

BUSTING CANDIDA FOR GOOD

STEPH JACKSON



HOW TO USE THIS GUIDE

INTRODUCTION

This simple guide is an overview of the necessary components of a comprehensive Candida plan. While the Candida Diet is popular it isn't a solution on its own. There are many products on the market and many experts drawing attention to important aspects of Candida balancing. Many systems highlight a single component of a comprehensive plan such as Chitin, heavy metal detoxification, enzymes or probiotics... My intent is to provide you a framework through which you can navigate whatever you may research and decide how it can fit into a comprehensive approach.

TO DO

If you are building a candida balancing plan or yourself make sure to include elements from all six steps outlined in this book. This will ensure your plan takes into account how Candida interacts with the body and how your digestive and detoxification systems are set up to work. Choose strategies that are right for you from each category considering your unique body and lifestyle. These "steps" do not have to be

done in any order, rather they would best be done at the same time, leaving no stone unturned and keeping you covered. Some of the steps like rebuilding minerals, nutrition and vitality will likely be an ongoing process that you explore through your own expertise in food and nutrition.

TO NOT DO

Please do not do everything and conversely do not expect any one component of digestive balancing to be instantly gratifying, balance is a state of being rather than a destination. Please only do what makes sense to you and consult your local health care practitioners, particularly if you are on any medications. Bottom line is this is an ebook from the internet and I don't know you or your unique situation. There's no way this could be medical advice.

You are in charge of your own health and body and I hope you find this book a useful tool in feeling better :) Let's get started.

DETOXIFICATION

Candida and other fungi can add to the liver's detoxification burden through toxins they produce. They can also impede digestion and elimination, reducing the body's ability to rid itself of metabolic and accumulated toxins. The inability to get rid of what the body doesn't need is an important contributing factor to inflammation and more chronic health challenges.

LEAKY GUT

The yeasts in our bodies that cause the most problems for us use fingerlike projections called Hyphae to reproduce. These hyphae help fungi move to different parts of the body and hold on to places like our intestinal tracts. The hyphae along with toxic yeast byproducts, (Arabinose, Acetaldehyde etc.) contribute to leaky gut which can allow substances into the blood stream that don't really belong there. Leaky gut is a weakness of the tight junctions that separate the digestive system from the blood stream. These tight junctions usually work to let into the body nutrients we want in and keep out of the body whatever our bodies want out.

NUTRITION

Candida can rob us of some key nutrients, for example Magnesium essential for blood sugar regulation, mental health and bone density, B1 essential for sugar metabolism, energy and trace minerals, important for everything from adrenal to brain to bone to blood cell health. Magnesium alone is used for more than 350 enzyme reactions in the body. When we don't have enough essential nutrients function starts to be compromised. This could show up anywhere and is why Candida "symptoms" are so vague and body-wide. Anything from a headache to a rash to fatigue... and more...

YEASTS IN THE BODY



DEPRESSION

Symptoms in the brain and nervous system can be caused by depletion of nutrients like magnesium, lithium, boron, B vitamins, essential fats, amino acids and more, all of which can be robbed by Candida. Often other imbalances in the body like thyroid conditions and adrenal fatigue are diagnosed as depression (it's a full body experience) and those conditions can be triggered or exacerbated by Candida. Conditions such as ADHD, Autism and Migraines have been associated with high levels of oxalates and arabinose which can be produced by Candida.

FORGETTING THINGS

Through their effects on our other body systems such as the thyroid and the adrenal glands yeasts contribute to mental fogginess. Candida can contribute to thyroid insufficiency and lower conversion rates. Brain fog is also associated with high cortisol levels which can be associated with Candida. Brain fog can result from blood sugar dysregulation which Candida can cause and contribute to because, hey, the less sugar we absorb the more is left for the yeasts to eat. They like it that way. Nutrient depletion is a big deal here too.

NEUROTOXINS

If this all weren't enough Candida and other yeasts can produce Acetaldehyde which can damage the nervous system and has to be detoxified by the body, using up many of our minerals. This can have similar effects to short term memory loss in alcoholics (eep!) Our body also produces a substance called Quinolinic Acid in order to fight gut bugs like Candida. This substance itself is also a neurotoxin and can result in symptoms when it is high, especially over a period of time.

