

# Candida Crusher Shopping List

187 Foods That Get Rid of Candida





# The 3-Step Candida Crusher Diet



There are 3 parts of the Candida Crusher diet. Before you begin, we recommend an initial cleaning step we call the 14-day Big Clean-Up.

The Big Clean-Up allows you to slowly ease yourself into the new diet without experiencing too much withdrawal from things such as alcohol, caffeine, take-away foods, candy, ice cream and chocolate.

The Big Clean-Up also reduces your chances of experiencing die-off symptoms which many people get. To learn more about the Big Clean-up see our video here: <https://youtu.be/h-Q-JSsHC7M>

## Step 1

### The MEVY Diet

MEVY stands for Meat, Eggs, Vegetables & Yogurt. This diet step lasts from 3 to 4 weeks and is best followed strictly (meaning no deviation or exceptions). It is a very aggressive diet in that it is meant to totally starve Candida of all its food sources. This puts the yeast into a weakened state so that it's easier to eliminate with supplements & anti-fungal foods.

The MEVY diet might sound restrictive but is actually very easy to follow. For an in-depth guide on the MEVY & other diets on this page please watch: <https://youtu.be/R9327DEOWcc>

## Step 2

### The Low-Allergy Diet

After being on the MEVY Diet for several weeks we recommend transitioning to what we call the Low Allergy (or Hypo-Allergenic) Diet. This step can last anywhere from 2 to 8 weeks or longer.

Depending on your results from step 1, you may not even need to do step 2. It depends on how long you've had Candida for and the severity of your symptoms. If you've been struggling with Candida symptoms for several years, consumed alcohol regularly, or have a history of taking an antibiotic (even many years ago), the oral contraceptive pill or any other pharmaceutical drugs, the Low-Allergy Diet will benefit you greatly.

This diet is particularly beneficial for people suffering with **Leaky Gut Syndrome**. By following the low allergy diet, you'll heal your gut lining and fast track your recovery.

## Step 3

### Food Re-introduction Stage

The third step is what we call the Food Re-introduction Stage. This step is mandatory for all Candida sufferers to want lasting results. This is where we return your diet back to a state of "normal" so you can worry less about what food you can or can't eat and get back to your life.

Make sure you take things slow and carefully establish which foods are best left alone for some time and which should be permanently dropped from your menu because they cause aggravations.

After completing this step you should be able to eat a normal diet again (like you did before you got sick). Don't worry if you find that hard to believe. We've seen countless people go back to foods they were told they could never eat again. Even things like **gluten**. So don't believe everything you hear about having to avoid the foods you love.

You can learn more about this on our YouTube channel and in our 718-page Candida Crusher ebook which you can find at <https://www.candidacrusher.com>



## Vegetables

Believe it or not, all those vegetables that you thought were “yuk!” when you were a kid are CRITICAL for when it comes to eradicating yeast, parasites and other gut problems.

Fresh is best but frozen is OK. Stay away from canned vegetables. You can cook vegetables however you like. You can steam, bake, sauté with a bit of olive oil, or just eat them raw. You can also juice them if you like (although we think juice cleansing is pointless). Watch this if you want to know why: <https://youtu.be/27UF5Cff-Vg>.

Note that raw vegetable salads can be difficult for some people to digest so try different methods of cooking.

The more vegetables you eat, the more your good bacteria will crowd out the bad bacteria and yeast, and the better you'll feel. If you're not used to eating vegetables, you want to start slow and not eat large amounts at once. Give your gut bacteria time to adapt get used to them.

This advice goes for all the foods listed in this guide.

**Gut bacteria don't like sudden swings in diet.** They don't like it when you introduce a new food in high amounts that they're not used to breaking down. But if you start slow with a tablespoon a day and build it up over a period of several weeks, you can avoid the discomfort.

That's why we recommend you make dietary changes slowly. If you're used to eating pizzas, burgers and Chinese takeaway food every day, don't cut all that out in one day. Never try to go super healthy within 24 hours. It doesn't matter how healthy the new food is, your bacteria isn't going to like it.

You're going to get gas and you're going to get bloating. You might get brain fog or constipation. Then you're going to think "I can't eat this food, I'm allergic to it!" We've seen many people make this mistake.

### Types of Vegetables to Consider:

**Leafy green vegetables** – lettuce, spinach, silverbeet (aka chard), endive, bok choy and other Chinese vegetables.

**Root vegetables** – carrots, beetroot (include leafy tops), potato, sweet potato, yams, celeriac, parsnip, radishes (including leafy tops), turnips.

You should *eat these with caution* during the first month. We discovered that once you take away refined carbohydrates from a person's diet, many will tend to eat a high volume of starchy root vegetables as a substitute. Eat too much and you may encourage dysbiosis (bad bacteria growth) and even feed yeast.

**Cruciferous vegetables** – cabbage, cauliflower, Brussels sprouts, mustard greens, broccoli. This is the most important family of vegetables you need to consume if you want to rebuild gut health.

**Vine vegetables** – cucumbers, zucchini, pumpkin varieties and squash. Pumpkin and squash are high in starch and should be avoided during the first month.

**Onion (allium) vegetables** – shallots, spring onions, chives, red and brown onions & garlic.

**Other vegetables** – asparagus, celery, okra, eggplant, string beans, red, green, yellow and orange capsicums, seaweeds, kelp, and sauerkraut. For more information on the best vegetables to eat see: <https://youtu.be/NxNy2vAlGLI>.





## Fruits

Many Candida websites today say that you need to avoid all fruit entirely. But this is not true. We discourage people from eating fresh fruit for the first 2 weeks of the MEVY diet, but there's nothing wrong with eating fresh fruit later on your gut recovers in step 2 and step 3 of the Candida Crusher program.

This is especially true for low sugar fruits such as green apples, avocados and pomegranates. To learn more about fruits you can or can't eat during a Candida diet see our in-depth video here: <https://youtu.be/Y9kAajuCgIM>

Avoid all fruit juices and citrus fruits (except for lemons, lime and grapefruits) as they contain too much sugar in. Grapefruit & grapefruit juice is best citrus you can have while on a Candida diet, particularly if you add a few drops of GSE (grapefruit seed extract) in there which an extremely powerful antifungal.

A rule of thumb regarding fruits: If it tastes really sweet & you have cravings for it, leave it alone until your gut is in much better shape.

### Fruits Safe To Eat Initially:

Blueberries, boysenberries, kiwi fruit, avocado and green apples (Granny Smith), pomegranate, lemons and limes, and strawberries.

### Fruits NOT Safe To Eat Initially:

Pineapples, mango, plums, peaches, nectarines, apricots, oranges, mandarins, bananas, grapes, ALL dried fruits – especially figs, dates, apricots, & raisins (these are all high in sugar and should be avoided until Candida is gone).



