

Cécile Ellert, PhD.

**Your
Anti-Candida
Aromatic
Program**



**Aromatic and Nutritional solutions,
compiled into a progressive
30 day program.**

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Table of Contents

Cécile Ellert, PhD.....	3
Recipes Index	11
Forewords.....	17
Introduction	19
A TASTE BUDS' REEDUCATION.....	23
DO NOT USE SHORTCUTS!	25
Chapter 1 The Basis	27
MY OWN STORY WITH CANDIDA.....	27
SO, WHAT IS CANDIDA ALBICANS?	29
CANDIDA AND CANDIDOSIS.....	30
WHAT DOCTORS MIGHT NOT TELL YOU ABOUT FUNGAL INFECTIONS.....	31
WHAT ABOUT CANDIDOSIS?.....	31
WHAT ARE CANDIDOSIS-RELATED SYMPTOMS?	32
THE PSYCHOLOGICAL IMPACT	33
THE PHYSICAL SYMPTOMS	34
FOOD INTOLERANCE	36
ALLERGIES.....	37
SENSITIVITIES	37

INTOLERANCES38

TESTING YOUR OWN SENSITIVITIES38

CANDIDA AND CANCER.....41

CANDIDOSIS MAY AFFECT EVERYONE42

HOW CAN YOU MEASURE THE LEVEL OF CANDIDA IN YOUR BODY?.....44

THE SALIVA TEST44

LAB TESTS.....46

HOW TO FIGHT CANDIDA??.....47

YOUR IMMUNE SYSTEM IS YOUR MAIN WEAPON.....48

HOW CAN YOU TELL A CANDIDOSIS GRAVITY?48

Chapter 2 Following the Anti-Candida Aroma

Program.....51

WHAT ARE YOUR ENERGETIC IMBALANCES?52

LET THE ENERGY FLOW.....54

THE KIDNEY MERIDIAN56

THE BLADDER MERIDIAN57

THE LIVER MERIDIAN58

THE GALL BLADDER MERIDIAN60

THE HEART MERIDIAN61

THE SMALL INTESTINE MERIDIAN62

THE TRIPLE WARMER MERIDIAN64

THE SPLEEN MERIDIAN	65
THE STOMACH MERIDIAN	67
THE LARGE INTESTINE MERIDIAN	68
ANTI-FUNGAL AROMATHERAPY	70
CLEANING YOURSELF UP WITH ESSENTIAL OILS	71
AN ESSENTIAL OILS USER MANUAL.....	73
FOR LOCAL APPLICATIONS ONLY	73
FOR FULL-BODY USE (IDEALLY A MASSAGE).....	73
THE AROMATIC ANTI-FUNGAL PREPARATION.....	74
CASE 1	75
CASE 2.....	76
YOUR DRUG-FREE ALTERNATIVES	78
VAGINAL ITCHINESS (THRUSH)	79
SKIN RASH.....	81
ATHLETE'S FOOT	82
ORAL CANDIDA (ORAL THRUSH)	83
FUNGAL CYSTITIS (UTI)	84
SORE THROAT.....	85
HEADACHE	86
FEVER	86
DEPRESSION.....	86

LET’S RECAPITULATE BEFORE YOU GO INTO THE ANTI-CANDIDA DIET89

1. FIRST, CHECK WHAT YOU CAN EAT89

3. WORK ON YOUR TRANSITION90

4. LEARN TO BE CLEAN91

WHAT TO KEEP IN CHECK AND WHAT TO STAY AWAY FROM.....92

BE AWARE OF OXALATES94

Chapter 3 Starving your Candida: The Food

Program97

SO, WHAT CAN YOU EAT?!101

YOUR NEW DIET, ONE DAY AT A TIME103

GETTING READY.....104

First, free your kitchen from any forbidden temptations!.....104

Then, fill your kitchen cabinets with the proper ingredients:.....106

PROGRESSING TOWARDS ANTI-CANDIDA CUISINE.....108

MAKE THE RIGHT MOVES.....109

FROM VERY SWEET TO MUCH LESS SWEET111

Chapter 4 Starving your Candida: The Recipes .115

CHICKEN AND VEGETABLE STOCKS.....122

HOMEMADE SAUCES.....123

Chapter 5 Two weeks of delicious menus to set you on track.....153

BEFORE YOU START, GET ORGANIZED!153

VEGGIE JUICES.....153

SPROUTS.....154

ONE LAST THING.....154

YOUR FIRST WEEK OF DIET155

YOUR GROCERY SHOPPING.....155

YOUR HYDROTHERAPY SESSIONS.....161

DAY ONE162

DAY TWO.....164

DAY THREE165

DAY FOUR166

DAY FIVE167

DAY SIX.....168

DAY SEVEN169

YOU MADE IT TO THE SECOND WEEK!170

YOUR NATURAL SUPPLEMENTS.....170

YOUR GROCERY SHOPPING FOR THE COMING WEEK173

DAY EIGHT176

DAY NINE177

DAY TEN178

DAY ELEVEN179

DAY TWELVE180
DAY THIRTEEN181
DAY FOURTEEN182
Chapter 6 Repairing the mess183
FIRST, CLEANING UP YOUR BODY.....183
KILLING THE BEAST IS NOT ENOUGH.....183
TAKING CARE OF YOUR FLORA.....184
TWO WEEKS OF MENUS, ON YOUR OWN185
Chapter 7 Emotions and Candida187
ESSENTIAL OILS FOR EMOTIONAL PAIN188
Chapter 8 Helping people with special needs.....191
WHEN IT IS ABOUT AUTISM AND ADHD191
WHEN IT IS ABOUT IRRITABLE BOWEL SYNDROME.....196
WHEN YOU PREFER NOT TO EAT MEAT AND/OR FISH.....197
Chapter 9 Stabilizing your new balance199
QUESTIONS AND ANSWERS200
LAST WORDS.....206
Bibliography210

Recipes Index

SUGAR-FREE BUT SWEET-TASTING RECIPES.....	115
PUMPKIN CREAM.....	115
LENTILS STEW WITH SWEET POTATOES	116
BEET HUMMUS.....	116
MANGO SMOOTHIE	116
BLUEBERRY SMOOTHIE	117
STRAWBERRY-COCONUT SMOOTHIE.....	117
PANCAKES	117
DATES AND SESAME COOKIES	117
CEREAL BARS.....	118
GRANOLA	118
IRRESISTIBLE BROWNIES.....	119
CHOCOLATE CHIP COOKIES.....	120
CHOCOLATE MOUSSE	120
LIGHT CAKE WITH BERRIES	120
RASPBERRY COBBLER	121
APPLE CAKE	122
BERRY SORBET	122

PREPARING THE BASICS.....122

YOUR OWN VEGETABLE STOCK.....123

YOUR OWN CHICKEN STOCK.....123

MAYONNAISE123

QUICK HOLLANDAISE123

VINAIGRETTE (SALAD DRESSING)124

MORE ESSENTIALS.....124

ALMOND MILK124

BUCKWHEAT GALETTES BATTER.....124

BROWN RICE125

QUINOA125

SEEDS MIX.....125

SPROUTS126

THE CANDIDA-FREE BREAKFAST.....127

MILK AND CEREALS.....128

TOAST128

VEGGIE OMLET128

EGGS BENEDICT À LA CANDIDA128

MORNING GALETTES.....129

JAPANESE SOUP.....129

IRRESISTIBLE COCO WAFFLES.....129

ANTI-CANDIDA DISHES130

DIPS AND SPREADS	130
GUACAMOLE	130
AUBERGINE CAVIAR	131
HUMMUS.....	131
WHITE BEAN SPREAD	131
ADD-ONS.....	132
ANTI-CANDIDA COLE-SLAW	132
FRESH SALSA.....	132
MEAT DISHES	133
INDIAN MEAT BALLS.....	133
CHILI CON CARNE	133
CHICKEN MEATBALL CURRY	134
VEGETABLE AND BEEF STEW	134
LAMB KORMA.....	135
TURKEY LOAF WITH VEGETABLES.....	136
BEEF AND VEGETABLE WOK	136
FISH AND SEAFOOD DISHES	137
SHRIMP AND GARLIC FRIED RICE	137
PAËLLA CANDIDA	137
SHRIMPS À LA THAI.....	138
VEGETARIAN DISHES.....	138

LENTILS « BOULETTES ».....	138
RED LENTILS DAHL.....	139
BEANS AND TOMATOES.....	140
SAUTÉED VEGETABLES.....	140
BELL PEPPERS AND QUINOA.....	140
STUFFED VEGETABLES.....	141
SPINACH QUICHE.....	141
LENTILS RAGOUT.....	142
QUINOA AND CHICKPEAS RAGOUT.....	142
CABBAGE ROLLS.....	143
ZUCCHINI FRITTERS.....	144
ZUCCHINI FRITTATA À LA CANDIDA.....	144
CHICKPEA RATATOUILLE.....	145
SALADS.....	145
YOUR OWN ANTI-CANDIDA SALAD.....	145
LAMB SALAD.....	146
RICE SALAD, SPANISH STYLE.....	146
SALMON SALAD.....	147
QUINOA SALAD.....	147
GREEN PAPAYA SALAD.....	148
SOUPS.....	148

CUCUMBER AND AVOCADO COLD SOUP148

ZUCCHINI CREAM148

SPLIT PEAS SOUP149

RICE SOUP À LA FLORENTINE.....149

DESSERTS AND SNACKS.....150

ALMOND-COCONUT COOKIES.....150

COCONUT BUTTER COOKIES151

WALNUT COOKIES151

ANTI-CANDIDA ICE CREAM151

EMERGENCY NUT MIX.....152

Forewords

Before we start talking about you, let me ask you a question: Do you know the story of the “boiled frog”?

It goes like this:

You dip a frog in a pot of cold water and light a fire under the pan.

Let the water heat gently... It will soon be warm.

The frog will find it rather nice and will continue to swim.

Soon, the temperature rises and the water becomes hot. This heat numbs the frog, who does not panic.

Now the water gets really hot.

Undoubtedly, it is unpleasant for the weakened frog.

However, the frog endures the situation and does nothing to change it. It does not have enough strength to react anymore.

Do you know what the frog will do when the temperature reaches boiling point?

It will simply die without ever lifting a leg to get out of the pot.

However, if the same frog was immersed directly in the 100°C water, it would immediately jump out of hell.

You certainly understood that this frog is often us: humans!

Sometimes we do not step out of our harmful habits, simply because we don't understand that they are actually deadly, or because we may be too weak or too afraid of changing them.

The fear of changing deadly habits is just as deadly to humans as the hot water is to the frog... This book is all about changing deadly habits. Congratulations: you are jumping out of hot water.

Introduction

“What is health, indeed, if not the result of a balanced and harmonious operation of all the systems that make the body?”

David Servan-Schreiber

Not so many people know about candidosis apart from the few known fungal infections such as athlete’s foot and thrush.

This was the case for a clinic director I was working with a few months ago. She heard from a mutual friend that I was able to relieve heavy eczema with the simple application of essential oils. Yet, she had no idea eczema was linked to candidosis.

She then asked me to help a two years old baby covered with eczema; given the opportunity, I was able to explain candidosis in its full length to her.

Upon observing the baby, I was able to identify definite signs of ADHD (often associated with candidosis and eczema). This baby would have to follow an anti-fungal program to get rid of his eczema.

Then, my attention switched to his mother: she had tried her best to hide some obvious marks of heavy fatigue underneath her makeup. I could only imagine what her life was like. Taking care of a two-year-old with Attention Deficit Disorder (as well as an older brother) and the many emotional challenges involved with this syndrome. She obviously needed help.

To this day, I can still see myself telling her: *“What about you? Are you all right? You know, I am afraid we’ll have to take care of you first.”* She was

INTRODUCTION

probably responsible for transmitting her own problems to her son at the time of conception, and because of this, she would need to follow the program herself.

Here is the testimonial of this mother, three months later:

“I now realize that I have suffered from a systematic candida infection my entire life. The doctors I worked with treated each health problem as a separate issue. Despite being diligent with what I thought was a good organic diet and many supplements, I could never make progress on a long list of issues; gingivitis, athlete’s foot, reoccurring yeast and bladder infections, cold hand and feet, low energy, insomnia, constant viral illnesses, anxiety and brain fog.

At the age of 41, I began the Anti-Fungal Balance diet after meeting with Cécile concerning my son’s eczema problem. She told me that my son had Candida and that he got it from me. Something clicked. In a matter of 30 days of taking on the program Cécile prescribed, I am a completely different person. I now require less sleep, have more energy and all of my health problems are clearing up and most importantly, I am happier and I’m able to enjoy spending time with my family.

I have a long road ahead to full recovery because I’ve had this problem for so many years, but now I have all the tools and support I need. It is a lifestyle switch, but one I’ll gladly make to win my health back. Cécile is a wonderful, gifted healer that really cares about helping people get better.”

Suzanne, Oakland, CA

This is when the story starts and the reason why I had to entirely rethink my book: most prominently, I had to keep parents with sick children in my mind.

I expect that if you are reading this introduction, chances are that you already have some knowledge about *Candida albicans* and candidosis.

If you are like most of my readers and clients, chances are that you even did your own research about it.

Let me ask you this:

- Have you been struggling with the same health problems for an extended amount of time?
- Have doctors failed to offer you a durable solution (if any)?
- Have you been given a list of forbidden foods that leaves you helpless, not knowing what to eat anymore?
- Even if you have been diagnosed with **irritable bowel syndrome, chronic cough or chronic fatigue**, were any of the tests you've been through able to reveal the exact source of your symptoms?
- Were you **left powerless and facing the same recurrent problem?**

You might perceive this as a discouraging situation, especially if these questions do not apply to you personally but to your sick child. Most of the people facing candidosis experience at some point **loneliness and doubts** in regards to what is happening to them, and seeing how traditional health care professionals react to it may confuse them even further.

I sometimes recall what happened to a friend of mine. After going through all the tests and procedures; doctors finally told her that nothing was clearly wrong, but that there was a chance that her symptoms would turn out being a cancer... After such a (wrong) diagnosis, what can you do besides feeling helpless?

INTRODUCTION

You may in fact have access to more resources than you think and making sure you are not a victim of candida albicans overgrowth is the first step. And if this is the case (most of the time it is), this book will guide you through solutions that will change your life, as it did for most people who read the first edition.

Initially, I wrote this book in French for my clients in Hong Kong a few years back. Only when I moved back to the States did I realize how much my American clients also needed my program, despite all the books already written on the subject.

So, I translated it to English - this is a completely natural approach for people who in the first place do not want to take a course on anti-fungal drugs, or simply cannot take medicines for various reasons.

Indeed, taking drugs is an issue to more and more people, particularly when toxicity is at the root of their illness... As it is for most of the chronic diseases of this century, in adults and children alike.

I have recently come to the realization that the people who were in most dire need of my anti-fungal program are actually children: children suffering from the accumulation of toxic substances in their body.

However, when we speak about children, we have to take their parents into consideration. Understandably, most parents have issues or toxicity issues that they transmit to their babies during gestation or at conception.

But here is the most important part: parents need to be extremely balanced physically and emotionally to have the strength to cope with their kids during an anti-candida detox, not to mention that most of the time the anti-candida part is just one piece of the puzzle.

This is why, in this new edition, you will find a number of tools to improve the transition from a “sugar, dairy, gluten -loaded diet” to an anti-candida

diet. You will find transition recipes that will help your child gradually get used to sugar-free foods, whole foods, dairy-free and gluten-free foods.

A TASTE BUDS' REEDUCATION

The aim is not only to gradually **lower children's tolerance to sugar** and reduce withdrawal symptoms, but it is also to let them discover that **they do NOT have to be manipulated by the big food brands** and that they can have a **life free from the cravings caused by a sugar addiction**.

Parents and children will learn to be proactive in protecting their health and taking care of their balance.

After reading this book:

- You will be able to identify most of the weaknesses you have to correct by yourself.
- You will be able to use aromatherapy as a tool to sustain the detox process: immunity, mood, as well as physical and emotional symptoms of your child.
- You will find more recipes, but also more alternative to drugs, which mean more tools to help your child live a drug-free: an independent life.

As I said at the beginning of this introduction, this is also a book for parents, and especially mothers because they are women. **Women are the favorite targets of candida overgrowth**, especially when they are pregnant. Pregnancy is the ideal time to get rid of your candidosis so you **do not transmit it to your baby at birth**.

INTRODUCTION

You may know that traditional approaches involve drugs that are not allowed during pregnancy. Which means that a number of future moms have to deal with local anti-fungal treatments that will absolutely not rid their body of the core problem... And worse: missing the actual target of an anti-candida treatment will result into birthing beautiful babies... already weakened by candida overgrowth! I certainly do not think this is what a new mother expects for her baby.

So once again, feminine candidosis is approached here with future mothers and their babies in mind, thanks to aromatherapy.

The most important fact for these women is that this reeducation will help them **control their weight, boost their immunity and teach them how to use alternatives to drugs** that will serve them long even after delivery.

Regarding **essential oils**, I would like to give a few details on the subject.

Their use is what **will make the biggest difference in the way you live your candida detox** and the stimulation of your immunity.

In short, my way of approaching immunity is through the concept of **psycho-neuro-immunology**, for the nervous system is being intimately connected with immunity. Your emotions, your stress level, your diet, your genetics all have to be taken into consideration in this approach.

Essential oils can have a profound effect on the whole nervous system balance.

Actually, **simply inhaling an essential oil affects the brain and the totality of the nervous system.**

The fragrance will stimulate the olfactory system, which then will have an impact on the limbic system of the brain, the hypothalamus and the pituitary gland (master of endocrine glands).

This is why a simple massage or a bath are powerful nervous system treatments! Indeed, **essential oil chemistry makes them active at any level of your body**, in a completely holistic way.

They participate in the balance of all the systems in the body, and this is why I combine them with principles of another powerful perspective on body-mind connection: Traditional Chinese Medicine.

So, I urge you to read the book entirely and to be ready with all the components of the program *before* you get started with it.

Here is a little scenario that will show you what will happen if you jump into the diet and neglect the other parts of the program.

When I completed the first English version of the book two years ago, I sent it to a number of friends who I knew would need it.

I met with one of these friends much later and learned that she actually used my program. She told me that after reading the first pages, she was so excited that **she directly jumped to the menus and recipes** to benefit from it as soon as possible. She actually knew nothing about the supplements and the essential oils treatment and admitted that the detox was so hard that she dropped it after 5 days.

Isn't that sad?

DO NOT USE SHORTCUTS!

So here are some of the program's facts you must not overlook:

- Getting organized and ready in advance: if you miss anything, you increase your chances of relapse. Be ready before you start.
- This is not only about avoiding certain foods: it is about using the right foods. So, have these foods available before you start: they are part of the anti-fungal action.

INTRODUCTION

- The supplements are there to make things easier for you: you'll need them to lower your cravings and the detox symptoms. I recommend having them before you start.
- Chinese medicine principles are not an option: working on your meridians is your chance to really make this program individualized and efficient for you.
- Essential oils do more than smelling good: they are the key to replace the drugs that would normally be prescribed to you during a detox. Have them all available to you (like you would for medicines) before you start.

This entire program is designed to set you on the path of internal and external balance. Stop being manipulated by big food and pharmaceutical industries: resist the need to consume them. Instead, allow yourself to discover a new connection with your body; be aware of simple, useful natural solutions.

Reading these pages will give you a chance to learn more than most people know on this subject. And this will protect you from far more than the only consequences of candidosis.

Chapter 1

The Basis

MY OWN STORY WITH CANDIDA

I discovered this fungus about 13 years ago when I was an Aromatherapy student in Hong Kong. I was in a kinesiology class that was taught by someone I would later realize, was “Mrs. Candida” in Hong Kong. She was able to “screen” your body and measure the spread of a Candida infection.

We the students were her “guinea pigs” during class, as she was using our own physical and emotional imbalances to illustrate her course. This is how I found out I was “covered” with Candida.

Anisa (her name) explained why I had my current digestive disorders as well as my moodiness. It was because of the excessive growth of this mold all over my body and she told me I needed a two-week strict diet to get better.

Her course contained a chapter about Candida as well as the list of the forbidden foods of the anti-Candida diet.

What? No fruits? No bread? Me, the former pastry chef, completely addicted to making cakes everyday: how could I survive this diet?

Of course, twenty years of making and eating pastries certainly played a big part towards the extended candidosis in my body... The constant stomach pain that no doctor could identify, that would systematically be diagnosed as stress, or emotional problems.

THE BASIS

Anisa tried to help me and found out that I could indulge myself with half a strawberry per day. Indeed, I noticed that my stomachache would get worse after each meal... But half a strawberry was okay. — A whole strawberry was not: I could feel it.

Needless to say, I was finding it hard to follow the diet; I was much too hooked on pastries... And I probably hadn't suffered enough yet.

A few years and many episodes of pain later, I finally decided to restrict my diet and discover the relief of a painless day. I can tell you that the two to four weeks of diet are worth it and it is a small price to pay to be pain free.

Having clients suffering from candidosis, I had to find a solution to help them get through the diet and make it as successful as easy and painless as possible. This is how this program was born.

I couldn't do their grocery shopping for them or cook for them every day, but I could offer them a "substitute" of myself. A way to feel supported and guided during the whole process. This was a way for me to transform years of suffering into a useful answer for as many people as possible. This is what this program is about. I hope you will find it as helpful as my French readers do!

And since we have to start somewhere, let's start with knowing your enemy: *Candida albicans*.

In nature and as well as in the body: mushrooms have the function to recycle organic debris. There are no radical ways of eradicating them from a given environment, as we can find them absolutely anywhere.

SO, WHAT IS CANDIDA ALBICANS?

Candida albicans is one of these mushrooms: one of the 9 species of Candida known, and one of the six possibly involved in human pathologies.

Candida albicans is a saprophyte yeast (a parasite) living in any mucosa, healthy or unhealthy. It is easily found in small quantity in the mouth, the genitals and the bowels of any individual. But here, instead of recycling our debris, it produces more through its waste: **the mycotoxins**.

These mycotoxins travel in our blood and lymphatic systems, pollute our organism and weaken our immune system.

It is important to understand that we do not get sick because a germ decides to attack our organism, but because at one point our immunity is deficient, allowing the germ to break in and thrive on a weak body.

Among hundreds of microbial species living on our body, Candida albicans uses any favorable grounds it can find to develop and grow, as it weakens our immunity.

An immunity deficiency is often the direct consequence of a faulty nutrition that doesn't supply enough nutritional elements to the organism. In that sense, faulty nutrition is one of the many factors related to **Candida overgrowth**.

One hundred years ago, we didn't eat as much processed, transformed, sugar loaded foods. We were not sitting in front of a screen for hours during the day. Herbicides, pesticides or other chemicals were not of common use (if at all), and thus did not invade our bodies on a day-to-day basis. But today, our world is different and our modern lifestyle is the most favorable growth catalyst for the Candida albicans.

THE BASIS

Even if a lot of physicians forget to keep it in mind during their diagnosis, a large number of functional imbalances are due to the excessive spread of this mold. We can find it located mainly in the gastro intestinal region, the urinary-genital area, as well as in the endocrine and nervous systems.

Whatever the symptoms may be, the immune system is always challenged. This explains a large number of allergic reactions and chronic diseases, which makes it harder for people affected by the condition to find a natural and truly effective solution.

CANDIDA AND CANDIDOSIS

Candida overgrowth is known as candidosis and is usually referring to local fungal infections better known as thrush and athlete's foot.

However, not so many people ever heard of the internal effects of a Candida infestation.

Even so, what you see on the outside could be compared to the tip of the iceberg! You cannot see it but it is there, and for someone who deals with it all day long, the internal symptoms are very clear. We will go over them later.

Until Dr William Crook published his book The Yeast Connection in 1983, nothing valuable had ever been published on this subject and the research was oriented towards more valuable subjects such as Cancer. And as of today, most anti-fungal approaches remain either pharmaceutical or none.

WHAT DOCTORS MIGHT NOT TELL YOU ABOUT FUNGAL INFECTIONS

You have to understand that physicians must absorb huge quantities of information regarding all existing pathologies and that their goal is to quickly relieve symptoms, not to prevent them.

Today's patients expect magic, a quick definitive relief while being allowed to keep the habits that the food industry has slowly but surely anchored in their lives and that contributes day after day to the Candida overgrowth. If your doctor doesn't offer this type of relief, you go see another one, don't you?

But Candidosis cannot be quickly dealt with. If some symptoms can certainly be relieved quickly with a "band-aid" solution, they will come back shortly after.

