

Could you have an overgrowth of candida yeast in your intestines?

Do you have white spots on your nails, white tongue, brain fog, low blood pressure, athlete's foot, chronic fatigue as well as yeast infections? These could all be signs of candida. Factors such as high-sugar diets, smoking, food allergies/intolerances and diabetes are some of the known factors that contribute to excessive candida yeast in the intestines. Here is a list of some foods to avoid:

- sugar
- tea/coffee
- alcohol
- chocolate
- milk, cheese, cream
- bread
- mushrooms
- red meat
- peanuts
- vinegars
- fermented products
- refined high-carbohydrate foods
- malted products

The following foods are recommended:

- water
- onions, garlic
- non-starchy vegetables
- vegetable juice
- rice cakes
- soy milk – organic – no GMO's
- eggs
- butter, cottage cheese, yogurt
- mild spices
- fresh nuts, seeds
- herbal tea
- cold-pressed oils
- brown rice
- whole oats
- meats, preferably organic
- oily fish – wild caught

You should also add probiotics into your diet.