## Fresh Herbs

Before there were pills and drugs, people used herbs to treat disease. Many herbs have antifungal properties. The ones that come out on top are garlic and oregano. Using dried herbs is OK but try to eat them fresh when you can, especially in the summer time when they grow easily and abundantly.

- Basil
- Mint
- Marjoram
- Rosemary
- Sage
- Coriander
- Oregano
- Parsley
- Thyme
- Chives
- Garlic
- Ginger



## Grains & Flours

The grains and flours you can eat on a Candida recovery diet include rice flour, natural brown rice flakes (gluten free), wholegrain brown rice, barley grass powder, alfalfa grass powder, amaranth, rice noodles, rye flakes, buckwheat, soba (100% buckwheat) noodles, millet, whole oat flakes, and wild rice.

Experiment with these foods, particularly as your gut health improves. Try eating different varieties of rice such as red rice or black rice. Even white Basmati rice is a superior choice compared to most wheat products. To learn more, see our YouTube video titled What Grains Can I Eat On a Candida Diet: <https://youtu.be/PkASJ0B4ANY>



## Pasta

With over 600 types of pasta in the world there is always something for everyone with this pasta recommendation.

If you are gluten sensitive you can avoid wheat pasta entirely & stick with pasta made from millet, buckwheat, quinoa, rice, or even mung-bean starch.

These non-wheat pastas are especially recommended for those with chronic or severe Candida because these tend not to trigger brain fog or aggravate issues such as leaky gut syndrome. Give them a try.



## Noodles

Believe it or not, you can still enjoy noodles while you're on an anti-candida diet. And as with pasta, you don't have to stick to wheat noodles.

Rice noodle, rice vermicelli (check your Asian section), rice sticks, rice paper. Soba noodles (get the 100% buckwheat one), & udon are all good choices. Some may be harder to find than others, so try the Asian section of your supermarket or an Asian, ethnic or a specialty food shop. If you're doubtful of whether or not you can tolerate paste or noodles on a candida diet, see our video here: <https://youtu.be/ITIQDSjvUpw>



## Beans & Pulses

Pulses are the edible seeds of legumes, like lentils, peas and chickpeas. The name pulse is derived from the Latin puls meaning thick soup.

They come in a wide range of colors and sizes. Many early civilizations developed around diets of pulses for protein & a cereal crop to for carbohydrates.

Beans and corn are examples from the Americas, while pita breads and humus are Middle Eastern examples. They are a great way to reduce your meat intake & are great in emergencies when you don't have meat. As with vegetables, start with small amounts if your digestive system isn't used to them yet. Use good quality probiotic and enzyme supplement if you want to digest pulses better and reduce the amount of bloating and gas which may occur.

### Recommended Pulses:

- Adzuk Beans
- Black-eye Beans
- Broad Beans
- Butter Beans
- Cannellini Beans
- Chickpeas
- Flageolet Beans
- Haricot Beans
- Lentils (red/green)
- Red Kidney Beans
- Sprouted Beans

### Pulses (Dried)

Your health food shop will often carry a large selection of lentils, beans and chickpeas (also called garbanzo beans) split peas, and many more varieties. Asian stores often have a good selection, they also have black beans and red beans (adzuki) which are harder to get elsewhere.

### Pulses (Canned)

If buying canned beans look for butter beans, five bean mix, red kidney beans, lentils, chickpeas, cannellini beans, lentils, white beans, or chickpeas.





## Nuts & Seeds

Nuts and seeds are packed with protein and minerals.

Look for them in bulk-food bins at your local supermarket or in your health-food shop. Choose fresh and unsalted, buy small amounts and consume small amounts regularly.

Remember they are high in calories & that it's easy to eat too many. Don't buy soft and stale nuts, and avoid peanuts. Peanuts are not nuts but legumes that grow underground in pods. They are highly allergenic and best avoided on the Candida Crusher Program. Here are the best varieties of nuts and seeds:

- Almonds
- Chestnuts
- Flaxseeds
- Pumpkin Seeds
- Brazil Nuts
- Coconuts
- Hazelnuts
- Sesame Seeds
- Cashews
- Pine Nuts
- Sunflower Seeds



## Breads

It is a common misconception that Candida patients must avoid all grains and follow a 100% gluten free diet. We're not fans of this approach. Not everybody with a yeast infection has a gluten allergy.

Gluten is often to blame when a person has a chronic ongoing digestive problem, when in fact that person often has poor levels of good bacteria and a candida over-growth in the digestive tract that needs to be resolved before you start taking gluten out of the diet.

You CAN to eat wheat and gluten products in small amounts as long as it's bread from just whole meal flour, salt and water. Make sure the bread contains no yeast and no sugar. A naturally fermented sourdough bread is best. Watch this to learn why we recommend sourdough: <https://youtu.be/0evVS2c-rxg>



## Biscuits, Cakes and Muffins

All breads, biscuits and muffins that you make should be made with baking powder or baking soda as a leavening agent.

The key words here are *"that you make."* Be very careful with the commercial versions of these foods. Avoid any products containing any form of sugars or yeast. If your gut problem is severe or you've been suffering for a long time, then you need to avoid all cookies, cakes & muffins until your gut improves.

Most Supermarkets & Health Food stores today stock gluten free breads, including cakes, muffins, pizza bases, & biscuits. Some can be found right alongside ordinary breads.

If you want to play it safe, ask your bakery if they sell sugar-free, yeast-free, wheat and gluten free breads. Many bakeries and health-food shops today will bake or sell you excellent 100% rice bread and rice biscuits and various other gluten-free options. Look around around your region & you'll likely will find a bakery or health-food shop in that will be able to supply you with a Candida friendly bread product you'll enjoy.



## Crispbreads And Crackers

Check your supermarket or health-food shop for more unusual foods such as oat cakes and items like wheat-free, gluten-free, yeast and sugar free crisp breads and crackers. Read labels carefully.

Some options for you depending on your taste and sensitivities include rice and corn crisp breads, cakes or thins, Japanese-style rice crackers, gluten-free wraps, buckwheat or millet cookies, seaweed crackers, and more.



## Cakes, Chips, Snacks And Bars

You're limited in your choice here because this category is full of foods that contain hidden sugars, preservatives, colors, flavorings, hydrogenated fats and potentially even yeast.

You may be able to find some snack bars including nut, seed and coconut bars, chickpea chips, corn chips, and sugar free sesame seed bars, etc. Try to look for Candida friendly recipes online if you can't find something locally.

If you want some more Candida friendly snack ideas, watch our video here: <https://youtu.be/sL9tIVBE7sA>



## Soups

When it comes to soup you want to either make your own or go with an organic one from your local health food shop. Make sure any soup or broth you buy is sugar and yeast free.