YEASTS IN THE BRAIN



YEASTS AND HORMONES

FATIGUE

Antibodies to the thyroid can be directly triggered by Candida and other yeasts, both in and of themselves and when they cross-react with gluten. Anything lowering our thyroid hormones can result in fatigue, slower detoxification, slower motility, slower metabolism and more. Saying this results in fatigue is like the understatement of this ebook. Fatigue also results from blood sugar issues which can be caused by Magnesium, trace mineral and B vitamin deficiencies... sound familiar? Yeasts change the digestive environment making it harder for our bodies to absorb these important nutrients. When we feel tired after eating it can be because of these blood sugar imbalances. Exhaustion after eating can also be caused by delayed food allergens related to leaky gut.

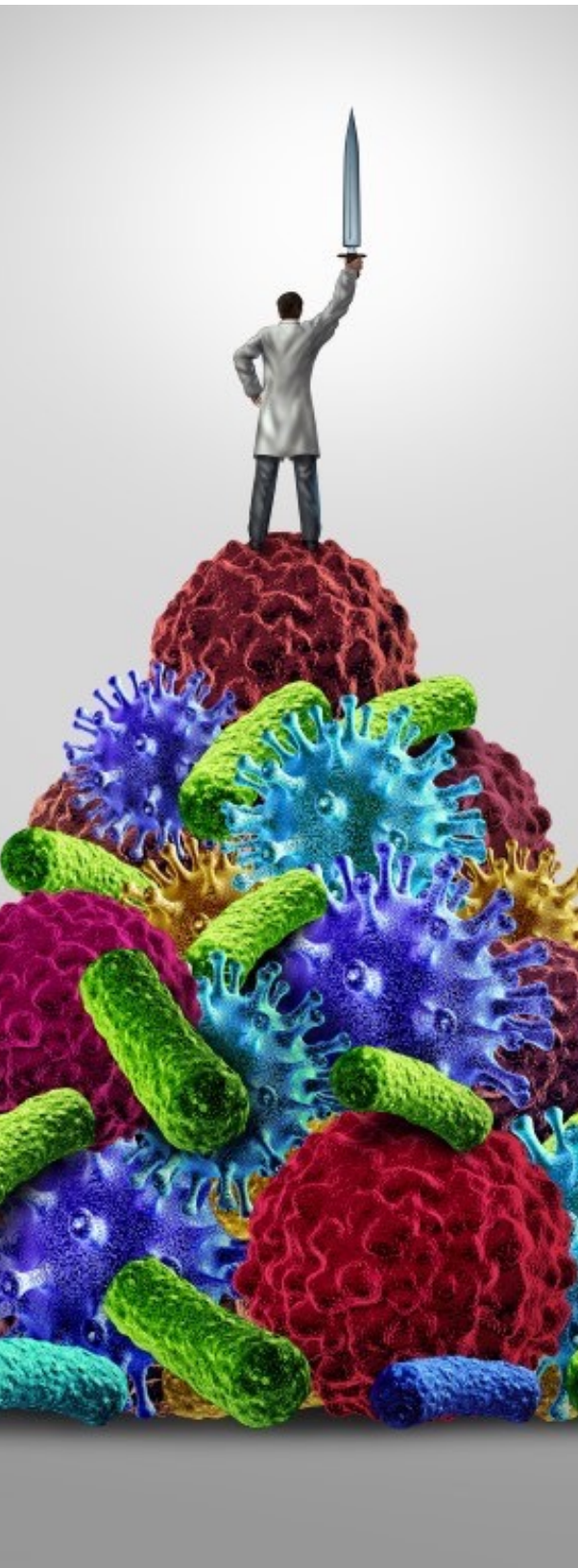
HARMFUL ESTROGENS

Our bodies must detoxify fats and fat soluble compounds originating from inside and outside the body. Candida reduces bacteria in the digestive tract that help detoxify toxic estrogens like the ones from plastic water bottles and also the ones produced in our own bodies that, when out of balance, contribute to hormonal cancer risk (decreased 2:16 estrogen ratio). Bifidobacterium are some of these important bacteria for estrogen balance. They are depleted by Candida, reducing our detox.

WEIGHT MANAGEMENT

You may have guessed that if yeasts can contribute to thyroid conditions they can contribute to weight gain. Anything that slows our metabolism, depletes nutrients and makes us tired will contribute to weight gain.