Unfortunately, fighting Candida requires no magic: simply a **coherent and systemic new behavior, leading to reinforcing our immunity and weakening the invader as we empower our body**, day after day.

This is the reason why I am giving you a compilation of the most efficient tools nature can offer to restore your health, understand the origin of your problem and most of all, get rid of it.

WHAT ABOUT CANDIDOSIS?

As we explained earlier, Candidosis is a fungal infection whose name comes after a yeast, *Candida Albicans*, living quietly in our mucous membranes such as mouth, vagina and rectum.

THE BASIS

This fungus travels via the blood and when the factors are conducive, it moves and multiplies in an anarchical way, in the intestines, the heart valves and the throat. Its growth gets beyond control and induces infectious symptoms from head to toes.

We usually think of Candidosis as a fungal manifestation, locally identified as **athlete's foot or thrush**. But most people forget about the invisible infection happening under the radar, the one that takes the shape of common manifestations such as depression, fatigue or stomach ache!

Candidosis is not always very detectable and this is why it is so unlikely to be identified and treated right away.

People who finally consider a possible Candidosis treatment will do it after a long period of unproductive treatments and repetitive symptoms and, perhaps, after being tired of feeling so unwell all the time...

WHAT ARE CANDIDOSIS-RELATED SYMPTOMS?

I would not state there are some definite Candidosis symptoms — I would rather say that some diseases and their symptoms are directly related to a Candida infestation.

For instance, recurrent ear infections in babies: the symptoms will be those of an ear infection, but this infection will become chronic. The reason is the presence of Candidosis being regularly fueled with antibiotics and sugar.

I could also mention mercury toxicity. Indeed, **heavy metal toxicity** is a common “friend” of Candidosis. As toxicity impairs good immunity and cell regeneration, it gives Candida the proper ground to flourish happily in

affected people. This is why it is **frequent to recognize in heavy metal toxicity symptoms of long term Candidosis.**

Unfortunately, heavy metal toxicity is not the only likely cause of Candidosis. **Statistics show that women are better candidate for this type of infection:** vagina's morphology reassembles the perfect conditions of heat and humidity that stimulate Candida overgrowth.

And while the vagina is one of the most visibly infected area, chronic digestive problems are also extremely frequent, thanks to the yeast's development in the digestive tract and the intestine.

THE PSYCHOLOGICAL IMPACT

Psychologically and emotionally, I noticed in all my clients (and myself) a distinctive correlation between emotional fragility, immune or chemical reactions to foods and Candidosis.

In any case, **nutriments required for proper brain function** cannot be correctly delivered in the body because of a **limited food absorbency** in the digestive system.

Most of the time, people suffering from Candidosis also suffer from **food intolerances and sensitivities** and experience intestinal infections, chronic pain and chronic respiratory problems as well.

But **anxiety, mood disorders and even depression** are linked to a set of physical symptoms. Everything is related and this is extensively explained in Chapter 6: *Emotions and Candidosis*.

Anything affecting the immune system and food absorption, like Candidosis, can lead to behavioral troubles, neurosis or psychosis. Here are a few examples:

THE BASIS

In babies

If their immunity is too low, or their **inflammation and toxicity** too high, when they get vaccinated, chances are that they will develop a degree of **autism** and suddenly, a change in behavior or possibly lose the faculty to make eye contact.

In children

Chronic yeast infection can present itself under the traits of hyperactivity and lack of concentration, what we call ADHD or learning disabilities.

In teenagers

It may cause depression and severe mood swings.

And what about baby blues?

Right after delivery, women experience a storm of hormonal changes that predispose them to a drop in their immunity and consequently a rise in Candida development!

Pregnancy and delivery

Because of hormonal variations and eventually drugs administration (epidural), reassembles the conditions for Candida growth and its impact on a young mother's health.

THE PHYSICAL SYMPTOMS

The **most obvious symptoms of candidiasis** are:

- Skin and anal rashes,

- Chronic diarrhea,
- Constipation,
- Irregular periods,
- PMS,
- Permanent fatigue,
- Headaches,
- Acne,
- Depression,
- Anxiety,
- Nervousness,
- Sudden weight gain,
- Low thyroid function
- Colitis,
- Gastritis,
- Gingivitis etc...

These signs are very common to a large number of people. However, when your list checks several of them, they should be considered as a group of symptoms having the same origin: Candidosis!

Common Candidosis symptoms during pregnancy may also include:

- Rapid weight gain (not from pregnancy)

THE BASIS

- Cravings for sugar
- Quickly becoming agitated or irritable
- Becoming extremely tired on rainy days
- Difficulty focusing or brain fog

However, this is very personal! Some women will develop a breast fungal infection, some won't! Some will have thrush, some won't. And some will be depressed while others won't.

It all depends on their initial immunity strength and their predisposition to Candida development such as having **food sensitivities, intolerances, toxicity and sugar addiction.**

FOOD INTOLERANCE

Having food intolerance is comparable to consuming addictive foods. It induces emotional wellbeing, giving a sensation of relief similar to a cigarette when we are nervous, but one or two hours later, this euphoria gives place to the adverse feeling leading to anxiety and/or depression.

For example, **many women are addicted to tonic waters and soda** because of the sugar it contains. And certainly, these are the substances they react to. **Common visible signs of food intolerance include:**

- Nasal congestion
- Abdominal bloating

- White coating on the tongue
- Dark circle under the eyes
- A tendency to have hemorrhoids
- Constipation

These symptoms may as well be symptoms of candidosis. In most cases, Candida and food reactions go hand in hand. But I would like to give some specifics regarding food sensitivities.

ALLERGIES

Food allergies increased by 400% during the last 10 years prominently caused by environmental toxicity (sugar, pollution, drugs and heavy metals).

You are allergic when you instantly react to a food, for instance peanuts, and may die if you don't get medical help. Food allergies are evaluated by measuring the amount of *IgE* antibodies your produce.

SENSITIVITIES

I call them the *IgG* because *IgG* are the antibodies measured to identify the food you are sensitive to. Which means that you are sensitive to a food when your body sends *IgG* antibodies to fight it. This is an **immune reaction** to food.

Reactions to the trigger foods are not always instant, but may show up after a few hours or days after ingestion. This is why you often need to avoid certain foods for a whole week to identify the "triggering" food.

THE BASIS

Sensitivities are not allergies and are often ignored by doctors. However, they are a lot more frequent than the allergies and the inflammation they induce in your gut may result in what is called “leaky gut syndrome”.

Leaky gut is not a life-threatening condition in itself, but it leads to creating future allergies, the deadly ones. Therefore, it should never be taken lightly. With a proper elimination protocol and a candida diet, you can see your sensitivities disappear.

INTOLERANCES

A food intolerance is a **chemical reaction** to specific foods. Intolerances are verified thanks to the presence of *IgA* antibodies. In that case, there is no immune reaction, but a lot of severe symptoms: headaches, rashes, eczema, constipation, diarrhea, migraines etc...

Many people consult because of these symptoms, but not many doctors recognize them as a sign of food intolerance. Some will prescribe drugs to for temporarily relief... Until the patients eventually discover what they have to do to get rid of it for good: simply get rid of the food and the symptom vanishes!

A good example is milk. In milk, you have lactose. To digest lactose, you need an enzyme called lactase. Those who lack this enzyme will be intolerant to milk. If they stop using milk, they will see their symptoms disappear.

TESTING YOUR OWN SENSITIVITIES

Think of which food is your favorite: bread, cheese, milk, pasta, chocolate, sweets...? Well, sadly, all of these are huge intolerance and sensitivity inducing foods.

A good way to be sure about what they do to you is to **check your pulse**:

- When you wake up before breakfast,
- 30 minutes after a meal,
- At bed time.

If your pulse is **stable with less than 84 pulsations/minute**, you are not reactive to any foods you had. If you notice that your **pulse increases at more than 85 pulsations/minute**, there is a reaction and you need to identify it.

In order to identify a specific reaction, you then have the following choices:

- Eliminating one food per week and see how your pulse reacts,
- Consulting a NAET practitioner and benefit from this non- invasive and quick way to work on what makes you react (<https://www.naet.com/subscribers/drnamerica.htm>)
- Choosing to know the scientific way by a blood test.

If you chose the blood test, go for the works! Ask for all the tests at once: IgG (sensitivities), IgE (allergies) and IgA (intolerances).

This way, you'll know for sure how your food impacts your immunity and your internal chemistry.

Many labs offer these tests. You can use an Elisa test, or any other food sensitivity and allergy tests online. The lab should provide you with the list of the foods you should avoid and the foods you should rotate in your diet. Once again : we are not talking “food allergies”, but delayed reactions to foods.

THE BASIS

Once you identify what foods are not so good for you, your digestive system and your immunity will finally have a break: you will be able to reduce your gut inflammation, you will then allow your food's nutrients to reach your cells, which means that you will finally give your body the ability to heal.

This is why even if you choose the blood test, it is still a good idea to consult a NAET practitioner who could also identify your reactions to nutriment (which goes further than to simply foods) and correct it.

My daughter had this problem. She would absorb no foods and was really underdeveloped. At 10 years old, I took her to a NAET practitioner who identified and resolved all her immune reactions to nutriment.

Only then did she start benefiting from her food, gaining weight and developing into a beautiful, strong, healthy young lady.

So, remember, food can be your best friend but also your worst enemy! And there is no point in fighting candidiasis if your body cannot absorb nutrients properly and would always mobilize the immune system against what you eat. Remember: you already have a parasite, do not let your food be a parasite as well...

We could say that an antifungal antibiotic treatment would be enough to definitively eliminate this parasite when it spreads too far, but that is far from the truth. Molds, yeasts any kind of mushrooms are especially resilient.

Indeed, **using a chemical substance to fight this type of organism might be efficient at first, but it is just an invitation for them to come back later**; the infection becomes chronic and less and less vulnerable to the medicine.

Knowing this, I have to add one more thing: a lot of research has shown a significant link between Candida and Cancer, and not only during chemotherapy.

Even if not so many people talk about it, let's face it:

An immunity depleted body, stressed and overloaded with drugs is a dreamland for the Candida.

One more thing to have in mind: Cancer and Candida grow the same way.

CANDIDA AND CANCER

A Candida-infested organism provides the best conditions for cancer growth: a depleted immune system, along with a nice acidic environment and a starving body.

Anything that can increase immunity, remove toxins and alkalinize and nourish the body will help, and **this is the purpose of an anti-candida diet associated with essential oils.**

As Candida overgrowth is getting controlled, the conditions to cancer development become less and less favorable as well. In other words: *to better prevent cancer, control your Candida.*

This is why legitimate thinking suggests that a good Candida diet constitutes in itself a valuable cancer prevention tool.

However, according to the most recent epidemiological studies, **80 millions of Americans suffer from candidiasis today, which could mean an average of one westerner out of three, without even knowing it.**

THE BASIS

And by 2030, we will count 75% more cancer cases than today in the global Western population.

CANDIDOSIS MAY AFFECT EVERYONE

Men, women, teenagers, children, babies... But why?! Several factors have been identified:

- Stress,
- Low immunity (AIDS),
- Pregnancy,
- Drugs,
- Toxicity,
- Processed foods,
- Sweet foods

But that is not all: you have to know that **candidosis is easily transmitted sexually** or developed following a strong antibiotic treatment such as the one given to treat acne.

Children are predisposed as soon as they are given antibiotics for the smallest sore throat; women are especially concerned when they take **medicines for a urinary infection**, and the next one, and the next, and so on and so forth... While that discomfort could stop by itself when the candidosis is finally taken care of.

The most common candidosis inducing factor is the repetitive use of antibiotics. Antibiotics are well known for their destructive effect on the intestinal flora which when healthy, helps to prevent an excessive spread of the yeast.

The use of **corticoids, oral birth control and a lack of digestive enzymes** have also been linked to Candida proliferation. But the most dangerous factor is the **regular intake of sugar, which is found everywhere in our foods, and which happens to be Candida's favorite treat.** *In fact, sugar consumption explains most of the relapses after chemical treatment.*

Indeed, in cases of extended fungal infection, chemical substances may be used to fight its spread as quickly as possible.

But the symptoms soon reappear at the end of the treatment and will manifest itself as a chronic infection that will respond less and less to any chemical therapy alone.

So, in order to reach a positive outcome in treating a Candida infection, there is no other choice but to integrate and combine a variety of complementary approaches.

Nutritional and natural therapies are unavoidable, to increase the chances of success, and sometimes, it takes some time to win the battle.

To achieve victory, you must keep in mind throughout your journey that there is no instantaneous trick to get rid of Candida!.

HOW CAN YOU MEASURE THE LEVEL OF CANDIDA IN YOUR BODY?

Not everyone shows very obvious and visible signs of candidiasis, such as oral thrush. A common mistake would be to ignore the hidden signs of the infection. This is why we have to “look inside”.

There are various tests out there, from the simplest to the most sophisticated. Lab tests are not very revealing unfortunately and you need to be able to measure your progress regularly.

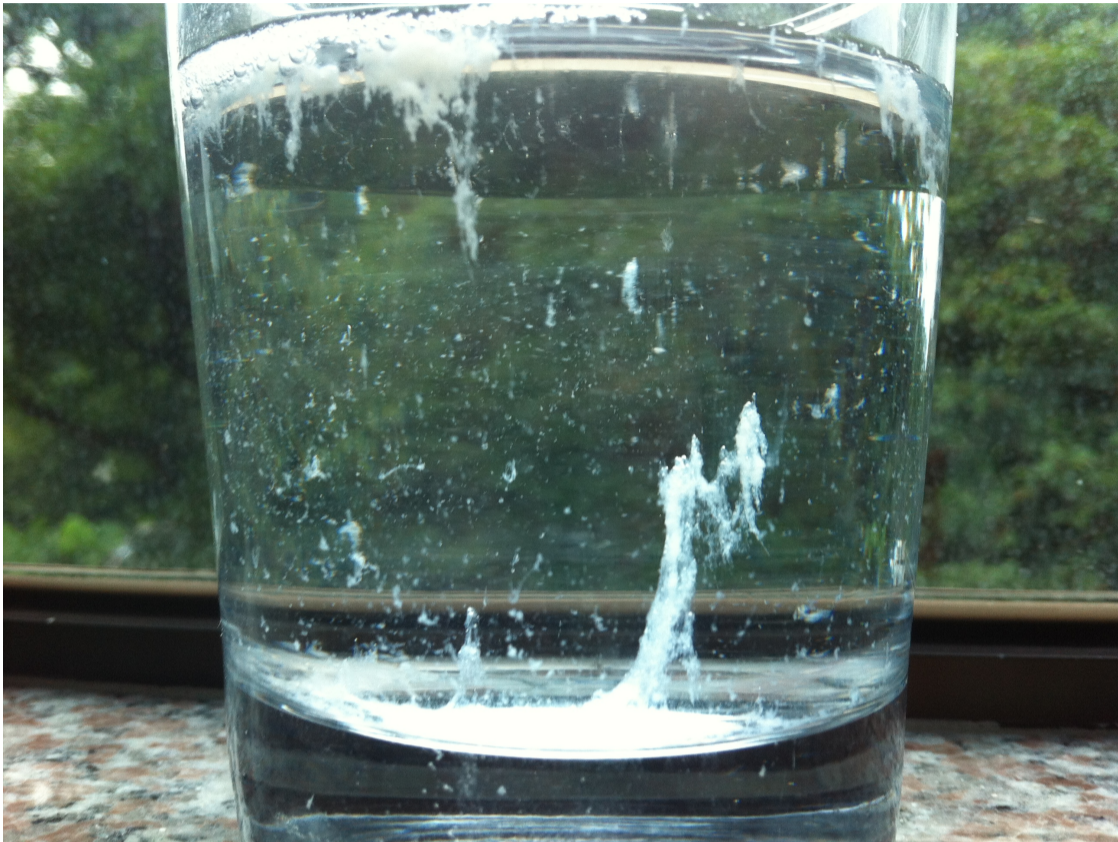
THE SALIVA TEST

This test is easy to do at home. It shows you the state of health of your intestinal flora:

- **At bed-time**, place a transparent glass of water on your night stand.
- First thing in the morning, before drinking, brushing your teeth or kissing anyone, spit into the water and watch.
- **If your saliva dissolves on top of the water and disappears:** you are candidosis free!

I found in my client's specimens three beautiful illustrations of Candida-saturated saliva. Check them out: **if your test looks like any of these, you must follow the program.**

1. Your saliva turns into some strings that drops at the bottom of the glass.

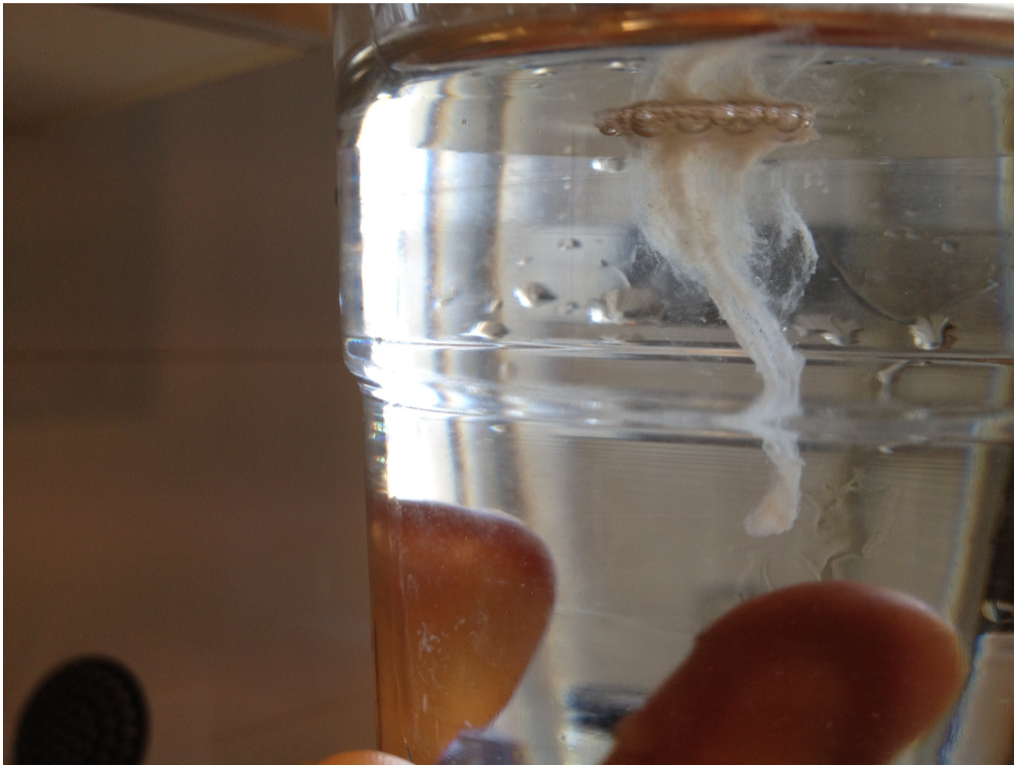


2. Your saliva turns into a cloud that drops at the bottom of the glass.



THE BASIS

3. Your saliva drops down in a twisted funnel manner.



The quicker the water loses transparency, the heavier the Candida infection. — Why? You have to remember that Candida overgrowth starts in the large intestine.

With time, the mold spreads to the other parts of the digestive system, which are the **small intestine, stomach, esophagus and then the mouth**. When candida is well saturated in your mouth, you can notice the thin white coating on your tongue and cheeks inner lining.

The mold being heavier than water, when it saturates your saliva, it falls at the bottom of the glass.

LAB TESTS

Despite the fact that your doctor may have a hard time believing that your symptoms could be linked to a Candida infestation, they may still agree to prescribe a lab test.

Here is what to look for:

The antibodies **immunoglobulin A, G and M** fight bacteria and viruses at various levels in the organism, from the respiratory and digestive systems mucosa to the lymph and blood. So here is what you have to investigate.

You may also ask for a colon permeability test along with feces analyses to check the presence of Candida.

However, some yeasts hide at the mouth of your small intestine and cannot be detected with coproculture because the acidic PH level near the stomach favors yeast but alkalinizes further down. This basic environment is what makes candida disappear when feces are excreted, even when candidosis is present in the upper intestinal area.

Since **the presence of Candida is so complicated to reveal through lab tests**, (it may not always show in blood works) I like the idea of identifying the manifestations that accompany the Candida infection as a logical investigation.

Indeed, if you suffer from food reactions (yeast especially), or heavy metal intoxication, chances are that you also suffer from candidosis.

Let me explain: **To heal your gut, you need to eliminate what fuels its inflammation. Heavy metals permanently fuel this inflammation.**

Each time you consume a trigger food, any food you react to, it feeds the inflammation in your colon wall, mobilizes your immune system and weakens your body, which you don't need if you want to get rid of your Candida infestation.

HOW TO FIGHT CANDIDA??

In any case, it is important to control three things simultaneously:

THE BASIS

- The physical symptoms,
- The emotional symptoms
- The yeast overgrowth.

A good example is the **fungal vaginitis**. This illness is very difficult to cure for good, because of the way it is often induced by contraceptive pills, vaginal dryness, a poor vaginal flora and/or hormonal fluctuations. I remind you that hormonal fluctuations are, with the pill, what feeds feminine candidosis. Intimate relationships can each time re-contaminate the partners and trigger the infection. In this case, it is imperative that both partners submit to the treatment together, even if no symptoms are visible in one of them.

If the treatment implies a local intervention, cleaning and rebalancing the body is another very important part of the approach.

YOUR IMMUNE SYSTEM IS YOUR MAIN WEAPON

As explained before, no need to fight with any acid forming, immunity depleting substances such as antibiotics. Indeed, antibiotics will build up the ideal ground for the mushroom to adapt and grow again.

Actually, each candidosis cannot be approached the same way whatever its level of spread.

HOW CAN YOU TELL A CANDIDOSIS GRAVITY?

For instance, a teenager getting treated for acne and complaining of thrush might not be heavily infected.

However, someone suffering from **respiratory allergies, eczema, depression and digestive disorders all together** shows a real case of

serious candidosis and might need to be treated for more than 3 months to see a visible improvement from the symptoms. But very often, two weeks are enough.

Of course, taking an anti-fungal medicine will help fighting some visible symptoms only temporarily, because of not considering and treating the root-cause of the problem and the body as a whole.

The chemical approach might even actually feed the yeast in your body (needless to say it poisons your liver).

To give you an example, an antifungal drug is strongly not recommended for pregnant women (too toxic for liver). Be careful of not taking any Daktarin, Nirozal, Sporanox and Triflucan.

Keep in mind that you have to use as many Candida fighting tools as possible at once and on a holistic level, so to maximize your chances of lasting results.

This wide horizontal approach not only increases the chances of success but it is coherent: **the yeast has to be controlled and reduced at every level.** — If it gets fed on one hand and fought on the other, it will stick around endlessly.

THE AROMA PROGRAM

Chapter 2

Following the Anti-Candida Aroma Program

This program is:

- A holistic approach aiming at better identifying the origin of your physical and emotional imbalances.
- A strict diet until the saliva test is clear!
- A symptomatic approach to fight the various Candidosis symptoms locally, anywhere they might flare-up.
- An aromatic approach aiming at rebalancing your body as well as your emotions.
- A ground approach aiming at restoring your immune system and detoxifying your body.
- An education-oriented approach to teach you a new understanding of food choices.

Indeed, each case of fungal infection needs a specific local approach to find as much relief as possible — regarding the external as well as internal symptoms of the infection.

THE AROMA PROGRAM

But what is common in any case is the general treatment aiming at reducing the growth of the yeast. The main part of it consists of eliminating the Candida-feeding foods via the Candida diet.

I have to insist on the fact that *every treatment against candidosis must be thoroughly followed and applied for several months to obtain satisfactory results!*

You'll see that with time, your tolerance to toxicity will considerably reduce as your level of energy and well-being increases.

It might be easier at this point to start an introspective work of identifying weaknesses, but it is necessary to do it as quickly as possible to increase any chances of a positive outcome.

So, before we go any further into diet requirements, let's identify your imbalances.

WHAT ARE YOUR ENERGETIC IMBALANCES?

A holistic approach demands that you consider your body, spirit and mind as the interconnected parts of a whole. Thus, this approach allows you to "touch" the main origin of your problem. This is the crucial interest of this non-symptomatic approach.

You will soon have access to the component of the anti-fungal aromatherapy treatment, but first, bear with me and let me give you some tools that will help you participate in the individualization of your entire program.

You may already know that starting from the symptom and solely attempting to erase it without understanding its multiple origins simply guarantees its reappearance.

To me, Traditional Chinese Medicine best describes all phenomena involved in the restoration of our balance and associates most harmoniously with the essential oils' multi-purpose application.