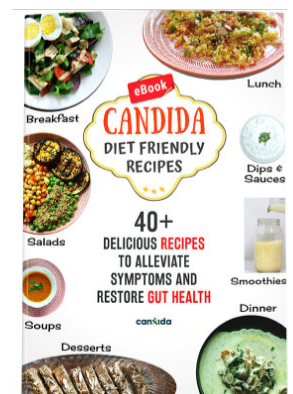
Companies that create healthy soups also tend to have a wide range of Candida friendly hummus and lentil dips as well. As usual, read labels carefully or do an online search for the manufacturer and simply call them up or send them an email if in doubt.



## Spreads & Dips

Guacamole is a delicious dip made with avocado as a base. Hummus is a delicious dip made with tahini and chickpeas. Nut Butters like almond or cashew are also great as long as you avoid peanut butter. Buy or make your own. Tahini (sesame seed paste) is our favorite.

The benefit of dips and spreads is they allow you to increase your vegetable intake while keeping dishes palatable. They add a lot of variety to the diet you'll be on for the next several weeks or months. We have a section above dips & spreads in our Candida Recipe book which you can grab for free here: [http://-candidarecipes.com/wp-content/uploads/-candida\\_recipe\\_book\\_by\\_canxida.pdf](http://-candidarecipes.com/wp-content/uploads/-candida_recipe_book_by_canxida.pdf)





## Seafood

The best seafood is the one you get fresh from your local fish supplier. Learn to spot which fish is the freshest or ask the employees who work there. Get fish with clear (not white or cloudy) eyes and without a strong smell.

Note that fillets are more expensive compared to scaled and cleaned whole fish. Smaller fishes are generally better for your health than larger ones (they have a less build up of toxins like mercury). Canned red or wild salmon or sardines packed in water or olive oil (avoid soy oils) are good choices.



## Poultry & Eggs

The best eggs are always the ones that say organic free-range or “pastured” eggs. Pastured means the chickens were allowed to run around on grass and eat insects get adequate sunlight. If not available or affordable, then your next best choice is the cage-free eggs. These hens are generally kept indoors but at least they are not caged.

The same is true for when you buy chicken. Look for organic “pastured” or free-range chicken. Avoid commercial poultry entirely, particularly if you’re in the States. These chickens are fed GMO corn, pumped with antibiotics and the meat is often high in arsenic. Fresh turkey is another excellent protein source.



## Meats

Venison (deer meat) – limited availability but an excellent protein source, check in with your health food shop.

Beef, lean lamb or goat meat – organic or grass-fed is available from various health food outlets. Otherwise you can select lean sources from your local supermarket or your local butcher. Grass fed is better than grain fed beef, and Bison is available in North America, which is another great source of protein.

Some people online recommend a carnivore (100% meat) diet for gut problems. I've done stool testing on people who eat like this & trust me it's a BAD idea long term. Watch this to learn why: <https://youtu.be/eUnPd2aA34E>



## Other Protein Sources

Vegetarian sausages made from beans, try a good health food shop. Vegetable sausages or hot dogs made from Soy protein.

Organic Tofu, Bean curd or Tempeh (fermented soy product)

Casserole mince (from beans, nuts or lentils), Nutmeats, etc.

Be careful not to eat too much protein because it can cause or aggravate constipation. To learn more about protein & constipation, watch this:

[https://youtu.be/D82\\_RXmFvo8](https://youtu.be/D82_RXmFvo8)



## Dairy

Yoghurts – Organic or biodynamic sheep, goat or cow’s milk yoghurt, Organic soy yoghurt (not dairy, but a yogurt), acidophilus yogurt.

Cheeses – Goat’s Feta, Mozzarella or Parmesan cheese, various goat’s or sheep’s cheeses are available and will be a better choice than cow’s cheeses. Our personal favorites are Mozzarella and Gouda. These 2 are the best cheese varieties when it comes to gut health. Watch our video titled How Can you Tell If You Have A Dairy Allergy if you’re not sure if you’ve been avoiding dairy or don’t know if you can tolerate it: <https://youtu.be/2SWXBthFtmo>

## Cereals

Your supermarket will have many gluten-free options if you want to go gluten free, but your Health Food shop will have a wider selection.

Be careful when it comes to packaged cereals like cocoa puffs, cornflakes, etc. Even the gluten-free ones typically have added sugar in some form. The same goes for muesli and granola products although you may find some Candida friendly ones if you go to your local health food shop. We recommend you make your own muesli or granola. That way YOU control what goes into the mix. Rice porridge, puffed millet and millet porridge are all good options as well.

## Seaweeds

Eating seaweeds may seem strange to some, but seaweeds are a great food for gut health. There are many studies that show eating seaweed increases the growth of beneficial bacteria in the gut. One of these studies found that alginate, a substance found in brown seaweed, can strengthen the gut wall as well as slow down digestion and improve constipation.

Seaweed also contains a massive amount of fiber. They are one of the most mineral dense foods you can eat. So don’t be afraid of seaweed.

Seaweeds to consider:

- Wakame
- Kombu
- Arami
- Hijiki
- Nori
- Dulse (Kelp)

## Fermented & Cultured Foods

Our advice regarding fermented foods is different than what you’ve likely heard elsewhere. We not fans of recommending kefir, kombucha or sauerkraut to people with gut problems. We’ve seen too many patients get aggravations from eating these foods when their gut wasn’t in great shape yet.

Two of our favorites are miso and tempeh. Tempeh is very effective at increasing your levels of beneficial bacteria. Tempeh is basically tofu that’s been inoculated with friendly bacteria. It’s got an almost meaty like flavor to it. Other cultured foods that boost beneficial bacteria are buttermilk and yogurt. Look for a natural sour Greek yogurt sourced from full fat grass-fed organic milk.



## Oils & Fats

The best oils for Candida (as well as gut health in general) are Extra Virgin Olive Oil and Coconut Oil. You may also like to use a small amount of toasted sesame oil for vegetable dishes because it adds a lot of flavor (it's also one of the secrets of Asian cooking).

Other oils you can use include Rice Bran Oil, Sesame Seed Oil (toasted or not), Pumpkin Seed Oil, Walnut Oil, Sunflower Oil and Flaxseed Oil. Avoid "vegetable" oils meaning with corn or soy oils.

Make sure to add some oil to vegetable dishes because it will boost your absorption of many vitamins and minerals (meaning you'll have more energy and less fatigue).



