worst enemy. This means eliminating all forms of sugar including simple carbohydrates (and alcohol) that the body turns into sugar.

Yeast in foods may also feed a fungal infection. When you are battling an overgrowth of systemic yeast or fighting a localized infection, avoid any foods with yeast—this means leavened breads.

Stop eating any trigger foods that you suspect may be a source of an allergic response. You are going to war. Candida and other fungi are the enemy. If your immune system if engaged in battling other issues, it won’t be 100% available to fight the fungi you are trying to eliminate. Don’t challenge it with any foods that you have ever had an allergic response to in the past. You need all of your resources at their best.
Fungal Supplement Stack – Knock Out Yeast, Candida, Mold, Fungus

The first three should be plenty for most people, but for really prominent fungal issues or for impatient people with a bigger budget I’d recommend all of these:

- **Formula SF722 – Thorne Research**
- **Syntol AMD – Arthur Andrew Medical**
- **Berberine 500mg – Thorne Research**
- **Candida Complex – Complementary Prescriptions**
- **MycoCeutics MycoPhyto Complex – EcoNugenics**
- **MicroDefense – Pure Encapsulations**
- **Abzorb Vitamin & Nutrient Optimizer (500mg) HCP Formulas**

Diet

Although your diet must eliminate some of the foods that you will normally eat on a healthy diet, the basis of a healthy diet remains the same. Your diet should consist of 80% fresh, raw, organic produce, more vegetables than fruit. Choose a wide variety of nutrient dense foods. If you eat meat, make sure you choose organic meat. You do not want to eat meat from diseased animals fed hormones and antibiotics. Avoid processed foods, and do not eat any foods with artificial flavorings, colorings, preservatives, MSG, or trans fats. Avoid all GMOs. This is easy to do if all of your food choices are organic.

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pomegranates, and citrus fruits. Along with diet, there is an arsenal of natural herbs and supplements at your disposal to fight Candida and other fungi.

Related:

- [Detox Cheap and Easy Without Fasting – Recipes Included](#)
- [Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet](#)
- [How to Make the Healthiest Smoothies – 4 Recipes](#)

Herbs and Supplements to Fight Candida and other Fungi

**Aloe Vera**

Aloe Vera lowers pH levels creating an inhospitable environment for Candida. It also helps detoxify the liver. The liver filters the byproducts of Candida and deals with toxins from the die off process as the Candida is destroyed. Aloe Vera juice can be consumed on a daily basis (no more than 1/4 a cup) or capsules can be taken.

**Garlic**

Raw garlic is a powerful anti-fungal that does not destroy beneficial bacteria in the gut. It does, however, kill bad bacteria while killing 24 out of 26 strains of Candida. It can also be rubbed on fungal skin infections. It can be eaten raw or taken in softgel capsules. Garlic cloves can be inserted into the vagina to treat vaginal yeast infections. (see link below).

**Warning:** Garlic can thin the blood. Do not use garlic if you plan to undergo surgery or if otherwise contraindicated due to another health condition or medications.
Clove Oil

Clove oil is a powerful anti-fungal that also boosts the immune system. Use 15-30 drops in water, 3 times daily.

Coconut Oil

Coconut oil is a strong anti-fungal with many beneficial properties. Take one tablespoon 1-2 times a day. You can eat it plain, add it to smoothies and cook with it.

Tea Tree Oil

Tea tree oil kills bacteria, viruses, and fungi. Some recommend using internally (take 15-30 drops in a cup of water 3 times daily) but many professionals say to only use topically. Update: Lemongrass works even better than tea tree for topical fungal treatment.

Oil of Oregano

Oil of oregano is a strong anti-fungal and antimicrobial. You can take 5 or more drops under the tongue or dilute in water 2-3 times a day. It can also be taken by capsule or oregano leaves can be steeped for a medicinal tea.

Colloidal Silver

Take 1 teaspoon up to 3 times a day, but do not take it long term. There are many claims that colloidal silver is amazing. We haven’t had any luck with it when treating topical bacteria or fungi and there is a lot of controversy about its use and effectiveness, though there are also many claims that it is very effective.

Olive Leaf

Olive leaf disrupts the reproductive cycle of fungi. It also stabilizes and lowers blood sugars to help starve Candida. It
is also an amazing antioxidant that stimulates the immune system. It can be taken in capsule form, as a tonic, or as a tea. See below for teas and tonics.