This is why here we will combine the concepts of the physical and energetic body.

For the Chinese, the physical body is covered with an energetic body: Before we get physically ill, our energetic body will work to restore balance for as long as possible. If nothing is changed (food, environment, energy sources, mind...), physical illness will eventually surface.

With this in mind, it is possible to detect an individual's energy imbalances before any illness manifests. Therefore, it is possible to correct imbalances and weaknesses before they manifest further, as a disease.

By the same token, it is possible to identify the origin of an existing disease simply by looking at the energetic imbalances of the individual. These energetic imbalances may manifest themselves as pain, digestive problems, poor sleep or nervousness; however, usually nothing that would lead anyone to declare you sick... yet, you are not completely yourself at the time.

A Chinese doctor will identify them based on various signs and examination, but mainly from testing your meridians, the channels in which energy flows through your energetic body. These imbalances are observed physically and emotionally.

You may also already know that a disease doesn't happen by chance: we are programmed to stay healthy, provided we do what it takes to avoid illness. But in the long run, imbalances of the energetic body do affect the physical body.

Our chance is that we have the power to REVEAL our energy failures through the study of our energetic body or meridians!

THE AROMA PROGRAM

The meridians are connected together in a network through which they circulate our energy, or “Qi”. This Qi passes into, through and out of our body thanks to a complex system of points on our body.

These points are identified and used in acupressure, acupuncture, shiatsu, kinesiology and any other technique that aims to restore vital balance through energetic circulation.

LET THE ENERGY FLOW

We will see later that the meridians cover our entire body and are named after organs, viscera and energetic sources.

The list is quite long but I’ve reduced it to what I consider necessary to start understanding your own imbalances: Kidney, Bladder, Liver, Gall Bladder, Heart, Small Intestine, Triple Warmer, Spleen, Stomach, Lungs, Large Intestine.

A blockage along a meridian prevents good circulation of energy and causes an imbalance that will have repercussions on other meridians. For instance; it is not uncommon to find a weak kidney meridian in people suffering from a weak heart meridian. Or, in cases that concerns most people with candidosis, my clients frequently have **weak stomach and spleen meridians**; the first being responsible towards food acceptance and the second towards food distribution.

Proper functioning of the meridians is essential to the balance of physical, mental, emotional and spiritual living beings. Any form of imbalance is indicative of the state of health of a person.

Each meridian is connected to:

- An organ and a muscle

- A natural element
- A dominating type of food
- Emotions
- A season

It may be positively or negatively influenced by:

- Our diet
- Our posture
- Our thoughts
- Our feelings
- Our lifestyle
- Our level of consciousness regarding life

Therefore, you see how personal your problems are and how important it is to properly identify what makes them so unique — if we want to individualize your treatment program.

In the next chapter, you will find the antifungal aromatic treatment to use every day. You will individualize it by adding to it the essential oils you will get to identify from the list of physical and emotional symptoms that are related to each meridian's imbalance. Not all of them will be relevant to your case, but I have listed here all those which are the most common for people suffering from candidosis. First, identify the 3 or 4 meridians that are the most imbalanced in you. Then, narrow down which essential oil you see reappearing often on each list. If there is no noticeable repetition, then use each essential oil.

THE KIDNEY MERIDIAN

Most current physical symptoms of a kidney yang deficiency are:

- Cold limbs
- Pain in the lower back
- Frequent pale urination
- Incontinence of urine
- Low libido
- Lack of confidence and will power
- Mild anxiety
- Depression
- Skin issues
- Soft and dry hair
- Dark circles under the eyes
- Lack of energy
- Superstition
- Narcissism
- A tendency to complain

Here are the essential oils that helps to rebuild this yang deficiency :

Black Spruce, Clove, Ginger, Juniper Berry, Pine, Atlas Cedarwood, Cinnamon Leaf, Black Pepper.

In case of kidney yin deficiency, you feel hot, at night, with a dry mouth and red cheeks. You produce dark scanty urine, have a tendency to constipation, anxiety and menopausal symptoms.

Quick aroma blend, in 10 ml of your favorite neutral massage oil, add:

- 4 drops of Ginger
- 3 drops of Black Spruce
- 3 drops of Juniper Berry

Rub this mix on your feet as often as desired.

THE BLADDER MERIDIAN

You will know that your bladder meridian is imbalanced if you suffer from signs such as:

- Bladder infections
- Cystitis
- Urine retention
- Enuresis
- Prostate problems
- Muscle tension in the back, buttocks, back of thighs
- Sciatica
- Easy tears
- Impatience
- Frustration
- Easy tantrums
- Toxic emotions
- Deep depression

THE AROMA PROGRAM

Here are the essential oils that participate in balancing a bladder Qi:

Juniper, Thyme, Cypress, Geranium, Atlas Cedarwood, Bergamot, Blue Yarrow.

Simple blend, in 10 ml of your favorite neutral massage oil, add:

- 5 drops of Bergamot
- 2 drops of Cypress
- 3 drops of Geranium

Massage the back of your knee (popliteal fossa) with your thumbs, on both sides.

THE LIVER MERIDIAN

When a liver Qi is imbalanced, it usually manifests with a Qi stagnation which is source of pain and affects mainly the nervous, muscular, digestive and reproductive systems.

Common signs are :

- Painful and irregular periods
- Uterine fibroids
- Cellulite
- Coated tongue
- Bad breath
- Constipation
- Headache
- Hepatitis
- Hemorrhoids

- Gout
- Varicose veins
- Swelling of the legs and abdomen
- Irritability
- Anger
- Emotional toxicity
- Rigidity
- Inability to plan
- Excessive need to control
- Frustration
- Impatience
- Inflexibility
- Lack of vision of the future

Here are the essential oils that participate in balancing a liver Qi:

Immortelle (also called Helichrysum), Rosemary, Lemon, Bergamot, Geranium, Melissa, Orange, Roman Chamomile, Clary Sage.

Flex your knee and press on the right of the internal side, on top of the skin slot and on the joint.

You may also **massage this area with your aromatic blend or this one**, in 10 ml of your favorite neutral massage oil, add:

- 4 drops of Orange
- 3 drops of Clary Sage
- 3 drops Roman Chamomile

THE GALL BLADDER MERIDIAN

A list of physical symptoms are typical of a Gall bladder Qi imbalance:

- Premenstrual tension
- Skin problems
- Constipation
- Headache
- Nausea
- Fatigue
- Bitterness in the mouth
- Intolerance to fat
- Gallstones
- Pain in the neck and shoulders
- Jealousy
- Frustration
- Bitterness
- Indecision
- Poor power of observation
- Resentment
- Suppressed anger

Here are the essential oils that participate in balancing a Gall bladder Qi:
Black Spruce, Palmarosa, Grapefruit, Rosemary, Rose Otto, Orange, Geranium.

Press at one thumb width above the middle of your eyebrows. Press on both sides simultaneously. (Very good in case of migraine).

Make it more powerful with this little blend, in 10 ml of your favorite neutral massage oil, add:

- 5 drops of Grapefruit
- 2 drops of Rosemary
- 3 drops of Black Spruce

THE HEART MERIDIAN

The heart Qi too may stagnate or show imbalance signs, such as:

- Palpitations
- Pain in the shoulders and chest
- Bleeding gums
- Poor circulation
- Poor memory
- Insomnia
- Intolerance to heat
- Lack of joy
- Loneliness
- Depression
- Anxiety
- Lack of vision
- Foggy thoughts
- Poor self esteem

THE AROMA PROGRAM

- Shyness
- Inferiority
- Insecurity
- Lack of confidence

Here are the essential oils that participate in balancing a Heart Qi:

Lavender, Melissa, Rosemary (verbenon), Angelica Root, Jasmine, Neroli, Palmarosa, Rose Otto, Rock Rose.

Press this point as often as possible with or without your personalized blend, or simply with a drop of Rose Otto:



THE SMALL INTESTINE MERIDIAN

Small intestine imbalances are very common... And it is important to identify them as they can mislead you. So, think “small intestine” when you suffer from :

- Shoulder inflammation (adhesive capsulitis)
- Indigestion
- Abdominal swelling

- Constipation
- Pre-menstrual tension
- Dark circles under the eyes
- Diarrhea
- Herpes
- Canker sores
- Pimples on the upper cheeks
- Nervousness
- Mental confusion
- Irritability
- Sadness
- Lack of judgment
- Internalized thoughts and feelings
- Excessive involvement
- Impatience
- Confusion

Here are the essential oils that participate in balancing a Small Intestine Qi:

Ginger, Lavender, Manuka, Juniper Berry, Tea Tree, Rose Otto, Peppermint, Neroli, Marjoram, Angelica Root, Bergamot Mint, Clove, Frankincense.

Massage your hands with **a nut of hand cream enriched with one of these essential oils**, or my all-times favorite, Angelica Root.

THE TRIPLE WARMER MERIDIAN

Women are predisposed to a triple warmer imbalance as soon as the perimenopause begins...And until the end of any premenopausal symptoms!

So, it is important to know these signs :

- - Constipation
- Morning fatigue
- Muscle weakness
- Shoulder, arm or wrist pain
- Ear ache
- Lower back pain
- Low libido
- Fatigue
- Allergies
- Intolerance to cold
- Sugar cravings
- Bouts of tears
- Lack of concentration
- Bad assimilation of nutrients
- Feelings of hopelessness
- Panic
- Depression
- Lack of common sense

Here is a list of essential oils that participate in balancing a Triple warmer Qi:

Rosewood, Petitgrain, Peppermint, Nutmeg, Neroli, May Chang, Roman Chamomile.

Massage the back of the hand along the arm into the neck. Insist well at the elbow and shoulder, with your own blend or this one, in 10 ml of your favorite neutral massage oil:

- 3 drops of Maychang
- 2 drops of Nutmeg
- 5 drops of Petitgrain

THE SPLEEN MERIDIAN

This meridian is without a doubt the most important source of imbalance for the candidosis sufferer. When it is imbalanced, you are very likely to suffer from something such as:

- Excessively sweaty hands and feet
- Food allergies
- Gluten sensitivity
- Sensitivity to yeast
- Compulsive sugar cravings
- Lack of appetite
- Loose stool
- Healing difficulties
- Diabetes

THE AROMA PROGRAM

- Agitated sleep
- Poor lymphatic drainage
- Poor circulation
- Fatigue
- Depression
- Lack of sense of humor
- Feeling rejected
- Unstable
- Irresponsible
- Egocentric
- Hard time to focus
- Anxious

Here are the essential oils that participate in balancing a Spleen Qi:

Cardamom, Rock Rose, Frankincense, Orange, Black Pepper, Ravensara, Rosemary, Ginger, Immortelle, Bay Leaf, Spike Lavender, Lemon, Yarrow.

Massage the internal side of both legs, from above the medial malleolus to the top of the thigh. It should be tender to the touch. It works best with the essential oils in this blend, in 10 ml of your favorite massage oil, add:

- 5 drops of Orange
- 3 drops of Ginger
- 2 drops of Cardamom

THE STOMACH MERIDIAN

This is another meridian very much implicated in candidosis. When it is imbalanced, chances are that you suffer from:

- Stomach acidity
- Bad breath
- Stomach ulcer
- Morning sickness
- Aerophagia
- Sinusitis
- Asthma
- Eczema
- Insomnia
- Tension in the shoulders and neck
- Arthritis
- Insecurity
- Poor concentration
- Poor judgment
- Poor memory
- Inability to self-satisfy
- Resistance to change
- Anxiety
- Sense of deprivation
- Dissatisfaction

THE AROMA PROGRAM

- Lack of accomplishment

Here are the essential oils that participate in balancing a Stomach Qi:

Bergamot, Cardamom, Roman Chamomile, Rock Rose, Cypress, Fennel, Geranium, Melissa, Neroli, Orange, Patchouli, Black Pepper, Rose Otto, Rosewood, Ginger, Spike Lavender, Mandarin.

Massage your belly, all around the navel with your aromatic blend, or this one, in 10ml of your favorite massage oil, add:

- 5 drops of Mandarin
- 3 drops of Fennel
- 2 drops of Black Pepper

THE LARGE INTESTINE MERIDIAN

We are at the chore of Candidosis : where it all starts! In the colon...

A balanced large intestine meridian is here a must.

Besides the digestive issues and abdominal discomfort, you'll know there is something to fix on the meridian if you suffer from some of these signs:

- Cellulite
- Tooth decay
- Herpes
- Constipation
- Diarrhea
- Foul stools
- Hemorrhoids
- Body odor
- Intestinal parasites

- Lower back pain
- Liver congestion
- Arthritis
- Night cramps
- Regrets
- Inability to let go
- Pessimism
- Negativity
- Depression
- Vulnerability
- Constriction
- Poor self-image
- Melancholy
- Perfectionism

Here are the essential oils that participate in balancing a Large Inestine Qi:

Vetiver, Wild Thyme, Manuka, Kanuka, Tea Tree, Black Pepper, Palmarosa, Neroli, May Chang, Galbanum, Eucalyptus Globulus.

Massage the superior side of both arms from the thumb to the elbow, with your favorite essential oil, or my suggestion: Tea Tree.

Aromatherapy constitutes a valuable alternative to a wide number of drugs; especially when it comes to classic pharmaceutical anti-fungal treatments.

ANTI-FUNGAL AROMATHERAPY

The fact is, Candida Albicans can adapt to just about any drug approach, thereby making the treatments less effective over time.

For instance, Nystatin, a common kid's anti-fungal, is loaded with sugar. Nizoral, one of the oldest anti-fungal drugs, is linked to cardiac problems, especially when taken with Seldane, an antihistamine. All the others, Diflucan, Sopranox and Amphotericin B cannot be prescribed without liver monitoring.

I have always believed it is completely irrational to use potentially toxic drugs to cure a condition that originally stemmed from toxicity. **Because what a candidosis victim truly needs (besides relief) is to rid his or her body from a load of toxins.**

This victim doesn't need to have his or her liver overloaded with more toxic substances (from drugs) or to deal with an already extensive list of symptoms including the side effects of the drug that will ultimately feed the yeast.

Sick people and pregnant women cannot use these drugs because of potential toxicity and side effects. Ironically, these people are those who would benefit the most from an anti-fungal treatment.

More people choose not to compromise their health with "the cost of taking drugs" anymore.

Also, candidosis makes a very good illustration of the price we ultimately pay when taking drugs. I mean toxicity. Indeed, candidosis is strongly related to immunity deficiency, which is closely dependent on stress level, food intake and toxicity levels. Immunity manifests with inflammation and inflammation may express itself in different ways.

Addressing these subjects separately doesn't make any sense. This is why as already stated in this book's introduction, I favor the psycho-neuro-immunologic approach of Body-mind connection.

Today, scientific evidence shows **that immunity is linked to physical and emotional balance as well as to attitude and behavior.**

To give you an example, let's talk about adrenalin and cortisol.

Adrenalin and cortisol are hormones able to **suppress the activity of the immune system.** Their release can be triggered by **negative emotions associated with stress.**

Some essential oils such as **YlangYlang and Black Spruce** sustain **adrenals activity, alleviates stress, nervous tension and insomnia (Ylang Ylang) or tonifies the nervous system and acts as a powerful anti-fungal, anti-parasite and anti-depressant (Black Spruce).** This is a very limited sample of what these two oils are capable of.

CLEANING YOURSELF UP WITH ESSENTIAL OILS

Essential oils are your cleaning products from the inside out. During this program, they will be assisted with the proper foods and as much as possible, with colon hydrotherapy and enemas. Natural substances have many advantages over synthetic products:

- They are alive and have high energetic vibrations, meaning they promote cell regeneration and healing.

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- They do not leave any toxic residues in the body or cause any negative side effects. The only side effects are the eventual symptoms of detoxification.
- This is why being pregnant or having a sick child is the best time to start and learn using essential oils.
- Essential oils do not pollute your liver.
- They sustain your immunity.
- They work on every level of your being, from physical to emotional.
- They act on the symptoms as well as the terrain.
- They can be anti-fungal, anti-inflammatory, antispasmodic, cell regenerating and detoxifying at the same time (which is not the case for a drug...).
- They can repair skin tissues.
- They can fight itchiness.
- They can be anti-depressants and uplifting.
- They can be relaxing.
- They can help you sleep.
- They can protect you from bacteria that no drug can fight (staph. aur)
- Unlike a drug, **essential oils do more than act as preventative and curative agents on Candidosis, they will also relieve and control most of the peripheral symptoms of the infection.**

You might think that to complete this performance list, several essential oils would be needed.

Yes and No... This could actually be the job of only three: Peppermint, Spike Lavender and Cinnamon. These oils are the most recommended. However, we will use more than these three oils and I hope that you will learn to use them yourself.

AN ESSENTIAL OILS USER MANUAL

As with any efficient product, you have to apply some rules. Anybody can use essential oils as long as they respect the proper dilution and application rules.

FOR LOCAL APPLICATIONS ONLY

For adults: 5 drops essential oils (total) in 5 ml of base (oil, cream, gel). This means that if you have 8 different essential oils to add to a blend, you'll work on a 20 ml basis, using a total of 20 drops.

For infants: 1 drop essential oil in 5 ml of base.

This means that if you are using 5 different essential oils, you'll multiply 5 times your 5 ml of base and add 1 drop of each oil in a total of 25 ml of base.

For children aged 2-7 years old: 3 drops of essential oils in 5 ml of base.

FOR FULL-BODY USE (IDEALLY A MASSAGE)

For adults: 10 drops essential oils in 20 ml of base

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For children over two years old or people with cancer: simply double up the base oil amount. (Apply a very light massage on cancer people, far from lymphatic ducts).

For lactating mothers: simply omit Franckenincense because it slows down milk production.

You can find much more on the applications of essential oil via my website in English:

<http://www.natural-balance-club.com/essential-oils-user-manual/>

THE AROMATIC ANTI-FUNGAL PREPARATION

Over the years, this blend has proven itself to be my reader's favorite...

Even long after they were done with the program. They continue using it everyday as a powerful and simple way to balance their energy and sustain their immunity. This is also what will help you go through many detox symptoms, much easier.

You are going to **add the following essential oils in a tinted 50 ml glass bottle filled with 40 ml of base oil of your choice** (half Hypericum Perforatum infused, half Macadamia, Almond, Grapeseed etc...)

- 4 drops Marjoram (*Origanum Majorana*)
- 5 drops Eucayptus Radiata (*Eucalyptus Citriodora*)
- 10 drops Palmarosa (*Cymbopogon Martinii*)
- 8 drops Spike Lavender (*Lavendula Latifolia*)

- 10 drops Neroli (*Citrus Aurantium Aurantium*)
- 2 drops Ceylon Cinnamon (*Cinnamomum Verum*)
- 5 drops Frankincense (*Boswellia Carteri*)
- 5 drops Geranium (*Pellargonium Asperum*)
- 2 drops Peppermint (*Mentha Piperita*)

Massage your belly at least twice a day with 5 ml of this blend, for at least two weeks and if possible, use it daily over the next 6 months.

You can personalize this treatment by adding the essential oils that you have now figured out you need to balance your meridians. Here are two examples of personalized blend, just to help you getting started.

CASE I

Let's say you suffer from **insomnia, bad breath, sugar cravings, bloating and general fatigue** when you eat bread. You tend to hide your feelings. You have a hard time concentrating, you feel unsatisfied and are always ready to please everyone around you, just to feel loved.

This case reassembles the very typical symptoms of **spleen and stomach imbalances, which are the most common to candidosis.**

Let's say you recognize yourself in the spleen imbalance description. In this case, your list of essential oils to choose from is:

Cardamom, Rock Rose, Frankincense, Orange, Black Pepper, Ravensara, Rosemary, Ginger, Immortelle, Bay Leaf, Spike Lavender, Lemon, Yarrow.

The formula for the base treatment contains:

Marjoram, Eucalyptus Radiata, Palmarosa, Spike Lavender, Neroli, Ceylon Cinnamon, Frankincense, Geranium, Peppermint.

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Frankincense and Spike Lavender are already used in the anti-fungal aromatic treatment. Hence, you don't need to add any of them to your blend.

CASE 2

Let's say you suffer **from cellulite, hemorrhoids, arthritis, constipation, bad memory, anxiety, brain fog, depression and you have asthma.**

You are imbalanced and you need to choose some oils from the heart list (Jasmin, Neroli, Palmarosa, Rose and Rockrose) and from the lung list (Thyme, Cypress, Clary sage, Atlas Cedarwood)

Palmarosa and Neroli are already in the anti-fungal blend, so you may choose among the lung essential oils, which are missing from that list. Choose according to their properties... Personally, for asthma, I love Atlas Cedarwood. In this case, simply add 3 drops of Atlas cedarwood to your anti-fungal blend.

All of this may sound complicated for some of you. However, here is what to be remembered:

Most people suffering from candidosis have at least two things in common: Stomach and spleen imbalances.

These imbalances frequently manifest themselves with post nasal drip, mucus production, bad sleep, reaction to gluten and yeast.

I have noticed how often people who ask for my help suffer from these symptoms. And they all tell me they watch their diet.

When I ask them to explain this diet, they proudly tell me they eat tons of salads, tons of fruits and take tons of supplements. And yet, they don't feel

much better. — Why? Because there are salads and salads... Fruits and fruits... And worse: there are times when having salads is not a solution.

The Chinese have to teach us something here: the Spleen Meridian weakens with raw foods; this is why they stir fry their vegetables to break down the cellulose and make them easier to digest. The Stomach Meridian is all about acceptance, the need to please and excessive thinking. The Spleen Meridian facilitates transformation and transport of nutriment. — Making it easier for your food to be accepted, transformed and transported is your job here.

So if this is your case, follow these tips:

- Increase your acceptance level with Marjoram essential oil, used in diffusion where you live or in your bath (about 8 drops in a glass of milk to pour into your bath water).
- Substitute your salads with vegetable juices (if possible homemade with your salad ingredients: cucumbers, carrots, radishes...)
- Stir fry (quickly) your vegetables, or even better, cook them « al dente » in a low temperature steamer.
- Sprinkle your dishes with sprouted seeds and grains.
- Take a digestive enzyme complex coupled with probiotics at each meal.
- Drink hot peppermint tea all day (except if pregnant).
- Forget about cold, icy foods and drinks.

YOUR DRUG-FREE ALTERNATIVES

You will also address some of your symptoms thanks to the drug-free alternatives I am about to give you regarding itchiness, rashes, cystitis, oral thrush, headache, depression etc...

You may not know much about essential oils. Therefore, I think this is the time to explain a little bit more about them and why they are perfect drug alternatives.

Even if they are known and have been used for ages (more than 6000 years), current research limits its investigations to the phytochemical and biological properties of essential oils. Today's research is interested in infectiology. Nothing more.

Rare are the studies about essential oils that lead to development of new applications in pharmaceutical and food industries, mostly due to economical reasons. If traditional medicine has been relying on their therapeutic effects for hundreds of years, today, **a lack of “means” implies a definitive lack of scientific evaluation.** And unfortunately, scientific evaluation is what the medical world is relying on to recognize the validity of any therapeutic avenues.

Fortunately, **a number of famous French scientists have been extensively studying essential oils and value both their composition and medicinal properties.**

Thanks to their work, we have evidences of many essential oils' properties and their multiple successful application in antibiotic resistant strains such as staphylococcus aureus.

Some university professors specialized in antibiotics ignored the effects of essential oils and when introduced to them, they are surprised by their capabilities, which are considerably more important than regular pharmaceutical products.

This is why today, what is mostly known about essential oils is their immune stimulant action, anti-bacterial, anti-viral, anti-toxicity, anti-fungal, anti-inflammatory and analgesic properties. Of course, this is very far from being exhaustive, but it is a good start.

I think that **one of the most valuable property of essential oils is their action on genetic toxicity**. Not only does research show that essential oils are not genotoxic, it shows that they are anti-genotoxic.

What it means is that they prevent and even correct aberrations of genetic material due to synthetic or natural mutagenic.

However, when trying to act on the origins of candidiasis, we cannot ignore what has been bequeathed to us by our parents.

So now, you can consider that **when you are using a notoriously anti-fungal essential oil such as Oregano to help with your fungal infection, you are simultaneously addressing the very root of your imbalances...!**

Do you know any drug able to do that? Does it even exist? For sure, no.

Therefore, I am sharing with you some very potent aromatic formulas. They are suitable for anyone, very well tolerated, even by pregnant women. Simply apply in the skin, when needed, using the dilution rules I gave you earlier in the user's manual.

Please note: these formulas are never to be swallowed!