## Spices & Seasonings

- Apple Cider Vinegar (Braggs)
- Anise
- Basil
- Bay leaf
- Cacao
- Cayenne
- Chives
- Cilantro/Coriander
- Cinnamon
- Cloves
- Coriander
- Cumin
- Dill
- Garlic
- Ginger
- Ground black pepper
- Hot Pepper (Tabasco)
- Marjoram
- Mint
- Nutmeg
- Oregano
- Paprika
- Parsley
- Red chili flakes
- Rosemary
- Sage
- Sea salt
- Tarragon
- Thyme
- Turmeric
- Vanilla



## Drinks & Smoothies

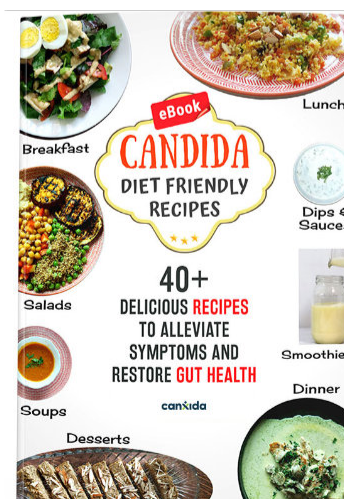
Choose pure filtered water or low-sodium mineral water. Herbal teas, rice or oat milk (check label to ensure they have no sugar) are also good options.

Remember that you can make a wide variety of non-dairy milks yourself using a blender.

This includes things like almond milk, sesame milk and even soy milk. If buying these from a store, make sure there's no added sugar.

Smoothies are also a great option. Many patients don't know they can make Candida friendly smoothies themselves. Download our free Candida Recipe guide using the link below if you want some smoothie ideas:

[http://candidarecipes.com/wp-content/uploads/candida\\_recipe\\_book\\_by\\_canxida.pdf](http://candidarecipes.com/wp-content/uploads/candida_recipe_book_by_canxida.pdf)





## Stocking Up On Foods

It is essential that the majority of the foods you eat are fresh vegetables, eggs and meat, and fresh foods you cooked yourself from dry ingredients such as lentils or quinoa.

The key word here is FRESH. Shop as frequently as possible and aim to always have the freshest food on hand for up to 3 days at a time.

Make sure there is no mold or mildew on your fresh foods. Clean out your vegetable crispener at least once a week if you use one. Buy in small quantities & expiration dates often.

Throw out any jars of sauces or spread that have been sitting in your fridge for weeks or months. These foods are mold traps and will get in the way of your recovery.

When you cook food, either eat all of it that same day or freeze it. Don't put leftovers in a bowl or tuber containers to eat the next day. You'd be shocked how much yeast and mold can grow on your food even if you just put it in the fridge over night. Even if you can't see it with the naked eye, believe me, it's there.



## Freezing Foods

Plan your meals ahead of time. Set some time aside to make standard meals you consume regularly which work for you, or make up recipes yourself.

A good idea is to store pre-made meals or foods in your freezer ahead of time. Be sure to clearly label the date of freezing and what the food actually is. This is smart because you will always have food on hand in case on any emergency or if an unexpected guests arrives such as family or friends or you go out.

There will also be days when you just can't be bothered to cook and just want something quick and easy, right? Some people will use a microwave to quickly defrost foods. We suggest just leaving the food out overnight and reheat in the oven the next day.

Here is an example of foods you can freeze:

- Soups (perfect for quick winter meals)
- Tomatoes
- Pancakes
- Cooked rice
- Cooked quinoa, millet, etc.
- Casserole
- Whole meal or sourdough bread
- Cooked or raw chicken or beef or any meat



# Our YouTube Channel

Our channel was originally started in 2013 so regular people like you could get the same knowledge our team of experts used to teach their gut disorder patients (without having to pay for expensive visits).

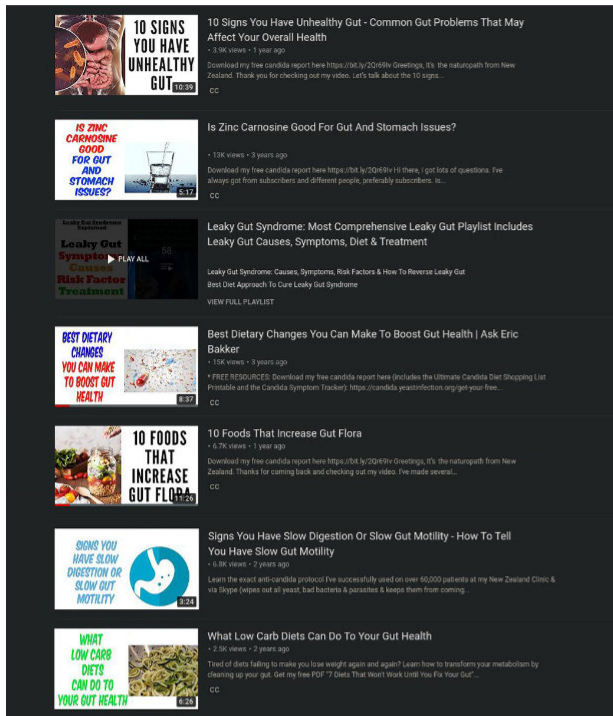
This channel was originally called CandidaCrusher & was exclusively about Candida but has since expanded into virtually every other gut health related issue (IBS, Leaky Gut, Parasites, SIBO, etc) and we plan to continue expanding it to cover many other health topics.

Why do we give away so much information for free? Because we like to see people recover & get their health back. It's fantastic and the best part of our job.

We currently have over 2000 free videos & urge you to use this resource whenever you're uncertain about something related to Candida or gut health in general.

If you'd like to ask a question or have us make a new video on a certain topic, send us an email at [support@canxida.com](mailto:support@canxida.com).

Our support staff is very active & will usually reply to you within a day.



# Share Your Story

One of the issues Candida (& other gut disorder) patients face is not being believed by friends, family and doctors.

That's why we feature personal stories from our subscribers on our YouTube channel. That way if you ever feel alone or that nobody is listening to you, you can go on YouTube and see other people who are going through the same exact things as you.

If you'd like to share your story and be featured on the channel, simply record yourself and answer the following question: What is your Candida / gut disorder story and how did either our YouTube channel, book or CanXida products helped you?

You can use your smartphone camera, a webcam, whatever you like. You don't even have to show your face if you don't want to. You can just record audio, upload it somewhere and then send us a download link to [support@canxida.com](mailto:support@canxida.com).

If you ever decide to do it, I'll send you free bottle of CanXida Remove as a way of saying thanks :)

You can even make a video like "A Day In the Life Of a Candida Sufferer" or a video of you teaching others how to cook your favorite candida friendly recipes (please include an ingredient list of when you do this). If it can help others, it'll go on the channel.



