

## Anti-Yeast Diet

Yeast overgrowth, or fungal dysbiosis, can result from heavy antibiotic use and consuming large amounts of yeast-stimulating foods, such as breads, sugars, and fermented foods.

When there is an overgrowth of yeast (candida) in the gut, toxins created by yeast metabolism enter the bloodstream and invade the brain. Additionally, yeast may harm the walls of the intestine, allowing partially digested food molecules to enter the blood stream and create cerebral allergies. It is important to follow the anti-yeast diet for at least 3 months, preferably 6.

Common signs and symptoms of fungal dysbiosis include: recurrent infections, chronic diarrhea, constipation, decreased cognitive function or brain fog, gas, bloating, abdominal discomfort, low energy, anxiety or depression, fatigue, chronic sinus congestion, itching in mucosal membranes, and cravings for sweets and other refined carbohydrates. The anti-yeast diet can be done with the GF/CF diet.

### Foods to Avoid

#### *Foods that Contain Yeast*

Breads	Cake
Bagels	Rolls
Pastries	Alcohol,
Pretzels	especially beer
Crackers	Cereal
Pizza dough	

#### *Foods that Stimulate the Growth of Yeast or Contain Other Forms of Mold or Fungus*

Sugar and other sweets, including honey, syrup, corn syrup	Some barbecue sauces
Raisins	Sour cream
Fruit juices (unless highly diluted by water)	Olives
Cheese	Mustard
Vinegar	Capers
Ketchup	Tempeh
Sauerkraut	Cider
Vinegar-based salad dressing	Tea (which is made from fermented leaves)
	Mushrooms
	Pickles

### Helpful Foods

In addition to probiotics, enzymes, transfer factors, and antifungals that your doctor may prescribe, the following foods may help to combat candida.

*Kombucha*—Contains *Saccharomyces boulardii*, a benign yeast that colonizes and kills candida

*Herbs with yeast killing properties*—Grapefruit seed extract, garlic, oregano oil, Oregon grape root, Indian fire tree bark

*Coconut*—Contains fatty acids, Caprylic acid and Lauric acid, that kill yeast, bacteria, and viruses. Raw coconut oil and coconut milk are excellent additions to the diet.

*Biotin*, found in ?? helps prevent yeast from being converted to a fungal state.

*Vitamin C* and selenium support the immune system.

#### Resources

- *Body Ecology Diet* by Donna Gates at [www.bodyecologydiet.com](http://www.bodyecologydiet.com)
- *Feast Without Yeast* by Bruce Semon
- *The Yeast Connection* by William Crook