SIX STEPS TO SUCCESS

SIX STEPS TO SUCCESS

OK so now that we agree too many yeasts are a bad thing... you probably want to bring them back down to healthy levels that will make you feel good. Candida "detox" is something that our bodies do every day and will probably continue to do for the rest of our lives in a healthy way. The symptoms we experience are because sometimes there is just too much. The six steps to success are really like the six components required to have a complete Candida plan. Some of the steps are short term, done together, and some you may choose to adopt on a longer term basis. Underlying these steps is a deep understanding of how Candida grows in the body and why, including what allowed them to grow in the first place.

GET THEIR ATTENTION

If you've heard me talk about balancing bacteria before you might notice I don't usually include the "get their attention" step. Getting Candida's attention is important because they have a protective biofilm that they make with other bacteria in the digestive tract and they also have

a protective outer shell which keeps them safe from a lot of our anti-fungal interventions. Getting Candida's attention involves breaking up the biofilm and breaking down the protective coating so they're more...receptive...

ASK THEM TO LEAVE

Like a houseguest who has overstayed their welcome, at some point yeasts in the body have to be kicked out. This may involve anti-fungals like Caprylic acid or Oregano which can be used responsibly. The main issues here are that these are often relied on as the sole solution and may be overused to the point where they create other problems in the body, still never eliminating to the root cause.

CLEAN UP

This is about helping your body detoxify yeasty byproducts and yeasts themselves. This helps to change our internal environment and lessen the feeling of headaches, exhaustion and more. This involves having the nutritional and physical support necessary for healthy detoxification.

STOP FEEDING THEM

This includes eating real food and staying away from the highly sweet mostly tropical fruits and processed foods. There are some nuances here like whether to eat fermented foods which you can check out on p.11 of this book. The foods typically avoided on the Candida diet include foods that directly feed Candida, foods containing Candida (like Kombucha) and foods our immune systems may be sensitive to if they are on alert for yeasts like other mushrooms that have a tendency to have moulds on them.

REPLACE THEM

Support a healthy balance of bacteria in your body to safeguard your digestive system from having similar problems in the future. It is often the lack of protective bacteria which allowed yeasts like Candida to flourish in the first place. These helpful bacteria have anti-fungal properties and hold protective space in the digestive system, crowding out Candida (among other benefits).

REBUILD

Healthy digestion, healthy cells and healthy nutrition will always have a positive effect. When we have the nutrients required for good health we are stronger and more robust and yeasts are less likely to take over. This step involves replenishing missing trace minerals, amino acids and building digestive function. Rebuilding will be different for everyone because we are each individuals.

SIX STEPS TO SUCCESS



GET THEIR ATTENTION

THAT'S YOU CANDIDA, I'M TALKING TO YOU!

This step is about breaking down unhealthy biofilms in the digestive system, weakening the protective coating around the yeasts themselves and preventing Candida and other yeasts from spreading and having yeasty babies. If you are working with proteolytic enzymes it is important to take them between meals so that they don't go toward digesting the proteins in the meal but rather the proteins in the biofilm.

BIOFILM

- Here are some examples of proteolytic enzymes, taken between meals, to help break down biofilms:
- Serrapeptase (Serratia Peptidase, for those avoiding animal products this is from silk worms)
- Protease (some proteases can be found in sauerkraut, our bodies and bacteria produce this enzyme)
- Nattokinase (from Natto, Bacillus bacteria produce it)
- Lumbrokinase (from Earthworms.....) also sold as Boluoke

CANDIDA'S OUTER SHELL

Candida's outer shell is called Chitin. Many insects and yeasts/molds have this kind of coating to protect themselves. Many bacteria and other organisms can produce enzymes to break it down so that they can decompose things in the environment. The enzyme that breaks down Chitin is called Chitinase (as xylase is to xylitol and sucrase is to sucrose). Chitinase can be found online, just make sure to find a clean supplement without too many excipients. You can do plenty without Chitinase if you don't like eating bug stuff.

CANDIDA'S REPRODUCTION

Vitamin B3 can prevent Candida from spreading. When B3 is used in this way it is important to be taking or eating enough to prevent the yeasts from spreading which, depending on the source, is usually suggested at between 300 and 500 mg daily. The safe upper limit for Niacinamide (best B3 form for Candida) is 3 grams according to the FDA. I wouldn't suggest gram doses unless you don't have to work that day, 'nuff said. You will need a separate B3 rather than a B complex or food sources to even get to 300 mg.