<https://youtu.be/y8LxZED4rHE>



<https://youtu.be/wcGvimYUQ4I>



# 5 Mistakes Patients With Candida & Gut Issues Make that Prevent Their Recovery

There's a lot of information online on different candida websites about what methods work for Candida and what don't.

The following is an article we wrote regarding the 5 most important concepts you need to understand to get rid of Candida & gut problems and keep them from coming back.

Be sure to [click the links & watch a few of the YouTube videos](#) we link to because you'll get additional information there not covered in this short article.

## 1. Almost Half of People Who Think They Have Candida Don't Have Candida. They Have Something Else. . .

There's a lot of so called "candida experts" out there and each one has their own method of diagnosis and treatment.

That's why when someone says *"I've been suffering from Candida for over 20 years,"* the first thing you ask . . .

How do you know it's Candida?

We've heard all kinds of answers to this question.

Everything from *"I took a smear test"* to *"I went to a naturopath and they hooked me up to a bunch of wires and told me I had it!"*

It's rare that someone shows a paper with lab results from what's called Comprehensive Digestive Stool Analysis (CDSA) test.

Now. . . we're not trying to say you don't have Candida. You may very well have Candida. But what we've discovered over the years is most people have **MULTIPLE issues that need fixing up.**

Listen:

Our staff (as well as former staff) have looked at a lot of stool tests. Some have had a whole room of cabinets full of print out of Comprehensive Digestive Stool Analysis (CDSA) tests. Over 20,000 of them in total.

And what we've found is **nearly half of people who think they have Candida in fact don't have it.**

**They have something else.**

We know this because the CDSA test results came back showing there was no live yeast and no dead yeast in the stool. Yet many of these people had been on a Candida diet for years.



<https://youtu.be/1fqUqBDq2bA>

Maybe they did have Candida but then they got rid of it.

So what did these people have?

Imbalances **ACROSS THE BOARD**.

They had poor levels of beneficial bacteria. Often times they were so poor the lab couldn't culture them and they couldn't find them. This is especially so in people who suffer from chronic fatigue.

Many have high levels of bad bacteria. Others have parasite infections.

A lot of people get freaked out when we mention gut parasites. They immediately get scary visions of monsters or slimy worms with hooks. Something that gets inside you, **rips your intestines apart** and comes out of your bum and wiggles around in the toilet.

Forget all that stuff.

Most parasites are so small you can't even see the darn things without a microscope.

We're not trying to create doubt here. We're just saying that if you've had a yeast infection or a digestive problem for a long period of time & you really want to find why and you're **sick of going from doctor to doctor to doctor**, with everybody giving you antibiotics, anti-depressants, sleeping pills, naturopathic pills or whatever pills they keep giving you. . .

You need to get a CDSA test done.

Listen. We get it.

If you've been suffering from Candida for a while you probably feel like you've taken every darn test on the planet. You've had blood tests, ultrasounds, & maybe even a colonoscopy & endoscopy or allergy tests.

And when many of these tests came back with nothing the GI specialist sent you back to the medical doctor who then probably said you had **IBS** or **kicked you over to the psychiatrist because they thought you were imagining things** happening in your digestive system that the doctor couldn't find.



<https://youtu.be/JOspDcp1cOk>

We've seen this pattern again and again and again. . .

A CDSA test is different from a colonoscopy or a smear test. A lot of these tests just look at the macro level. They look for problems you can see with the naked eye.

A comprehensive digestive stool analysis looks at what's going on in your gut at the **microscopic level**.

It is the least invasive, most advanced test for you can do for the gut. It's going to tell the level of beneficial bacteria like Lactobacillus and Bifida you have, the levels of bad bacteria, their species, what species of yeasts or parasites you have living there, & a whole lot more.



**You could have multiple problems** that need cleaning up & a stool test is going to reveal that.

Watch our video on the previous page if you want to learn more about this topic. We have many more videos on stool testing on our YouTube channel which you can watch later.

## 2. When It Comes to Eradicating Candida, Natural Medicine Beats Pharmaceutical Medicine Every Time

From our experience, the most effective way to get rid of Candida for good is natural medicine treatment.

That **DOESN'T** mean going on Amazon or iHerb and buying some \$10 bottle of garlic or neem capsules and taking that every day.

That's what most people do.

And then when they get no results they say "this natural stuff doesn't work! It's a load of bs!"

And then they spend the next 3 years spending thousands of dollars bouncing from one GI specialist to another trying every expensive antibiotic & anti-fungal drug under the sun and **still getting nowhere**.

All with the hope that the next drug will finally cure them & return their life to normal.

This is the **BIGGEST MISTAKE** you can make.

The problem with antibiotics (as you've probably read elsewhere) is they indiscriminately wipe out ALL the bacteria and yeast in your gut, including the beneficial ones.

What most people (including many general practitioners) don't understand is **beneficial bacteria are what PREVENT gut problems** like Candida in the first place.

Good bacteria, primarily lactobacillus and bifida, are your gut's **IMMUNE SYSTEM**. They're like a defense force or a **police unit**. They keep the "bad guys" (bad bacteria & yeast) in check and prevent them from gaining a foothold.



<https://youtu.be/H5V28jMxLVQ>

Think about what would happen to a town or city if one day all the police disappeared.

**The criminals would move in and take over.**

And that's exactly what's happened in your gut. When you take a course of antibiotics, you're wiping out everything – the criminals **AND** the police. This opens doors for more bad bacteria and more yeast to get in and wreak havoc.

Instead **you want something that ONLY targets the “bad guys”** and doesn't harm your beneficial bacteria. That's why we only use NATURAL ingrediants in CanXida. Particularly those with a **broad spectrum effect** because they wipe out a wide range of different bacteria and yeast without causing collateral damage.

Think of it like a natural antibiotic that only harms the bad stuff and leaves the good guys alone.

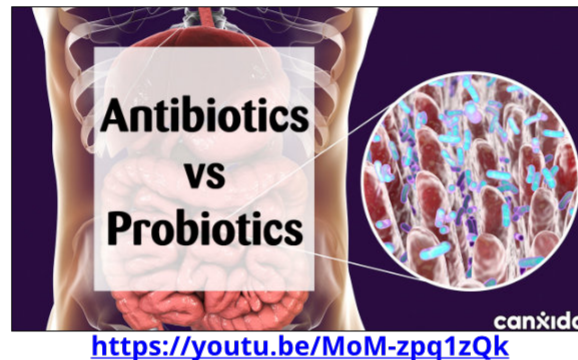
Another reason we're fans of natural medicine is **resistance doesn't occur with natural antifungals**.

That only happens with drugs.

This has been confirmed many times with studies done on things like grapefruit seed extract, caprylic acid, undecenoic acid, clove, and other natural anti-fungals. It just doesn't happen.