VAGINAL ITCHINESS (THRUSH)

This is a formula I have tried one time myself (while doing the program) before giving it to my own clients. Since then, I never ever had another thrush. It doesn't damage your vaginal flora but you are still advised to use a vaginal probiotic to speed up recovery. You will need:

- A few tampons (as natural as possible: organic, unbleached...)

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- Some diaper rash cream or Aloe Vera gel
- Peppermint essential oil
- Tea Tree essential oil
- Spike Lavender essential oil

Take a periodic tampon, then add the following essential oils on the top part:

- 5 drops Tea Tree
- 1 drop Peppermint
- 2 drops Spike Lavender
- You may cover the tip of the tampon with a little aloe vera gel to ease the application and insert it in your vagina for a whole night or anytime during the day to calm the itch.

Peppermint supplies instant relief; one drop should be enough. However, according to the intensity of your symptoms, you may add one more drop. **Tea Tree and Lavender** may be applied locally, straight onto the skin and mucosa of the vulva, but you will get a better relief if you add the essential oils to a diaper rash cream or aloe vera gel for an external application. Decide on the number of drops per cream or gel according to your needs. There are no limits since these oils do not require any dilution. So, do not be shy and make your own blend.

Do not over wash yourself (it is an irritant) but warm baths with baking soda and essential oils diluted in milk does wonders.

Of course, do not expect much from all this if you are not following the diet (especially if you eat sugar)!

SKIN RASH

Eczema and any type of rash need to be cooled off and moisturized. But when they are induced by Candida antiseptic products are not a valid option. You will need:

- Peppermint essential oil
- Palmarosa essential oil
- Spike Lavender essential oil
- Atlas Cedarwood essential oil
- Peppermint hydrosol
- Aloe Vera gel
- Tamanu oil

Mix 1 tbs of Tamanu oil with 1 tbs of aloe vera gel, then add the following essential oils:

- 1 drop peppermint
- 5 drops lavender spike
- 2 drops palmarosa
- 2 drops atlas cedarwood.

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- Stir well, if possible, with a mini electric whisk (for cappuccino). Apply anytime on the needed areas. Do not cover.

If you need more itch relief, simply add more peppermint to the blend.

ATHLETE'S FOOT

Tea Tree oil is the essential oil to use here. You will need a lot because you will have to really saturate your toes in it. You will need:

- To get rid of all your socks. Buy new ones that you will then use only on Candida free toes.
- Aloe Vera gel
- Tea Tree essential oil
- Palmarosa essential oil
- Eucalyptus Globulus essential oil
- Thyme (tymus vulgaris var. thujenol)

First, Make a Tea Tree gel with:

- 3 tbsp of Aloe Vera gel
- 15 drops of Tea Tree essential oil.
- Spread this gel on every infected area, do not cover, and reuse regularly as needed, 3-4 times a day, for one week.

Then, alternate for another week with the following blend:

- 3 tbsp of Aloe Vera gel
- 10 drops of Palmarosa

- 5 drops of Eucalyptus Globulus
- 5 drops of Thyme (thymus vulgaris var. thujenol)

It is better and more efficient to treat your feet when you can wear open-toed shoes for at least one week. In the meantime, saturate your shoes with cotton balls, soaked with Tea Tree essential oil and let it sit this way for the entire week of treatment. It does work, so please, give it a try.

ORAL CANDIDA (ORAL THRUSH)

This Candida infection is a frequent complication of Oral Mucositis. Spread along the track of a naso-gastric tube, it can cause swallowing difficulties very frequent for persons in cancer care. Very painful, this mouth inflammation can heal in a breeze with the proper essential oils.

Your best friend is going to be Thymus Vulgaris var.linalool: anti-fungal, antibacterial and warming but gentle. You will need:

- Good quality water
- Ceylon Cinnamon essential oil
- Thyme (thymus vulgaris var. linalool) essential oil
- Peppermint essential oil
- Pure Glycerin (optional).

Here is for your mouth-wash. In a bottle, add:

- 2 cups of drinking water
- 3 drops of Ceylon Cinnamon

THE AROMA PROGRAM

- 3 drops of Thyme (*thymus vulgaris* var. linalool)
- 2 drops of Peppermint
- and if you have some, a few drops of pure glycerin to help the oils disperse in water.
- Shake well and rinse, gargle with this water regularly until you are pain and mold free. But keep in mind that if you stop following the diet, it may come back...

FUNGAL CYSTITIS (UTI)

This one is terrible. It. Always. Comes. Back. No matter the amount of antibiotics you get... Sadly, this is usually how you end up figuring out what it really is: reoccurring UTIs leave you restless and are most usually caused by a widespread *Candida* infection, which most doctors do not know about.

You will need:

- Gel capsules
- Savory essential oil (*Satujera montana*)
- Oregano essential oil (*Origanum var. carvacol*)
- Olive oil
- Tea Tree essential oil

If you started the diet, you may have already experienced a lot of relief. But if you are at the detox stage, chances are that you are experiencing an increase in your symptoms. This is the tricky tunnel that you have to go through now: do ***not*** rely on antibiotics, because they would feed your

Candida! Instead, do rely on your new best friend: Savory (*Satujera montana*). This essential oil not only sustains your immunity, it is also strongly anti-fungal, anti-viral, anti-infectious and anti-worm.

Here is your treatment, in a 0.5 ml gel capsule, add:

- 1 drop of Savory
- 1 drop Oregano
- Fill up the capsule with a little olive oil, and then close the cap.
- Make enough for 2 capsules per day for 20 days. Take these capsules during meals with lots of water.
- If needed, apply Tea Tree oil on your belly anytime, when you need some relief or feel any glimpse of pain.

SORE THROAT

When you start a detox, it is quite common for your throat to get inflamed. This can be very painful and you might have the urge to ask for antibiotics. Resist!

Instead, use the exact same mouthwash as the oral candidosis mouth wash and gargle several times a day.

Additionally, massage your throat with a few drops of Spike Lavender, several times a day.

HEADACHE

Another detoxification symptom, especially if you miss your coffee during the anti-candida diet!

Simply take a drop of Spike Lavender on each index finger and massage in little circular motion your forehead, your temples, your occiput and your jaw. Do not eat anything and drink plenty of Chamomile or Peppermint herbal tea until the symptoms disappear.

FEVER

Fever is often the sign that your immune system is in action and that it must not be shut off.

Simply sustain your immunity by having a water enema: by drinking lots of lemon water, not eating anything, taking a warm bath, massaging your feet with Spike Lavender, Peppermint and Palmarosa essential oils and getting a lot of rest in a quiet place.

Only use fever-reducing medicines when you really suffer. After three days of persistent fever, go see a doctor.

DEPRESSION

Food intolerances and sensitivities are among the principal causes of depression, simply because of the nutriment deprivation they end up leading to. Without a proper amount of minerals, you cannot escape emotional suffering.

Candidosis leads to the same nutriment deprivation as food intolerances and sensitivities, thus, to the same symptoms.

Therefore, before looking for drugs, try an adequate nutrition protocol first, **following these anti-depression guidelines.**

Here are six points that demonstrate **how the anti-candida food program can help you with your mood:**

- Eliminate excitants such as coffee. The anti-Candida diet forbids excitants such as caffeine, so this is a good point.
- Sugar is the next depression-inducing factor: it suppresses the activity of a hormone (the BDNF) released by the brain to stimulate the growth of new neurons. In cases of depression, this hormone's level as well as cognitive function are very low. Eating sugar feeds the process and helps in suppressing even more the activity of this hormone. Absence of sugar during the anti-Candida diet is another good reason to choose it to fight depression.
- Food rich in saturated fat (hamburger, bacon, fries...) raise the risks of depression. A study published in the American Journal of psychiatry in January 2010 shows the 1046 participating people having a diet high in saturated fat and low in nutrients, both of which increased their risk of becoming depressed by 50%.
- Candida diet makes you eliminate saturated fat and consume the proper nutrients. Another good point.
- Gluten and wheat have also been linked to depression. Replace them with any alternative and you reduce your chances of becoming depressed. The Candida diet doesn't allow gluten... Another good point.
- Aspartame-based products (nutrasweet, splenda, equal) found in diet sodas and other "sugar free" products, may block the release of Serotonin, causing insomnia and depression to people who do not

THE AROMA PROGRAM

produce enough of it. These fake sugars are not allowed in the anti-Candida diet... One more good point.

Hence, just by following this diet, chances are that you will feel much better emotionally.

Now, here is a **supplementation** that may help you alleviate your symptoms very quickly if you are not already taking an anti-depressant. You will find all of these supplements in a health food store:

- **SAMe:** S-adenosylmethionine is a synthetic form of a compound formed naturally in the body from the essential amino acid methionine and adenosine triphosphate (ATP). It increases the activity of neurotransmitters serotonin and dopamine. It also normalizes liver enzyme levels and helps with cholestasis which also helps anger driven individuals.
- **St John's wort:** St. John's wort (*Hypericum perforatum*) is one of the most commonly used herbs in the United States. Numerous studies in Europe have found that St. John's Wort is more efficient than a placebo, more effective than Prozac and is as effective as tricyclic antidepressants for the short-term treatment (1 to 3 months) of mild to moderate depression. What you have to consider is that besides its efficiency, it doesn't produce side effects and it doesn't feed your Candida...
- **5-htp,** 5-hydroxytryptophane amino-acid, added to vitamin B6, will help your brain produce more serotonin and provide you with less tension, better mood and a good night of sleep.

Aromatherapy for depression: essential oils are your other precious tools. Use them in diffusion, in baths, but mostly in localized massage; **diluted at the ratio of 5 drops in 1 tbs of base oil.**

Massage your hands, forearms, chest and upper back.

- **Ylang Ylang** will help you with depression, insomnia, nervous tension, stress and pain. But keep in mind that it can lower your blood pressure.
- **Jasmin** will relieve the stress that makes all of your upper back tense up. It will help emotional suffering and heartaches.
- **Frankincense** is powerful anxiolytic, antidepressant, anti-stress and anti-nervous tension. The best to help you during a life transition.

LET'S RECAPITULATE BEFORE YOU GO INTO THE ANTI-CANDIDA DIET

I. FIRST, CHECK WHAT YOU CAN EAT

This diet already keeps you away from gluten and dairy but you might still react to eggs, almonds, and/or onions...

To be sure, you have three choices:

- Have a York, Imupro or Elisa test done that will tell you precisely what you are highly reactive to and must absolutely avoid for 3 months to heal your gut
- Consult a NAET practitioner to identify your reactions
- Or proceed by elimination by avoiding eggs, almonds and onions one after the other, each for one week. Usually, we are intolerant to what gives us the most emotional pleasure. If eggs are your comfort food... think about it.

2. IDENTIFY YOUR IMBALANCED MERIDIANS AND CONSEQUENTLY THE ESSENTIAL OILS THAT YOU WILL ADD TO YOUR ANTI-FUNGAL TREATMENT

Example:

You are a 45-year old woman suffering of shoulder ache, fatigue, low libido, insomnia, some type of depression, anxiety and have a hard time concentrating and remembering things or simply thinking clearly.

Shoulder pain is often related to triple warmer imbalance as well as premenopausal symptoms such as low libido, anxiety and depression. Lack of memory, insomnia and anxiety are also symptoms of heart imbalance, which happens often when the triple warmer is off.

As a rule, when the heart is imbalanced, it is good to check on the Kidneys. And here we see that anxiety and depression are part of the list.

This woman could have dark circles under the eyes or a sudden lack of will, she could feel overwhelmed. If this is the case, it is relevant to help her kidneys.

In this case, the most common essential oil is Geranium, which is a good hormone balancer (a good thing when you go through menopause). Geranium already figures in the antifungal aromatherapy blend. Therefore, this lady will simply add about 3 drops of one of the Heart Meridian essential oils to the existing blend.

3. WORK ON YOUR TRANSITION

During this program, your body will have to adjust to various factors:

- A change of diet

- A liver detox
- A kidney detox
- A colon detox
- An emotional detox
- Eventually, some withdrawal symptoms
- Immunity changes
- Hormonal changes
- Metabolism changes

In a detox situation, the organs suffering the most from extra work are the **kidneys**. The liver detoxifies, lots of toxins are released in the organism and **everything has to be excreted through sweat, feces and urine**. But mostly: urine.

If the kidneys are weak, what they have to eliminate will become overwhelming and will be rerouted to the skin. This is one of the reasons why some people have blemishes and rashes when they detoxify; their liver releases toxins, which are too much for the kidneys to evacuate. Consequently, they excrete through the skin causing irritation. This is why it is so important to help the liver and the kidneys during their work by stimulating acupressure points and using relevant essential oils.

4. LEARN TO BE CLEAN

After a few weeks of diet, you will have to do all your best to keep a clean body: **avoid at all cost what is polluting it and especially, the**

chemicals Candida craves for. But you may start as soon as possible!

Learning to live without drugs as much as possible and learning to avoid what pollutes your body is a must. Do it.

WHAT TO KEEP IN CHECK AND WHAT TO STAY AWAY FROM...

Alcohol and drugs

Both destroy the good bacteria involved in a working immune system. Alcohol, once ingested, becomes sugar in the body (beer transforms into maltose which is made out of yeast, a feast for the Candida).

Antibiotics

They remain one of the more popular causes of Candidosis by participating in the intestinal bacterial imbalance. It is often because of them that the symptoms you are trying to eliminate are inevitably coming back.

Chemicals

Some people who suffer from repetitive fungal infections are also excessively sensitive to a number of chemicals, leading to a constant engagement of the immune system.

Diabetes

It weakens the immune system and its capacity to fight the pathogenic invaders. Men especially are more prone to suffer from a diabetes-linked candidosis.

Vaginal douches

Using harsh cleaning products leads to a weaker vaginal flora, which protects the vaginal mucosa.

A healthy vaginal flora protects against infections and keeps any Candida overgrowth under control. But keep in mind that intimacy with an infected person is enough to develop candidosis symptoms when our immunity is too weak to fight it.

Hormonal variations

Birth control, baby delivery, per menopause and menopause are enough to affect the immune system and the intestinal flora's integrity.

Immune depressant treatments

Cancer or Aids treatments are among them and they facilitate fungal infections.

Stress

It stimulates the production of a hormone called Cortisol, which in excess, increases our blood sugar level. More sugar also means more Candida.

Tap water

Chloride in water participates in damaging the intestinal flora, which also helps increase Candida overgrowth.

BE AWARE OF OXALATES

These oxidative organic acids produce free radicals, which increase aging, acidity and inflammation.

Even though (as candida) they are commonly present in the body and are regularly eliminated via urine and bowel movements, when your kidneys and liver are weak (which is often the case when suffering from candidosis), oxalates may build up and produce crystals in the kidneys.

These are usually discovered (painfully) when they travel in the urethra to be eliminated.

What do Candida and oxalates have in common?

- A weakened immunity to thrive and multiply
- They both maintain toxicity and inflammation in the body
- Both participate in the development of the same painful inflammatory conditions (arthritis, IBS, chronic fatigue, vulvodynia and autism)

But most importantly, oxalates capture heavy metals and trap them in fatty tissues of brain and nerves endings, making their elimination even more difficult. Therefore, if heavy metal toxicity is a problem for you, you have to be aware of how much oxalates you are consuming daily and how to

eliminate them. But since oxalates are found in most of the dark leafy greens and nuts used in the diet, my advice is to use the powers of supplementation: **300 mg of calcium and magnesium citrate every day** should be enough.

Now, you can start controlling your candida.



THE FOOD PROGRAM

Chapter 3

Starving your Candida: The Food Program

Without a proper diet, there is no hope for you to clean your body from the yeast overgrowth.

If you are vegan or vegetarian, be reassured: we are fighting a parasite, not a cute little thing! Some recipes of the program contain meat, which makes it easier to control blood sugar, but you will find lots of meat-free recipes as well.

Candida diet varies from one book to the other and the authorized food list with it. And it is true that it can be adapted to the level of infection. The list here is going to be rather restrictive, so to remain on the safe side and to guarantee positive results, as much as possible.

After two weeks, it will be possible to add some new ingredients to your anti-candida diet. But discipline is going to be part of your daily life anyway, and it will help you adopt new habits.

As this step of the program is completely mandatory, it is extremely important to make it as painless is possible, day by day.

FOODS TO AVOID

With this in mind, let's first talk about the foods to avoid and those to choose very carefully, so to start digesting the tough news immediately...

NO SUGAR

Regardless to the type of sugar, aspartame, sucralose, sorbitol, glucose maltose, dextrose, fructose, sucrose, honey, maple syrup, fruit juices... it is absolutely forbidden. This means: **no pastries, cookies, ice creams, candies, chocolate, sodas, most industrial products such as readymade tomato sauce, salad dressings, mayonnaise, instant soups, alcohol, wine, beer, condiments and prepared foods; but also, fruits – fresh fruits and dried fruits especially.**

In fact, most of the pre-made products available on the market will contain sugar and sugar imitations. Since you will not be able to use them, **you will have to make and adapt everything yourself... from scratch!** Hence the recipes and menus in this book. If you cannot cook yet, this is the time to learn.

HENCE, NO FRUITS

I know this can be a tough one to many, but **no fruits are allowed, except for plain berries.** This is because they all contain fructose, which is a forbidden sugar. Hate me now, but thank me later.

NO GLUTEN

This means: **no trace of wheat, barley, oat, corn. So: no pasta, oatmeal, polenta, cornbread, couscous, bulgur** etc. Gluten is an inflammation-fueling food and we want to make your body inflammation-free.

NOTHING « WHITE », NOTHING PRE-MADE

Any refined cereal, even gluten-free, will digest into sugar. Subsequently, your rice is going to be brown, black or wild, as well as your buckwheat,

your quinoa etc... Think whole foods only. Completely whole. In this fashion, you will understand that **heavily processed products are not an option either.**

NO DAIRY

Cow's milk products contain lactose, a sugar, and are usually loaded with antibiotics – one of Candida's favorite food. Both stimulate the growth of Candida, so both are to be avoided. You cannot have **cream, margarine, cheese and cow's milk derived products.** However, clarified organic grass-fed butter (melted and cleaned from whey) and free-range eggs are authorized.

NO FERMENTED PRODUCTS

Fermented products contain yeasts and molds. Besides the **mushrooms, which are to avoid,** this translates into; **no breads, sauerkraut, pickles, cheeses, vinegar, beer, wine, kombucha, water/fruit kefir, soy sauce and tamari.** However, some will do well with yogurts, and some not... If you try them, choose them organic, antibiotic-free and if possible, with goat or sheep milk.

NO ALCOHOL

Since **alcohol directly produces sugar** when absorbed in the organism, it is prohibited in the Candida diet.

THE FOOD PROGRAM

BEWARE WITH SPICES

Table salt contains dextrose or other additives, so replace it by an unrefined grey salt. Regarding the herbs, fresh is good, but avoid the dried ones that most of the time, are covered with micro-mold. However, **garlic and cloves are very antifungal** and should be used abundantly, fresh or dried.

NO ANTIBIOTICS, NO HORMONES, NO HEAVY-METALS

Animal products are very often overloaded with antibiotics, hormones and chemicals that take part in Candida intoxication. You don't need these ingredients when you are detoxifying. **So bear in mind that all the meat you will use must be antibiotic and hormone free.** Go for free-range, grass-fed and organic as much as possible, or choose fish (avoiding the most heavy-metal loaded species such as tuna and swordfish).

BEWARE WITH NUTS

Peanuts and pistachios are not authorized because of the molds covering them, as well as the mushrooms.

BEWARE WITH CARBS

They must usually be limited to 100 grams a day at the beginning. However, each level of infection requires variations in the carbohydrate intake. **Generally speaking, the more you are infected, the longer the treatment and the less carbohydrate you should eat.**

SO, WHAT CAN YOU EAT?!

Now, let's put ourselves into solution-finding mode: let's refine the first list and turn it to our advantage! With a little organization, this will be easier than it seems, I promise. It actually can streamline your shopping and your cooking, at the same time as it caters for your physical and mental health and well-being.

MEAT

Organic beef, buffalo, rabbit, venison, lamb, duck, goose, quails, wild boar.
(no prepared and canned meat)

FISH AND SEAFOOD

fresh only, no smoked, no prepared.

CLARIFIED BUTTER

Slowly melted, then scooped out from the whey.

FRESH HERBS

Thyme, sage, tarragon, parsley, marjoram, basil, chervil, chive etc... Also think about herbal teas: especially organic chamomile, peppermint, pau d'arco.

THE FOOD PROGRAM

SPICES AND SWEETENERS

Unrefined sea salt, Cayenne pepper, Xylitol, Agave syrup.

BROWN EVERYTHING

Rice, buckwheat, millet, quinoa, wild rice... These can also be found as pasta (just like red lentils, chickpeas...) do not over-use them, but know that you can enjoy them from time to time as a replacement for the usual white gluten-loaded pasta.

OILS

Extra virgin Olive oil, cold-pressed coconut oil (highly anti-fungal).

NUT BUTTERS

All of them, excepted peanut butter.

COCONUT

Coconut meat and grated coconut, coconut milk, fresh or dried, coconut yogurt (without additives) unlimited.

VEGGIES

All vegetables, especially raw (if your body tolerates it) and in juiced, excepted potatoes, sweet potatoes, cooked carrots, corn and peas that are to avoid during the first two weeks. Carrots will be eaten raw or juiced.

Dried beans, raw beets and pumpkin with moderation. **Lentils**, any colors, unlimited.

Peeled tomatoes, canned tomatoes, pureed tomatoes, only if they are without citric acid and sweeteners. Lemon juice, in dressings, over dishes, in water.

ALTERNATIVE MILK PRODUCTS

Plain goat and sheep yogurts. Plain milk kefir. But only if your body tolerates them.

In any case, always make sure to Check all the packages and cans ingredients to make 100% sure that what you are about to use doesn't contain any added sugar.

YOUR NEW DIET, ONE DAY AT A TIME

The long list of forbidden ingredients might slightly weaken your determination to start the diet... If this is the case, remember that there are no quantity restrictions. You won't starve! And after two weeks, the diet becomes a little more permissive, allowing you to enjoy some new ingredients.

Do not forget that I will suggest a supplementation and that aromatherapy will help you cope with the "withdrawal" of some foods, especially the sweet foods such as chocolate or ice creams.

But most importantly, your symptoms will fade very quickly and this is what will support you the most, through the whole diet. If you had a few pounds

THE FOOD PROGRAM

to shed, they won't resist the program: you will see rapid improvement there, as well on your skin, sleep and energy level.

Anyway, there is nothing like a little assessment to begin with.

- Take a sheet of paper, note the date and list all your symptoms.
- Leave some room so you can check which symptoms disappear over the weeks.
- Then, stick it on your fridge door. It should fuel your motivation each time you look at it!

GETTING READY

FIRST, FREE YOUR KITCHEN FROM ANY FORBIDDEN TEMPTATIONS!

Give away or throw away any:

- Biscuits
- Cakes
- Cookies
- Sweets
- Breads
- Juices

- Chocolate
- Ice cream
- Milk and related dairy products
- Dried, fresh and canned fruits
- Cheeses
- Wheat pastas
- White rice
- Wheat flour
- Sugar
- Potatoes
- Sweet potatoes
- Peas
- Cold meats
- Sandwich meats
- Readymade, industrial food preparations, such as salad dressings, tomato sauces etc...

If these are not in front of you anymore, it will remove one obstacle: you will not risk using the wrong ingredient thanks to habits or by “mistake”.

THE FOOD PROGRAM

THEN, FILL YOUR KITCHEN CABINETS WITH THE PROPER INGREDIENTS:

Fresh spices

Cloves, laurel, thyme, oregano, grey salt, ground mustard, ground cumin, ground turmeric, ground coriander, ground cardamom, ground garam masala.

Long shelf-life staples

- raw almonds, raw pecans, raw walnuts, raw cashews (keep them in the fridge to avoid them going rancid),
- almond butter, Tahini (sesame cream),
- brown rice cereals,
- canned coconut milk (no preservative), grated unsweetened coconut,
- canned tomatoes (no citric acid), tomato purée, tomato sauce,
- canned or dried azuki beans, canned or dried black beans, canned or dried cannellini beans,
- canned anchovies in salt or olive oil,
- brown rice (Thai, basmati), wild rice,
- brown rice flour, buckwheat flour,
- flax seeds,
- quinoa,

- pumpkin seeds, sunflower seeds,
- green, brown and red lentils,
- green and yellow split peas,
- extra virgin olive oil, cold-pressed sunflower oil, cold-pressed unrefined coconut oil,
- black and green olives (not canned),
- canned tuna in brine or olive oil,
- brown rice cakes (thin).

