Foods That Promote Candida Overgrowth and Lead To Leaky Gut Syndrome

Sugars

Any and all sugars feed yeast. On the other hand, all whole foods contain sugars, and every creature needs sugar to survive, including us. The trick is to eat the unrefined sugars in whole foods that have other nutrients bound to them, like fruit instead of fruit juices.

Most everyone is looking for a healthy sweetener. If you're suffering from an overgrowth of Candida, no sugar is good sugar. Stevia can be used as a sweetener if the pancreas is working well, but stevia can cause problems to those who have blood sugar issues.

Believe it or not, these "healthy" sugars are not so healthy:

- Agave nectar
- Coconut sugar
- Maple syrup
- Brown rice syrup
- Sugar cane juice
- Sugar in the raw

That's the short list. In order to heal the gut, sugars need to go.

Refined Foods

Breads, pastas, chips, flours, and other refined foods are out. Whole foods are in.

Juices

Sweet juices are just another form of refined sugar. Fresh pressed juice has lots of nutrition, but they don’t have fiber. All sweet juices feed yeast including beet and carrot juice. Vegetables that are not sweet, lemons, limes, and herbs like ginger and turmeric, make juices that do not feed yeast. Instead, they kill yeast.

Grains and Glutinous Foods

Gluten cannot be properly digested if you have an overabundance of Candida. Gluten sets up perfect conditions for parasites to thrive in the gut. Even worse, when the gut is permeated by Candida, gluten protein molecules can enter the bloodstream and cause an antihistamine, inflammation response.

When the gut is not healthy, any and all grains are more difficult to digest. This is why the Paleo diet that’s been so popular lately is known for healing the gut.

Fruits

Grapes, dates, figs, pineapple, and other very sweet fruits have lots of terrific health benefits, but they are so high in sugars they need to be avoided until the gut heals. With very bad Candida overgrowth, all sweet fruits should be avoided or severely limited for a week or two.

Processed Meats and Pork

Processed meats contain nitrates and other preservatives and artificial colors that kill beneficial flora, which allows Candida to flourish. They also typically contain dextrose or other sugars.

Pork contains retroviruses that survive cooking and may be harmful to those with a weakened digestive system. In addition, conventionally raised animals (non-organic) are typically feed genetically modified foods that should be avoided as well.

GMOs

GMOs kill beneficial flora, just like many of them destroy the gut in insects. But Candida doesn’t mind, and neither do other parasites or very opportunistic and dangerous viruses and bacteria. GMOs slowly destroy the whole digestive system.

Dairy products

Dairy is high in sugar and, therefore, should be avoided for Candida sufferers unless it has powerful probiotics that pass through stomach acid. Incidentally, when a baby has diaper rash, it is almost always Candida, due to formula or because the mother has Candida overgrowth, and the baby is drinking her milk. With healthy mother’s milk, the probiotics in the milk easily pass the baby’s weaker stomach acid and reach the intestinal tract. With adults, while raw milk from healthy animals or humans is better for us, is easier to digest, and does not feed infection to the same degree as pasteurized milk, it still feeds Candida in adults due to the fact that our stomach acid kills the weaker probiotics found in milk.

Alcohol

Alcohol destroys healthy gut flora and damages gut tissue, leaving behind the perfect home for Candida.

Chemicals

Chemicals such as pesticides, herbicides, artificial colors,

artificial flavors, artificial sweeteners, and preservatives all at least hinder, if not destroy, healthy gut bacteria.

Peanuts, Pistachios, Cashews

Peanuts, pistachios, and cashews are often contaminated with fungi. It is best to avoid them while ridding your body of Candida.

Conclusion

Basically, your diet needs to be as healthy as possible while omitting sweet fruits and vegetables until your Candida overgrowth is gone. The healthiest diet is the *80% Raw Food Diet*. Just withhold the foods listed above until your gut is healed.

And to learn more about natural means to kill Candida and heal your gut, read*Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections* and *Gluten Intolerance, Wheat Allergies, and Celiac Disease – It's More Complicated Than You Think*

Recommended Supplements:

- Shillington's Intestinal Cleanse
- Formula SF722
- Floramend-Prime by Thorne
- MicroDefense – Pure Encapsulations
- Shillington's Intestinal Detox

Further Reading:

- *The Fascinating Bacteria in our Gut, and How it Affects Our Whole Lives*
- *How to Cure Candida*
- *After taking antibiotics, this is what you need to do to restore healthy intestinal flora*

- *Fermented Foods Optimize Your Health*