It happens with pharmaceutical drugs **because they are synthetic**. They're only made up of one thing. They've got one ultra refined chemical compound with a very narrow band of action. Once Candida develops a resistance to this action, the pharmaceutical drug is done.

Remember, Candida is very adaptive. If you only hit it with one action it will soon work out how to fool this



action. And you know what happens next. The drug no longer works and **the yeast comes back**. And then you go back to the doctor who puts you on a a new drug and the cycle repeats again.

### **Natural antifungals are different.**

They doesn't just contain one thing. They've got many different natural chemicals and compounds in there that make it up. That way they attack Candida from many different angles so the yeast gets overwhelmed. It doesn't know what hit it and it can't fight back.

This is why we encourage people to to choose a **natural broad spectrum formula** and not go the pharmaceutical route. This way you don't have to rotate several anti-fungal formulas and can just stick to one top quality proven formula long term.

And this formula just continues to work because yeast can't develop a resistance to it.

## **3. You'll Never Get Rid Of Candida With Diet Alone**

A lot of people ask if it's possible to recover from Candida with just diet alone.

And the answer is yes, but it's hard. **REAL HARD**.

And we can tell you right now - it DOESN'T HAPPEN in the vast majority of cases.

You may be able to lower your amount of Candida but to truly clean up the gut you need high doses of **“powerful agents”** over & above the diet.



Things like allicin, eugenol, biotin & more.

You'd have to go on a hardcore diet to get adequate doses of all these from food. So hardcore you'd irritate your digestive system so much it would mess up your microbiome in general.

You'd throw your beneficial bacteria off balance & start to get problems.

### **Diet alone doesn't work.**

We've seen people eat the most amazing anti-candida diets. Stuff like ten cloves of garlic plus big chunks of ginger & tablespoons of turmeric powder per day. Yet when they do stool test they still find problems.

If you've got severe Candida, **you won't heal it with diet alone.**

You won't heal it with supplements alone or with lifestyle alone. You need to all three of these things. Check out our YouTube channel after looking at this page if you want to learn what we mean by lifestyle.



Candida is VERY easy to get rid of if you're willing to all 3 of thee things and stick to them for a period of several months. We've seen it happen thousands of times. Even when the person has had Candida for decades.

## **4. You Need to Focus Less on Killing Candida & More On Rebuilding Your Gut**

Be careful with the stuff you read on the internet about killing Candida.

Candida recovery isn't only about killing. It's about building your gut health up so that your body overcomes the Candida infection and keeps it from coming back.

This is why the drug route doesn't work for the majority of people.

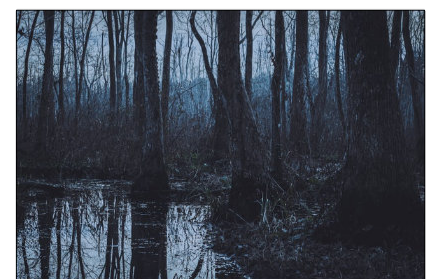
All drugs do is kill things. They don't build up the environment so that the "bad guy" can't get in there again once you stop taking the drugs.

### Here's what we mean:

We want you to imagine a nice lake. It's got lots of fishes and birds and plants all around it & it's safe to swim in. Now imagine if some chemical company came along and dumped 50 barrels of toxic waste into this nice lake.

What happens? The lake becomes a polluted swamp. The fish die, the plants shrivel up and the birds go away. Instead you get hordes of mosquitos, ticks, biting flies and other pests.

Yeast, bad bacteria and parasites are like that. They're like germs. They're everywhere & **they seek out environments with weakened**



**defense systems** where they can set up camp. In humans these defenses are a strong immune system & high levels of beneficial bacteria in the GI tract.

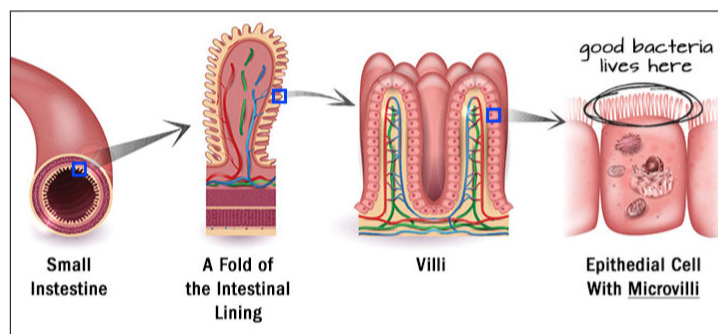
That's why we also need to focus on building up your gut environment so these bad guys can't live there anymore. We need to focus on **transforming your gut** from a place where Candida can **THRIVE** unchallenged – into a place that's **HOSTILE** to it & instead encouraging to friendly bacteria.



<https://youtu.be/9STMHAszZH0>

Here's a more scientific explanation for you.

See this diagram bellow?



This is how the lining of your gut looks like right now.

The way digestion works is food matter passes through your gut & rubs against millions of tiny microscopic "bristles" that line your gut wall.

These bristles are called **microvilli**.

In healthy people, these microvilli are coated with a layer of **friendly bacteria** which helps break down food and fights off any yeast (or other gut pathogens) that pass by. When these good bacteria are no longer present yeast & other bugs move in and start causing problems.

Once we get rid of the bad guys who have colonized your microvilli & **replace them with the good guys** (friendly bacteria), your life is going to return to normal pretty darn fast.

## 5. Most Candida Supplements Are junk

The last subject we want to talk to you about is supplements.

As you're well aware, there's lots of supplements out there that claim to be beneficial for Candida. Some people out there take boxes of stuff, 50 to 60 different supplements a day!



But the truth is, **you only need 2 or 3.**

Always go with a tablet vs a cellulose capsule product. We're not fans of these cheap cellulose capsules that have a blend of different herbal powers. We don't find them nearly as effective as tablets.

When you select a tablet, make sure that it's **sustained release**. Sustained release means when you swallow this tablet, your digestive system doesn't get access to everything immediately.

But over a period of several hours it slowly breaks down in the gut.

That way it targets all parts of your GI track. It cleanses all the yeast and bad bacteria right from your mouth and **keeps working** all the way through the colon and "back passage."



<https://youtu.be/hqTHCkZUSXY>

Now, likely the supplements you were taking before were not sustained release. They weren't put together by someone with decades of experience treating your specific health problem. They were likely put together by a company that's got a 1000 other products and they pay lip service to making an anti-fungal formula.

Or they've just put out a product with one thing like grapefruit seed extract.

**And that is expensive.**

Why? Let's say you're trying to hunt down products to clean up your gut. You do a stool test and it says you've got a high count of Klebsiella (a type of bad bacteria) in there along with Candida.