In the refrigerator

- lemons,
- garlic,
- yellow and red onions,
- shallots, green onions,
- fresh ginger, fresh parsley, fresh coriander,
- clarified butter,
- homemade or organic chicken stock and vegetable stock,
- homemade almond milk,
- homemade salad dressing,
- organic eggs, celery, tomatoes, turnips, leeks.

PROGRESSING TOWARDS ANTI-CANDIDA CUISINE

Nothing is more difficult than changing habits, especially when it is about food.

Let's face it, it may be very complicated to manage a dairy free, sugar free and gluten free diet, especially after years of sugar, ice cream, pizza and cookies.

This is why I thought that a transitional approach could be a smart way to avoid the cold turkey effect of the traditional anti-candida program, particularly when children are concerned.

You'll find here some transitional recipes containing ingredients that do not belong to the diet but that can be substituted by the right ones when the time is right. Indeed, some of the most frequently used ingredients here may not necessarily be traditional for you, neither frequently used by westerners. But their popularity is growing amongst nutrition-oriented people who use their food as medicine.

In this program, you do not simply eliminate the "bad" foods: you are learning to use ingredients that are actually beneficial to your condition.

Your new favorite ingredients are going to be **lentils, garlic, onion, coconut (milk, pulp and oil), spinach, brown rice, quinoa, and lots of fresh veggies.**

I can imagine that for some of you it is going to be an adventure, but I believe that instead of trying to make western cuisine with exotic ingredients, it is wiser to take what is best in the cooking traditions that already use these exotic ingredients.

For instance, **unrefined coconut oil, coconut milk, fresh or dried coconut** are ingredients you will often find in the recipes for various reasons:

- Firstly, I favor Asian cuisine (Indian, Thai) because it incorporates the best anti-Candida ingredients (without the sugar of course) such as meat, lots of vegetables and amongst them: coconut.
- Secondly, I avoid as much as possible western cuisine because it is too rich in what feeds Candida in terms of dairy, wheat and meats products.

Thai and Indian cuisines are both particularly valuable here because of their use of coconut products.

Why coconut? Because of caprylic acid and good fat. Our body needs a lot of good fats, especially polyunsaturated fatty acids. Besides olive oil, coconut oil provides caprylic acid as well as good fat. It is that simple.

Caprylic acid (also found in garlic) belongs to the list of powerful ingredients used to replace anti-fungal drugs. Scientists actually found that Filipino people rarely suffer from fungal infections thanks to coconut, which is an important ingredient in their diet. You hate coconut? Don't worry: you will still be able to eat something...

MAKE THE RIGHT MOVES

Success with your diet will start with learning to do the proper food substitutions as well as getting organized. Here are what I call the right moves:

Remember to substitute what is white with unrefined. For example:

- If you want to flour a fish filet prior to pan frying it, dust it with brown rice flour instead of wheat flour...
- If you love couscous, replace it with quinoa.
- If you are vegetarian, replace meat with beans associated with brown rice or quinoa.

If you don't have time to cook, prepare in advance:

- Brown rice
- Quinoa
- Mayonnaise in a jar
- Salad dressing in a jar
- Cooked vegetables
- Peeled and sliced onion in the freezer
- Crushed garlic with olive oil in a jar
- Fresh stocks in the fridge and in the freezer
- Washed salad or ready to use spinach for salads
- Nut mixes to carry with you so you don't go hungry

Daily menus will help you plan your meals, read them in advance and get organized.

However, part of getting organized is **taking the time to address important issues** that, if neglected, might jeopardize the success of your efforts. If sugar addiction is one of your issues, the following lines are for you.

FROM VERY SWEET TO MUCH LESS SWEET

You will notice that the following recipes are mostly for « sugar addicts » or people who have a high tolerance to sugar and are used to refined ingredients.

Indeed, when addressing Candidosis, we often end up addressing sugar addiction as well, and this requires extra care, simply because sugar meets all the criteria for an addictive substance: a drug.

You have to know that by eliminating sugar, you will also ultimately miss what sugar stimulates in your body, such as the release of dopamine and serotonin in the brain, the very way alcohol, cocaine and other drugs do.

It takes no less than three to four weeks to escape the clutches of the trio sugar (refined), salt and fat (poor quality). It takes six months to one year to repair the damages that these substances have imprinted on the prefrontal cortex.

The secret of your success in this program is not just about deciding to eliminate sugar, it is to reprogram your brain to prefer new flavors and create a healthier diet. It is perhaps for this reason that I speak of rehabilitation.

So, let's face it:

- If sugar is a big part of your life...

THE FOOD PROGRAM

- If you need it regularly during the day to feel good...
- If the idea of not having it is painful to you...
- If you don't imagine how to function without it...

...chances are you might be pre-diabetic and need to act right now. It is perfectly all right to choose to follow the anti-candida diet directly and take the risk to experiment withdrawal symptoms. Or you may choose to work first on your sugar addiction in order to increase your chances to better hold on during your candida diet, a little later.

Indeed, your taste buds need reeducation; this is why you will find a bunch of recipes in the « Sugar-free but Sweet-Tasting Transition Recipes » section that will help you tremendously. These recipes are introducing ingredients that are not authorized in the anti-candida diet, but that are indicated in the stabilization period (and, for ever...), to definitively replace all the forbidden ingredients.

Depending on the person and the level of sugar addiction, the duration of the transition will vary. But with the proper tools, you will make it in no time. And here are a number of tools and advices that will make the entire experience much easier.

- Before you clean up your kitchen from all the forbidden ingredients, **start with the sugar products**. Not having them anymore should help. Simply replace them with the authorized transitional products (the list is next).
- **Eat enough proteins to satisfy your hunger**. This is the time to get used to coconut and the nut mix that you can nibble on all day long.
- **Take supplements**. Chromium picolinate and L-Glutamine will help you cope with your cravings and stabilize your blood sugar.

- **Rely on essential oils.** Cinnamon essential oil has a very sweet taste and simply rinsing your mouth with a few drops in a glass of water may be sufficient to calm a craving. Keep an Orange essential oil bottle in your pocket and smell it when you are fantasizing about your favorite goody.
- Increase your dopamine and serotonin levels with **regular exercise**. A good way to replace sugar...
- **If you eat sweets in response to anxiety or depression, go back to the “Find your imbalances” chapter and address what is at the origin of your problem.**



THE RECIPES

Chapter 4

Starving your Candida: The Recipes

Let's dive slowly into your new day-to-day recipes. We will start with the transition recipes for people with a sugar addiction, which everybody can use too, before and after the anti-candida diet. We will then cover anti-candida essential staple foods, breakfast goodness, and other meals recipes. Enjoy!.

SUGAR-FREE BUT SWEET-TASTING RECIPES

PUMPKIN CREAM

In a large saucepan, melt **1 small chopped onion** in **olive oil** on medium heat. Add **500 gr of peeled pumpkin into cubes 3 carrots, peeled, sliced.**

Cover with **water or chicken broth** and simmer uncovered until vegetables are tender.

If needed, complete the evaporated liquid with a **dairy-free milk of your choice** (almond, coconut, rice...), return to simmer for a few minutes, add **salt**, then put everything in a blender. Blend until creamy and serve.

THE RECIPES

LENTILS STEW WITH SWEET POTATOES

Heat **2 tablespoons of coconut oil or olive oil** in a cast iron sauce pan.

Add a good pinch of **cumin powder, turmeric and curry**. Sauté the spices for a few seconds.

Add **1 large chopped onion**, a little **salt** and let it melt 5 minutes.

Add **3 cloves garlic**, crushed, **2 tablespoons grated ginger**, **2 sweet potatoes** peeled and cut into small cubes, **1 pepper** cut into thin strips. Cook for 1 minutes.

Pour in **1.5 liter of vegetable broth** and **1 cup of lentils**.

Stir, bring to a boil then simmer for 20 minutes until lentils are tender.

Season and garnish with **fresh coriander**.

BEET HUMMUS

In a food processor, mix together: **1 clove of garlic** crushed, **1 small cooked beetroot** cut into chunks, **1 cup of cooked red beans**, **2 tablespoons lemon juice**, **2 tablespoons olive oil**, **salt** to taste.

Offer **sweet fennel** slices for dipping.

MANGO SMOOTHIE

This smoothie contains sesame puree (Tahini) which brings calcium and protein to the smoothie.

In a blender, combine **1 cup of frozen mango chunks**, **1 tablespoon of sesame puree**, **1 tablespoon of lime juice** and **125 ml of water**.

Mix to obtain a nice smooth cream.

BLUEBERRY SMOOTHIE

Mix together **1 cup of blueberry 1/2 avocado, 8 tablespoons water 1 good handful of fresh mint, 1 tablespoon of lemon juice.** You will not taste the avocado, only feel its creaminess.

STRAWBERRY-COCONUT SMOOTHIE

Combine **1 cup frozen strawberries, 1 banana, 2 tablespoons coconut milk, 1 teaspoon of vanilla whey powder, 1 tablespoon lemon juice, 200 ml of water.** Mix everything in a blender.

PANCAKES

Mix the dry ingredients together: **300 gr almond flour, a pinch of salt, 1/2 teaspoon of baking soda.**

Mix the wet ingredients: **3 eggs, 1 tablespoon water, 1 tablespoon vanilla extract, 2 tablespoons agave syrup.**

Combine both dry and wet ingredients, and add enough **almond milk** to make a batter (**about 1.5 cup**)

Heat a small skillet over medium heat and melt **a little coconut oil or clarified butter** and pour a small ladle of batter without spreading it.

Let it stand one minute, then turn gently with a flat spatula. Cook the other side. Serve with berries and a touch of maple syrup.

DATES AND SESAME COOKIES

These dairy free, sugar free, gluten free cookies are not only delicious, they are also rich in calcium and minerals.

THE RECIPES

Preheat the oven to 150°C/300°F.

Mix the wet ingredients: **2 large tablespoons of tahini (sesame paste) • 2 tablespoons olive oil, 2 ablespoon honey, 2 medjol dates soaked in water overnight and then cut into small pieces.**

Mix the dry ingredients: **5 tablespoons of oatmeal, 3 tablespoons ground almonds, 4 tablespoons of sunflower seeds.**

Combine both mixes with a silicone spatula. Drop small mounds on a baking sheet lined with Silpat and bake 12-15 minutes or until cookies have a nice color.

CEREAL BARS

They look like “real ones”.

Mix the following ingredients in a large bowl: **4 tablespoons almond butter, 2 tablespoon honey, 4 tablespoons of coconut oil, 4 tablespoons sunflower seeds, or nuts and hazelnuts • 4 tablespoons unsweetened shredded coconut, 3 cups whole beautiful puffed rice (or millet).**

Press the mix on a Silpat or a sheet of baking paper and form a square with a thickness of about 4 cm.

In a pan over low heat, melt **100 gr of carob chips with 1 tablespoon of coconut oil.** Drizzle over the square. Place in the refrigerator for an hour, then cut in bars into the size of your choice. Keep in a dry, cool place.

GRANOLA

This granola can be used during the diet if you remove the dates and replace the honey with a little xylitol.

Preheat the oven to 150°C/300°F.

Line a baking sheet with baking paper.

In a large bowl, combine all the following ingredients: **1 cup pecans, 1/2 cup raw almonds, 4 cups gluten-free oatmeal, 1/2 cup sesame seeds, 8 tablespoons coconut oil, 2 tablespoons honey, a pinch of salt.**

If coconut oil is solidified, quickly liquefy it in the oven before pouring it on top of the mix. Spread the mixture evenly on the baking sheet and bake 30 minutes, stirring occasionally.

Add **4 chopped dates** after cooling of the granola.

IRRESISTIBLE BROWNIES

Preheat the oven to 190°C/375°F. Use a square pan, lined with a non-stick silicone square or with baking paper.

Melt **250 gr chocolate chips** in a water bath with **40 ml of coconut oil**. Set aside to cool a little, but not long enough for the mix to solidify.

Mix the dry ingredients: **1/2 cup almond flour, 1/2 cup of brown rice flour, 2 tablespoons cocoa powder, 1/2 teaspoon of baking soda, a pinch of salt, 1 teaspoon vanilla powder, 1 cup chopped walnuts (optional).**

Mix the wet ingredients: **2 eggs, 6 tablespoons maple syrup**, and the melted chocolate.

Mix the wet and the dry ingredients together. Pour into the pan and bake for 30 minutes.

Cool completely and refrigerate for an hour before cutting into cubes.

THE RECIPES

CHOCOLATE CHIP COOKIES

Preheat the oven to 190°C/375°F.

Mix the dry ingredients: **250 gr almond flour, 1/2 teaspoon of salt, 1/2 teaspoon of baking soda, 100 gr of chocolate chips.**

Mix the wet ingredients: **125 ml coconut oil or grape seed oil, 1 teaspoon vanilla, 50 ml maple syrup.**

Combine both dry and wet ingredients. Form dough balls with an automatic ice cream scoop.

Place on a baking tray lined with baking paper. Bake until the edges of cookies are golden brown.

CHOCOLATE MOUSSE

The ingredients will surprise you but this foamy delight has nothing to envy the classic version. And most importantly, it will do you good. Try it.

In a food processor fitted with a blade, combine **3 tablespoons maple syrup, 1 tablespoon coconut oil, 1 cup avocado pulp (about 3 avocados)**. If needed, add **1 teaspoon of cold water**. Then, add **1/2 cup of cocoa powder** and mix again. Serve as it is or frozen.

LIGHT CAKE WITH BERRIES

This is a wonderful birthday cake.

Preheat the oven to 190°C/375°F.

In a bowl, combine the dry ingredients: **2 cups gluten-free cake flour mix, 1/2 cup ground almonds, 1/4 cup coconut sugar, 2 teaspoons baking powder.**

In another bowl, combine: **1/2 cup grape seed oil, 7 egg yolks, 2 drops of orange essential oil** and **3/4 cup almond milk**.

Beat **9 egg whites** until stiff, and add another **1/4 cup coconut sugar** at the end.

Combine the wet and the dry ingredients with a whisk and gently add in the egg whites, over three times, with a flexible spatula.

Pour the batter into large nonstick pan and bake for 55 minutes.

Let stand for one hour out of the oven before unmolding. Meanwhile, marinate **2 pounds of strawberries (or berries of choice), hulled and quartered** with **1 tablespoon of xylitol** and **1 tablespoon lemon juice**.

Cut the cake crosswise into two or three parts and reconstruct it, spreading the layers of cake with 2 cups Greek yoghurt, topped with strawberries. Decorate the top of the cake with strawberries and **fresh mint leaves**.

RASPBERRY COBBLER

Preheat the oven to 190°C/375°F.

Filling:

Combine **500 gr raspberries, 2 tablespoons maple syrup, 2 tablespoons cornstarch, 2 pinches of salt** and pour into a ceramic dish.

Biscuits:

In a large bowl, combine **300g gluten-free flour, 1 packet of baking powder, 2 tablespoons xylitol, 200 gr of cooled melted butter or coconut oil**. Then add **a few tablespoons almond milk** to gather the dough into a ball. Spread on the workspace and cut the dough into small squares, 1/2 inch thick.

Place the pastry squares in the ceramic disc over the fruits and brush it all with a little almond milk. Bake for 30 mins and cool before serving.

THE RECIPES

APPLE CAKE

Heat the oven to 180°C/355°F.

Mix together the dry ingredients: **250 gr gluten-free flour, 2 tbsp baking powder.**

Mix the wet ingredients: **the juice of 1 lemon, 6 tablespoons maple syrup, 4 tablespoons of coconut oil and 3 eggs.**

Combine both mixes and stir with a spatula. Pour into a greased loaf pan.

Peel and slice **1 green apple** into strips and arrange slices vertically in the dough. Bake until a knife comes out clean.

BERRY SORBET

In a blender, mix **500 gr red fruit of your choice** and **100 ml water.**

Add **1 cup maple syrup** and refrigerate for one hour. Pour into your ice cream maker according to the user manual.

PREPARING THE BASICS

CHICKEN AND VEGETABLE STOCKS

Since you have to strictly control the ingredients involved in the recipes, the best is to either find a clean, organic readymade stock or to do it yourself. This is not very challenging and can be prepared in advance in large quantities, and then frozen in portions to always have it at hand.

YOUR OWN VEGETABLE STOCK

Fill a large pot with **6 quarts of water**.

Add **1 peeled onion stung with 2 cloves, 1 large whole garlic head, 1 chopped leak, 1 bay leaf, 1 bunch of parsley, 3 small or 1 large peeled turnip cubed, 2 celery stalks, a nice branch of fresh thyme, 3 inches of peeled fresh ginger, 2 tablespoons of coarse sea salt**.

Bring to a boil and let simmer 30mins. Filter, let it cool down and store in the refrigerator or in the freezer for later use.

YOUR OWN CHICKEN STOCK

Add a whole free-range chicken to the veggie stock recipe. Bring to a boil and let simmer uncovered for 1hr30. Keep the cooked chicken for later use, filter the stock and degrease before letting it cool down. When it is cold, store in the freezer or in the fridge.

HOMEMADE SAUCES

MAYONNAISE

In a bowl, place **3 very fresh egg yolks (or pasteurized), a pinch of ground mustard and a pinch of salt**. Whisk while pouring slowly in a steady stream **1 cup of sunflower oil**. You should obtain a nice thick consistency before you'll add **the juice of 2 lemons**. Keep in the fridge.

QUICK HOLLANDAISE

Place **1/4 cup of home made mayonnaise** and the **juice of 1 lemon** in a saucepan. Add **1 egg yolk** and start whisking this cream on low heat. The

THE RECIPES

preparation should thicken very quickly. As soon as it thickens, stop the heat and use quickly (on veggies and my special Egg Benedicts).

VINAIGRETTE (SALAD DRESSING)

In a blender, combine **2 crushed garlic cloves**, **4 lemon juices**, **a handful of basil leaves or parsley** with **1 cup of olive oil**. Add **salt** if needed. Keep ready to use in a closed jam jar for example.

MORE ESSENTIALS

ALMOND MILK

This excellent substitute to cow's milk is so much better when homemade. Place **1 cup of almonds to soak in a quart of water** the day before. Transfer water and almonds in a blender with **1 tablespoon of coconut oil**, **a pinch of xylitol** and **a pinch of salt**.

Blend on high speed to obtain a beautiful white creamy mixture. Now, filter it through a very thin cheesecloth to separate the almonds from the milk.

Keep in a closed pitcher in the fridge, up to three days.

BUCKWHEAT GALETTES BATTER

If you know the French version of pancakes, the crêpes, you might also know the savory crêpes called galettes. This recipe also is a base to make blini, the Russian pancakes that you are authorized to eat in this diet.

In a large bowl, place **1 cup of buckwheat flour**. With a whisk, add **1 egg**

and slowly **1 cup of water, 3 tbsp of melted clarified butter** and a **pinch of salt**.

To make blini batter, simply add to this preparation **2 whisked egg whites**. Keep in the fridge until use.

BROWN RICE

It will replace your daily bread, so make sure you always have some cooked and ready to use.

You can choose how to cook it: boiled in twice its volume of stock, or steamed in a rice cooker, or slightly sautéed in clarified butter before adding water or stock, put to a boil and simmered 30mn.

QUINOA

If you didn't know it yet, try it, your body will thank you. This vegetal protein is a whole food and completely gluten free.

Rinse your quinoa under running water. Cook it in twice and half its volume of liquid (water or stock) and let simmer 15 to 20 mins.

SEEDS MIX

Seeds are not for birds only! They represent a simple and quick protein source, enough to ease sugar metabolism and keep you satisfied.

In a pretty jar, mix equal quantities of various seeds: **sunflower seeds, pumpkin seeds, flax seeds, sesame seeds**.

You can choose to sprinkle them on salads and yogurt or just to eat them from a bag in your pocket!

THE RECIPES

Together, they supply a very good amount fatty acids, 25 times more thiamin than steak, 3 times more iron and 2 times more protein and encourage enzymes production so important to your digestive system.

SPROUTS

Sprouts are biogenic foods or life-generating foods.

They are highly concentrated in vitamins, minerals and high-quality proteins. For instance, 3 ounces of sprouted wheat contains 27% of proteins when the same amount of meat contains 14 to 22% of proteins. This is one of cheapest way to feed ourselves and to regulate our blood sugar... Sprouts also represent our best natural source of enzymes, those enzymes we need in order to transform our food into nutriments.

It is extremely easy and economical to sprout yourself. The best is to use a sprout plate but an empty jar will do.

Let's sprout some lentils:

Place **a handful of lentils** in a jar, fill it with water and let it sleep all night, covered with cheesecloth secured with a rubber band.

Through the cloth, drain the water and fill the jar with fresh water. Rinse the lentils this way 2 to 3 times day.

On the third day, your sprouts will be ready to be sprinkled over your salads...

You may also sprout:

- Cereal grains: wheat, barley, oats, spelt, corn, millet, rye, rice or pseudo-grains like amaranth, buckwheat and quinoa

- Legume seeds: Alfalfa, red beans or white (not green), lentils, chickpeas, peas, fenugreek, mung beans (or green soybeans)
- The oilseeds: linseed, sesame, sunflower
- Mucilaginous seeds: mustard, cress, flax, arugula
- And finally, vegetable seeds: basil, beets, broccoli, carrots, celery, cabbage, fennel, parsley and radish.

THE CANDIDA-FREE BREAKFAST

This is not an egg free, fat free, meat free diet, but most of the other classic breakfast ingredients (honey, jam, coffee, milk, pastries, sausages, syrup, orange juice) are not authorized in a Candida diet.

We could simply think of finding replacements for each forbidden ingredient, but instead, we will think another way: **we will favor and choose the dishes that are as much as possible satisfying, anti-inflammatory and anti-fungal.**

It is OK to replace breakfast menus with dinner menus if you feel like it, but at the same time, having steamed beans and fish three times a day can be a little boring... So here are balanced alternatives that give you enough proteins to compensate the lack of carbohydrates while keeping a high energy level and of course, pleasure.

Do not hesitate to adapt them, improvise, as long as the ingredients are the right ones. For example, keep in mind that rice crackers and buckwheat crackers replace bread.

And now, let's have breakfast!

MILK AND CEREALS

Think **almond, rice or coconut milk**, over **crispy sugar-free brown rice cereals**, sprinkled with **toasted coconut** to give a little sweetness.

A client of mine uses a type of brown rice flakes that looks like oatmeal...and she loves it. Add **ground nuts** if you like it...

TOAST

Our anti-candida toast is a thin **brown rice cake**. No gluten in it. It is beautifully spread with **almond butter, tahini or hazelnut butter**. No honey... After two weeks, you'll be allowed to try it with a tiny drizzle of agave syrup on top of the nut butter, only if necessary.

VEGGIE OMLET

Slice some **veggies of your choice** the day before: onions, peppers, fennel, squash, tomatoes, thin slices of broccoli.

In the morning, sauté them very quickly (3 minutes) in a pan heated with coconut oil. Set them aside to prepare a **2 or 3 eggs** omelet to your liking that you will top up with the veggies and some **chopped fresh herbs**.

EGGS BENEDICT À LA CANDIDA

Very quick if you have some **mayonnaise** and some **galette batter** at hand. Add **1 whisked egg white** to the batter before you cook it mini-pancake style.

Top each mini pancake with quickly sautéed **baby spinach leaves, 1 or 2 poached eggs** and cover with your homemade **quick hollandaise sauce**. No ham... but still very tasty!

MORNING GALETTES

This could be a new twist for a pancake. It looks more like a crêpe because it is thin and contains a savory filling.

In a crêpe pan slightly greased with **coconut oil** (or spray), spread a thin coat of **galette batter** and let it cook until the edges pull off the pan. Slide a thin spatula under the galette and flip it over.

After a few seconds, transfer it on a plate and cook as many as you need before feeling them with: a **diced tomato**, some **fresh baby spinach leaves wilted in olive oil and garlic**, **salt** and a **sunny side up egg on top**, in the center of the galette. Fold it in half, sprinkle with **parsley or chives** and eat immediately.

JAPANESE SOUP

Still my favorite, even long after the diet.

Bring **2 cups of vegetable or chicken stock** (prepared in advance) to a boil in a saucepan.

Add some of your favorite **minced veggies** to cook 5 minutes. From there, you add whatever you like: **red onions, cherry tomatoes, daikon sticks, pak choi, cabbage, a few raw shrimps and scallops** from the freezer... You can also add an **egg** and let it poach in the soup.

Pour your soup over some **cooked brown rice** (you always need cooked brown rice ready to use in the fridge) in a large bowl. You can add some **Bragg aminos** for flavor, to replace the soy sauce, some **green onion** and a **few sesame seeds**.

