



# Candida

**e-book**



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# The Only Book You Need

This book lays out the essential fundamentals of a Candida diet: a low-glycemic and healthy program that emphasizes eating foods that nourish you – not the yeast.

Thousands of people know firsthand how hard it is to get rid of Candida and yeast infections. Fortunately, you have a lot of power over your health, happiness and beauty – and it all starts with your mouth.

Your diet is one of the factors that decide who wins the constant battle for supremacy in your gut. Imagine you're a weapons dealer who takes sides with every meal. Friendly bacteria such as *Lactobacillus acidophilus* and bifidobacteria that keep all the bad guys in check thrive on fiber. *Candida albicans*, on the other hand, loves refined sugar. Whose side are you on?

If you're like most westerners, you eat food that is over-processed, low in fiber and high in refined sugar. Unfortunately, this type of diet makes an excellent environment for the proliferation of *Candida albicans* and other potentially pathogenic bacteria in the intestines.

## Foods to Avoid

By decreasing the amount of sugary and processed foods you eat, you give the body the chance to heal and repair naturally. Here's a list of foods to avoid (mostly empty calorie fillers) on the Candida diet:

- White sugar
- White flour
- White bread
- Candy
- Doughnuts
- Muffins
- Cookies
- White pretzels
- Crackers
- Artificial sweeteners
- Processed starches
- Glutinous foods
- Dried & canned fruit
- Aged cheese
- Alcohol
- Soda
- Energy Drinks
- Concentrated fruit juices
- Additives & preservatives

Sugar and artificial stuff wreak havoc on your weight, mood and blood sugar levels, which negatively impacts your healing. It's also important to realize that simple carbohydrates like potatoes, white bread and pasta are basically sugar in disguise. In all cases moderation is key.

If you do any reading on the Internet, you will probably find plenty of conflicting advice. What works for one, may not work for another. Use your own judgment and listen to your body. If you have any concerns, check with your doctor.

## Foods to Eat

Your body isn't a garbage can and that's why you need to fill your fridge and cabinets with high-quality food. Don't be afraid to take the responsibility for your dietary choices and let your grocery store be your new pharmacy. Here's a short shopping list that will help you better navigate the grocery store. When you focus on what you consume, your health can transform at the deepest level.

**Vegetables:** cucumbers, broccoli, kale, spinach, onions, garlic, cabbage, cauliflower, lettuce, carrots, turnips, sweet potatoes – the list goes on.

**Fruit:** low-glycemic choices are best – grapefruit, apples, avocados, tomatoes, grapes, pears, lemons, limes, strawberries, blueberries.

**Nuts & seeds:** almonds, walnuts, hazelnuts, pecans, flaxseed, pumpkin seeds, sesame seeds, hemp seeds, sunflower seeds.

**Gluten-free grains and pastas:** rice, millet, quinoa, amaranth, buckwheat, teff.

**Beans & legumes:** black beans, white beans, chickpeas, adzuki, lentils.

**Animal products:** organic meat, fish and eggs & high-quality dairy products with no added sugar.

**Naturally fermented foods:** raw sauerkraut, unpasteurized apple cider vinegar, miso, tempeh, nutritional yeast (don't be scared to try this one).

**Drinks:** purified water with lemon, herbal teas, green tea, lapacho tea, kombucha, coconut water, moderate amounts of wine.

**Sweeteners:** stevia, xylitol, yacon syrup, agave syrup.

In reality, as restrictive as the Candida diet is, your nutritional plan should be balanced and healthy. This is where people tend to make a lot of mistakes. Eat enough calories (but not too many), drink plenty of pure water and choose a wide variety of foods to prevent new food allergies from developing. Talk with a holistic-minded doctor or naturopath to make sure you're getting what you need. You can also read about possible harmful side effects of the Candida diet.

## How to Balance Your Body's pH

In order to combat Candida infection, we need to combine the latest reliable science with smart nutrition and positive lifestyle changes. This is why you need to learn about the importance of balancing your body's pH.

Up your consumption of alkaline foods and reduce the amount of acid foods you eat.

Your body is designed to operate within a narrow pH range. pH stands for "potential of hydrogen" and it is a measurement of hydrogen ions that tells you how alkaline or acid a substance is.

It's measured on a scale from 0 to 14; 0 to 7 is acidic, 7.0 is neutral and 7 to 14 is alkaline.

Many experts believe that acidic condition provides a breeding ground for bad guys such as yeast and fungi. Alkaline environment, on the other hand, keeps these critters in check.

In order for you to experience a beautiful relationship with health, your body needs to be a little on the alkaline side, with a blood pH of about 7.365. Many chronic conditions can be traced back in some way to an acidic inner terrain; and if you're on the Standard American Diet (aptly abbreviated as SAD), your body probably suffers from ongoing acid overload.

Estimates suggest that up to 80 percent of our diet are acidic foods, while only 20 percent comes from alkaline foods like fresh vegetables. On the Candida diet, it's usually recommended to increase your intake of alkaline foods or even flip the ratio. Take a look at the food charts below:

**Alkaline foods:** Vegetables (especially lettuces, kale, spinach and other leafy green veggies), beans and peas, avocados, lemons, limes, grapefruit, sweet potatoes, almonds, flaxseeds, brazil nuts, seaweed, raw tomatoes, quinoa, buckwheat, millet, wild rice, stevia (a sweetener).

**Acidic foods:** Heavily processed foods, white bread & pasta, animal protein (especially red meat and dairy products), white sugar, ketchup, mayonnaise, coffee (even decaf), alcohol, black tea, soda, energy drinks.

This [Candida e-book](#) can help you get your health back.

We at Manna Health product relise how difficult it is to combat Candida and therefore we formulated supplements to help you. The [Manna Candida Support](#) and the [Manna PH Balance](#) are the 2 most important products in your fight against Candida. Take advantage of the diet, use the tips above and the recipes in the e-book to conquer Candida.

## STAGE ONE: CLEANSING

The best way to start your Candida treatment program is with a good cleanse. This is Stage One of the diet, your first step towards beating your Candida infestation. This cleanse is about restoring your body to health, boosting your immune system, and eliminating as much of the Candida yeast and its toxic by-products as possible. Cleansing starts the hard work of beating your Candida, and prepares your intestine for the diet, probiotics and antifungals that will form the rest of your treatment.

The benefits of a good cleanse actually go far beyond treating Candida. Regular cleansers report more energy, improved mood, better digestion, weight loss and improved concentration. For Candida sufferers in particular, it offers the possibility of cleaning out the debris from your intestine, flushing out the Candida yeast and exposing the rest so that other Candida treatments can kill it.

Cleansing is an integral part of the diet, but there are many different ways to do an effective cleanse. We've outlined two straightforward and effective options below - a simple detoxing diet and a more powerful colon cleanse. Before you begin however, there are a few things that you need to consider.

Before you start your cleanse

### ELIMINATE RISK FACTORS FOR CANDIDA

There are many other possible causes of Candida overgrowth, and now is the time to eliminate them from your life. Snacks or sodas with high sugar content are a major culprit, but its not all about your diet. Antibiotics are also a primary cause of Candidiasis, so make sure you don't get them unless you absolutely need them! Contraceptives like the Pill have also been found to cause Candida, as have stress, smoking, parasites and even mercury in old fillings. That's a wide range of possible causes, and we haven't even mentioned ailments like diabetes yet. Eliminate what you can, and concentrate on improving your diet and cleansing your system. Take a look at our Causes of Candida page for more information.

### ARE YOU READY FOR CANDIDA DIE-OFF?

If you do the cleanse correctly and start to eliminate your Candida, you may find yourself suffering from something called Candida Die-Off. This can manifest itself in symptoms ranging from nausea and headaches to sweating or even itchiness, but its nothing to worry about. Simply put, the symptoms of die-off occur when your Candida diet is working!

It is actually the result of large numbers of Candida yeast cells being killed and releasing toxic by-products into your bloodstream. To reduce the symptoms, drink lots of water, try a sauna or a hot bath and take some Vitamin C supplements. Read about some more coping methods in our Candida Die-Off section.

You can also try using supplements like Molybdenum and Milk Thistle to help expel the toxins.

## The Cleanse

As we mentioned earlier, there are many different ways to do a cleanse. Here we have listed two tried-and-tested protocols that we have followed successfully in the past. The cleanse that you choose will depend largely on what you can fit into your daily routine.

If you have kids or work full-time, you might find it hard to complete the colon cleanse here. In that case, stick to the easier detoxifying diet. When you have read through both alternatives and made your choice, read on to the next section to discover some ways to make your cleanse more effective.