ASK THEM TO LEAVE

CANDIDA, YOU DON'T HAVE TO GO HOME BUT YOU CAN'T STAY HERE...

Whether through herbs, pharmaceuticals or some other kind of voodoo there usually has to be something that directly attacks Candida. As much as I want to get out of the war paradigm sometimes we have to defend ourselves. If you are working with a health practitioner you may choose to use pharmaceuticals. To discover which would be the most effective for your particular yeasts you may consider testing like the "Doctors' Data Comprehensive Stool Test with Parasitology x 3". You can find this test on *directlabs.com* though it may not be named "doctors' data". One of the pharmaceutical options is Nystatin which is apparently not absorbed systemically. Often this on its own is not enough and may need to be followed by some of the other fungus-modulating ideas below. A combination usually works better than one system alone.

HERBS

Some important anti fungal herbs:

- Wormwood
- Pau D'Arco
- Thyme
- Rosemary
- Oregano
- Lemongrass
- Citrus oils
- Caprylic acid
- Anti-fungal mushrooms like reishi and chaga

OTHER

- SF722, a derivative of coconut from Thorne
- Boron
- B3, niacinamide in gram amounts (not sure I recommend this...)

THINGS THAT DON'T WORK

- Ozonated water
- Alkaline water

(even though these interventions may reduce harmful bacteria or bacterial groups that support the growth of Candida/yeasts themselves)

CLEAN UP

TAKING OUT THE TRASH

You can help your body rid itself of what it doesn't need. You can support your liver, skin, kidneys and lungs as they expell the byproducts of yeasts and fungi. Most of our symptoms caused by yeasts and fungi are directly related to the toxins the yeasts produce rather than the yeasts themselves. There are some bacteria including Bacillus bacteria (spore forming bacteria like in Megaspore) that can help with this specifically. Lactobacillus bacteria will help too but not as directly. Think holistically and think outside the gut about your other organs of detoxification to support your whole body.

FUN DETOX

Some ideas to support detoxification all over the body:

- Skin brushing
- Saunas
- Caster oil packs
- Warm ginger tea packs
- Fresh cleavers tea
- Nettle, horsetail or oat straw tea
- Regular exercise
- Drinking tons of water
- Sleep

LIVER

Candida's byproducts are detoxified in the liver. Phase one detox breaks them down and phase two binds them to other substances that can be safely released from the body through organs like the kidneys, skin and of course the digestive system. One mineral that is important in detoxifying Candida's byproduct Acetaldehyde is Molybdenum, a trace mineral. Some people choose to use 300 mcg of molybdenum throughout the day to help reduce "die-off" symptoms like headaches and fatigue. Sea vegetables may be a good source.

DIGESTIVE DETOX

- Drink plenty of water
- Consume plenty insoluble and soluble fibre from a variety of fruits and vegetables
- Try warm water with a bit of lemon in the morning

STOP FEEDING THEM

IT'S ABOUT REAL FOOD

White powdered food-like substances. White sugar, white flour, flour substitutes and other empty calories. These empty foods are setting us up for imbalances. Yeasts like to eat sugars like glucose and sucrose. Sweet fruits like pineapples and mangoes may be off the menu but berries can be included for many people. Their nutritional benefit outweigh the sweetness in some cases if the berries are a good variety. The golden rule for what not to eat is if a food raises your blood sugar levels more than 20 points it can feed Candida. How to know? Get a blood sugar monitor, test before you eat and then test starting 15 minutes after you eat, keep testing every 15 minutes or so until it starts to go down. This way you'll know what the peak was. Then you can either have a free pass to include that food or let it go. Not the most fun activity but way funner (new word) than following a diet made for someone else. Some foods contain naturally occurring yeasts like sauerkraut, kefir (like coconut kefir) and fermented veggies. IF you notice they don't agree with you avoid them. If they seem fine you can include them as those beneficial yeasts can help push out the more invasive ones like Candida. Make your own diet. Use whatever means are available to tailor your foods to your unique needs and balance. Sometimes quantity matters if it seems something doesn't work for you, maybe try less.

AVOID SUGARS

HIDDEN SUGARS

Muffins, raw pies sweetened with agave or dates, bliss balls, chocolates, frappuccinos, desserts, breads, cereals, oatmeal (yup), grains, crackers, noodles, alternative sweeteners and more.