IRRESISTIBLE COCO WAFFLES

Of course, you need a waffle maker here.

THE RECIPES

In a large bowl, mix **1/2 cup of brown rice flour**, **1/3 cup of corn flour**, a **pinch of baking soda** and **1 tbs of Xylitol**.

Stir together **3/4 cup of coconut milk**, **2 egg yolks** and **2 tbs of melted clarified butter** and add it to the dry ingredients, stirring with a whisk. Just before using the batter, add **2 whisked egg whites** for fluffiness.

Cook your waffles and serve them sprinkled with toasted coconut. After the first two weeks of diet, you may add some plain berries if you like.

ANTI-CANDIDA DISHES

Servings are not indicated everywhere, because there are no quantity restrictions. Since there is no calorie counting, feel free to eat as much as you want, except when it comes to dessert.

DIPS AND SPREADS

GUACAMOLE

In a mixer or a mortar, mash the pulp of **2 large avocados** with **the juice of 1 lime**, **4 peeled and seeded tomatoes**, and **1 chopped little red onion**.

Add **salt** to taste and serve with **rice crackers** and **sliced vegetables**.

AUBERGINE CAVIAR

One more pleasant way to add garlic to your diet, this little preparation is perfect as a dip or a spread.

Preheat the oven at 175°C/350°F.

Cut **2 eggplants** lengthwise in halves, and insert some **garlic slices** all over it. Place the eggplants halves on an ovenproof dish, sprinkle with salt, drizzle with olive oil and bake 1 hour.

Let it cool down before you spoon out the cooked flesh and place it in a little mixer.

Add **2 tbs of olive oil**, the **juice of 1 lemon**, **2 tbs of tahini**, **1 tbs of ground cumin** and **1 bunch of chopped parsley**. Process until nice and creamy. Serve with **mini rice cakes** or **carrot sticks**.

HUMMUS

Tasty and absolutely perfect nutrition-wise, it is a mine of minerals.

In a blender, combine **1 medium can of organic chickpeas (drained)** with **3 tbs tahini (sesame paste)**, **2 peeled garlic cloves**, **1 tsp of ground cumin**, **3 tbs of olive oil**, and **the juice of 1 lemon**.

Mix until creamy, add **salt** if needed and serve in a pretty bowl, sprinkled with **paprika**.

Raw version: you may also choose to sprout your chickpeas, which allows you to grind them raw and avoid cooking.

WHITE BEAN SPREAD

Perfect as an appetizer.

THE RECIPES

Chop **1 small red onion** and crush **2 garlic cloves**.

In the bowl of a mixer, purée them along with: **2 cups of cooked Cannellini beans, 3 anchovies filets, 4 tbs of cooked brown rice, the juice of 1 lemon, 2 tbs of olive oil** and **1 small bunch of parsley**.

Transfer this paste in a pretty serving bowl and refrigerate until you serve it with rice crackers and raw veggies.

ADD-ONS

ANTI-CANDIDA COLE-SLAW

This favorite is an anti-candida gem with the proper dressing.

For 4 servings:

Mince **1/2 green cabbage, 1/2 red cabbage, 1 sliced red onion, 3 chopped green onions**.

Prepare your dressing with **1/2 cup of your homemade mayo, 4 tbs plain goat yogurt, the juice of 1/2 lemon, 1 crushed garlic clove** and a **handful of chopped parsley**. Stir everything together and serve sprinkled with **pumpkin seeds**.

FRESH SALSA

For 4 servings:

Peel, seed and chop **4 large tomatoes**, sprinkle with **salt**, add **1/2 chopped red onion, 2 chopped green onions, the juice of 1 lemon** and a chopped handful of **fresh coriander**. Stir and serve.

MEAT DISHES

INDIAN MEAT BALLS

Hyper quick to prepare, very low in carbs, loved by everyone.

For 1 serving:

Mix **5 ounces of ground turkey** with **1 tsp ground cumin**, **1/2 tsp ground turmeric** and **a pinch of salt**.

Create walnut-sized meatballs and sauté them in **coconut oil**, in a pan over medium to high heat. Reserve the cooked meatballs and, in the same pan, sauté some **fresh or frozen spinach leaves**, sprinkle with **crushed garlic** and a little **salt**. Combine and serve immediately.

CHILI CON CARNE

Even the famous Columbo would like this version of the all-timer, very comforting chili. Do not hesitate to serve it with a **freshly made tomato salsa** and **goat yogurt**.

For 1 serving:

Cook 1 chopped **red onion** in a little **olive oil**, on medium heat for 5 mins. Add **1/2 diced bell pepper** and cook for 5 more minutes.

Add **2 crushed garlic cloves**, **5 ounces of ground hormone-free beef**, **1/2 tsp of paprika**, **1 tsp ground cumin**, **1 tsp ground Cayenne pepper** and let simmer 2 mins.

Then add **1 pound of peeled, fresh or canned (acid citric free) tomatoes** and crush them in the pan. Pour **1 cup of stock** on top of it, add **1 bay leaf** and **1 cup of canned azuki beans**.

THE RECIPES

Let it simmer for 30 mins, add salt if needed and serve with fresh coriander leaves.

CHICKEN MEATBALL CURRY

Thailand in a dish...

For 4 servings:

In a medium bowl, combine: **2 pounds of sliced chicken breast, 3 inches of fresh grated ginger, 2 cloves of crushed garlic and 1/2 cup of chopped fresh coriander.** Add a good pinch of **salt.** With your hands, make the mix into walnut-sized meatballs.

Heat up **2 tbs of coconut oil** in a large frying pan and cook the meatballs in batches until nicely browned.

In the same pan, add **1 tbs of green curry paste** (with no sugar added) and **800 ml of canned coconut milk.** Bring to a boil, reduce heat and simmer for 10mins.

Add the **juices of 2 limes, 1 tbs of agave syrup and 1/2 pound of snake beans (or regular green beans).** Add the meatballs on top, cover and let simmer 5 mins.

Serve sprinkled with **fresh coriander** and **brown Thai rice.**

VEGETABLE AND BEEF STEW

So convenient, it cooks all by itself in the oven.

For 4 servings:

Preheat your oven at 130°C / 270°F.

In a heavy oven dish with a lid (like a dutch oven), combine:

2 pounds of beef for stew cut in cubes, 4 peeled and diced turnips, 1/2 pound of Brussels sprouts, 1/2 pound of peeled tomatoes (canned or fresh), 1 minced washed leek, 6 large peeled shallots, 3 cups of vegetable stock, 2 cups tomato coulis, 1 bay leaf, 1 pinch of dried thyme, grey salt to taste.

Cover, put in the oven and let simmer for 6 hours. Serve with **brown rice**.

LAMB KORMA

More meatballs, the Indian way. Nobody will guess this is part of a diet...

For 4 servings:

In a large mixing bowl, combine: **1 pound of ground lamb, 1 chopped onion, 1 egg, and 2 tbs of coconut milk.**

Mix with your hands and make walnut-sized balls.

In a frying pan, heat up **3 tbs of coconut oil** and cook the meatballs on medium heat until golden brown.

Then, transfer to a plate and make the sauce.

In the same pan, cook **1 chopped red onion, 2 inches of grated fresh ginger, 2 crushed garlic cloves, 2 bay leaves, 1 cinnamon stick, 5 cardamom seeds, and 1 tsp of ground cumin.** Add **3/4 of a pound of peeled tomatoes (canned or fresh)** and cook 5 mins. Add **1 cup of coconut milk** and **1 cup of water** and let simmer 20 mins.

Add the meatballs and let it simmer 20 more minutes. Serve with **brown basmati rice**.

THE RECIPES

TURKEY LOAF WITH VEGETABLES

Always delicious, either hot and cold.

For 1 medium cake pan:

Preheat the oven at 175°C/350°F.

Prepare your vegetables: chop **1 onion**, a crush **1 garlic clove**, dice **1 little bell pepper**, slice **1 celery stalk**, and dice up **1 zucchini**.

In a skillet, melt 1 tbs of coconut oil and sauté the veggies in it. After 10 mins, stop the heat and let cool down.

Drain **1 small can of cooked chickpeas** and chop **1 bunch of green onions**. Combine them in a large bowl with: **2 pounds of ground turkey**, **1 cup of cooked brown rice**, and **1/2 cup of plain yogurt**.

Add the cold vegetables and stir. Add **1 egg** and some **salt**, stir again.

Pour into the cake mold and place in the oven for a minimum of 45 mins. When it is baked through, unmold and serve with a salad.

BEEF AND VEGETABLE WOK

For 1 serving:

Slice **4 ounces of your favorite steak**. Marinate it in **1 tbs of melted coconut oil**, **1 crushed garlic clove** and **1 inch of ginger, grated**.

Let the mix work its magic, while shredding **2 cups of red cabbage**, **1/2 cup of carrots** and slice **1 bell pepper**.

Heat up the wok (not too hot) and stir-fry the beef a few seconds and add the vegetables. Stir-fry for 1 more min and serve, garnished with **parsley**.

FISH AND SEAFOOD DISHES

SHRIMP AND GARLIC FRIED RICE

You always have some cooked brown rice in the fridge, remember?

For 4 servings:

Prepare your vegetables: crush **4 garlic cloves**, chop **2 green onions**, chop **2 celery stalks**, separate the florets of **1 broccoli head** and grate **1 tbs of fresh ginger root**.

In a wok, heat up **3 tbs of coconut oil**. Add the garlic, onions and ginger, along with **16 large deveined raw shrimps**.

After 1 min over high heat, add the celery and the broccoli. Cook for 1 more min.

Add a little bit **more coconut oil** and **2 large cups of cooked brown rice**. Stir fry 30 seconds, add a few splashes of **Bragg aminos** and serve with **fresh coriander leaves**.

PAËLLA CANDIDA

Very convenient to make, and works wonders as a family or friends' dinner.

For 4 servings:

One hour before starting the recipe, soak **1 + 1/2 cups of brown rice** in **water**.

Prepare your vegetables: crush **2 garlic cloves**, chop **1 onion**, mince **1 fennel bulb**.

THE RECIPES

Heat up **3 tbs of olive oil** in a large skillet, add the garlic, the onion and let color 3 mins. Then add the fennel, along with **2 cups of water, 1 pinch of salt** and **1 pinch of saffron**.

Bring to a boil, add the soaked and strained rice and let simmer 20 mins.

Out of the heat, add **8 shrimps, 8 scallops, 8 little calamari**. Continue to cook until all the water is evaporated.

Sprinkle with **parsley** and serve.

SHRIMPS À LA THAÏ

A perfect way to consume spices, garlic and coconut milk.

For 3 to 4 servings:

Devein **2 pounds of large raw shrimps**, and place them in a large bowl with the other ingredients: **1 pound of cauliflower bouquets, 1/2 pound of broccoli, 1 minced red onion, 2 crushed garlic cloves, 1 tsp ground turmeric, 1/2 tsp ground cumin, 1/2 cup coconut milk**.

Stir-fry them in **3 tbs of coconut oil** in a wok (if possible), until the vegetables are tender. Serve with **steamed Thai brown rice** to absorb the sauce.

VEGETARIAN DISHES

LENTILS « BOULETTES »

A good way to make kids eat lentils: have them turn them into croquettes first.

For 4 servings as an appetizer:

In large pot, heat up **2 tbs of coconut oil** and cook **1 crushed garlic clove, 1 sliced onion** and **1 chopped celery stalk** in it for 5 mins. Add **1/2 pounds of brown lentils, 3 cups of water** and a **pinch of salt**, bring to a boil and let cook on low heat until all liquid is absorbed.

Add to the pot **2 tbs of brown rice flour, 1 tsp of ground cumin** and **1 tsp of ground curry** and cook, stirring 2 more minutes. Let it cool down so it can be handled.

With a small automatic ice cream scoop, make walnut-sized balls (in French, « boulettes ») and roll them in rice flour.

Heat up **1/2 cup of coconut oil** in a wok and cook the boulettes in it until golden and crispy. Serve with **yogurt, garlic** and **parsley**.

RED LENTILS DAHL

This is the easiest introduction to Indian cuisine and to vegetarian cooking.

For 4 servings:

First, soak 1/2 pound red lentils for about 10 mins.

Meanwhile, make some *Tarka*: combine **1 tsp ground cumin, 1 tsp ground turmeric, 1/2 tsp ground coriander seeds** in a frying pan and toast them for a few minutes on medium heat until they exhale a beautiful fragrance.

Add **3 tbs coconut oil, 1 large chopped onion, 4 crushed garlic cloves**, cook 10 mins, before adding **the juice of 1 lime** and **salt** to taste.

Rise the lentils and plunge them in a large pot with 1 quart of water, bring to a boil and let simmer 20 mins.

Add **the juice of 1 lime** and garnish with **chopped fresh coriander**.
Serve with brown rice.

THE RECIPES

BEANS AND TOMATOES

Provence in a dish!

For 4 servings:

Preheat the oven at 175°C/350°F.

Heat **3 tbs of olive oil** in an ovenproof dish. Add **1 chopped red onion** and **3 crushed garlic cloves** and let cook 5 minutes on medium heat.

Then, add **2 cups of cooked cannellini beans (or canned)**, **5 tbs of tomato purée** and **1 pound of peeled chopped tomatoes (fresh or canned)**.

Spice up with **fresh oregano** and **thyme**, add **salt** to taste. Cover and bake in the oven for 45 mins.

SAUTÉED VEGETABLES

In a wok, heat up: **1 tbs of coconut oil**, **2 crushed garlic cloves**, **1 tsp ground curcuma**, **the roots of a fresh coriander bunch** and **4 minced green onions**.

Add **1 cup of water**, **the florets of 1 medium cauliflower head** and let cook covered for 10 mins.

Add **a handful of green beans** and **a large handful chopped choy sum**. Let cook a few more minutes and serve drizzle with **lemon juice** and **fresh coriander**.

BELL PEPPERS AND QUINOA

Very quick to prepare when you have some cooked quinoa leftover.

Prepare your vegetables: dice **1 small bell pepper, 1 small onion.**

Sauté them with **1/2 tsp of paprika**, in **2 tbs of olive oil**, for 5 mins. Add **2 cups of fresh spinach leaves** and serve with your **cooked quinoa**.

If the quinoa was cooked in one of your homemade stocks, it will taste even better....

STUFFED VEGETABLES

For 4 servings:

Pick **4 nice tomatoes, 2 zucchinis, 2 bell peppers**. Cut the top part of the tomatoes and remove the pulp with a spoon, cut the bell peppers in two and remove their seeds.

In a large bowl, mix : **1/2 pound of ground beef, 1/2 pound of ground chicken, 1 chopped onion, 1 crushed garlic, 1 handful of chopped parsley, some of the tomato pulp** and **3 tbs of cooked rice or quinoa**.

Stir thoroughly and add **1 whole egg. Salt** to taste.

Preheat the oven at 175°C/350°F.

Fill up the vegetables with this stuffing and arrange them in a baking dish. Replace the caps on the tomatoes, drizzle with olive oil and bake for 45 mins.

SPINACH QUICHE

What?! A pie?! Yes, you can make a candida diet approved pie, this way:

For the dough, mix together: **1 cup ground pecans** and **1/4 cup melted clarified butter (ghee)**. Spread this paste with your fingers in a pie dish.

Preheat your oven at 200°C/400°F.

THE RECIPES

Chop **1 small onion** and cook it in **1 tbs of olive oil** on low heat, for 5 mins. Add **10 ounces of frozen spinach** and continue to cook 5 mins on medium heat.

Beat **4 eggs** in a bowl, add **1 cup of plain yogurt**, some **salt** and the cooked spinach. Pour everything on the pie dough and bake 30 mins.

LENTILS RAGOUT

This is a good way to use a lentil leftover, but it is better if the lentils are firm, not puréed. The best are the Du Puy lentils.

For 4 servings:

Prepare: **1 eggplant, cubed, 1 bag of ready to use washed spinach leaves, 1 cup of cooked lentils, 1 crushed garlic clove, 1 lemon, fresh coriander.**

In a wok, heat up 5 tbs of olive oil. Add the eggplant and stir fry for 10 mins. When it is soft and golden, add the spinach leaves and the lentils. As soon as the spinach are wilted, add the garlic and the juice of the lemon. Serve sprinkled with the coriander leaves.

QUINOA AND CHICKPEAS RAGOUT

Remember, you have some homemade stock in your fridge. It is time to use some for a wonderfully easy one-pan dish.

For 4 servings:

Prepare your vegetables: chop **1 onion**, crush **2 garlic cloves**, peel **1 pound of tomatoes** (or, if canned, they must be free from citric acid), mince **1 pound of Swiss chards**, chop some **parsley** (to taste).

In a large frying pan, heat up **1 tbs of olive oil**. Add the onion and garlic and cook 2 mins on medium heat. Add **2 cups of homemade stock** and bring to a boil.

Drain **1 medium can of chickpeas** and add it to the mix, along with **7 ounces of dry quinoa**, the tomatoes and **1 pinch of saffron**. Cook for 5 mins.

Add the Swiss chards and let everything simmer until the quinoa gets tender. Add **salt** if necessary.

Then top up with **the juice of 1 lemon**, **1 tbs of plain yogurt** and serve sprinkled with the chopped parsley.

CABBAGE ROLLS

For 4 servings:

First, get the outside of your rolls ready: you need **8 large savory cabbage leaves**, blanched in boiling water 30 seconds and reserved on a towel.

Then, make the stuffing: chop **1 onion**, crush **1 garlic clove**, chop some **fresh parsley**. Heat up **1 tbs of olive oil** in a skillet with the onion and the garlic. Cook on low heat for 5 mins. Add **1/2 pound of organic ground veal** and stir until fully cooked. Shut off the heat and add **2 ounces of cooked rice**, the **zest of 1 lemon** and the parsley.

Preheat the oven at 175°C/350°F.

Now you can make the rolls: take a cabbage leaf and place 1 tbs of stuffing next to the strongest part of the leaf. Roll and arrange it in a baking dish. Proceed likewise for the remaining leaves.

THE RECIPES

Surround the rolls with **4 tomatoes**, cut into quarters. Drizzle with **more olive oil, salt**. Cover and bake for 30 mins.

ZUCCHINI FRITTERS

Fresh and original, kids love them.

For 4 servings:

Grate **6 medium zucchinis**, chop **1 medium onion**. Squeeze the zucchinis in your hands to extract any excess liquid.

In a large bowl, combine the onion, **1/4 cup of cooked brown rice**, **3 eggs**, **2 tbs of fresh basil** and **grey salt** to taste. If needed, add **a little rice flour** to give a better consistency and form patties the size of your palm.

Heat **2 tbs of olive oil** in a large frying pan: sauté the patties in the pan until brown on both sides. Reserve in the oven or serve immediately with a salad, some plain yogurt and some salsa.

ZUCCHINI FRITTATA À LA CANDIDA

Light, fresh, perfect in the summer

For 4 servings:

Shred **2 large zucchinis** and crush **1 garlic clove**. Slice **2 tomatoes** and **1 medium onion**. Chop some **fresh herbs to taste**.

Preheat your oven at 200°C/400°F.

In a large bowl, whisk **3 eggs**, add **2 tbs of olive oil**, the garlic and **a pinch of salt**. Add the zucchinis and pour the mix in an oiled cast-iron skillet or in a pie pan.

Arrange some tomato and onions slices on top, sprinkle some fresh herbs of your choice and bake in the oven for about 40 mins.

CHICKPEA RATATOUILLE

For 4 servings:

Prepare your vegetables: chop **1 medium onion**, crush **2 garlic cloves**. Chop **1 medium eggplant**, **1 medium red bell pepper** and slice **2 medium zucchinis**. Peel and chop **1 large tomato** into uneven dice. Drain **1 medium can of chickpeas** and reserve.

Heat up **1 tbs olive oil** in a frying pan. Cook the garlic and the onion in it for about 5 min. Remove from the pan.

In the same pan, heat **1 more tbs of oil**, now to cook the eggplant, the bell pepper and the zucchini. Stir until the eggplant starts to get a nice brownish color.

Bring the onions back in the pan with the chickpeas and the tomato dice. Cover and let everything simmer for about 10 min. Add some **fresh basil leaves** and serve immediately.

SALADS

YOUR OWN ANTI-CANDIDA SALAD

Choose your own assortment of vegetables and chop or cut them according to your own creativity!

Your assortment should include: **1 root veggie for the crunch** (carrot, celery root, onion, radish, turnip), **1 “signature” veggie** (tomato, bell

THE RECIPES

pepper, fennel, avocado, cucumber, celery branch, broccoli) and **1 leafy green for the fibers** (lettuce, beetroot leaves, Brussel sprouts, endive, watercress).

Of course, you can **use as much as you want of the 3 chosen veggies!** Keeping it simple, with only three different ingredients, makes it much easier to digest.

This being said, you can also add as much as you want of **sprouted seeds** and **dried seeds** to increase the protein levels of your dish (which helps you cope with the lack of sugar and keeps you full longer).

LAMB SALAD

Perfect to use a leftover cold lamb.

Adapt the quantities to your needs:

Marinate some **diced leftover lamb (from a leg)** in **olive oil**, crushed **garlic**, **salt** and **oregano**, and place it in the fridge.

After 1 hour, prepare a nice pile of **mesclun** in each plate, garnished with **olives**, **chickpeas**, **diced tomatoes**, **sliced red onion**, **mint leaves**, **lemon** and **olive oil**. In a hot skillet, quickly sauté the marinated lamb and arrange it on each plate with the salad.

RICE SALAD, SPANISH STYLE

Perfect for a pic-nic.

For 4 servings:

The day before, cook **1 cup of brown rice**.

In a bowl, combine **3 tbs olive oil**, **3 tbs fresh chopped oregano**, the juice of **1 lemon**, **2 crushed garlic cloves**, **1 tsp of capers in salt**.

Add about **20 cherry tomatoes** cut in half, the slices from **1 small cucumber**, **1 small onion**, chopped, and **a handful of black olives**. Add the rice, stir thoroughly and sprinkle with **pumpkin seeds**.

SALMON SALAD

Perfect when you have guests.

Adapt the quantities accordingly:

Fill up a salad bowl with **green salad**, **tomato dices**, **cucumber slices**, **radishes**, **a handful of chickpeas** and crushed **garlic clove(s)**.

Drizzle with one part of **lemon juice** and 3 parts of **olive oil** and sprinkle with **fresh basil**.

In a hot skillet, grill **1 nice piece of salmon per person**, 5 mins on each side, **salt** to taste and serve it on the salad.

QUINOA SALAD

For 4 servings:

Bring **2 cups of water** and **1 cup rinsed quinoa** to a boil. Cover, reduce the heat and let simmer 20 mins, until all the liquid evaporates.

In a bowl, combine: **20 halves cherry tomatoes**, **1 small minced cucumber**, **1 handful of flaxseeds**, **1 handful of pumpkin seeds**, **1 diced red bell pepper**, the juice of **1 lemon**, **3 tbs of olive oil** and **1 handful of chopped fresh mint**.

Then add the quinoa, stir well and serve fresh.

THE RECIPES

GREEN PAPAYA SALAD

Only with green papaya... and not spicy.

For 4 servings:

Peel and grate coarsely **1 green papaya**. Shred **1 carrot**, mince **2 shallots** and chop **fresh basil and fresh mint to taste**.

Make a dressing with **1 tbs of lemon juice**, **1 tbs of lime juice** and **2 crushed anchovies**. Toss and reserve.

In a salad bowl, place a nice **handful of soybean sprouts**, **3 ounces of fresh shredded coconut**. Add the papaya and veggies, then the dressing and serve very fresh.

SOUPS

CUCUMBER AND AVOCADO COLD SOUP

For 4 servings:

The day before serving, peel **2 cucumbers**, chop **1 small onion** and scoop the flesh out from **2 avocados**.

In the bowl of a blender, combine these with **1 cup of vegetable stock**, **1 cup of plain yogurt**, a handful of **fresh mint** and the **juice of 1 lemon**.

Blend until smooth and let rest in the fridge overnight. When serving, add a splash of **olive oil** and serve in tall glasses.

ZUCCHINI CREAM

This hyper easy Italian specialty is so good it might come back often on your table.

For 4 servings:

In a large pot, cook **1 minced onion** in **1 tbs of olive oil** for 5 mins. Add **6 sliced zucchinis** and **one quart of chicken stock**. Bring to a boil and let cook on medium heat 20 mins. Using a plunger, blend the soup and set aside.

In a little bowl, pour **1/2 cup of plain yogurt**, **1 egg yolk** and **a handful of chopped parsley**. Add this to the hot soup, stir well with a whisk and serve immediately.