### OPTION 1: A DETOXING DIET (THE EASIER OPTION)

This is a strict (but very healthy) diet, with some detox drinks and a liver flush added too. Think about what you eat each day. Fast food is overloaded with additives, beef has added growth hormone, and fish are full of the various chemicals that are pumped into the oceans. You can do a very effective detox just by cutting out these toxins, without necessarily doing a colon cleanse.

Eating fresh, organically grown vegetables is a great start and will stop any more toxins from entering your system. Always remember to drink lots of water too.

Eat only raw salads and steamed vegetables

- Buy organic if you can
- Drink a detox drink (see recipe below) twice each day
- Drink a liver flush (recipe) every evening, at least two hours after your last detox drink
- Do the cleanse for 7-14 days

Avoid starchy vegetables such as sweet potatoes, potatoes, yams, corn, all winter squash except zucchini, beets, peas and parsnips. They all contain sugar and can lead to Candida overgrowth. Raw salads and steamed vegetables might not sound that exciting, but you can use salt, pepper, lemon juice and various herbs and spices to liven them up.

See the list of foods that you can eat while on the cleanse.

The detox drinks must be taken on an empty stomach, so don't eat anything for an hour before and after you drink it. The easiest times are usually first thing in the morning, in the afternoon, and two hours before bedtime.

**Note:** If you are experiencing an irregular heartbeat, nausea or any other worrying symptoms, you should stop the cleanse immediately and consult your health professional.

### OPTION 2: A COLON CLEANSE (THE MORE DIFFICULT OPTION)

This option is a great way to start off your Candida elimination program. There really is no better way to flush out your system.

However it can be quite draining, so if you have a full time job its best to take some time off and relax in a comfortable environment.

Typically a colon cleanse will last for 3 days to a week. You can add colonic irrigation sessions if you feel up to it (see below).

### A 7 Day Colon Cleanse

Here's a 7 day plan that you can use for your detox. Of course this is just a rough outline, you don't need to follow it exactly.

1. 8:00am .... Detox drink (see recipe)
2. 10:00am .. Broth soup (see recipe)
3. 1:00pm .... Detox drink
4. 3:00pm .... Broth soup
5. 5:00pm .... Detox drink
6. 7:00pm .... Liver flush drink (see recipe)

Be sure to keep drinking plenty of water to stay hydrated and to flush away toxins. You can make things easier on yourself by preparing large amounts of broth soup once every two days.

This type of cleanse is generally very safe, but if you have any health problems or concerns, please make sure you consult your doctor before starting. If you are experiencing an irregular heartbeat, nausea or any other worrying symptoms, you should stop the cleanse immediately and consult your health professional.

## Recipes for your cleanse

### RECIPE: VEGETABLE BROTH

- 3-4 potatoes, peeled and diced
- 1 small onion, diced
- 3-4 stalks of fresh grown celery, thinly sliced
- 1-2 fresh grown carrots, thinly sliced
- Cayenne pepper (optional)
- 1 large handful of greens such as kale or chard, chopped

#### Method:

Place ingredients in 3 quarts (about 3 liters) of pure or distilled water. Bring to boil and simmer for 20 minutes, strain the liquid and discard the veggies. If you'd like to spice it up a little, throw in some cayenne pepper. You should drink 2-3 bowls of this vegetable broth each day to replace depleted minerals. Use organic vegetables if possible!

You might be wondering, "If potatoes and carrots are on the Candida Foods To Avoid list, why are they in the vegetable broth?". Well, the key is that you are discarding the vegetables before you drink the broth. This means you are getting the vitamins and minerals of the vegetables, but without the carbs that would feed your Candida!

### RECIPE: DETOX DRINK (optional and only for the brave – drink this mix once daily)

- 1 cup of water
- 1 flat tablespoon of Psyllium Husk powder
- 1 flat tablespoon of Bentonite Clay

Psyllium and Bentonite clay don't mix well with water, so shake up the mixture for a few seconds then quickly drink it before it settles. Drink another extra large glass of water immediately after. Both these ingredients are great for detox. The Bentonite clay soaks up toxins, and the Psyllium pushes waste matter out through your colon.

### RECIPE: LIVER FLUSH DRINK

- 1 cup water
- 1 tablespoon extra virgin olive oil
- 1 clove of garlic
- Small chunk of fresh ginger

Just blend all the ingredients together and drink.

### How can I make my cleanse more effective?

No matter which cleanse you choose to do, there are certain ways to make it more effective. The right combination of treatments will shorten the duration of your cleanse and reduce the chances of side effects. We've listed a few here for you to try. You can use these with either of the cleanses listed above.

## STAGE TWO: THE STRICT DIET

Once you've done your cleanse you can move on to the second stage of your Candida treatment, which is the Strict Diet. The cleanse in Stage One has prepared your gut by cleaning out as much of the Candida yeast as possible. Now you can use dietary changes to restore balance to your gut and prevent the yeast from growing back.

This is also the part of the diet where you should introduce probiotics and antifungals, as a change in your eating habits alone will not be enough to beat your Candida infestation.

The right antifungals will kill the Candida yeast by breaking down its cell walls. A course of good probiotics will crowd out the Candida yeast, regulate your stomach acidity and repopulate your gut with good bacteria.

### Start the Strict Diet

As its name suggests, the diet plan in this part of the treatment is quite restrictive, however at least it is more varied than what you have been eating during the cleanse in Stage One.

This diet is actually very healthy and you can expect some weight loss and numerous other health benefits to follow.

Most importantly, you will need to avoid foods with high sugar content like fruit and alcoholic drinks that can feed your Candida overgrowth. There are also foods that can weaken your immune system and disrupt the friendly bacteria in your gut.

Check out full lists of foods to eat and avoid here:

#### • Foods to Avoid

CATEGORY	FOODS TO AVOID	NOTES
SUGARS	Sugars Honey Syrup Lactose Sucrose Fructose Chocolate Molasses Rice Syrup Artificial Sweeteners (e.g. Asulfame, Nutra-Sweet) Agave nectar Coconut Sugar	Condiments tend to be high in sugar and can exacerbate your Candida. Stay away from the soft drinks too. Read food labels to make sure your food doesn't contain sugar. Be careful - sugar-free diet coke can feed your Candida as much as a sugary soft drink. Calorie-free artificial sweeteners not only acidify your body, but also impair your immune system. Try Xylitol or Stevia instead!
ALCOHOL	Wine Beer Spirits Liquors Cider	Alcohol is high in sugar that can feed the growth of the Candida yeast. Alcohol also puts stress on your organs and immune system. Mixing alcohol and Candida is like opening all your windows in a house fire - you don't want to feed the problem.
GRAINS & GLUTINOUS FOODS	Anything made with wheat, rye, oats or barley, e.g. white bread, rye bread, pasta Spelt products Corn and corn by-products	Some Candida sufferers have high sensitivity to Glutens. Give your immune system a break and allow it to focus on the Candida. Corn-by products like popcorn are highly contaminated with toxic fungi. White rice causes a rapid rise in blood sugar levels.
FRUIT	Fresh Fruit Dried Fruit Canned Fruit	The high sugar content in fruit feeds Candida. Fruits like melon may also contain mould. A squeeze of lemon is OK. In Stage 3 you can reintroduce low



CATEGORY	FOODS TO AVOID	NOTES
	Fruit Juice	sugar fruits like apples and berries.
VEGETABLES	Potatoes Carrots Sweet Potatoes Yams Beets Peas Parsnips Yucca All Squash (except zucchini)	This group is very nutrient-dense, however they should be avoided until your Candida overgrowth is fully under control. They then can be reintroduced in small portions one at a time.
MEATS	All pork products Cured meats like salami, pepperoni, pastrami and hot dogs Processed meats like lunch meat, bacon and spam Smoked or vacuum packed meats	Pork cells contain retroviruses that survive cooking and may be harmful for those with a weakened digestive system. Processed meats like lunch meat and spam are loaded with dextrose nitrates, sulphates and sugars.
FISH	All fish except for sockeye salmon and sardine All shellfish	All shellfish and most fish contain alarming levels of heavy metals and toxins. These will suppress your immune system. Farm raised salmon is originally a grey colour, but it is coloured with chemicals to appeal to consumers. Studies have shown farmed salmon (like most farmed fish) contain high levels of PCBs, mercury and other carcinogenic agents. Additionally, these fish are raised in crowded water containing their own waste, chemicals and antibiotics.
DAIRY PRODUCTS	All cheese Milk Cream Buttermilk	All dairy should be avoid except ghee, butter, kefir and yogurt. This includes dairy products from sheep and goats. Milk contains sugar so should be avoided. Kefir and yogurt are better because most of the sugar disappears during the fermentation process. A small amount of organic cheeses like goat cheese or mozzarella can be reintroduced in Stage 3 (for those who do not have a dairy sensitivity).
ADDITIVES & PRESERVATIVES	Citric Acid Anything on the list of ingredients that you don't know or can't pronounce!	The manufactured, additive form of citric acid is derived from yeasts. However the natural form, as found in lemons and limes, is OK on the diet). Chemicals can disrupt your friendly bacteria and allow the Candida yeast to flourish. Citric acid is often found in canned tomatoes. Non-organic food like meat or eggs can also contain residual levels of antibiotics and steroids that were used during the farming process.
OTHER BEVERAGES	Coffee Black & Green Tea Diet & Regular Soda Energy drinks Sports Drinks Malted Drinks (e.g. Ovaltine, Horlicks, Caro)	Caffeine causes blood sugar spikes, feeding your Candida. It also causes stress on your adrenal glands, weakening your immune system. Many Candida sufferers also have impaired adrenal function. All coffee contains mold, one of the most important foods to avoid if you have a Candida overgrowth. Taurine in energy drinks is another culprit.

