



Dr. Caroline's Candida Protocol



My protocol takes a 3-part approach, and I always stress that the supplements and diet (both what to eat and what not to eat) are equally important. My experience has been that most patients only need 30 days on my candida diet, although I have seen patients need as long as 90 days. Even better, as long as the causative factors are addressed most, patients report lasting results!

Protocol Part 1 - Anti-fungal Supplements:

I have found the following combination of supplements to be a highly effective foundation in addressing candida overgrowth (and many other fungal issues):

1. GI Synergy (Apex Energetics) contains a combination natural anti-fungal, anti-bacterial and anti-parasitic supplements. Many people seem to respond better to this combination product than products aimed only at addressing the fungal overgrowth.
2. A mucosal repair powder such as RepairVite (also available in "caramel" flavor) or GI Revive (also available in capsules) is important in order to repair damage to the mucous membranes.
3. A probiotic to help restore the balance of good bacteria in the digestive system. I currently carry seven different probiotic in my office because not everyone has the same needs. The most popular probiotics among my patients are Nutri-West Total Probiotics and Integrative Therapeutics Probiotic Pearls.

Additional supplements such as a digestive enzyme or liver support supplements may be added on a case by case basis depending on the patient's history, symptoms and examination findings. It is very important that a physician is involved in the treatment process so that treatment can be tailored to your specific needs.



Protocol Parts 2&3 – The Anti-fungal Diet:



I have seen several versions of an anti-candida diet and know that many people live their lives following some sort of anti-candida or anti-fungal diet with short-term relief only to have symptoms return when they stray from the diet at all. This is no way to live!


As I mentioned above, my experience has been that most patients only need to follow my anti-fungal diet for 30 days and then can go back to eating a healthy diet without their symptoms returning. In rare cases up to 90 days on my diet has been necessary.

One of the most important things to keep in mind while following this candida diet is that candida and other fungi eat sugar, so the more you can limit your sugar and carbohydrate consumption the better. Checking the carbohydrate and sugar content of a food will help to determine if it should be avoided during this time. I do allow for a small amount of whole grains and beans because I find that it helps with compliance and therefore success, but results will be seen more quickly the more carbohydrates are limited.


While this diet is more strict than other anti-fungal diets, it also appears to be more effective. It can be overwhelming to only look at what can't be eaten, so I also have included a list of foods that can be eaten while on this anti-fungal diet. Please note that this is a general guide and not all-inclusive. Avoiding sugars/carbohydrates and foods that tend to contain mold should be followed as a general rule.

Part 2 - Foods to Avoid:

1. Sugars and Sweeteners (honey, Sweet N Low, etc.)- Stevia is ok but make sure it does not have anything (like inulin) added to it!
2. Fruits (including tomato)- lemon, lime, and avocado are ok
3. Yeast (breads, beer, etc.)
4. Vinegar (mayonnaise, mustard, salad dressings, etc.)- Apple Cider Vinegar is ok
5. Dairy (you can eat eggs, plain yogurt and butter)
6. Alcohol
7. Fermented Foods (soy sauce, tempeh, pickles, etc.)
8. Mushrooms
9. Hydrogenated Oils
10. Peanuts and Pistachios (including nut butters)



Part 3 - Foods to Eat:



1. Vegetables, any and all, but especially leafy greens - starchy vegetables such as potatoes or corn should be counted as a grain and therefor limited (see #4)
2. Meat - Chicken, beef, lamb, seafood etc. (hormone free if available)
3. Nuts and Nut Butters (except peanut and pistachio)
4. Whole Grains such as brown rice, barley, millet, buckwheat and Beans- limit to 2 servings/day (avoid processed/high starch grains like white rice/bread)
5. Eggs
6. Olive oil, Coconut oil and Apple Cider Vinegar- coconut has anti-fungal properties, so unsweetened coconut products such as coconut oil can be very beneficial
7. Almond or Coconut Milk (unsweetened)

This protocol is so easy, I'm almost annoyed that it took me so long to get it right but it's merely proof that our bodies just need the right amount of support to rid themselves of these infections. So what are you waiting for? If these symptoms sound like you, or you've tried everything, or you've even been diagnosed with Candida, then let's get started!