SPLIT PEAS SOUP

For 4 servings:

Prepare your veggies: chop **1 onion**, slice up **3 celery stalks**, peel and crush **3 tomatoes**.

In a Dutch oven, heat up **3 tbs of olive oil** on medium heat. Add the onion and celery to cook slowly for 2 mins. Bring the tomatoes in and cook for 10 mins.

Pour **1 cup of split peas**, **1 quart of chicken stock**, **1 quart of water** and bring to a boil. Reduce heat and let simmer 1/2 hour uncovered. Add **fresh rosemary**, **thyme**, **grey salt** and simmer 45 more minutes. Remove the herbs and blend.

Serve with **chopped parsley** and **1 tbs of plain yogurt**.

RICE SOUP À LA FLORENTINE

With spinach or Swiss chards, you choose.

THE RECIPES

For 4 servings:

Cook **1 cup brown rice** in **salted boiling water**.

Crush **2 garlic cloves**, chop **4 shallots**. Make them color in a heavy pan, with **2 tbs olive oil**.

Add **2 quarts of vegetable stock** and the cooked rice to the pan. Let everything simmer for 10 mins before adding **2 handfuls of spinach or Swiss chards leaves**. After 1 or 2 mins, whisk **1 egg** in and serve immediately.

DESSERTS AND SNACKS

The list is not very long but these little sweets will be able to satisfy your sweet tooth when needed. Don't expect them to replace a slice of cake, simply enjoy the comfort of a touch of dessert.

ALMOND-COCONUT COOKIES

Preheat the oven at 175°C/350°F.

Melt **1 cup of coconut oil** and mix it with **1/2 cup of xylitol** to create a creamy texture.

Add **1 egg**, **2 cups almond flour** and **1/2 cup desiccated unsweetened coconut**.

Drop nuts of this dough on a baking sheet, covered with baking parchment or a Silpat and bake for 10-12 mins.

COCONUT BUTTER COOKIES

Melt **2 ounces of clarified butter (ghee)** in a small pot over medium heat and let it cool down a little bit.

Preheat the oven at 175°C/350°F.

In a mixing bowl, whisk **2 eggs** with **5 tbs of xylitol**. Add the butter, **3 tbs of arrowroot**, **1 + 1/2 cup of brown rice flour**, **1 cup of desiccated unsweetened coconut** and **1 drop of orange or lemon essential oil**.

Drop nuts of this dough on a cookie sheet covered with baking parchment or a Silpat and bake for 8-10 mins.

WALNUT COOKIES

Melt **1 tbs of clarified butter (ghee)** in a small pot over medium heat and let it cool down a little bit. Meanwhile, grate the pulp out of **1 vanilla pod**.

Preheat the oven at 175°C/350°F.

Mix together: **1 cup of brown flour**, **5 tbs of xylitol**, **1 cup of ground walnuts** and the vanilla pulp.

Add the melted butter, **2 eggs**, and stir well.

Drop nuts of this dough on a baking sheet covered with parchment paper or a Silpat. Bake 8-10 mins.

ANTI-CANDIDA ICE CREAM

This is a treat to have with moderation. Flavor is yours to choose, with the use of a vanilla pod, a few drops of peppermint essential oil, a few pinches of ground cardamom or cinnamon... (But forget about coffee, chocolate, toffee etc... be reasonable!)

THE RECIPES

For 8 servings:

In a large bowl, blend all the ingredients together with a whisk: **14 ounces of canned coconut milk, 1+1/2 cups almond milk (or hazelnut, soy), 1/2 cup xylitol, 3 tbs coconut oil, 3/4 tsp xanthan gum or guar gum, your choice of flavor:** cinnamon, vanilla, cardamom, ground pistachios and almond, ground walnut and vanilla....

Let the mix chill down for 2 hours.

Pour it into an ice cream maker and prepare ice cream according to the manufacturer's instructions..

EMERGENCY NUT MIX

In an anti-candida diet, emergency means cravings! That irresistible call for the donut, the cream puff, the cappuccino... Has now become your worst nightmare.

What I found the most efficient to safely calm a craving is a nut mix. It does work!

On a baking dish, spread some **coconut flakes, raw almonds, hazelnuts, walnuts, brazil nuts**, and toast all of it in the oven for 5 min.

Let cool down and store in little bags or boxes, to keep with you at all time.

Chapter 5

Two weeks of delicious menus to set you on track

The goal here is to give you new habits, to teach you how to protect yourself against a Candida overgrowth (and to get rid of it...). So here are the menus that will help you achieve this during the first two weeks while giving you all the support you need.

Remember that you will not consume so much carbohydrate anymore and will have to resist the temptation to eat all your rice crackers within the first day!

BEFORE YOU START, GET ORGANIZED!

VEGGIE JUICES

You will notice that fresh vegetable juices appear often on the menus. Why vegetable juices? Because you cannot have fruit juices of course!

Actually, most of the people suffering from candidiasis have an irritated digestive system that cannot benefit from too much fiber intake. However, raw vegetables are an invaluable source of nutrition, essential to a proper organic regeneration.

THE MENUS

When we consume vegetables as juice, their cellulose has been separated from the nutritive part, the juice. This way, it is possible to ingest a large quantity of vegetables that are available to absorption, without the irritating effect that fibers can have on the stomach and intestines.

In order to juice, you will need a good quality juicer, the one that sends the pulp on one side and the juice on the other, powerful and easy to clean.

Nothing can replace the depurative, regenerative and nutritive value of a fresh, homemade juice. If you have no other choice though, you can rely on a canned vegetable juice, but make sure that no sugar is added.

SPROUTS

Start sprouting some seeds in advance: lots of sprouting seeds are available on the market, from broccoli to radish. They all have a different taste, so try and pick your favorite.

Read the following pages so you know your list of ingredients, have an idea of the menus, choose to adapt it or totally follow it.

ONE LAST THING...

One last thing before you start: have the supplements and the essential oils at hand to relief any detoxification related stress.

Lavender essential oil (*Lavandula Angustifolia*), Frankincense essential oil (*Boswellia Carterii*), some Aloe Vera gel and an essential oil diffuser are going to be helpful.

Now, if you have some Candida-related external symptoms such as eczema, athlete's foot or cystitis, read the chapter that explains the external procedures right now so you can start your own treatment right away.

YOUR FIRST WEEK OF DIET

YOUR GROCERY SHOPPING

Yes, you will have to cook: Simply because no pre-packaged processed food fits in a candida diet.

But you can rejoice in the fact that there are no calories to count: this is not the purpose of our diet. Eat as much as you want as long as you keep a balance between carbohydrates, proteins and vegetables.

You will have to go for organic options as much as possible, simply because organic is cleaner, safer, more nutritious, and the aim here is to clean up your body, to properly feed it and to make you reconnect with it.

Generally speaking, the way you choose your food may have a big impact on your health.

I don't always give precise quantities in the recipes, so simply adapt them according to your appetite and the number of mouths there are to feed: these recipes should please the whole family, everyone can benefit from them.

The following list is here to give you an idea of what should fill up your cabinets, fridge and eventually, freezer.

The best is to go grocery shopping every day, but let's face it, it will not be the case for most of you. So, buy in bulk, surround yourself with authorized food, be tempted, obsessed if you want, as long as it keeps you away from what your Candida craves for: sugar.

- Use and abuse of nuts and seeds, own these recipes, make them yours, they are only a guideline, a way to put you on track, to start using some ingredients and forget about others.

THE MENUS

- If you are a vegetarian, you will notice that animal products are the least mentioned in this list. So you will still have plenty to work with.
- I understand that the upcoming changes might involve a real revolution in your kitchen... It happened to me more than once; I had to hold a client by the hand and take her grocery shopping to show her where to find the ingredients... Now these ingredients have become a part of their habits, a part of their new way of cooking and today, they cannot picture themselves eating the way they used to before. I cannot be there with you for grocery shopping, but I will do my best to make the process as easy as possible....
- I will be advising for buying big quantities, because they should last for the week! If you can and prefer to go do your shopping every day, it is even better, so use this list accordingly.

From the health food store:

- Brown rice cakes (the thin ones are better, I like Suzi's),
- almond butter (raw or toasted),
- unrefined coconut oil (Trader Joe's has the best deal),
- arrowroot,
- organic brown rice flour,
- organic quinoa (whatever the color)
- daikon (the Japanese radish, so good for your liver)
- organic buckwheat flour (for the galettes)
- spirulina or green magma (to add punch to your juices)

- Thai or Californian brown rice
- raw almonds
- walnuts
- pecans
- grated coconut
- fresh coconut
- sunflower seeds
- pumpkin seeds
- flax seeds
- sesame seeds
- sweet orange essential oil (oils for your body and mind)
- spike lavender essential oil (*lavendula latifolia*)
- frankincense essential oil (*Boswellia thurifera*)
- aloe vera gel
- Japanese green tea
- organic herb teas (the fruity one if you want)
- organic low-fat milk (or better, goat's milk) for your yogurts
- organic unsalted butter to clarify yourself
- powdered xylitol

THE MENU

From the grocery store:

- 2 bunches of fresh parsley
- 1 bunch of pink radishes
- 4 large cucumbers
- 2 pounds fresh spinach
- 1 bag baby spinach
- 2 little green cabbages
- 1 garlic head
- 2 pounds yellow onions
- 2 pounds red onions
- 12 shallots
- 6 pounds fresh tomatoes
- 1 pound cherry tomatoes
- 1 yellow bell pepper
- 2 green bell peppers
- 2 avocados
- 6 lemons
- 3 limes
- 2 lettuce heads

- 1 mesclun bag
- 1 large celery
- 1 leek
- 3 fennel bulbs
- 1 bunch green onions
- 1 bunch fresh mint
- 1 bunch basil
- 3/4 of a pound of Brussels sprouts
- 8 zucchinis
- 1 pound brown lentils
- 1 pound coral lentils
- 1 pound green split peas
- some fresh rosemary
- some ground cumin
- 1 ginger head
- some extra virgin olive oil
- some fresh oregano
- 1 pinch of saffron
- 1 vanilla pod

THE MENUS

- 1/2 pound black olives in brine
- 1 pound canned chickpeas
- grey sea salt
- 1 pound canned tomatoes
- 1 tomato coulis bottle

From the butcher and fishmonger (of course, if you are vegetarian, forget about this list...)

- 1 boned leg of lamb
- 1 organic chicken (for the stock)
- 2 pounds ground turkey
- 1 pound cubed beef for stew
- 1 pound large raw shrimps
- 1 pound fresh or frozen fish of your choice
- 12 frozen scallops

Now that we are done with the recipes, we are about to start reviewing the menus.

YOUR HYDROTHERAPY SESSIONS

But first, book an appointment for hydrotherapy for next week or make sure you have the materials at home to perform frequent colon cleanses very soon.

Here is some information about the procedure:

<http://www.detoxologie.com.au/digestive-health/colon-hydrotherapy/>

You may be thinking “What? Doing that on top of the rest?” Well, you will thank me when you start having detox symptoms... Some practitioners require one colon cleanse a day for two weeks of program. This is not for fun: this is to help your body rid itself from the toxins it is about to fight. Help it.

DAY ONE

When you wake up, if you have no stomach cramps or acid reflux, drink a large glass of warm water in which you've added a few drops of lemon juice, to prepare your liver to the detoxification. If you have an acid stomach, sponge the acidity by munching on a rice cake before you drink anything.

And, above all... **no coffee!** If you are a coffee addict, you are about to experience a little withdrawal without your caffeine! **But you can use the power of essential oils to relieve your pain:**

- Expect to be in pain for a short while and also expect **headaches and mood swings**. If this is the case, use 1 drop of your Spike Lavender on the tip of your fingers, massage the back of your head, your forehead while closing your eyes for one good minute.
- If you feel **the problem comes from your nerves**, turn towards Frankincense: 1 drop inside your wrists and on your chest, in a diffuser in your office, your bedroom... use and abuse it. This oil is a highly anti-stress essential oil, good at any age, anytime, so give-in and enjoy it.

If the idea of not having coffee in the morning is unbearable, remember something: this is only in your head. You do not need it to wake up! What you need is vitamin C, a good digestion and some rest. Give green tea a chance! It loves you and will prove it to you very soon.

Help yourself with a little breathing technique

Anytime, anywhere, inhale from your nose for 5 seconds and exhale from your mouth for 5 seconds, repeat for 5 minutes, 3 times a day. This is called Cardiac coherence and it works wonders.

Breakfast

Plain omelet cooked in coconut oil

A large vegetable juice (parsley, cucumber, spinach, cabbage).

Snack

Some of the vegetable juice and rice cakes, with or without almond butter.

Lunch

Lamb salad, toasted nuts, green tea or herb tea.

Snack

Toasted nuts, green tea.

Dinner

Split pea soup, rice cakes and almond butter, fresh coconut, herb tea.

NB: if you are sensitive to eggs, simply replace the omelet with any other egg-free breakfast option.

THE MENUS

DAY TWO

Like the day before, take the glass of water and the lemon juice or the rice cake when you wake up. Get the habit (if you don't have it) to rely on essential oils to address physical and emotional detoxification symptoms.

In case of emotional stress do not forget to move, even just for a brisk walk, or swim, meditate, stretch... your choice. If you were not used to moving, this is the right time to start.

Breakfast

Eggs cooked in coconut oil, rice cakes, one large glass of green vegetable juice (fennel, cucumber, celery, Spirulina) Keep some juice in a thermos for your snack.

The green juice can be very depurative for a toxic person. The more you are toxic, the more it will be difficult for you to drink it. If it is the case, go slowly. Keep your glass at hand and sip your juice from time to time: never get rid of it by drinking it in one shot!

Snack

Your green juice, some seeds or coco waffles.

Lunch

The turkey and vegetable loaf, a large mixed salad, some mint tea (make your own with fresh mint leaves...)

Snack

A slice of the turkey loaf and a handful of cherry tomatoes.

Dinner

Lentil croquettes, a large mixed salad, your choice of herb tea. 147

DAY THREE

Good job, keep on going! You can do it! What words should I use to encourage you even more?

Here we go: think of a new energy, even a new youth, a better skin, a better shape, a pain-free life, a normal looking life in a few weeks...

Hold on to the good habits: the glass of water and lemon, the essential oils to replace drug use.

You are cleaning up your body and this should feel good, unless you start having detox symptoms. If this happens, simply drink more.

Breakfast

Coco waffles, green tea, green juice.

Snack

Give yourself some comfort by baking some of the cookies listed in the recipes and eat with moderation with a green tea.

Lunch

Spinach quiche, green salad, a tall glass of green juice.

Keep some extra juice for your snack and fix the beef Daube for tonight.

Snack

Some green juice and a few rice cakes.

Dinner

Beef Daube, mixed salad (carrots, tomatoes, cabbage, cucumber, radish, celery) with your homemade dressing, your favorite infusion.

(Now is the time to prepare your yogurts for tomorrow).

THE MENUS

DAY FOUR

You are getting used to this new routine and your need of sugar should start to fade: day after day your taste buds can easier detect any sweetness in any food such as in your yogurt... unsweetened but still, you don't need to add any sugar to eat.

I bet you find your toasted coconut so sweet; you might even notice subtle aromas in your unsweetened foods.

If you have any leftover cookies, keep them for your snack, otherwise, you'll only have seeds and grains to peck on.

Breakfast

Yogurt sprinkled with toasted nuts and seeds, green tea.

Snack

One donut, one chocolate muffin... NOOOOO! It was a test.
Only your excellent homemade cookies, or a coco waffle and a green tea.

Lunch

Spinach salad, green juice, rice cake with almond butter, herb tea.
This is a lot of green...but this is a detox situation! Get used to it...

Snack

No cookies twice in the same day! If you need it, go for cherry tomatoes, carrot sticks, celery and cucumber, to dip into mayonnaise or humus.

Dinner

Candida Paella, vegetable juice, toasted nuts, herb tea.

DAY FIVE

Today is a fish day!

You should have some leftover ingredients available for the soup, but if you prefer to use fish, it is okay too.

If the idea of having fish soup early in the morning disgusts you, it is fine: go for eggs, cereals, rice cakes, salad, juice... or keep the Japanese soup fish-free! Try it to like it: if the Japanese do it, why not you?

Breakfast

Japanese soup, Japanese green tea.

Snack

Vegetable juice.

Lunch

Salmon salad, rice cakes and almond butter or coco waffles with herb tea.

Snack

Cookies and herb tea.

Dinner

Zucchini cream, buckwheat galette with eggs and spinach, peppermint herb tea.

THE MENUS

DAY SIX

I didn't comment on green tea yet!

I hope that at this present time you like it, otherwise it is torture...

Please, take green tea seriously. A nice green tea delivers everything you can ask for in a healthy drink and there is such a wide choice of flavors, you should be able to get what you like (except for the sugar...).

No excuse. Your green tea exists. Go find it.

Breakfast

Brown rice cereals, almond milk, toasted coconut, Japanese green tea.

Snack

Vegetable juice.

Lunch

Quinoa salad, a large glass of vegetable juice, herb tea.

Snack

Cookies and green tea.

Dinner

Korma boulettes, yogurt and fresh mint, cucumber salad, fresh mint tea

DAY SEVEN

You know what? This is your seventh day! A whole week of diet! You should feel different already, less cravings, a new experience.

Right now, your intestines should work better, you are more regular, and if you still feel bloated after your meals, it means that you suffer from food intolerances. Go back to the first chapter and do some food sensitivity tests.

Breakfast

Eggs, scrambled in coconut oil, fresh salsa, guacamole (plus an extra cup for your snack) and green juice.

Snack

Rice cake with almond butter or coco waffle, green tea.

Lunch

Dahl, brown rice, green salad with vinaigrette, toasted nuts, green tea.

Snack

A handful of cherry tomatoes and some extra guacamole with rice cake.

Dinner

Rice soup à la Florentine, cookies, herb tea.

Take the time to make some mayonnaise for tomorrow morning and read the introduction for the second week of diet.

THE MENUS

YOU MADE IT TO THE SECOND WEEK!

Today, this diet should feel like a routine, you are almost there, halfway!

If your usual symptoms start fading, you might have new ones: for women with thrush or fungal cystitis, some discharge, often irritating or itching, and fatigue.

In case of eczema, more rash, more itchiness, moodiness, and even flu symptoms...

Your immune system is reacting; your body is evacuating the mold. This is a very good sign!

Above all, do not stop: drink water and herb tea to support the elimination of toxic waste and your liver.

If you can, have a lymphatic massage, or better, a therapeutic (anti-fungal) aromatherapy massage, a shiatsu treatment, some acupressure or a simple foot massage... Anything that helps with the elimination of toxic waste is welcome, especially hydrotherapy.

Now, it is time for you to get some supplements... Just make sure it is yeast and sugar-free.

YOUR NATURAL SUPPLEMENTS

Anti-Fungal supplements

- **Caprylic acid** is a fatty acid found mainly in coconut and garlic and commonly used to treat candidosis. It is natural, you'll find it in gel caps in health food stores.

- **Baking soda** is highly anti-fungal, so do not hesitate to add it to your bath water and you can even drink it, if you dare!
- **Cayenne pepper**, on top of being very good for digestion, is also a good antifungal and anti-parasitic.
- **Garlic, raw or cooked**, is very anti-fungal. You just need to add some to all your dishes. If you have a hard time digesting it, boil it for 15 mins unpeeled before using it and eventually, take some digestive enzymes (in health food stores).
- **Lauric acid, Mycocidin and Boric acid** are also efficient anti-fungals that you will find in gel caps in any health food stores. You'll take them according to the directions on the box.
- **Grapefruit seed extract** is also a good anti-fungal protection. 10 drops in one quart of water, to drink during the day.
- **Essential fatty acids** (anti-inflammatory). My favorite is the flax seed oil, in 1000 mg gel caps. Twice a day.

Probiotics

They are mandatory to renew your intestinal flora, which is crucial in treating candidiasis.

Choose a mix with multiple strains: for example, a very good (gluten free) probiotic is Raw probiotics from Garden of life, with 85 billion live cultures, 33 probiotic strains and supplies probiotic created vitamins, minerals, enzymes and prebiotics (what helps your body multiply the probiotics).

You may also choose to use Kefir as a go-to drink to feed your flora, fight inflammation and boost your immunity.

THE MENUS

Enzymes

If you suffer from digestive problems, an enzymes complex will help you, as well, and will give you lots of relief.

Make sure it supplies **Protease (for protein), Lipase (for fat), Amylase (for starch) Invertase (for sugar), Cellulase (for fiber) and Alpha-Galactosidase (for sugar).**

Antioxydants

Vitamin E in gel caps, regenerate the mucous lining of the colon and protects against the toxins released by the Candida.

Vitamin C at least 1000 mg per day, slowly released, works for the immune system and protects against the toxins released by the Candida.

Vitamin A, in caps, also participates in regenerating the Candida-induced lesions in the gut lining

Selenium, in gel caps or liquid form, is a major anti-oxidant that protects against Candida's toxins.

Our aim is to rid your body from inflammation and toxicity. Taking these supplements will make a huge difference. You should take it seriously... Write yourself a note with your list of supplements and keep it where you cannot miss it.

You can do it, remember?

So, let's continue with your grocery shopping for the coming week.

YOUR GROCERY SHOPPING FOR THE COMING WEEK

Now that you have your supplements, you just have to fill up your fridge and your kitchen cabinets... Once again, if you prefer to buy your ingredients little by little over the week, it is even better.

You are going to need:

- 24 organic eggs
- 2 bags of ready to use spinach leaves
- 1/2 pound of choy sum
- 4 ounces per person of beef steak
- fresh ginger
- a little red cabbage
- 4 pounds of carrots
- 3 bell peppers
- 2 bunches of fresh coriander
- 2 lettuces
- 8 tomatoes
- 2 cauliflowers
- 1/2 pound green beans
- 2 broccoli heads
- 4 red onions

THE MENU

- 4 avocados
- 4 cucumbers
- 1 large eggplant
- 2 pounds zucchinis
- 2 pounds cherry tomatoes
- 4 to 6 limes
- 1 green papaya
- 2 cans of coconut milk
- 1 small can of tomato paste
- 1 large can of cannellini beans
- 1/2 pound quinoa
- 1 large can of tuna in brine
- 2 medium cans of organic chickpeas
- Tahini (sesame paste)
- brown rice flour
- 1 vanilla pod
- 1 pack green lentils
- 1 pound ground organic beef
- 3 medium cans of tomatoes

- 4 ounces of fresh salmon per person
- a quart of fresh goat milk (or cow's milk)
- 4 raw shrimp per person, plus 4
- Some fresh coconut meat
- One organic chicken for your stock
- Buckwheat flour
- Walnuts
- Clarified butter

THE MENUS

DAY EIGHT

You know what? This is your seventh day! A whole week of diet! You should feel different already, less cravings, a new experience.

Right now, your intestines should work better, you are more regular, and if you still feel bloated after your meals, it means that you suffer from food intolerances. Go back to the first chapter and do some food sensitivity tests.

Breakfast

Eggs Benedict Florentine, green tea, Spirulina in water, your supplements.

Ok, I admit that preparing eggs Benedict is not the easiest thing to do. In case you give up, you can still make sunny-side up eggs with hollandaise sauce.

Snack

Vegetable juice.

Lunch

Beef and vegetables wok, brown rice, a tall glass of vegetable juice.

Snack

Cookies or coco waffles, green tea.

Dinner

Lentils and spinach ragout, assorted plate of crudités, herb tea. Your supplements.

DAY NINE

Indian food today!

If this is really too exotic for you early in the morning, go for the waffles or the rice cakes, but leave the eggs for tomorrow.

Breakfast

Indian meat balls, a tall glass of vegetable juice, Spirulina, your supplements.

Snack

Vegetable sticks to dip in mayonnaise or humus.

Lunch

Quinoa and bell peppers, mixed salad, herb tea.

Snack

Cookies, one scoop anti-Candida ice-cream and green tea.

Dinner

Chili con carne (or vegetarian), fresh salsa, guacamole, rice cakes, fresh mint herb tea, your supplements.

Reserve some guacamole and salsa for your snack of tomorrow.

THE MENUS

DAY TEN

You can replace the scrambled eggs by a Mexican omelet with avocado slices, diced tomatoes and fresh coriander.

Breakfast

Scrambled eggs, rice cakes, a tall glass of vegetable juice, Spirulina, your supplements.

Snack

Rice cakes with guacamole and salsa.

Lunch

Grilled salmon, brown rice, mixed salad, yogurt.

Keep some rice for the shrimps tonight.

Snack

Vegetable juice.

Dinner

Green papaya salad, shrimps à la Thai, brown rice, fresh coconut, your supplements.