AVOID YEASTS / MOULDS

HIDDEN YEASTS

Dried foods, old foods, fruit skins, indoor moulds, yeasts growing on fungi like oyster mushrooms, shiitake, reishi (I believe the anti-fungal benefits of medicinal mushrooms outweigh the mould risk provided they were harvested fresh so I eat them anyway)

EAT NUTRIENT DENSE

SOME EXAMPLES

Fresh, tart berries, blue foods like blue corn and spirulina, fresh flowers, brassicas, sprouts, local vegetables, organic produce.

REPLACE THEM

WITH WHAT?

Nothing says “you’re not welcome here” more clearly than an attractive new group of friends. Help your digestive system through the rebound phase with these beneficial bacteria which have been shown to reduce yeast overgrowths in the body:

Saccharomyces Boulardii (a yeast so take it slowly and see how it goes for you)

Bacillus Clausii

Bacillus Subtilis

Lactobacillus Rhamnosus

Lactobacillus Plantarum

Lactobacillus Helveticus

Lactobacillus Lactis

Any Bifidobacterium like Infantis, Bifidum, Lactis, Adolescentis....

BIFIDUM INFANTIS

- Can balance Th1 and Th2 ratios in the immune system
- Can increase the production of beneficial short chain fatty acids
- Produces DAO, an enzyme which degrades histamine
- May reduce allergic response
- May increase immunity

BACILLUS SUBTILIS

- Produce Nattokinase which can help break down biofilms
- Can activate macrophages
- Produces the proteolytic enzymes Amylase and Protease
- Has anti fungal properties
- Produces K2
- May improve skin infections

LACTOBACILLUS PLANTARUM

- May help reduce topical infections
- May encourage liver enzymes
- May reduce fungal infections
- Can reduce oxalate levels in the kidneys
- May decrease intestinal permeability

REBUILD

REBUILD WHAT?

This is the part that often gets left out. It may be because even after people feel better this step continues. This is the part where you might not notice anything happening.... This step is about correcting underlying imbalances that enabled Candida to grow out of proportion in the first place along with correcting imbalances that Candida has caused along the way. Cleaning up involves addressing any body systems that have been affected by yeasts and moulds like the adrenals and thyroid and nutrient deficiencies that may have developed over this time. It may involve getting good nutritional testing so that you know which nutrients to increase in your own diet and lifestyle. (Vibrant Wellness or Spectracell Micronutrient testing).

MINERALS

Some of the most important minerals to replenish are:

- Magnesium
- B vitamins B1, B5, B6, B12
- Boron
- Germanium
- Iodine
- Lithium
- Silica
- Sulphur

SYSTEMS

- Nervous system: Support the nervous system health after being exposed to Candida byproducts.
- Adrenal health: Adequate sleep, time off of work, fun activities and good nutrition like B5 and amino acids.
- Thyroid health: Working on having good levels of iodine and trace minerals like zinc and selenium, B vitamins and reducing overall stress
- (some of these systems may have root cause issues to be identified and worked through with a practitioner)

DIGESTION

- Increasing stomach acid: try bitters before meals first
- Liver function: try cleansing with a big glass of lemon water every morning
- Motility: Have enough magnesium, water, friendly bacteria and get adequate exercise. Spend some time each day with an empty stomach, particularly before bed to give the body a chance to move things through and balance bacteria
- Chewing: If we don't break the food down we don't absorb it

EXAMPLE 1

THE MARTHA

Let's for fun pretend you're Martha and this is your plan... all the bases covered, piece of cake.



GET THEIR ATTENTION

Martha will eat natto and sauerkraut at least 2 Tbsp of each on an empty stomach each day...

ASK THEM TO LEAVE

Martha will drink Pau D'Arco tea, eat plenty of coconut oil and include 3 T fresh rosemary every day or oil of oregano when she doesn't feel like eating that.

CLEAN UP

Martha will go for a run daily, drink water with lemon in the morning and use ionic molybdenum from mother earth minerals.

STOP FEEDING THEM

Martha will give up her pineapple habit

REPLACE THEM

Martha will use an 11 strain probiotic from Custom Probiotics along and Megaspore too.
www.stephjackson.com/megaspore

REBUILD

Martha will chew on dandelion greens and endive before her meals to help with stomach acid, will work on not eating before bed and is getting some thorough thyroid testing done.