**Undecenoic Acid**

Undecenoic acid is a very effective broad-spectrum antiviral that is taken in capsule form. This is the SF722 mentioned above. You can puncture the gelcap and squeeze out the liquid to treat skin infections and vaginal infections. Or you can use the liquid added to 98 ounces of filtered water for a douche. Be forewarned, when it comes into contact with yeast, it burns. But it works amazingly well.

**Grapefruit Seed Extract**

Grapefruit seed extract is effective against 100 strains of fungi as well as bacteria, viruses, and parasites. It works well with undecenoic acid and does not harm beneficial bacteria. Add 10 drops to water, 3 times a day.

**Diatomaceous Earth**

No, we are not talking about eating dirt. Almost, but not quite. Diatomaceous earth is silica (silicon dioxide), a very hard substance from the shells of diatoms, tiny single-celled plants. This provides a needed nutrient and there are amazing claims of restored health and vitality associated with it. Take one teaspoon morning and night. It can be added to any liquid, but tends to settle. It suspends well in smoothies. Diatomaceous earth will help to quickly remove Candida from the intestinal walls and out of the body.

**Probiotics**

Probiotics will help you rebalance your gut with beneficial bacteria that will crowd out Candida and they will help kill Candida as well. Probiotics foods as well as supplements are
recommended.

Please note the warnings for pregnant and lactating women for the following remedies

**Black Walnut**

Warning: Do not use if pregnant or lactating.

Black walnut has been shown to be more effective against Candida than any antiviral drug. It can be taken in capsule form or as an extract.

**Pau D’Arco**

Warning: Do not use if pregnant or lactating.

Pau d’arco is highly effective against Candida; it both inhibits and destroys Candida. It also stimulates the immune system as well. Use as a tea, as capsules, or as a tincture.

**Barberry, Goldenseal, and Coptis Chinensis**

Warning: Do not use if pregnant. And limit use to 7 days for adults–3 days for children.

Barberry, goldenseal, and Coptis Chinensis are all recommended for Candida. Berberine is the alkaloid each contains, which is highly effective in fighting Candida. It also boosts and stimulates the immune system.

**Wormwood**

Warning: Do not use if pregnant.

Wormwood is an age old remedy for parasites and an aggressive treatment for Candida. Candida is particularly difficult to treat when it takes root in the intestines. Wormwood is considered one of the best remedies when the infection has reached this stage.
Topical Applications

Any of the essential oils used to treat fungal infections can be used topically. Essential oils are very strong and generally are not used full strength. Although many oils can be used as a carrier, it makes sense to use coconut oil since it is also antifungal. Add a few drops to a tablespoon of oil and spread on the affected area (including nails and nail beds if needed).

Although you will find many sites advising the use of corn starch for athlete’s foot or other signs of fungus, DO NOT DO THIS! Corn starch will feed the fungus and make it worse.

Teas and Tinctures

The following herbs can be used as a tea—for external as well as internal use or made into tinctures. (Remember to follow the warnings for pregnant and nursing women. Of this list, only olive leaf and thyme are to be used by pregnant or nursing women. Check for other warnings listed in the text above.)

- Olive leaf
- Thyme
- Neem leaf
- Pau D’Arco
- Barberry
- Goldenseal

To make a tea, use 1-2 teaspoons of herb per cup of boiling water. Steep for 15 minutes. Drink 2-3 cups per day. You may also use the tea to wash affected skin, to soak hands and feet (to treat affected nails), or you can add the tea to bath water.

To make a tincture, use a glass bottle or jar. Place one cup of herb in the jar and cover with 2 cups of vodka. Place in a
dark space for 3-4 weeks. Shake often. Drain and save liquid, discard leaves.

**Candida Die Off or Herxheimer Reaction**

When Candida or other yeast cells are killed, they give off toxins. Candida gives off 79 different toxins. These toxins can overwhelm the body, causing allergic reactions and inflammation. These toxins can actually damage the body as well.

Die off symptoms can include nausea, headache, fatigue, fever, an increase in muscle and joint pain, swollen glands, digestive disturbances, sweating, elevated heart rate, itching, hives, rashes, and skin breakouts, as well as “brain fog”. Some also experience sinus, vaginal, and prostate infections.