CATEGORY	FOODS TO AVOID	NOTES
	Coconut Water Fruit Juices (fresh or packaged) Rice milk	Even decaf tea and coffee are to be avoided, as they contain residual levels of caffeine. Coconut oil is great for killing Candida, but coconut water is too high in sugar.
NUTS	Cashews Peanuts Pistachios	This group of nuts contains a high amount of fungal toxins, which can inflame your Candida problem.
BEANS	Beans and other legumes Tofu Soy cheese Soy milk All Soy products Carob Powder Cocoa Powder	The combination of being hard to digest and high in carbs rules out beans from the strict stage of the diet. They can be reintroduced in Stage 3 in small portions. All soy products are forbidden on the Candida diet. The majority of soy is genetically modified, which has been linked to immune system damage and other health problems. Soy is also disruptive to thyroid function, which is a common problem with people with a Candida overgrowth. Avoid all cocoa powder (even unsweetened) as it contains caffeine and can weaken your adrenals.
MUSHROOMS / MOLDS	Mushrooms Truffles	Eating some fungi can cause an inflammatory reaction if you are already suffering from Candida. Mushrooms also often have mold on their exterior. On the other hand, some medicinal mushrooms are actually OK on the diet and have strong immune-boosting properties. Good examples are Reishi and Maitake
CONDIMENTS	Ketchup Mayonnaise Regular Mustard Relish Horseradish Soy sauce Salad dressings Braggs Liquid Aminos	Watch out - ketchup, tomato paste, and spaghetti sauces all contain high amounts of hidden sugar. Condiments generally do tend to be high in sugar, and they can exacerbate your Candida. For an alternative salad dressing, try coconut aminos or a simple olive oil and lemon juice dressing. A small amount of Braggs might not cause a problem but a better soy-free option is organic coconut aminos. Regular mustards contain distilled vinegar which is not allowed on the diet. Use mustard powder or an organic mustard made with apple cider vinegar instead.
VINEGAR	All vinegars, except for Apple Cider Vinegar	Vinegar is made in a yeast culture, depletes the stomach of acids and can also cause inflammation in your gut. One particular vinegar, unfiltered apple cider vinegar, can actually be helpful in combating yeast.
FATS AND OILS	Peanut oil Cottonseed oil Corn oil Canola oil Soy oil Margarine Shortening	Peanut, Cottonseed, Corn and Canola oil are mold contaminated. Most soy beans used in soy oil are GMO. Margarine/Shortening contain toxic trans fats.

• **Foods to Eat**

CATEGORY	FOODS TO EAT	NOTES
VEGETABLES	Artichokes Asparagus Avocado Beet greens Broccoli Brussel sprouts Cabbage Cauliflower Celery Collard greens Cucumber Dandelion greens Eggplant Endive Garlic (raw) Green beans Kale Kim Chi Leeks Lettuce (all types) Okra Olives Onions Radish Rutabaga Sauerkraut (raw) Seaweed Snow pea pods Spaghetti squash Spinach Summer squash Swiss chard Turnip Zucchini	<p>Vegetables starve the Candida of the sugar and mould diet that feed it.</p> <p>They also absorb fungal poisons and carry them out of your body.</p> <p>Avoid starchy vegetables such as sweet potatoes, potatoes, yams, corn, all winter squash, beets, peas, parsnips and all beans except green beans.</p> <p>You should buy your vegetables fresh and eat them raw, steam or grill them.</p> <p>Add a little garlic and onions for flavour as they are especially helpful with Candida.</p> <p>Kim Chi is made of fermented vegetables such as cabbage, onion, cucumber, peppers, garlic, radish.</p> <p>The probiotic bacteria in Kimchi will help kill off the Candida in your intestine. Raw sauerkraut works in the same way.</p> <p>Olives are OK as long as they are not in distilled white vinegar. You can eat all types of seaweed including chlorella and Spirulina.</p>
LIVE YOGURT CULTURES	Plain yogurt Probiotics Kefir	<p>Live yogurt cultures (or probiotics) help your gut to repopulate itself with good bacteria.</p> <p>The live bacteria in the yogurt will crowd out the Candida yeast and restore balance to your system.</p> <p>Especially useful after a course of antibiotics, or when a patient is suffering from Candida.</p> <p>Yogurt from goat and sheep milk is even better, as they tend to contain fewer chemicals.</p> <p>Good bacteria will also produce antifungal enzymes that can help you fight Candida.</p> <p>Plain yogurt does contain a small amount of lactose but this will not feed your Candida.</p>
MEAT	Beef Chicken Lamb Turkey Wild Game Eggs	<p>Fresh cuts of meat are free of sugars and mold, so they fill you up while restricting the Candida.</p> <p>Eat only fresh and organic meat - processed meat like lunch meat, bacon and spam, is loaded with dextrose nitrates, sulphates and sugars.</p> <p>Smoked or vacuum packed meats are also best avoided.</p>

CATEGORY	FOODS TO EAT	NOTES
		Most Atkins recipes will also work reasonably well in a Candida diet.
FISH	Anchovies Herring Sardines Sockeye salmon	Sockeye salmon and sardines do contain ocean contaminants, but in much lower amounts than other seafood. You should still only consume fish a few times a week. You should buy these fish fresh or packed in olive oil or water.
NUTS AND SEEDS	Almonds Almond milk (unsweetened) Coconut Cream Coconut milk (unsweetened) Flax Seed Hazelnuts Hemp Seeds Macadamia Nuts Pecans Pine Seeds Pumpkin Seeds Sunflower Seeds Walnuts	Nuts are healthy, however they are tough on the digestive system for Candida sufferers, so they should really be consumed in limited amounts. Watch for a reaction though - some people are fine with them, others are not. Another problem is nuts contain some mold. It can be removed by soaking them in water and fresh lemon juice then air drying them, or putting them in the oven on low heat until crispy. Ground flax seed goes bad very quickly so always buy it whole. Grind with a food processor or coffee grinder, then eat it right away. Another tip to remove mold - spray the nuts with a diluted grapefruit seed extract solution. If you like nuts, stick to freshly cracked or whole ones, they have less mould.
NON-GLUTINOUS GRAINS	Amaranth Buckwheat Millet Oat Bran Quinoa Wild and brown rice	Grains contain a high amount of fiber, excellent for keeping the colon clear so Candida doesn't get a chance to multiply. Grains also act like a pipe cleaner in your intestine, grabbing nasty toxins like pollutants, chemicals, pesticides and heavy metals on their way through. Most products derived from this list are ok - e.g. quinoa crackers, buckwheat flour. You can find these in the gluten free section in health food stores. Oat bran is different from oatmeal, and contains lots of soluble fibre.
HERBS AND SPICES	Basil Black Pepper Cayenne Cilantro Cinnamon Cloves Cumin Curry Dill Garlic Ginger Nutmeg Oregano Paprika Rosemary Tarragon Thyme Turmeric	Contain antioxidants and anti-fungal properties. Increase circulation and reduce inflammation. Improve digestion and alleviate constipation. Most herbs and spices are beneficial in your fight against Candida. They're great for livening up food if you're on a limited Candida diet.
OILS	Virgin Coconut Oil Olive Oil	Use cold pressed oils.