You may have 2 or 3 issues in your gut that need cleaning. You're then likely to look at several separate products. And that's going to cost you. That's why a **broad spectrum formula** that has a wide selection of anti-bacterial & anti-yeast ingredients in a sustained release form is the way to go.

Some doctors say you need to get your antifungals & antibacterials naturally from whole foods and not rely on supplements. In fact that's what many people with gut disorders did. They went to health food stores. They bought organic foods.

**And they didn't get any results.**

Most were buying a little of grapefruit seed extract, or a little bit of neem or a bottle of oregano oil. But no one had ever put a highly effective product together that targets a wide range of gut pathogens at the same time.

That's why **we got disappointed with the junk that was available in grocery stores.**

Too many supplements these days are filled with **fake ingredients.**

This isn't our opinion. It's a fact. Back in 2015, the New York Attorney General Office conducted 390 tests on a

wide range of supplements. They gathered bottles from the shelves of 4 major retail stores.

These were **GNC, Target, Walmart and Walgreens**. They then sent the bottles over to a lab and DNA tested every tablet to see if the ingredients matched the label. And guess what they found. . .

**Only 21% of the products actually had the herbs advertised on the bottle.**

79% didn't contain **ANY** of the herbs and were just full of crap like rice powder and wheat!

Here's a screenshot of an article from CBS News reporting on it:

The investigation found supplements, including echinacea, ginseng, St. John's wort, garlic, ginkgo biloba and saw palmetto, were contaminated with substances including rice, beans, pine, citrus, asparagus, primrose, wheat, houseplant and wild carrot. In many cases, unlisted contaminants were the only plant material found in the product samples.

The retailer with the poorest showing was Walmart, where only 4 percent of the products tested showed DNA from the plants listed on the labels.

And it gets worse.

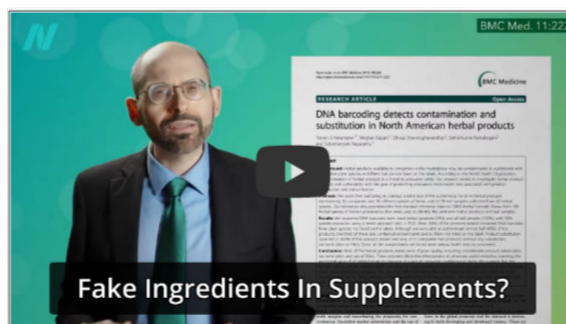
One survey done by the FDA found 68% of the supplements tested **didn't even have the MAIN INGREDIENT** advertised on the bottle. For example, one "St. John's Wort" supplement contained nothing but "senna," a laxative that can cause anal blistering.

Imagine taking something like that when you've already got a gut problem.

This is why we tell people to **avoid generic brand supplements from places like Amazon or iHerb**.

The way you find good supplements is by asking "Where did this product come from? Where did the company get the raw materials? What kind of research has gone into this product?"

**Did the ingredients come from China?**



<https://youtu.be/F9EXAmP-Xzw&t=1m34s>

Was the product formulated by a person who's an expert on it? Has it been tested and proven to work on your specific problem? Do they provide extensive education about dosage or the best way to use that product?

This is how you separate the junk products from the ones that work.

That's why in 2013 we set out to create CanXida. The first product we created was called **CanXida Remove**. CanXida Remove is an advanced 12 ingredient anti-fungal, anti-bacterial and anti-parasite formula based on nearly 33 years of research working with 60,000 gut disorder patients from all over the world & via Skype.

It is the only formula of its kind & is in our opinion the most effective Candida product currently available.



Since then we've also released a **probiotic designed specifically for Candida & gut disorder patients**.

That product is called **CanXida Restore**. We're not going to go too in-depth into here because this page isn't about selling supplements. You can learn more about CanXida by watching the video below or by visiting [www.canxida.com](http://www.canxida.com).

We also include a printed **CanXida user guide booklet** with each package of CanXida to make sure you know everything you need to get the results you're looking for.

Whatever supplement you go with, **make sure it's high quality**.

Go with a broad spectrum formula made by someone with experience. Pick a supplement that doesn't have just grapefruit seed extract, standardized garlic and caprylic acid in there but also things like oregano oil, undecenoic acid, biotin, neem, and clove.

Try to go with a formula that uses **standardized ingredients**.

Standardized means that each time you take this supplement, you're getting a consistent therapeutic dose. It doesn't vary in potency from batch to batch as is often the case in non-standardized supplements. It's a bit like how pharmaceuticals are made.

You get the same **strong therapeutic dose** every time you take it.

Some practitioners tell say that grapefruit seed extract, oregano oil and the other ingredients we use are "old hat" and that it's time to "upgrade."

These opinions come from dietary supplement companies who convince their customers (the healthcare professionals) that the most effective products are the latest ones they release every year.

We don't recommend this approach.

Thanks for reading our article. We'll teach you more about each of these 5 concepts & how to apply them in upcoming emails.

To great gut health,  
-CanXida Customer Care Team



[https://youtu.be/8AB7\\_5CP3PY](https://youtu.be/8AB7_5CP3PY)

## Our Candida Crusher ebook

We want to take a moment to talk to you about our ebook, Candida Crusher.

People often tell say “I thought I knew everything about Candida until I watched your YouTube channel.” This is how you’re going to feel about Candida Crusher.

Candida Crusher was designed to be **a permanent yeast solution.**

### A permanent yeast solution.

Candida Crusher is the end result of thousands of hours spent in the clinic working with patients, as well as researching countless books, online resources, speaking with many experts, & old fashioned trial & error.

This book took me 3 years to write and contains information extracted from over 15,000 yeast infection cases, 1,000 stool tests, 500 food allergy tests, & many blood tests.

This book is going to tell you what every other book on Candida won’t,

That getting well is not easy and that remaining well will require plenty of time and commitment for the first one to two months — particularly if you’ve been suffering with a chronic yeast infection for many years!

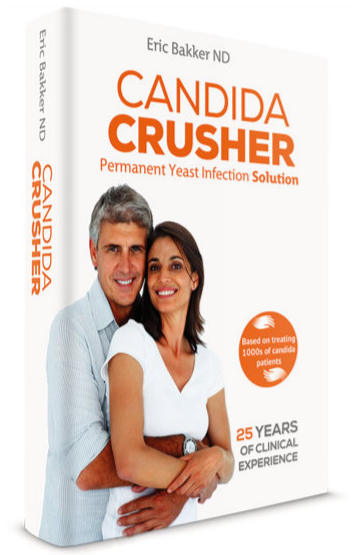
Candida Crusher was written to be as informative and as “baloney-free” as possible with minimal technical jargon, so it would be a easy to read and yet informative & comprehensive enough to be considered the ultimate guide on this subject.