The first defense against an excessive toxic response is to follow your diet. The fiber included in an 80% raw diet will help quickly move the fungus out of your system. Twice daily doses of diatomaceous earth will also help remove the dying fungus from your body.

It is imperative that you drink a lot of clean water. We recommend cranberry lemonade— as much as a gallon a day, sipped throughout the day. It will give you vitamin C, support the kidneys, and help flush out toxins. (See the link below for the recipe. )

You must move your lymph. Your lymphatic system does not have a pump to help it circulate. Your movement is essential. The best way to assist your lymphatic system is bouncing. Rebounders are great. If you don’t have one, just bounce! Bounce on the balls of your feet! Hop, dance, jump rope, do jumping jacks. If this is too much for you, walk or do yoga.
Just move. If you regularly exercise, keep it up. It’s a good time to sweat. It’s a good time to breathe heavily. Intense exercise is good when you are detoxifying from Candida. On the other hand, if your die off symptoms are severe, you need to listen to your body and not push yourself too hard. Use your best judgement.

This is the time to support your immune system. Molybdenum and milk thistle will help your liver expel toxins. If you are having a bad reaction, this support is essential. Candida releases a neurotoxin, acetaldehyde, during die off that is particularly destructive to the body. It attacks red blood cells and kills brain cells. Molybdenum converts acetaldehyde into acetic acid which the body can expel or turn into digestive enzymes.

Your body needs vitamin C (1000 mg 2X a day), vitamin B complex, and a good multivitamin.

Saunas, dry brushing, and hot and cold hydrotherapy will also aid you in releasing toxins.

Cat’s claw and echinacea are herbs that support the immune system. Do not use echinacea long term (no more than 3 weeks at a time with a 1 week break). Both of these herbs can be used as a tea or made into a tincture (see above), or used in capsule form.

If you follow these suggestions but are still experiencing severe symptoms of die off, cut back on your antifungal treatments—but do not stop! These symptoms are a sign that you have a significant overgrowth. Remember the cycle? Are you craving sugar? Pizza? Beer? French bread? As your symptoms abate, continue what you were doing. It was working!

**When Do You Stop Taking Antifungal**
Treatment?

After 7 days with no symptoms of die off and no symptoms of fungal infection, begin adding more fruit to your diet. If you have no problems after another 7 days while eating fruit, you can stop taking your antifungal supplements.

Continue eating fermented foods and taking probiotics. If you wish to discontinue taking vitamin C, titrate down. Do not stop suddenly.

Many people suffering from Candida find that it takes 4-8 weeks or more to successfully eradicate it. Often, when you think it is gone, symptoms reappear. If they do, just repeat the protocol and keep adding probiotic foods to your diet. You will win, and the health benefits will be a welcome reward. If you’re dealing with Candida overgrowth, also check out Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections.

Recommended Supplements:

(Take these all together, except FloraMend, take that separately)

- **Shillington’s Intestinal Cleanse** (kills parasites, heals the intestinal walls, sets up hospital home for healthy flora)
- **Formula SF722** (undecenoic acid, kills candida and other fungal functions, does not kill beneficial flora at same rate)
- **Floramend-Prime by Thorne** (a strong probiotic designed to pass through the stomach acid and into the intestinal tract)
- **MicroDefense – Pure Encapsulations**
- **Shillington’s Intestinal Detox** (This is necessary only for those with seriously damaged intestines, anyone who has recently been vaccinated, or those looking to do a
thorough detox)

- **Coptis Chinensis / Chinese Goldthread**
- **Lemongrass Oil (only for topical)**

**Further Reading:**

- *Candida, Gut Flora, Allergies, and Disease*
- *Cranberry Stevia lemonade recipe*
- *How to Kill Candida and Balance Your Inner Ecosystem*
- *How to Cure Candida*
- *Cheap and Easy Detox*

**Sources:**

- [Candida diet.com](https://www.candidadiet.com)
- [Mr. Ginseng](https://www.mrginseng.com)
- [Nutrition Review](https://www.nutritionreview.org)
- [Whole Intentions](https://www.wholeintentions.com)
- [Livestrong](https://www.livestrong.com)
- [Candida Yeast Explained.com](https://www.candidayeastexplained.com)