CATEGORY	FOODS TO EAT	NOTES
	Sesame Oil Pumpkin seed oil Macadamia Oil Almond Oil Flax Oil Safflower Sunflower Coconut oil Coconut butter Ghee Organic butter	Heating or boiling destroys many of the oils' nutrients.
SEASONING	Black Pepper Sea Salt Lemon Juice Coconut Aminos Apple Cider Vinegar (Organic, Raw, Unfiltered) Mustard Powder Mustard made with apple cider vinegar	Coconut Aminos are a great alternative to soy sauce. Mustard made with distilled vinegar is not allowed.
BEVERAGES	Chicory root coffee Cinnamon Tea Clove Tea Chamomile Tea Pau D'arco Tea Peppermint Tea Ginger Tea Licorice Tea Lemongrass Tea	All of these herbal teas have antifungal properties. Chicory root is also a great prebiotic (it contains 20% Inulin), so it can even help to repopulate your gut with healthy bacteria.
SWEETENERS	Stevia Xylitol	Stevia can be used in place of sugar and doesn't affect your blood sugar levels at all. Xylitol gum and mints are good if you are having bad breath issues.

Although lots of foods are excluded, there are still plenty of delicious meals that you can cook for yourself on Stage Two.

Take a look at the Recipes below for some inspiration.

## Recipes for Stages 2 and 3

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### Breakfast Recipes

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#### COCONUT AMARANTH

6 tbsps Coconut Milk  
1/2 cup amaranth  
Cinnamon  
Stevia  
1 Cup water



Mix the water and amaranth in a saucepan, then heat to boiling. Turn heat to low, and allow to simmer for 20-25 min or until most of the water is be absorbed.  
Mix in a little Stevia with the amaranth. Pour the coconut milk on top, then sprinkle with cinnamon.

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#### RICE PUDDING

1 cup cooked brown rice  
2 tbsps coconut oil  
Cinnamon  
Stevia



Add 2 tablespoons of coconut oil to the cooked rice. Mix in cinnamon and Stevia to taste.

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#### VEGETABLE OMELET

2-3 organic eggs  
2 tbsp olive oil  
2 tbsp chopped onion  
2 tbsp chopped green pepper  
Handful of fresh spinach



Heat a skillet with olive oil, add onions and greens pepper, add spinach a few minutes later, stir fry until veggies are tender. Stir in the slightly beaten eggs until eggs are done. Serve immediately with sea salt.

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#### BUCKWHEAT AND EGGS

1/4 cup Buckwheat Groats  
2 eggs  
2 tablespoons Extra Virgin Coconut Oil  
1-2 spring onion ends, finely chopped  
Handful of cilantro, finely chopped  
1 tablespoon of plain yogurt  
Salt to taste



Cook the buckwheat groats as directed. Pan fry the spring onions with oil for a minute, then add the eggs, groats and cilantro. Stir in the pan until the eggs are done to your liking. Then cover with yogurt and salt to taste.

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#### Recipes for Stage 3 only

#### APPLE WALNUT YOGURT PARFAIT

1 apple  
Handful of walnuts  
1 cup plain yogurt  
Cinnamon



Chop up the apples and walnuts. Layer them with the yogurt as seen on picture, then top with cinnamon.

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#### MUNG BEAN PANCAKES

2 cups mung beans soaked overnight  
3 cloves of garlic  
Salt and pepper to taste  
1 teaspoon chopped ginger root  
Dill or scallion or other herbs to taste  
Water



Crush everything in food blender until you have smooth a paste/batter. Then drop pancakes onto a hot skillet, with a small of coconut or olive oil.

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### **EGGS IN SWEET POTATO SHELLS**

- 1 large potato*
- 4 tablespoon coconut oil*
- 1/2 teaspoon Cinnamon*
- 1/2 teaspoon nutmeg*
- 1/4 cup of plain yogurt*



Preheat the oven to 200C/400F. Pierce the potato with a fork and let bake for 45 minutes to 1 hour. Remove the potato, cut in half lengthwise. Use a fork to scoop out the flesh leaving enough to for the shell to keep it's shape. Then mash the flesh with the coconut oil, yogurt, cinnamon, and nutmeg. Put the mash back in the potato shells leaving a hole to for the egg. Crack eggs in a cup, then tip it into the holes.

### **LUNCH AND DINNER**

#### **GRILLED CHICKEN AND GARLIC MASHED TURNIPS**

- For 4 servings:*
- 3 lbs. of chickens (breasts, legs, or thighs)*
- 2 tablespoons chopped fresh basil*
- 1/4 cup fresh lemon juice*
- 3 cups diced turnip*
- 2 cloves garlic, minced*
- 3 tablespoons olive oil*
- Salt*



Combine chicken, basil, lemon juice and olive oil in a large bowl and toss together. Refrigerate and let marinate 2 hours. The marinated chicken may also be baked for about 50 to 60 minutes at 425°, or until cooked through.

Cook turnip cubes and garlic cloves in boiling water 15 min or until soft. Mash turnips or (can use food processor), then add olive oil and salt.

#### **LAMB CURRY**

- For 2 servings:*
- 250gms diced lamb*
- 1 large onion, chopped*
- 2 handfuls chopped spinach*
- 1 can brown lentils soaked and pre-cooked*
- 1/4 inch ginger, thinly sliced*
- 2-3 cloves garlic, crushed*
- 1 tsp cumin seeds*
- 1 tsp fennel seeds*
- 1/2 tsp garam masala*
- 1/2 tsp curry powder*



Brown onions in a saucepan, and add lamb. Quickly brown lamb, then add garlic and spices. Stir until spices are aromatic, then add about 1/4 cup water. Leave to simmer for about 5 minutes, making sure not to burn it.

Add approx 1 more cup water and half the lentils, puree the rest of the lentils and add to make the sauce. Leave to reduce to desired thickness, then stir in the spinach about a minute before serving.

#### **QUINOA MEATLOAF**

- For 2 servings:*
- 1 pound minced beef*
- 2 eggs*
- 1/4 cup of uncooked quinoa*
- 1 medium onion*
- 3 garlic cloves*
- 2 chilies*
- 1 tablespoon coconut oil or olive oil*
- 1 teaspoon Thyme*
- 1 teaspoon Rosemary*
- 1/4 teaspoon black pepper*
- 1 teaspoon salt*



Cook quinoa as directed. Preheat oven to 350 F. Add onion, chili, and cloves to a food processor and chop finely. Add cooked quinoa and all ingredients to a large bowl and mix together. Grease a loaf tray with coconut or olive oil, then add the mixture and bake for 1 hour.

### **MARINATED GRILLED LIME CHICKEN**

*For 1 serving:*

- 1 chicken breast*
- 2 limes*
- 3 garlic cloves*
- 2 chilies*
- 1 tablespoon olive oil*



Add all ingredients (apart from the chicken) to a food processor. Pour into a Ziploc bag with the chicken breast, seal it and let it marinate in the refrigerator for 30 minutes.  
On a hot pan or grill, cook the chicken for around 5 minutes on each side, or until it's cooked thoroughly.

### **COCONUT CHICKEN WITH SPINACH**

*For 2 servings:*

- 1 large chicken breast (chopped)*
- 3 cups baby spinach*
- 1 large onion (chopped)*
- 1/2 cup coconut milk*
- 3 tablespoons coconut oil*
- Handful of almonds*
- Salt and pepper to taste*



Add almonds to the food processor to chop them up, then lightly brown in a pan with coconut oil. Set aside. In a pot, add the coconut milk and spinach, then cover on a low heat to simmer. Now add the onions to a pan for 2 minutes, then add chicken until thoroughly cooked. Take the chicken and onions and add them to the pot with the coconut milk and spinach. Stir and cover for 2 minutes. Served garnished with toasted almonds, salt and pepper.

### **ASPARAGUS AND ANCHOVIES WITH SOBA NOODLES**

*For 2 servings:*

- 150 grams of soba noodles*
- 10 asparagus spears*
- 1 can of anchovies in olive oil*
- 3 garlic cloves*
- 1 chili*
- 2 tablespoons butter*



Heat a tablespoon of butter to a pan, then add the chopped garlic, chili, anchovies, and asparagus. Cover with a lid and let cook for 8-10 minutes.  
Add soba noodles to boiling water, cook as directed (about 4-5 minutes). Drain the noodles and add to the pan with the other ingredients. Season and serve.

### **CHICKEN ZUCCHINI BURGERS**

- 1 lb (400 gram) chicken breast fillets*
- 1 cup chopped zucchini*
- 2cm piece fresh ginger chopped*
- 2 spring onion chopped*
- 1/4 cup fresh coriander leaves*
- 1 tablespoon coconut aminos*
- 1 egg*
- 3 tablespoons freshly ground flaxseed*
- Extra virgin coconut oil*



Blend everything except the oil in the food processor. Heat oil in a large frying pan over medium-high heat. Now use a large spoon to form 5-6 patties. Cook patties for 3 to 4 minutes each side or until browned and cooked through.



