Optimize Your Candida Cleanse & Minimize the Symptoms of Die Off

You've finally figured out that Candida is causing so many of your health problems, and you've started the perfect protocol to rebalance your gut bacteria…but for some reason you feel even worse than before. There's a moment of despair (I'll never get rid of this ridiculous fungus!), but then comes a light at the end of the tunnel!

When Candida is killed it releases nearly 80 different toxins into the body, causing myriad symptoms from nausea to fatigue to fevers and headaches. There isn't a way to avoid the release of these toxins, but there is a way to minimize their effect and the discomfort you feel while on your way to a healthier you.

Good news, though – if you're following a protocol designed to eliminate your overgrowth *and* maintain a long-term balanced gut, you're already doing a lot of things that can mitigate the die off symptoms. Here are some suggestions that can help you get over the die off more quickly.

Evacuation Station

The easiest and most accessible way to minimize Candida die off is to push those toxins out of your system as fast as you can. A diet consisting of 80 percent raw produce (more vegetables than fruit) has enough fiber to keep waste moving efficiently through your body. The longer it takes you to push out the dying Candida fungus, the longer you will suffer from the die off symptoms.

The same principle is true of liquid waste. Make sure you

drink a large quantity of clean water from a trusted source. It is one of best things you can do to flush out Candida toxins. Upgrade your water to cranberry lemonade (see the link below and use stevia so you don't feed the Candida you're trying to get rid of), and you'll also improve your kidney function and give your immune system a shot of much-appreciated vitamin C. The best part of upping your fiber and liquids to flush out the fungus die off? Everything you need is a trip to the nearest market away.

Super Charge the Immune System

Die off doesn't effect everyone is the same way. Some people hardly notice the release, whereas other people experience particularly bad reactions. One of the most destructive toxins released during Candida die off is acetaldehyde, a neurotoxin that attacks red blood cells and destroys brain cells. If you're having a difficult time dealing with the symptoms or worried about potential damage, it's time to boost your immune system. Flushing the body with cranberry lemonade will provide vitamin C. You're also going to get great immune system benefits from Echinacea or cat's claw.

Get Sweaty

Exercise, especially exercises with up and down movements like dancing, rebounding, and jumping, lets you sweat out your toxins while also moving your lymph system. Since your lymph system doesn't naturally circulate, this movement can increase its ability to expel Candida waste. Movement also gets your circulatory system moving and expelling more die off.

In some cases, Candida die-off can make it difficult to exercise, due to nausea, joint and muscle pain, and possible infections. Even if exercising isn't an option, there are still others ways to get rid of die off toxins through sweat,

like saunas or hot and cold hydrotherapy. With exercise, it’s important to pay attention to your body, so as not to overdo anything or do anything you aren’t comfortable with.

Slow and Steady Wins the Race

It seems unfair, really. After everything you’ve been going through with fighting actual Candida, you’re still not done, as you have to deal with the aftershock. Getting discouraged and letting up on your Candida treatment to make the fatigue and brain fog go away seems like an appealing solution, but making it through the die off and coming out on the other side will have you forgetting how awful you felt in the first place. Relief can come when you efficiently flush the body’s waste, sweat out the bad stuff, and keep your immune system functioning at a high level. Even if you’re still experiencing some of the symptoms, don’t stop all of your hard work or stop taking antifungal supplements because it’s likely you have a major overgrowth. Scale back for a little while. But don’t let yourself get caught up in an unhealthy cycle again. Keep pushing through and you’ll reap the rewards.

Recommended Reading:

- *Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases*
- *How to Kill Fungal Infections*

Sources:

- *How to Kill Fungal Infections* – Organic Lifestyle Magazine
- *Inexpensive, Easy Detox – The One Gallon Challenge – Organic Lifestyle Magazine*
- *Candida Die-Off: Symptoms and Treatment – The Candida Diet*