Kill Candida and Balance The Gut Quickly

People who suffer from an overabundance of yeast like Candida, or any other type of fungal infection, need to cut out sugars. This protocol has worked for many people, and it works faster and better than any medication as long as the diet is right, refined sugars are not ingested, and the body is not filled with toxic pharmaceuticals. This includes vaccines. Vaccinations have toxins in them that kill gut flora and weaken the immune system.

A Few Things to Know

If you don't have your appendix, if you get regularly vaccinated, or if you have mercury fillings, you should take a good quality probiotic every day for the rest of your life.

If you have allergies, asthma, headaches, cancer, or diabetes; if you see floaters; or if you have almost any other ailment or disease; you have too much Candida.

Related: ***Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections***

It's not just white sugar and high fructose corn syrup that feed Candida. Agave nectar, coconut sugar, dates, fresh pressed fruit, carrot or beet juices, raw honey, and brown rice syrup all feed Candida in the body.

If you have taken antibiotics, you need to heal your gut and rebuild the healthy bacteria in your system.

Candida makes you crave sugar. When you feed the body sugar, you feed the Candida. It multiplies. The fungus eats you when it gets hungry. So you feed it again. This is a very simplistic way of putting it, and there is so much more going

on, but this explanation is close enough for these purposes.

Candida can cause joint pain, stiffness, slow healing, and an inability to heal.

Candida can lie dormant for up to six months. When everything is back in control, keep in mind that Candida is always ready and able to spring back into life if it’s fed. You have to keep the gut balanced even after you heal it with a proper diet.

This protocol only works with the right diet. That’s also true for anything that will kill excess Candida and balance the body. Diet is key.

Related: *How to Heal Your Gut*

The Diet

A healthy diet consists of 80% or more raw, fresh, organic produce. Eat more vegetables than fruit. This is imperative for anyone who is ridding the body of Candida. Big salads (see *80% Raw Food Diet* for a recipe) are the foundation of a healthy diet that balances the digestive system.

No refined foods. Whole foods only. Make smoothies with coconut water, whole pineapple (it’s juicy), unsweetened nut milk, or water instead of fruit juice. Make nut milks at home with sprouted nuts. Take extra supplements when consuming pineapple or grapes, as they are very high in sugars, and remember to limit fruit until your gut is balanced.

Gluten and Candida do not mix. If the gut is unwell, gluten is causing serious problems. Nobody with Candida overgrowth should be attempting to digest gluten. A gut with an excess of Candida has holes in it. When gluten breaks through the gut undigested, it is toxic to the body.

Do not drink anything that is sweetened unless it’s sweetened

with stevia. Anyone with hypoglycemia or diabetes should use stevia with caution, as it can be problematic, but it doesn't feed Candida. The second source below has a cranberry lemonade recipe to help detox.

Supplements

Supplements that are known to combat fungus include:

- Wormwood
- Berberine
- Black walnut hull
- Pau d'Arco
- Coptis Chinensis
- Ginger
- Cinnamon
- Olive leaf extract
- Undecylenic Acid
- Probiotic

All of these are great to have around, and a few of them are exceptional at killing parasites, viruses, and bacterial infections (Coptis Chinensis, wormwood, black walnut hull, Spanish black radish) but while they are certainly antifungal, they're not the strongest solution to kill excess Candida.

Fungal Supplement Stack – Knock Out Yeast, Candida, Mold, Fungus

The first three should be plenty for most people, but for really prominent fungal issues or for impatient people with a bigger budget I'd recommend all of these:

- **Formula SF722 – Thorne Research**
- **Syntol AMD – Arthur Andrew Medical**
- **Berberine 500mg – Thorne Research**
- **MycoCeutics MycoPhyto Complex – EcoNugenics**
- **MicroDefense – Pure Encapsulations**

- **Abzorb Vitamin & Nutrient Optimizer (500mg) HCP Formulas**

I recommend taking the SF722, Berberine, MycoCeutics, and Microdefense with meals, and the Abzorb and Syntol separately, on an empty stomach (like in the morning and before bed). The Abzorb and the Syntol are a bit redundant, but I find good results using both if the budget can afford it. If money is really tight, just get the SF722 and put your money into your diet.

Recommended Reading:

- *Cheap and Easy Detox Diet Plan*
- *Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections*
- *Holistic Guide to Healing the Endocrine System and Balancing Our Hormones*
- *Best Supplements To Kill Lyme and Everything Else You Ever Wanted To Know About Lyme Disease*
- *Sugar Leads to Depression – World's First Trial Proves Gut and Brain are Linked (Protocol Included)*
- *How to Detox From Plastics and Other Endocrine Disruptors*
- *How to Detoxify and Heal the Lymphatic System*
- *Hypothyroidism – Natural Remedies, Causes, and How To Heal the Thyroid*