## Recipes for Stage 3 only

### STUFFED EGGPLANT

2 large eggplant  
600g good quality minced beef  
1 medium tomato  
2 small onions, thinly chopped  
2 cloves garlic, crushed  
Fresh rosemary, fresh thyme  
Extra virgin olive oil



In a frying pan or a wok, stir fry the onion and tomato with the garlic in a little olive oil. Add the minced beef and keep stirring well. Reduce the heat.

Meanwhile, cut open the eggplant in half lengthwise and empty with a spoon, making sure you keep about 1/2 inch flesh on the skin to make the "shells". Thinly slice the flesh you have just been taking out and add it to the stir fry. Add some salt and some fresh rosemary and thyme (or any herb you may fancy).

Once the meat and eggplant are thoroughly cooked, remove from the heat and stuff the mixture in the shells. Place them in an ovenproof dish and bake for 45 minutes at 350F.

### LAMB COCONUT CURRY

For 2 servings:  
500g minced lamb  
4 medium tomatoes, chopped  
1 medium onion  
1 can coconut milk  
2 cloves garlic  
1 tablespoon coconut oil  
1 chili pepper (seeds removed)  
1/2 teaspoon cayenne pepper  
1/2 teaspoon turmeric powder  
1/2 teaspoon curry powder  
Salt to taste



Chop up the onions, garlic and chili pepper - you can use your food processor to save time. Add them to a frying pan with the lamb and a tablespoon of coconut oil for 5 minutes. Then add all the other ingredients, and simply leave it to simmer for 30 minutes on a low heat.

Serve with wild or brown rice (optional).

### CABBAGE ROLLS

For 4 servings:  
1/2-1 pound of organic lean minced Beef or Lamb  
1/2 cup buckwheat groats  
1 organic egg  
1 head of cabbage  
2 medium onions  
4 garlic cloves  
4 tomatoes  
2 tablespoons olive oil  
Salt



Tear 6-8 leaves off the cabbage and cook in boiling water or steam until wilted enough to be flexible. Set aside to cool.

In a large bowl mix the meat, uncooked brown rice, 1 chopped onion, egg, 2 minced garlic cloves and salt. Roll the meat and rice mixture in the cabbage leaves and put them in baking dish. For the tomato sauce, sauté the other onion, the garlic and the chopped tomatoes in a wide based pan.

Place the stuffed cabbage leaves in a baking dish, cover with the tomato sauce, add 1 cup of water and cover. Bake in the oven 350 degrees for 1 hour. Serve with a dollop of plain yogurt

## VEGETABLE QUICHE

For 2 servings:

- 1 Bell Pepper
- 2 Red Onions
- 1/2 Zucchini
- 3 Eggs
- 1 Clove Garlic
- Pine Nuts (a handful)
- Fresh Basil leaves (a handful)
- 3 Tbsp Olive Oil
- Green salad leaves



Preheat oven to 180C. Chop vegetables and panfry with 1 1/2 tbsp olive oil on medium heat for 3-4 minutes, then add to a well oiled ovenproof dish.

Add basil, garlic, pine nuts and eggs to the food processor. Now pour over the vegetables and bake for 25 minutes or until firm in the center. Serve with green salad.

## MILLET WITH AVOCADO AND TOMATO

For 2 servings:

- 1/2 cup of millet
- 15 cherry tomatoes
- 1 avocado
- A handful of pumpkin seeds
- A handful of fresh basil
- 2 garlic cloves (minced)
- 1 tablespoon of grated ginger
- 1 tablespoon olive oil
- Juice of 1 lemon



A lovely light dinner. Cook millet as directed, mix all ingredients together, then season to taste.

## ROASTED VEGETABLE SALAD WITH BOILED EGG

For 2 servings:

- 4 boiled eggs
- 2 Bell Peppers (any color)
- 2 tomatoes
- 1/2 a zucchini
- 6 shallots
- 3 cups of baby spinach
- Olive oil
- Salt and pepper



Heat the oven to 450 degrees F. Place chopped up peppers, tomatoes, zucchini and onions in a roasting pan. Toss with the olive oil, salt, and pepper to mix and coat. Spread in a single layer in the pan. Roast for 30 minutes, stirring occasionally, until the vegetables are lightly browned and tender.

Hard boil the eggs, peel, cut in half and set aside.

In a large bowl add 3 cups of baby spinach, chopped up vegetables, egg halves and serve. Add some extra olive oil and a squeeze of lemon if you like.

## VEGETARIAN BEAN CHILI

For 2 servings:

- 1 can Red Kidney Beans
- 3 medium tomatoes
- 3 cups baby spinach
- 1 medium onion
- 2-3 minced garlic cloves
- 1/4 tsp cayenne pepper
- 1/4 tsp cumin powder
- Sprig of cilantro



Heat Olive oil in pot, add onions and garlic for 5 minutes. Now add chopped tomatoes, red kidney beans, baby spinach, cayenne pepper, cumin and 1 cup of water. Bring it to a boil then let simmer for 20 minutes. Stir in some fresh cilantro and serve.

### **SOBA SEAWEED SALAD**

*For 2 servings:*

*2 oz soba noodles  
1/4 cup dry Wakame seaweed  
2 tomatoes  
1 avocado  
2 tablespoons sesame oil  
Sprinkle of sesame seeds  
Salt to taste*



Soak the seaweed in a bowl with warm water for about 10 minutes. Boil the soba noodles for 6 minutes. Chop the tomatoes and avocado. Add everything to a bowl with sesame oil and seeds.

### **CHICKEN JALFREZI**

*For 2 servings:*

*Chicken breasts/thighs 200-300g  
2 bell peppers ( any colour)  
3 tomatoes  
1 medium onion  
2 fresh garlic cloves  
3-4 tbsp Olive oil  
Small chunk of fresh ginger  
Sprig fresh cilantro/coriander leaves  
1/2 tsp cumin powder  
1/2 tsp coriander powder  
1/2 tsp red chilli powder or cayenne powder  
1/2 tsp turmeric powder  
1/2 tsp garam masala  
1 tsp salt*



Finely chop the onions and tomatoes (or use a food processor). Chop or crush the garlic, finely grate the ginger and slice the bell peppers in thick slices. Cut the chicken into bite-size pieces, wash and drain.

Cook the brown or wild rice as instructed.

Heat some oil in a pan on medium heat and cook the onions for 3 minutes. Then add the garlic for another 2 minutes.

Add the chicken with turmeric and chili/cayenne powder, then stir for another 5 minutes. Now add the tomatoes, then simmer on medium heat for another 10 minutes.

Now add the peppers, grated ginger, coriander powder and cumin powder, and simmer on a low heat for 5 more minutes. Lastly, add the garam masala and finely chopped cilantro and serve.

This recipe can be eaten with or without the brown rice.

### **CHICKEN QUINOA SALAD**

*For 2 servings:*

*1 chicken breast  
2/3 cup of cooked quinoa  
2 cups of spinach  
2 medium tomatoes  
1/2 a cucumber  
1 avocado  
2 shallots  
1 garlic clove  
Juice of 1/2 lemon  
2 tablespoons olive oil  
Salt and pepper to taste*



Cook the quinoa as directed. Chop up chicken, pan-fry until cooked, about 5 minutes. Now chop up the veggies, toss everything in a bowl and serve.

## **BEEF AND OKRA STEW**

*For 2 servings:*

*1/2 lb beef ground beef  
1/2 lb fresh or frozen okra ( cut crosswise with stems removed)  
1 large onion  
3 tomatoes (chopped)  
4-6 fresh garlic cloves  
2 chilies  
1 cup water  
1/2 teaspoon cayenne pepper  
1/4 teaspoon cumin  
1/4 teaspoon black pepper  
1 teaspoon salt*



First, add the onions, garlic, and chili to a food processor and blend until you have a paste. Cook the mince meat in a large saucepan for 2-3 minutes until lightly browned. Add the paste and cook for another 2-3 minutes. Now add the tomatoes, water and seasoning and bring to a boil. Now reduce heat, add okra and let simmer for 10 minutes.

## **STEAK WITH GINGER SAUCE AND QUINOA TABBOULEH**

### **Steak with Ginger Sauce**

*Steak  
Ginger  
Garlic  
Coconut aminos (as a substitute for soy sauce)  
Chili  
Lemon Juice*



### **Quinoa Tabbouleh**

*1/2 cup uncooked quinoa  
3 cups fresh parsley  
1/2 cup fresh mint leaves  
10 cherry tomatoes  
1/2 cucumber  
1 red onion  
1/2 cup fresh lemon juice  
4 tablespoons olive oil  
Salt and pepper*

Make the sauce for the steak with grated ginger and chili, coconut aminos, olive oil and lemon juice - just mix it together. Cook the steak to your liking and serve it sliced, drizzled with the sauce. Cook quinoa as directed, rinsing well. Chop tomatoes and cucumber, then finely chop parsley, mint, and onions. Add all ingredients to a mixing bowl and mix away!

