

PLEASE DON'T FEED THE FUNGUS!

Foods to Avoid and Eat when Treating for Yeast/Fungal Overgrowth and Overall for Health and Beauty

Avoid the following foods as much as possible (which feed the fungus). I suggest one to two ideally months of “boot camp” avoiding these foods as much as possible then overall avoid with an “everything in moderation” approach. Our job is to teach you the perfect way and then moderation from there:

Cow's Milk/cheese/yogurt – use alternatives (i.e. goat's milk (cheese, butter (Whole Foods), yogurt) sheep's milk cheese, unsweetened almond milk, or light coconut milk (in cans from Trader Joe's)-it's the lactose and galactose (sugar) in cow's milk that is bad and virtually everyone is allergic or lactose intolerant and you get MUCH more calcium from green foods and vegetables-even children.

Corn-digests right to sugar in the body-also very fattening. Pasta made from semolina is corn. Buckwheat pasta is the best - Koreans eat this or eat pasta made from quinoa. Rice pasta goes to sugar on digestion also. With pasta it is best to have a small amount of the pasta and most of the dish be the tomato/vegetable/protein but not with cream sauce or butter. Olive oil is great.

White & Red potatoes – can eat purple Peruvian potatoes and sweet potatoes with sweet potatoes being first choice.

White rice-goes immediately to sugar in the body including rice milk and rice ice cream. Best is wild rice (add onions, garlic, ginger-which kill yeast- or turmeric/curry, etc., whatever you like to flavor. Brown rice is second choice.

Flour (including whole wheat) – all goes to sugar- alternatives are Ezekiel sprouted bread, quinoa, buckwheat.

Sweets – for your sweet tooth-which if you have one diagnoses you being overgrown with fungus- and generally low in chromium as a result- the alternative is only dark, dark chocolate (the higher the % of cocoa the better – at least 70%). Cacao helps kill fungus so a really good thing to do is buy raw unsweetened cacao powder and put a teaspoon or more over your DARK and not so sweet fruit and you can put in when you are brewing your coffee or however you discover works for you!

Healthy to Eat/Drink:

To replace carbs-RAW almonds, walnuts, pecans, hemp seeds, goji berries (no peanuts, no pistachios as most cannot digest so irritate the gut.)

Fruits and Vegetables: the darker the better. Fruits that are best-blue/red/black berries, dark cherries, pomegranate, cranberries, kiwi, blood oranges, dragon fruit (Trader Joe's has sun-dried) are good options.

Alcohol that is best-Vodka-made from grapes like Ciroc or there is one that is gluten free from Texas at TJoese's, tequila made from cactus (but with NO sugar/sweet mixers-even diet. Soda, water, you can make margaritas with fresh lemon/lime/blood orange, Red wine (excluding Merlot), gin. The body metabolizes alcohol to sugar so you are drinking your dessert. Everything in moderation.