EXAMPLE 2

THE MIKE

Let's for fun pretend you're Mike and this is your plan... Mike? Are you there?



GET THEIR ATTENTION

Mike thinks natto is kind of gross and has decided to take Chitinase and Serrapeptase.

ASK THEM TO LEAVE

Mike wants to go for the hard stuff and is taking SF722 from Thorne, following their instructions on how to use it. He is going to work up to their maximum because he doesn't want to get too many headaches in the beginning.

CLEAN UP

Mike is going to increase his intake of sea vegetables to work on getting more molybdenum.

STOP FEEDING THEM

Mike will give up his blended coffee drinks and replace them with chaga elixirs. He is also giving up Kombucha and upgrading it to Kefir.

REPLACE THEM

Mike will use a probiotic called Syntol from a company called Arthur Andrew.

REBUILD

Mike will work on his digestive health by taking out the foods that discourage stomach acid like his coffee, he will work on rebuilding his nervous system with essential fatty acids and lion's mane mushroom.



SUMMARY

DOING THE STEPS

Do something from each category. If there is a product or herb that doesn't work for you make sure to adjust and replace with something else in that category so you have your bases covered. You always have options and there is always an individualized solution.

IS IT WORKING?

The only testing I really like at this point for yeasts is the organic acid test. This can help you mark your progress by taking the test at the beginning and the end of your plan. Keep a symptom journal to be even more effective. It is easy to forget the symptoms that go away unless they're written down.

HOW LONG?

Something in between 6 and 12 weeks usually...

WHAT NEXT?

Maybe the way of eating is working well for you and can be sustained. It might be helpful to discontinue strong herbs or pharmaceuticals because they have strong affects on the body. Rebuilding, replacing and not feeding the bad bugs are practices you can continue in the background or come back to whenever.

CAN I HELP YOU?

Join the Friendly Flora Collective where we mastermind solutions and customize our own probiotic foods! www.stephjackson.com/collective Learn more over the page!

ARE YOU A PRACTITIONER?

Download some resources including the *Candida matrix* at www.stephjackson.com/practitioners



JOIN THE COLLECTIVE!

REBUILD YOUR MICROBIOME

- Use key bacteria to set up a healthy colony
- Grow your own probiotics to help detoxify **oxalates, estrogens** and metabolic byproducts, **customize it for YOU**
- **Reduce H. pylori, E. coli, C. diff** and more
- Reduce leaky gut YOURSELF
- Help loved ones facing depression, autoimmunity or other chronic conditions
- **Learn which foods feed which bacteria**
- Learn the specific effects of foods on digestion and bacteria
- **Design your own probiotic foods** to meet YOUR needs

WHAT YOU GET

- **Monthly herbal/superfood monograph** PDF and audio for download
- Monthly herbal/superfood video lesson
- **Three monthly recipe videos**
- Three monthly recipe PDFs to download or print
- **Shopping lists** for the recipe ingredients
- Nutrient videos, audios and PDFs focusing on improving nutrition through microbiome health

- Bacteria monograph audios, videos and PDFs to learn the specific benefits of each probiotic
- A vibrant healthy and well-educated community of like-minded people

WHAT WE'LL DO

- Make three recipes monthly and share our results at the group show-and-tell
- **Go deep into advanced microbiome topics** on our live calls and in our forums
- **Support each other**, building a new immune system and communication system between our bodies, immunity and the outside world
- Create a new paradigm together

GET STARTED FOR 19 DOLLARS

Join hundreds of people already in the program. Rebuild your body from the inside out, learn more at www.stephjackson.com/collective

ABOUT STEPH



*Some photos of me here
in British Columbia,
Canada and Texas.
Getting close to nature
#forthebenefits*

Steph Jackson, ex-yogurt maker now called the Gut Whisperer by her clients, gives you valuable resources for digestive health. She advocates using probiotic bacteria functionally in consideration of your own biochemistry and the whole digestive bacterial colonies in order to achieve optimal health. After doing the research to build her non-dairy yogurt company she could not keep quiet about some of the things she discovered and is now using her experience in education and curriculum design to put together programs teaching others this unique information.

If you suspect your body is out of balance and not getting what it needs you may be surprised how intricately our digestive bacteria are connected to our food and our overall health. Steph always signs off with "wishing you vibrant health and the freedom to live it" and she means it.



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