## **QUINOA WITH VEGETABLES AND GOAT CHEESE**

*For 2 servings:*

*1/2 cup uncooked quinoa  
3 bell peppers (different colors if possible)  
6-10 cherry tomatoes  
6-10 shallots  
6-10 garlic cloves  
Handful of fresh basil leaves  
Small chunk of goat cheese  
Squeeze of half lemon  
1 tablespoon apple cider vinegar  
Olive oil  
Salt and pepper*



Heat the oven to 450 degrees F. Place chopped up peppers, peeled shallots, peeled garlic cloves, and cherry tomatoes on a roasting pan. Toss with the olive oil, salt, and pepper to mix and coat. Spread in a single layer in the pan. Roast for 30 minutes, stirring occasionally, until the vegetables are lightly browned and tender.

Cook quinoa as directed. Then add all ingredients to a bowl and serve with crumbled goat cheese on top.

### GRILLED ASPARAGUS BEEF ROLLS

For 2 servings:

- 8-12 Spears of Asparagus (depending on size)
- 4 pieces of thinly sliced beef
- 4 oil-packed sun-dried tomatoes
- 1/2 cup goat cheese
- 4-8 fresh basil leaves (depending on size)
- 2 tablespoons olive oil



Steam or boil asparagus until slightly soft, and set aside. Spread 2 tablespoons of goat cheese on each slice of beef, then add a sundried tomato to each, plus 1-2 of the basil leaves. Place 2-3 asparagus on top, then roll the beef around it. You can stick a tooth pick through to hold it together.

Place on a preheated grill or frying pan for about 3-4 minutes on each side, until meat is cooked, then serve.

### STUFFED PEPPERS WITH BEEF AND MILLET

For 2 servings:

- 1/2 pound minced beef
- 1/5 cup of uncooked millet
- 2 red bell peppers (halved length wise and discard seeds)
- 1 tomato (chopped)
- 1 egg (lightly beaten)
- 1 large onion (finely chopped)
- 3 garlic cloves (finely chopped)
- 1 chili (finely chopped)
- 3 tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon dried basil
- 1 tablespoon dried parsley



Cook the millet as directed. Cook the onions, garlic, chilies and tomato with 1 tablespoon olive oil in a pan for 3 minutes. Now add the meat and cook until no longer pink.

Add the meat mixture, millet, and all other ingredients except red peppers to a bowl and mix it up. Pack the mixture into the red pepper halves. Bake at 350F for 30 minutes or until peppers are tender.

### SALMON SEAWEED SALAD

For 2 servings:

- 200 grams of canned Red Salmon
- 2/3 cup dried Wakame seaweed
- 2 tomatoes
- 1 avocado
- 1 tablespoon Apple Cider Vinegar
- Squeeze of lemon
- Salt



Hydrate the wakame seaweed in a cup with hot water for 5 minutes. Chop up tomatoes and avocado, then add everything to a bowl.

### VEGGIE NASI GORENG

For 2 servings:

- 1/2 cup of uncooked Wild or Brown Rice
- 2 Eggs
- 1 Yellow Pepper
- 2 Red Onions
- 1 Carrot (sliced with a potato peeler)
- 2 Red Chillies
- 3 Garlic Cloves
- 2 Spring Onions (cut lengthwise)
- Cilantro (small handful)
- 4 tablespoons Sesame Oil



Cook rice as directed and set aside. Scramble eggs to a wok (or frying pan if you don't have one) and also set aside.

Add one onion, half a chilli, and garlic to a food processor to make a paste. Add oil and the paste to wok and fry 3 minutes, then add thinly sliced onion, red chillies, yellow peppers and carrot for another 3 minutes.

Now, add the rice for 2 minutes, then the eggs, thinly sliced spring onions and cilantro for another minute. Now you're done and its ready to serve!

## **TURKEY PASTA SALAD WITH CILANTRO PESTO**

*For 2 servings:*

*1 cup buckwheat pasta  
200-300 grams of turkey thigh (or turkey breast if you prefer)  
1 medium onion  
1 medium tomato  
1 lemon  
1/2 cup fresh cilantro  
1 handful of almonds  
Olive oil*



Cook the pasta, then set aside when ready. In a pan, sauté the turkey and the chopped up onions for 5-10 minutes, then set aside.

Meanwhile, use the food processor to mix up half a cup of cilantro, a handful of almonds, a squeeze of lemon and 2 tablespoons of olive oil. This is the cilantro pesto.

Chop up the tomato, then add everything to a bowl, mix together and serve.

## **BROWN RICE SALAD WITH GREEN APPLE AND FETA**

*For 2 servings:*

*1/3 cup wild or brown rice  
Goat Feta Cheese (small chunk)  
1 Green apple  
1 Red bell pepper  
1 Celery stalk  
2 Spring onions  
1 garlic clove  
Sunflower seeds (handful)  
1 Lemon squeeze  
1 tbsp Olive Oil  
Salt and pepper to taste*



Cook rice as directed. Chop up all the ingredients and add everything to a bowl.

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## **LAMB PASTICCIO**

*450 g/1 lb of fresh lamb mince  
100 g dry buckwheat pasta  
3/4 cup yeast-free vegetable stock  
1 large onion  
2 cups of baby spinach  
2 medium tomatoes  
1 1/2 cups plain yogurt (preferably Greek)  
2 eggs  
1 tbsp of flour (brown rice or buckwheat)  
1 1/2 tsp Cinnamon  
2 minced garlic cloves  
Olive oil*



Preheat oven to 190C/375F. Pan fry the chopped onion and garlic in oil for about 5 minutes or until soft. Add the lamb and spinach and cook until the lamb browns. Now transfer this to a larger pot and add the stock, salt, pepper and cinnamon.

Bring to a boil, cover and let simmer for 15 minutes. Now stir the dry pasta and flour into the mixture.

Spoon into a large ovenproof dish and place sliced tomato slices on top. In a separate bowl, beat the eggs together with the yogurt, then spread evenly over the mixture.

Bake in the ovenproof dish for 45 minutes.

## SOUPS AND SNACKS

### DELICIOUS GUACAMOLE

2 avocados  
Half an onion  
1 clove garlic, grated  
Lemon juice, fresh  
Cilantro (coriander)  
Sea salt



This is a quick and easy 10-minute recipe that will impress houseguests and is all-natural and healthy for your skin. Just chop and mash up all the ingredients in a bowl, then throw a couple of sprigs of cilantro on top for presentation.

### RAW AVOCADO AND CUCUMBER SOUP

2 Large Avocados  
1/2 cucumber  
1/4 onion  
1/2 cup plain yogurt  
2 garlic cloves  
1 cup and a half cold water  
Salt and Pepper to taste



Scoop out avocado flesh, cut up cucumber, add everything else to the blender. 2 servings.

### SUGAR-FREE NUT BUTTER AND CELERY

Here's a delicious alternative to everyday peanut butter. You can buy high quality, nutritious nut butters from most health food stores.

Look for nut butters derived from sesame seeds, pumpkin seeds and sunflower seeds, almonds, cashews and hazelnuts. Serve in a small portion with a stick of celery and enjoy!



### ZUCCHINI SOUP

2 zucchinis  
1 onion  
2 garlic cloves  
2 tablespoons of olive oil  
Sea salt



Steam the zucchini and onions in steamer. Then put in a blender, add garlic cloves and olive oil. Add water for desired consistency, then blend. Pour in bowl and add sea salt.

### DEVILLED EGGS

4 Large Eggs  
1 egg yolk  
1tbsp apple cider vinegar  
1 tbsp fresh squeezed lemon juice  
1/8 dry mustard  
1 tsp sea salt  
125 ml olive oil



First, make the mayonnaise. Add all ingredients (except the eggs) plus a quarter of the oil in a food processor and blend for 30 seconds. Slowly add the remaining oil through the food process and blend until smooth.

Now boil the eggs, then take from stove and set aside to cool. Peel shells from eggs, then cut eggs in half and arrange on platter. Take yolk out of the eggs and put into small bowl. Mash the egg yolks with the mayonnaise. Fill the hollowed out egg whites with the yolk mixture, and sprinkle a small amount of curry powder over the top. Chill and serve.

### TZATZIKI DIP

1 cup plain yogurt  
1/2 cucumber (peeled and diced)  
1 clove of garlic (minced)  
1 teaspoon Apple Cider Vinegar  
1 teaspoon fresh dill (chopped)  
1 tablespoon olive oil  
Salt and pepper to taste



Add everything to a bowl and mix. Refrigerate for 1 hour for the best flavour. Serve with quinoa crackers.