And in fact we’ve been told by many practitioners that it’s one of the BEST books on Candida they’ve ever seen.

It’s got over 200 pages on diet, 50 pages on the link between Candida and stress, 70 pages on lifestyle, 35 pages on detoxifying, many pages on diagnoses & laboratory tests, tons of information on the correct herbal treatments, the correct washes, the cleanses, it goes on & on..

So if you enjoy the videos, do buy the ebook. You can get it now as a PDF for \$47 on [www.candidacrusher.com](http://www.candidacrusher.com).

On the next page is the forward, written by Dr. James L. Wilson, N.D., D.C., Ph.D. & author of Adrenal Fatigue, the 21st Century Syndrome.





## Forward to Candida Crusher (By Dr. James L. Wilson)

*"Candida overgrowth is not something to take lightly. That is why there is such a need for a book like this. This book takes Candida treatment to the level it needs to be taken. It is a **breakthrough book** for this generation like Dr. William Crooks books were to the generation of the 1980s.*

*This book is a **quantum leap forward** and allows the reader to successfully treat what can become a persistent health problem that continually pulls down your overall health. This is a book providing a comprehensive protocol to truly help regain your health and be **free of the Candida scourge**. This is a book you can rely on and use as a guide to get yourself back to health.*

*If you are the patient, you can give a copy to a trusted doctor and say, "this is how I want to be treated". If you are the health care provider, you can use this as a guide to help you establish a written protocol to successfully treat this commonly occurring health problem.*

*If you have to go it alone and treat yourself, you can use Candida Crusher as a reliable guide to get yourself out of the woods and on your way to a "Candida-free" life. It's not because the book contains a lot of information – although it does, that makes it so useful. It is **because it is written from the perspective of a physician with a lot of years of experience** and from a place of wisdom that can only be obtained through seeing thousands of patients, pouring over books after hours and a commitment to helping people recover their health, not just feel better.*

*In my many conversations with this naturopath, I have come to know him as the **real deal**. A lot of doctors write books on health and disease. Few are written with the abundance of practical information combined with scientific understanding like this book. I believe this book is destined to become a classic and invite you to read and follow its instruction because in my opinion, **it is the best, most practical book addressing the Candida problem ever published**.*

*This is a book that has been needed for a long time. Use this book as your guide and then contact him to thank him and provide your feedback. That is the true reward to an author who writes at this level."*



Dr. Wilson is acknowledged as an expert on alternative medicine, especially in the fields of stress & adrenal function. Dr. Wilson regularly speaks at some of the most prestigious medical conferences such as:

- the American Academy of Anti-Aging Medicine (AAM)
- the American Academy for Advancement in Medicine (ACAM)
- the American Academy of Environmental Medicine (AAEM)
- Fellowship in Anti-Aging & Environmental Medicine (FAAFM)

# Candida Crusher Diet Checklist

## Brassica (best veggies for Candida)

- Arugula
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Collard Greens
- Horseradish
- Kale (be sure to cook or steam)
- Kohlrabi
- Mustard greens
- Radishes
- Rutabaga
- Turnips
- Watercress

## Other Vegetables

- Artichoke
- Asparagus
- Beet greens
- Celery
- Chard
- Cucumber
- Dandelion greens
- Eggplant
- Fennel
- Lettuce
- Okra
- Peppers
- Spinach
- Sprouts such as lentils, alfalfa, broccoli, radish, or sunflower
- Tomatoes
- Zucchini

## Allium Vegetables

- Garlic
- Green onions
- Leeks
- Onions
- Scallions
- Shallots

## Plant Sources of Protein

- Beans
- Chia seeds
- Hemp seeds
- Lentils
- Peas (green or yellow)
- Quinoa
- Sprouts
- Tempeh
- Tofu

## Fruits

- Avocado
- Bilberry
- Blackberry
- Blueberry
- Boysenberry
- Cranberry
- Currant
- Goji berry
- Grapefruit
- Green apple
- Kiwi
- Kumquat
- Lemon
- Lime
- Mulberry
- Pomegranate

- Raspberry
- Strawberry

## Animal Protein

- Anchovies
- Beef
- Bone broth
- Cheese (Goat's Mozzarella, Feta, & Gouda are best)
- Duck
- Eggs (chicken or duck)
- Fatty fish like mackerel
- Fish roe
- Game meat (rabbit, venison, quail)
- Goat
- Lamb
- Liver
- Organic chicken
- Pheasant
- Pork
- Sardines
- Turkey
- Venison
- Wild salmon

## Nuts and seeds:

- Almonds
- Brazil Nuts
- Cashews
- Chestnuts
- Coconuts
- Flaxseeds
- Hazelnuts
- Nutmeats
- Pine Nuts
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

## Cultured & Fermented Foods

- Miso
- Plain unsweetened goat yoghurt
- Sauerkraut
- Sour Greek yoghurt
- Tempeh
- Unsweetened coconut yoghurt

## Oils & Fats

- Coconut oil
- Extra virgin olive oil
- Flaxseed Oil
- Ghee
- Pumpkin Seed Oil
- Rice Bran Oil
- Sesame Seed Oil (toasted or not)
- Sunflower Oil
- Walnut Oil,

## Grains, Pasta & Noodles

- Brown rice, black rice, red rice, etc
- Buckwheat
- Millet
- Rice noodle
- Rice vermicelli
- Soba
- Sourdough
- Udon
- Whole oat flakes
- Wild rice
- Yeast free, gluten free, sugar free breads & bread products

## Dairy Alternatives

- Almond milk
- Flax milk
- Hemp milk
- Oat milk
- Other unsweetened nut/seed milks
- Rice milk
- Unsweetened coconut milk

## Fresh Herbs & Spices

- Anise
- Basil
- Bay leaf
- Cacao
- Cayenne
- Chives
- Cilantro/Coriander
- Cinnamon
- Cloves
- Coriander
- Cumin
- Dill
- Garlic
- Ginger
- Ground black pepper
- Marjoram
- Mint
- Nutmeg
- Oregano
- Paprika
- Parsley
- Red chili flakes
- Rosemary
- Sage
- Sea salt
- Stevia
- Tarragon
- Thyme
- Turmeric
- Vanilla

## Seaweeds

- Arami
- Dulse
- Hijiki
- Kelp
- Kombu
- Nori
- Wakame

## Snacks & Other

- Apple Cider Vinegar
- Buckwheat or millet cookies
- Japanese rice crackers
- Muesli
- Seaweed crackers
- Hummus & nut butters

## Foods to try with as gut improves

- Bananas
- Carrots
- Other fruits (banana & pineapple are some of the best for feeding good bacteria)
- Pineapples
- Potato & sweet potato (try different methods of cooking)
- Sourdough & other grain products listed on this page
- Squash