

## Candida FAQs

Q. I thought fermented foods are healthy; why do I need to avoid them?

A. Fermented foods like sauerkraut, kimchi, pickles, and kefir can be a healthful strategy for consuming probiotics and prebiotics. In a state of dysbiosis (Candida overgrowth or SIBO), fermented foods can become food for both the yeast and bad bacteria. According to Dr. Amy Myers MD it's like "adding fuel to the fire."

*(Vinegars are considered part of the fermented foods which is why most are avoided for Candida with the exception of small amounts of apple cider vinegar)*

Q. Why are mushrooms avoided?

A. Mushrooms are somewhat controversial when it comes to Candida because they are also a member of the large fungi family. While there is no denying the far-reaching health benefits of medicinal mushrooms like Reishi, Maitake, Cordyceps, Lion's Mane, etc; more conventional dietary mushrooms like white button tend to be less nutrient dense. According to Dr. Amy Myers MD, mushrooms may trigger inflammation through their cross-reactivity with Candida.

*We recommend avoiding mushrooms altogether for at least the first 2 months of a strict Candida diet.*

Q. Why are cashews and pistachios avoided?

A. These nuts are avoided because of their high potential to contain mold. Mold is another common problem that can weaken the immune system which can allow for Candida to thrive.

Q. How long does it take to kill Candida?

A. There are many factors that need to be considered in answering this common question. Health history, additional health conditions, age,

gender, lifestyle (ie stress), dietary compliance, or even genetics will all impact the length of time it takes to heal from Candida. We like to begin with at least 2 months of a solid dietary and supplement program during which most patients will begin to experience symptom relief, if not full recovery.

Q. Are eggs ok for the Candida diet?

A. Eggs are a great source of protein, fat and an abundance of other nutrients that are beneficial for supporting gut and immune health. We always recommend choosing pasture raised eggs!