### **SARDINE PATE**

1 tin boneless canned sardines in oil  
1 small garlic clove  
1 tablespoon butter  
2 tablespoons fresh parsley  
Juice of 1/2 lemon  
Dash of pepper



Blend all ingredients in a food processor. Serve with quinoa crackers.

### **Recipes for Stage 3 only**

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### **MACADAMIA NUT DIP**

1 cup Macadamia nuts (soaked for around 2 hours)  
1 large tomato, either quickly steamed or roasted until a little soft  
1/3 cup fresh basil leaves  
1 garlic clove  
1/2 teaspoon cayenne pepper  
1/2 lemon squeeze  
Salt to taste



Blend everything in a food processor.

### **SALSA**

3-4 Roma tomatoes  
1 small red onion  
1/2 small cucumber (peeled and deseeded)  
1/2 cup cilantro  
1 garlic clove  
1 small lime squeeze  
Salt to taste



Chop all the ingredients finely, mix and serve with quinoa crackers.

### **GAZPACHO SOUP**

3-4 Medium to Large Tomatoes  
1/2 medium Cucumber  
1 Bell Pepper any color  
1 Tablespoon Apple Cider Vinegar  
1 Garlic cloves  
1 Shallot  
1/2 Cilantro  
2 Limes  
2 Tablespoon Extra Vinegar Olive Oil  
1 Cup Ice Water  
1/2 Tablespoon Chili Flakes  
Salt and Pepper to taste



Core the tomatoes and dip them in boiling water for 1 minute to blanch them. Transfer the tomatoes into iced water so that the skin can be removed easily. Dice the tomatoes and put them in a food processor. Set aside 1/3 of the peppers and cucumber. Add the remaining ingredients and blend until smooth. Chop the peppers and cucumber and stir them in the soup. Enough for 2 portions.

### **EASY TOMATO AND CHICKPEA SOUP**

3 tomatoes  
Half an onion  
1 can chickpeas  
Tsp Apple Cider Vinegar  
Garnish with basil (optional)  
Salt to taste



Steam the onion, then add the tomatoes (or boil in a little water if you don't have a steamer). Add tomatoes, onion, can of chickpeas, ACV, and salt to the blender. Enough for 2 servings.



## RED PEPPER DIP (MOUHAMMARA)

3 Red Peppers  
1 small Red Onion  
3/4 cup Walnuts  
1-2 Garlic cloves  
1/4 cup Olive Oil  
1 Tablespoon Cayenne Pepper  
1/4 Teaspoon Cumin  
Lemon Wedge Squeeze  
Salt to taste



For gas stoves, place the whole peppers directly on burners flipping them with tongs until they are black all over. Or if you use an oven, roast for 10-12 minutes at 350 degrees F on a greased baking tray, turning approximately every 4 minutes. When finished, peel off the skin and remove the seeds and stem. Chop and sauté onions for 3-5 minutes. Now add all ingredients to the blender. Serve with brown rice cakes.

## SWEET POTATO WEDGES

1 large sweet potato  
Salt and pepper  
1 tablespoon of olive oil  
Mixed herbs / cumin / mild chili powder



These delicious sweet potato wedges are low in calories and high in vitamins and fiber. They're also really filling so they're a great diet food. This recipe makes about 2 portions.

Preheat the oven to 200C/400F/gas mark 6. Peel the sweet potato and cut into wedges. In a bowl, mix together the wedges, olive oil, salt, pepper and the spice of your choice. Place the wedges flat on a baking tray lined with foil, and bake for about 25 minutes or until tender and golden.

## DRINKS

Juicing is a great way to rebuild your immune system with minerals, vitamins, enzymes and antioxidants, all important to get your Candida under control.

You can use a selection of these juices in a detoxing juice fast. Juices are great for this because they require little energy to be used by your digestive system, allowing the body to focus on rebuilding, renewing and healing.

We also have a few smoothies in the list if you feel like something a little more filling.

## Recipes for Stages 2 and 3

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### AVOCADO CREAM SMOOTHIE

1 medium avocado, peeled and pitted  
1 cup coconut milk  
Stevia  
6 ice cubes

Blend the avocado, Stevia, coconut milk, and ice together until smooth. Serves 1-2.

### IMMUNE BOOSTER

A handful of spinach  
A handful of fresh herbs (cilantro, parsley or basil)  
1 celery stalk  
1 lemon (squeezed)  
1 garlic clove or as much as desired (optional)  
2 glasses of water

This a delicious, easy drink to make. Add all ingredients into the blender and voila! For a little variety, try it with some cilantro, parsley or basil as desired.

### DELICIOUS CREAMY ALMOND MILK

1/3 cup almonds  
2 cups water

Soak almonds overnight, then rub the skins off. Put in the blender until pulverized. Strain the milk with a fine mesh strainer or cheesecloth.

### GREEN GOODNESS

2 cups packed spinach  
1 cucumber  
1 celery stalk

Just put it through the juicer and serve.

### **GINGER TEA**

*1 square inch piece of fresh Ginger root*

*Squeeze of lemon*

*2 cup of water*

Cut off the outside of the ginger root, then grate it and add to boiling water. Boil for 20 minutes. Strain and serve with a slice of lemon.

Ginger strengthens the immune system and supports liver function - this is important to help your body deal with Candida by-products.

### **Recipes for Stage 3 only**

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#### **LIVER DETOX**

*2 large grapefruits*

*1 tablespoon olive oil*

*1 garlic clove*

Just put it through the juicer and serve.

#### **AVOCADO APPLE SMOOTHIE**

*1 medium avocado*

*1 peeled and chopped up apple*

*A squeeze of lemon or lime*

*1 cup water*

*2 mint sprigs*

Blend the avocado, apple, citrus juice and water. Serve with the mint on top

#### **MIXED VEGGIE**

*1 tomato*

*1 stalks of celery*

*4 large spinach leaves*

*1 half cup parsley*

Stage Two can take anywhere from a few weeks to several months. It really depends on several factors - how strictly you follow the diet, the effectiveness of your probiotics and antifungals, and the severity of your Candida infestation.

Stage Two is also when you should begin a course of probiotics and start taking antifungals. The combination of these two elements will kill the Candida yeast in your gut and repopulate it with 'good' bacteria.

Probiotics work to restore balance to your gut in several different ways. Firstly, they crowd out the Candida yeast and prevent it from overgrowing again. This is why it's important to take them soon after you have flushed out your colon during the Stage One cleanse. Secondly, they release small amounts of lactic acid and acetic acid that restore the acidity to your stomach.

This slows down the growth of the Candida. Lastly, the beneficial bacteria in the probiotics actually boost your immune system, which will help to prevent the overgrowth from recurring.

## **STAGE THREE: REINTRODUCING FOODS**

Once you have defeated your Candida overgrowth, it's time to move on to Stage Three and start reintroducing foods. This is when you start to return to a long term eating plan that will keep your Candida overgrowth from returning ever again.

If you're not sure whether you have cured your Candida overgrowth, first go back to our Testing for Candida and Candida Questionnaire pages. You should be getting markedly different results now on these tests than when you started your treatment.

Of course the most important thing is really how you feel. You should have more energy and symptoms like brain fog and dizziness should have disappeared. If not, be prepared to stay on the Stage Two Strict Diet for a little longer.

## How quickly should you reintroduce foods?

You've done the hard work of defeating your Candida infestation, so don't blow it by reintroducing foods too quickly! Start slowly and add back one food at a time. This has the added benefit that you will easily be able to pick out any food allergies as you go.

You can start by adding back some fruits, particularly those with lower sugar content like green apples and berries.

Fruits that are high in sugar like oranges, grapes and bananas should still be avoided.

Some complex carbohydrates can also be added back into your diet, in small portions. These include sweet potatoes and beans.

Although these will be broken down by your body into sugars that can promote Candida growth, they are whole foods that are broken down much more slowly.

**In Stage Three, small portions of these complex carbs are OK.**

**See FOODS TO REINTRODUCE page below.**

CATEGORY	FOODS TO REINTRODUCE	WHY?
BEANS AND OTHER PULSES	Azuki Beans Black Beans Carob Powder Chickpeas Mung Beans Lentils Lima Beans Pinto Beans Navy Beans Split Peas	Beans are banned from Stage 2 because they contain lots of carbs. They can be reintroduced in Stage 3 because they also contain fiber and have antifungal properties. Beans do cause abdominal discomfort for some people with Candida so keep portions to a minimum (e.g. half a cup, 3 times a week). Canned beans are fine, but soaking can help make them more digestible.
VEGETABLES	Potatoes Carrots Sweet Potatoes Yams Beets Peas Parsnips Red Peppers Tomatoes Yucca Winter Squash	These vegetables are banned in Stage 2 because of their high carb content. However, they are nutrient dense and can be reintroduced in Stage 3. Try adding 2-3 small portions each week. Use them sparingly unless your Candida symptoms are completely reduced. Carrots are OK raw, but if you cook them the Glycemic Index increases dramatically.
FRUIT	Green Apples Pears Grapefruit Blueberries Raspberries Cranberries Huckleberries Blackberries	Fruit is banned from Stage 2 because it contains sugar that feeds Candida. This is a list of low sugar fruits that may be OK to reintroduce in Stage 3. Some Candida sufferers can tolerate reintroducing some fruit, but it can cause a reaction in others. Try eating a small portion, 2-3 times a week. Use only fresh or frozen cranberries.

### **How long does Stage Three last?**

There is no fixed duration for Stage Three. Some Candida sufferers find that any return to their old diet will quickly result in another infestation, so they stick to the diet in Stage Three indefinitely. Others find that with time they can reintroduce almost all of their favourite foods, even sugary fruits and alcoholic drinks. It really depends on who you are and how bad your infestation was, but you should certainly be prepared to make long term changes to your eating habits.

### **Should you continue with the probiotics and antifungals?**

Now that you've got this far and you're starting to return to a more normal diet, you're probably wondering whether you need to continue taking the probiotics and antifungals. Well, if you've beaten your Candida overgrowth you can certainly quit the antifungals, but we would recommend taking probiotics for a longer period.

The probiotics have a much greater impact on your health than just beating Candida. Firstly, they help support your digestive system. Secondly, they help your immune system work more efficiently. A 2009 study at the University of Pennsylvania found that a healthy balance of bacteria in your gut will actually boost your immune system. They showed that normal levels of bacteria increase the effectiveness of the immune system and help your body to fight off pathogens.

## **IMMUNE BOOSTERS**

The interaction between Candida and your immune system is an important part of your Candida treatment plan. A strong immune system is your first line of defence against a Candida overgrowth, but its also one of the first systems in your body that the Candida attacks. So not only do you need to repair your immune system from the damage that the Candida has caused, but you also need to make it even stronger to keep your Candida in check over the long run.

A weak immune system is often associated with illnesses like adrenal fatigue and leaky gut syndrome. In addition to your probiotics and antifungals, there are a number of ways to help your body cope with these illnesses and rebuild your immune system. If you take the right supplements, make a few changes in your daily routine and adopt a healthier lifestyle, your body will be able to do much of the work in beating your Candida infestation.

### **How does Candida affect your immune system?**

Your immune system is not just one organ like your liver or heart. Its a collection of different organs and systems that work together to kill pathogens and protect your body. Almost every part of your body contributes something to your immune system, so if one piece starts to function below par, your health is at risk.

Candida affects your immune system in a few different ways - it imbalances your gut flora, causes Leaky Gut Syndrome and results in Adrenal Fatigue. Here is a brief explanation of each one.

The imbalance in your gut flora happens when the Candida yeast starts to take over your digestive tract.

It is a little known fact that your intestines are a crucial part of your immune system - studies have shown that a healthy balance of bacteria helps to fight off disease and infection, although scientists are not yet sure of the reason.

So when the 'good' bacteria are outnumbered by the harmful and fast-growing Candida cells, this directly affects your immune system. This is one reason why probiotics are such an important part of any Candida treatment.

Leaky Gut Syndrome is a weakening and inflammation of the intestinal wall, which is often caused by Candida overgrowth. The Candida yeast cells attach themselves to your intestinal membrane, penetrating through into your bloodstream and provoking inflammation and a strong immune response. These allergic responses put pressure on your adrenal glands and immune system, the very parts of your body that you need to fight off the Candida.

Adrenal fatigue occurs when your adrenal glands are placed under stress for long periods. We're not just talking about a high-pressure job either - prolonged use of caffeine and insufficient sleep are more than enough to weaken your adrenals.

A lengthy Candida infestation will do exactly the same. These important glands are responsible for maintaining hormone levels in the body, which regulate things like your metabolism and your cardiovascular system.

Overworked, fatigued adrenals will weaken your immune system and give you a feeling of tiredness that just won't go away.

## Important Supplements to introduce from Stage 2

### Manna Candida Support

This supplement contains highly effective natural and organic ingredients which works in synergy to eliminate the symptoms of Candida.

- **Prosopis Mixture (Manna®)**  
Keeping insulin levels normal by stabilizing one's blood sugar levels is very important to suppress the cravings of sugary foods.
- **Eucalyptus Extract (Flavonoids and Polyphenols)**  
The Anti-Oxidant properties (ORAC Value) in the Flavonoids and Polyphenols from this natural Eucalyptus extract is even higher than grape seed extract.  
The Anti-Viral and Anti-Inflammatory properties are also very high, assisting in the relief and fighting of bacterial and yeast overgrowth like Candida.
- **Warburgia salutaris (Pepper Bark Tree)**  
Warbugia, an antifungal herb, is the most valuable of the natural antimicrobials, and the bark and leaves have been used to treat yeast, fungal, bacterial and protozoal infections for centuries. This makes Warburgia not only excellent for helping treat bacterial infections such as chest infections (especially bronchitis) but also kills off the pesky candida albicans fungi.

### Action

- Helps to Balance Blood Sugar
- Restricts Fungal Growth
- Anti-oxidant Effect attacks fungus
- Direct Antifungal effect

### Rationale

The different ingredients work holistic to attack fungal growth.

### Contra Indications

- Allergy to the ingredients
- A serious heart condition
- Pregnancy

### Disclaimer

Manna Candida Support is a nutritional supplement and not a medicine

### Dosage & Directions for Use

2 Caplets 3 times per day, with food

# **PH Balance in Human Body**

## **What is pH?**

The two letters, "pH" literally stands for "potential hydrogen". pH is used to measure how basic acidic an environment or solution is. pH is measured on a scale from 0 to 14 with 0 being the strongest acid and 14 being the strongest base. A pH of 7 is considered to be neutral. Pure water has a pH of 7 and is neutral. One characteristic of bases is how slippery they are as in the case of soap and bleach. The strongest acids are dangerous to touch or breathe, such as hydrochloric acid.

## **What is Manna pH Balance All About?**

The use of botanical and herbal medicines as a complementary approach to assist in the balancing of pH in the human body, has been increasing, possibly because of the adverse effects associated with the use of chemical medication.

This formulation of the highest quality natural & organic ingredients was specifically designed to balance the pH of the body, assisting in the relief of arthritis symptoms like osteoarthritis and gout. FREE from ALL major potential allergens and is free of ANY additives.

If you look at the **ingredients below**, you can see why this product is formulated for ultimate pH Balance enhancement. We only use 5 ingredients in the product to get the highest effect from each individual ingredient.

### 1. Eucalyptus Extract (Flavonoids and Polyphenols)

The Anti-Oxidant properties (ORAC Value) in the Flavonoids and Polyphenols from this natural Eucalyptus extract is even higher than grape seed extract.

The Anti-Viral and Anti-Inflammatory properties are also very high, assisting in the relief and fighting of inflammation caused by high uric acid levels.

### 2. *Asimum triloba* (Paw paw extract)

It is also very rich in antioxidant nutrients Flavonoids and carotenes, very high in vitamin C plus A, and low in calories and sodium. **Pawpaw extract** helps to increase acid excretion via the kidneys.

### 3. *Aloe Ferox* gum resin (Aloe Bitters)

Aloe bitters is a strong anti-inflammatory substance which help with the balancing of pH in the body and acts as an antibiotic, with strong detoxifying properties.

### 4. *Curcuma longa* folia (Turmeric)

The active ingredient in turmeric is curcumin. Because of its anti-inflammatory properties, it is a natural treatment for arthritis and rheumatoid arthritis.

### 5. *Pertoselinum crispum* folia (Parsley)

Parsley has been known for ages as a strong diuretic, to enhance the flow of urine. It also acts as an anti-inflammatory agent and helps with kidney and liver problems.

## **How Does it Work and How Do I Use It?**

### **Action**

**Manna pH Balance** helps to increase the rate of acid excretion and to reduce inflammatory response.

The product also assists kidney blood flow rate.

The different ingredients work in a synergistic manner to balance the pH of the human body.

### **Contra Indications**

Only if allergic to ingredients

Pregnancy and lactation

### **Disclaimer**

Manna pH Balance is a nutritional supplement and not a medicine

### **Dosage & Directions for Use**

2 caplets 3 times per day, with food.