Keep some raw shrimps and broccoli for tomorrow's Japanese soup.

DAY ELEVEN

Time flies! Things may feel a little smoother by now...

Breakfast

Japanese soup, green tea, your supplements.

Use whatever you have available in the fridge to prepare this soup: this is a kitchen sink soup! This way, it changes a little each time, it is important to vary what can be varied...

Snack

vegetable juice.

Lunch

Roasted chicken (or some of the chicken used to make your stock), mixed salad, yogurt and nuts.

Snack

Coco waffles, green tea.

Dinner

Cannellini beans and tomato, green salad, mint herb tea, your supplements.

THE MENUS

DAY TWELVE

So, isn't it great to feel light after a meal? Not bloated, not tired? Did anyone notice you lost weight? Aren't you proud of you? Continue, you can do it.

Breakfast

Yogurt with seeds and nuts, green juice, Spirulina, your supplements.

Snack

Rice cakes with almond butter, green tea.

Lunch

Stuffed vegetables, salad of your choice, green tea.

Have some extra zucchini for your dinner.

Snack

Cookies, anti-Candida ice-cream and green tea.

Dinner

Zucchini fritters, fresh salsa, yogurt with toasted nuts, your supplements.

Spare some extra salsa and prepare some humus for tomorrow's breakfast.

DAY THIRTEEN

Once more, if you prefer something sweet for breakfast, go for the cereal option. But really, humus and salsa do provide a “fruit salad” effect that can be most appreciated.

Breakfast

Humus and salsa with rice cakes, green tea and your supplements.

Snack

A handful of cherry tomatoes and other raw veggies of your choice, some extra humus.

Lunch

Zucchini tart, mixed salad, yogurt with seeds.

Snack

Coco waffles and green tea.

Dinner

Cabbage roulades, fresh coconut, herb tea, your supplements.

THE MENUS

DAY FOURTEEN

This is your last menu! Tomorrow, you will have to create your own, or go back to day one.

Breakfast

Buckwheat galette with spinach and tomato sauce, green tea, Spirulina, your supplements

Snack

Tall glass of vegetable juice.

Lunch

Lentil croquettes, mixed salad, yogurt.

Snack

Cookies, nuts and green tea.

Dinner

Cold cucumber and avocado soup, sautéed vegetables, fresh coconut, herb tea, your supplements.

Chapter 6

Repairing the mess

After two weeks of diet and one week of supplements, you may start taking care of your intestinal flora while you continue your diet for two more weeks, on your own.

FIRST, CLEANING UP YOUR BODY

KILLING THE BEAST IS NOT ENOUGH

Indeed, you also have to dispose of the Beast's waste.

The Candida produces a lot of waste and toxins, and you don't need it to remain in your body. This is why I really encourage you to have some **colon hydrotherapy (or colonics)**.

This is the best mechanical way to rid your colon of all putrid material, toxins, cord like mucus, parasites that you collect and keep in your digestive system.

A hydrotherapy treatment will leave you with this wonderful feeling of being clean inside, a flatter stomach and a new lightness.

But since being clean is not enough, you also have to take care of your immunity, and your immunity here depends on your intestinal flora.

TAKING CARE OF YOUR FLORA

You are going to help your flora to regenerate with a diet inspired from the Candida diet, to which you will make some variations:

You will add some berries, very progressively, being attentive to any manifestations of candidosis-related symptoms.

Some probiotics

You'll have to get yourself some **good quality probiotics, including some acidophilus, bifidus and streptococcus faecium** that will fire up your immunity but also contribute to the Candida inhibition.

Some essential oils

Phenols-rich essential oils (the most anti-infectious chemical found in essential oils) participate in the intestinal flora's health by stimulating good bacteria's growth and fighting the bad ones.

You'll look for **Marjoram (Origanum Majorana)** and **Basil (Ocimum Basilicum)**.

Your flora protective essential oil treatment

I rarely prescribe oral aromatherapy, but here, this is a valuable indication, and safe, as long as you stick to these lines:

Purchase empty 0.8 ml or 0.5 ml gel caps in a health food store. They will be large enough to hold 3 drops of essential oil (2 drops Basil and 1 drop Marjoram) and a little base oil (Macadamia, Almond, Olive). Close the capsule and swallow it during your meal with lots of water.

If this is too harsh on your digestive system, try reducing the number of drops or increase the dilution.

Have one capsule, twice a day, for two weeks.

Some supplements

You will continue taking your vitamins and anti-fungal food supplements but you will add some

- **Gymnema Sylvestris** to boost your pancreatic function
- **Iron** (often deficient in Candida infected persons) at low dose if you feel tired all the time,
- **Calcium** (500 mg),
- **Magnesium** (300 mg),
- **Vitamin D** (400IU) per day, for 2 weeks.

Now, you are ready to continue this program with the Candida free recipes of your choice, so let's do it.

TWO WEEKS OF MENUS, ON YOUR OWN

Now is the time to create your own menus, and if you use your own (anti-candida) recipes, it is even better.

Remember to balance your menus (think raw, proteins, not too much carbs) and to have snacks. You have to eat at least one vegetable juice

REPAIRING THE MESS

per day, more is better, at least one raw salad, at least one good source of protein to tame your sugar level, and lots of liquids to flush away the toxic waste from your body.

At this stage, chances are that you might still experience some detox symptoms. Make sure you have the reflex to follow my advice on this subject because you don't **not** want to take any Candida-feeding medicines!

This is the time to examine your emotions. Physical detox always pairs up with an emotional detox. Emotions are not always the main reason for choosing to follow such a program, but it is definitively a good reason.

Chapter 7

Emotions and Candida

A lot of people with candidosis suffer emotionally as much as physically. Yet, it may take them years before they'll decide to act, to commit to a real change in their life.

People who suffer emotionally often do not have any strength left, especially when this is about self-discipline or letting go of comfort food.

They need help. They need someone to put them on the right track and stay with them. This is what I do when some women ask for my help or when they send their husbands or daughters to me...

Unfortunately, you may not be able to find a candida specialist in your neighborhood. However, you may still act. Do it yourself.

In this book, I gave you important tools with the details relative to meridians and their imbalances.

This is where you learn the origin of the main emotional symptoms you may want to fight.

However, you have to take an important thing into consideration: the more a person is toxic, the less she or he will listen to you, because they will be looking for an instant result. Carrot juice and brown rice won't be enough when confronted to their need of instant gratification.

EMOTIONS AND CANDIDA

Well known addictive products such as wheat, casein, and sugar are the basis in a Candidosis sufferer's diet.

The common side effects of consuming these products are:

- Anger
- Paranoia
- Impatience
- Irritability
- Arrogance
- Depression

Indeed, a toxic body rarely produces positive thoughts and feelings, optimism and trust in the future. This is why it is so challenging to win the cooperation of a toxic person and make them undertake radical changes in her life. This is where aromatherapy can help.

ESSENTIAL OILS FOR EMOTIONAL PAIN

Here are some essential oils and their major applications on emotional symptoms. To use them, refer yourself to the User's Manual here:

<http://www.natural-balance-club.com/essential-oils-user-manual/>

Ylang-ylang: Antidepressant, hypotensive, cardiac regulator, sedative, adrenal stimulant, stimulate blood circulation.

Vetiver: Mental and physical exhaustion, nervous system balance, muscle aches.

Sandalwood: Adrenal tonic, urinary antiseptic, anti-depressant.

Rose otto: Anti-depressant, anxiolytic, helps resolve old traumas, baby blues, sadness.

Rosemary: Hypertensive, mental fatigue, bad memory, exhaustion.

Jasmine: Anti-depressant, emotional pain, heart-ache, emotional coldness, apathy.

Black pepper: Appetite stimulant, ease life changes, bring warmth, diuretic, anti-toxic .

Patchouli : Grounding, aphrodisiac, anti-depressant, strengthens the nervous system.

Neroli: Adrenal exhaustion, emotional wound, antidepressant, insomnia, sadness.

Spykenard: Insomnia, stress, strong anti-spasmodic, balancing for the nervous system.

Peppermint: Local anesthetic, toxic product detox (drugs, antibiotics).

Mandarin: Sympathetic nervous system balance, nervous insomnia, diuretic.

Palmarosa: Strong antibacterial, antiviral.

May chang: Nervous depression, cardiac tonic, uplifting.

True lavender: Anti-depressant, nervous tension.

Immortelle: Detoxifies from nicotine and drugs, fear, anxiety, emotional and physical wounds.

Ginger: Increases body temperature, fights hangover, nauseas.

Geranium: Menstrual regulator, diuretic, anti-infectious, anti-depressant, helps resolve baby blues, emotional exhaustion.

EMOTIONS AND CANDIDA

Frankincense: Immune-stimulant, helps against anxiety, emotional exhaustion, fear of the future, easy tears, nightmares, eases the transition towards new steps in life.

Atlas cedarwood: Diuretic, Aphrodisiac, Life balancing, Fear, Anger, Anxiety.

Cardamom: Aphrodisiac, emotionally warming, immune-stimulant, strengthens the nervous system.

Cypress: Works against anger, nervous tension, depression, helps to concentrate (for teenagers).

Chapter 8

Helping people with special needs

It felt really important for me to address the needs of very special people in this book: the needs of those suffering from Irritable bowel syndrome, vegetarians or children with Autism and by extension, children and adults with ADHD.

WHEN IT IS ABOUT AUTISM AND ADHD

Even if no research proves that nutrition has an impact on behavior, attention and speech in children with Autism, experience shows that it certainly does. More and more children benefit from Nutrition Therapy for Autism.

Some parents are lucky enough to discover that Autism is not a brain disorder but a whole-body condition involving the body's entire biochemistry, including the brain.

Besides addressing the frequent heavy metal intoxication with an appropriate chelation, dietary changes will make a huge difference for kids with autism, whom are all in need of gut repair.

As we have said all along in this book, lots of diseases stem from the inflammation of the gut. Most children with Autism experience this

PEOPLE WITH SPECIAL NEEDS

inflammation and suffer from diarrhea, constipation, bloating and other related pain.

Besides environmental or nutritional toxicity (Mercury, Aluminum) the contributing factors are food sensitivities and candidosis.

Here is the testimonial of a Laurie, mother of Gabriel who I met at a baseball game in Oakland, California. Laurie is a role-model for other mothers: she had the guts to follow her heart and intuition to save her son from what the medical establishment would have done to him if she had done nothing. Today, Gabe is an adorable boy, far from what he would have been if nothing had been done nutrition wise.

"My son was diagnosed with Autism at 3.5 years old. He refused any solid foods at that point and his diet consisted of milk and bread. His belly was distended and bloated, his eyes were graced by dark circles, he had huge mood swings and was plagued by diarrhea and painful stomach discomfort.

Because his pediatrician refused to address the obvious stomach inflammation and put those symptoms under the autism umbrella, I decided to do some research and found some information online about diets that had been very good for children on the Autism spectrum. So, I removed the milk and the wheat/gluten from his diet and got him tested as well for dietary allergies or intolerances. He experienced withdrawal symptoms with the removal of those two items but he also became more present and more in the moment. Eye contact were few but they were there. Sign language emerged and some words as well. His test results came back positive for gluten, milk, albumin, fruits, sugar, you name it. And candida.

We got help from a DAN! (defeat autism now!) doctor to tackle the candida as well as any other toxicity. Starving the candida was hard but invaluable in treating his gut inflammation and heal his system as a whole. We did a seven-day rotation diet without sugar, fruits, or anything that could feed the candida for months, and introduced enzymes as well to help with his

digestion. The diet made a huge difference in my son's life. Now at 12 years old, he is still on a gluten free, casein free diet, but has a very varied and rich diet. He does enjoy a piece of fruit now and then, but all in moderation. He loves drinking water and does not miss what he never had like soft drinks or juice. Doing the candida diet is a commitment but it is worth the rewards; you will reap from it."

What Laurie doesn't say here is that Gabriel was intoxicated with mercury. So, they had to fight toxicity from many sides.

Fighting toxicity is already complicated for "regular people", but children with Autism don't have a body that properly detoxifies itself.

When toxins accumulate in their fatty tissues, disruptions occur and the proper communication between the frontal lobe and the occipital lobe of the brain (limbic system) is compromised. It is when the limbic system overpowers the frontal lobe that anger, frustration, depression and sleep problems end up controlling the child's life.

Between poor digestion, poor nutrition, poor absorption and inflammation caused by leaky gut, the child has no chances of recovery, as more and more toxins are released to feed his foggy thinking and confusion.

The key to break the vicious cycle

We can end this vicious cycle by bringing back balance to the kid's (or adult) biochemical functions.

This is where our anti-candida diet, the essential oils and the supplements make a difference. and guide you towards that clear horizon.

Even if you have been lucky enough to discover how much food impacts your child's behavior and health, it may be intimidating and confusing to start a diet, unless you have a plan and lots of guidance.

So, here are some important steps to follow.

PEOPLE WITH SPECIAL NEEDS

First, we know that adopting a new diet is complicated for anyone, but even more so for children with Autism because their nervous system and brain have a different way of processing sensations. What sounds good to you might not to them.

Indeed, **your aim is not to make sure they eat a balanced diet: it is to make them eat clean and wholesome.**

You want them to **absorb their nutrients**. And for that, the shortcut is going to be the visit to a NAET practitioner.

Indeed, casein, corn, soy, eggs and all the environmental chemicals are all well known to disrupt the gut of children with Autism.

The easy route is to use this non-invasive therapy to remove most of these sensitivities, so your child can eat these foods and not have their immunity fighting against them.

This is the beginning of efficiently fighting inflammation. (To find a NAET practitioner near you, visit www.naet.com)

However, **cutting off sugar** remains the first thing to do. Besides the fact that it feeds candidosis and gut inflammation, remember that sugar is toxic for the body as well as for the brain. This toxicity leads to many symptoms such as moodiness and a violent behavior that the child cannot control (and later in life, Alzheimer's disease).

This is confusing isn't it? What parents usually know is that their kid gets violent *when* they are not having a candy or a cookie when they ask for it... But this is only the tip of the iceberg. The outcome of a vicious cycle.

Within a few weeks or months, you can be assured that the effects of the synergy stemming from diet, supplements and essential oils does provide hope and results.

I also encourage you to massage your child (little by little, start where they will let you touch...) with the **anti-fungal essential oils**. They will work for every level of their nervous system.

Go over the previous chapter and choose some essential oils, according to your child's specific emotional struggles and needs.

(I explain how to blend essential oils together here: <http://www.natural-balance-club.com/essential-oils-user-manual/>)

Besides the oils, You need to start somewhere... Here are the key-ponts to help you get on tracks :

- Replace the usual sweet “treats” by the **sugar-free recipes** I give you in the “Sugar-free but Sweet-tasting Transition Recipes” section.
- **Replace gluten and casein** with the alternatives I give in this book.
- Use **natural probiotics** such as kefir and yogurt rather than choosing pills.
- Prefer **anti-fungal foods** such as lemon, vitamin C rich vegetable juices, almond milk, coconut products and sprouted seeds.
- Use **every supplement possible to improve your kid's nutrition** level: methyl B12, EFA (liquid flax seed oil drizzled over the dishes), magnesium and calcium citrate, high level of vitamin C, liver herbs such as artichoke, dandelion, chamomile.
- If you child doesn't swallow pills, the solution is **Original Tahitian Noni Juice** (on Amazon.com), three to four times 60 ml a day followed with lots of water.
- If you need more help and answers on that subject, feel free to write to me here: <http://www.natural-balance-club.com/ask-cecile/>

WHEN IT IS ABOUT IRRITABLE BOWEL SYNDROME

An anti-candida diet is a very good way to experience lots of relief when you suffer from irritable bowel syndrome. I have my own experience to prove it, as well as many of my clients'.

It is not difficult to understand why considering the foods that are to avoid six to eight weeks when you want to have your bowel back to normal (and this is before you even think of treating your nervous system).

Here is this list of forbidden foods:

Apples, apricots, cherries, pears, watermelon, dried fruits Asparagus, broccoli, cabbage, eggplants, garlic, mushrooms, onions, wheat, rye, pasta, bread, cookies, milk, ice cream, cheese, any sugar, honey, chickpeas, red beans, lentils, mung beans.

Among these foods, many are already out of sight during the anti-candida diet. However, others are still part of the recipes. If you suffer from irritable bowel syndrome, simply replace the following foods (or avoid them) when they feature in this book's recipes:

Asparagus, broccoli, cabbage, eggplant, garlic, onions, chickpeas, lentils, red beans.

I found that replacing garlic and onions with their dried version is a good substitute.

I know, this is not fun... But it makes a big difference and helps with your gut healing process.

Personally, what helped me the most were vegetable juices. To give you an idea: carrots, cucumbers, parsley, wheat grass and spinach is very soothing.

If you have no time to juice, go for Tahitian Noni Juice original. This will work on every level of your body at the same time, especially on pain, nervousness, digestion, moodiness... Try 60 ml at least twice a day, with lots of water.

WHEN YOU PREFER NOT TO EAT MEAT AND/OR FISH

If you are vegetarian, chances are that you need vitamin B12. This is something I really want to stress because all of the symptoms below are very often linked to candidosis and vitamin B12 deficiency:

Autism, headache, male and female infertility, autoimmune diseases,, learning disabilities, depression, anxiety, bipolarity, multiple sclerosis, Alzheimer's disease...

You may already know that vegetarians are predisposed to the lack of B12 since it is mostly supplied by animal products. Here are the most exposed people to vitamin B12 deficiency:

- Vegetarians and vegans (50% veg and 80% of vegans are deficient) People aged over 60 years
- People who take anti-acid drugs
- People who are taking medications for diabetes
- People who suffer from inflammatory bowel due to Crohn's disease, ulcerative colitis, an allergy to gluten, a bowel disorder.

PEOPLE WITH SPECIAL NEEDS

If you follow my anti-candida diet, hoping to eliminate symptoms such as run down, lethargy, weakness or loss of memory, you should consider adding this to your list of vitamin supplements, after two to three weeks of diet.

Why not from the start?

Because: as long as the digestive tract becomes inflamed and flooded with candida, it cannot properly absorb this vitamin, in any form whatsoever.

You must wait until the anti-fungal program has started to soothe your intestines so they may correctly absorb this vitamin.

Chapter 9

Stabilizing your new balance

Congratulations! You did it! But after these long weeks of effort, you cannot take the risk of ruining it all by going back to your old habits: eating what the food industry trained you to love and that your Candida loves to grow from.

Fortunately, you might be accustomed to new foods and your palate might have change a little, forgetting all the sugar and toxicity that was making you miserable.

Keep in mind that you still have to help your immune system and your body to stay balanced. I gave you abundance of tools that should make your life without drug much easier, new food habits, and here are the things to remember:

- **Your problem might come from your stress...** If this is the case, rely on **exercise and a vitamin B complex**. Now, chances are that you solved any digestive problems, even identified and solved food intolerances and sensitivities.
- Chances are that **your liver detoxified quite a bit** and that your energy and mood are making a new person of you. If this is your case, make sure you **continue avoiding dairy products and bad fats**. Take some **liver cleansing supplements** containing artichoke extract, dandelion and milk thistle.
- Be aware that **any twist in your new food habits will generate symptoms** that will ring a bell which will remind you to go back on track.

STABILIZING YOUR BALANCE

- You may **gradually introduce berries**, in your diet, **cooked carrots, artichokes, peas and corn, potatoes and sweet potatoes, but not every day.**
- **Rotation is the key**; when you reintroduce some fruits, do not eat them every day.
- Think of **rotating the days of carb-free diet with days of progressive carb introduction**, as long as you **persist avoiding sugar and processed foods.**
- Do not hesitate to **continue this program six to eight weeks if you need to lose weight!**

QUESTIONS AND ANSWERS

Here are the most frequent questions my French readers ask me. I hope you would ask the same ones, because here are my answers...

Addiction to sugar

“I am aware that taking anti-fungal medicines without following the diet won’t cut it. But how can you find the strength to follow this diet when you have a family with a sweet tooth that loves pasta, bread and candy? “

I often answer that when a member of a family is diagnosed with diabetes or strongly allergic to a food, everyone around makes efforts to facilitate the transition to a new diet. It is not because people around you do not understand how serious your problem is that you do not deserve any respect and cooperation. Before diabetes or food allergies were

recognized as deadly, nobody would take them seriously! Think about it. This is all about how you perceive it and communicate about it. Slowly but surely, candidosis will become more and more recognized as a serious health issue. A little bit more than a hundred years ago, surgeons did not know they had to sanitize the operating room... Which does not mean that a dirty surgeon was not a serious threat then, as it is known to be today!

Well, today they don't necessarily think gut toxicity is such a big deal. It doesn't mean it is not... But it means that you have to protect yourself, to be supported and to be respected for it.

Aromatherapy

“Aromatherapy being constituted of alcohol, is it suitable for the candida diet?”

Essential oils are not alcohol. They may contain some alcohol compounds, which give them their antiseptic properties, but not transform into sugars...

Coconut milk

“The coconut milk I use is slightly sweet, and contains a lot of saturated fat. Is it normal?”

Many foods naturally contain sugar...sugar is naturally found in carbs, in dairy, in a lot of veggies, and in coconut products! This is not comparable with the amount found in most fruits and it shouldn't worry you.

Regarding the fats, nothing is wrong in having these fats. Coconut milk contains fat. But you need it, so eat it!

STABILIZING YOUR BALANCE

Thrush

“I have a lot of thrush. How can I know if that is linked to a Candida Albicans infection?”

To make it short, thrush is the manifestation of candidosis on your vagina. This is it. And if you want to treat it, you'd better clean up your body as fast as possible.

A good way to test it is to eat sugar or to stop eating sugar. The symptoms will vary accordingly.

Gluten

“Is whole wheat gluten-free?”

Remember: wheat is gluten. Whole or not, this is gluten.

Mother and baby

“I am breastfeeding my 18 months old baby and we both have symptoms of candidosis (thrush, urinary infections, antibiotics, delivery with antibiotics, gastritis, fatigue etc...). If I start a detox, will the release of toxins in my body will go through my milk and make it toxic to my baby?”

This is a good question because it is not recommended to start a detox during pregnancy or breastfeeding. However, I followed several clients who choose to follow my program so they would get rid of their fungal infections, cystitis and more without having to take antibiotics and stop lactating, and it worked very well! But they were also using antifungal essential oils and taking supplements.

They got rid of their problems and the baby never had any.

I think that using the oils make a huge difference on the immunity of both the mother and the baby. Therefore, I would say, as long as you keep using the anti-fungal protocol, do it!

When tests are normal

“My son of three has been tested for Candida Albicans (blood, anal, oral, urine) but everything came back negative. However, he had plenty of severe signs such as herpetic stomatitis, rash, purulent impetigo and ganglions. He went through two treatments with Fungizone. The external signs of infection disappeared but what about his immunity? Could he get negative results for the tests and still have so many clinic symptoms?”

Yes... This is the problem with candidosis. You may have plenty of typical signs of it and still, no positive reactions to lab tests. Candidosis may develop anywhere and not always where it will be investigated. This is why a simple spit test or simply starting a few days of diet can be more valuable. However, remember that even if you do not suffer from candidosis, this program can only do you good... Like a good liver detox would.

Detox while breastfeeding

“I would love to start the program, but I am breastfeeding my 4 months old baby: with such a restrictive diet, don't I risk to a lack any nutriments? Is it safe to use the essential oils treatment?”

First, be aware of an important thing: it is not because you eat gluten, sugar and dairy that you have a nutritious diet and supply nourishing milk to your baby.

STABILIZING YOUR BALANCE

Free of most dairy, carbs and sugar, this diet is certainly still much more nutritious than the one most young mothers have. Secondly, essential oils you get through your skin will leave no residue in your body like any medicine does. But most importantly, you could even massage your baby with it (with the proper dilution) completely safely.

Most people have no idea how safe most essential oils are to children (much more than a cough syrup). So, go ahead and use them!

Constipation

“I have been using your program for three weeks, I lost 7 pounds, I feel much better, but I feel constipated. I only go once a day instead of twice. Is it normal? I drink aloe vera juice, I take my probiotics and vitamin C.”

For some people, a change of diet leads to a change in transit. For some people, this new diet leads to a new level of food absorption. When your gut is inflamed, when you react to foods and do not properly digest it, you also have very fluid bowel movements. A better absorption level, less or no more inflammation and your bowel texture changes!

On top of it, a detox may require a lot more fluids (water, herb teas and vegetable juices) to assist proper elimination. Keep it in mind!

Losing weight

“I heard that having too much candida may be the reason why I cannot lose weight. Is that true?”

Yes...of course! Remember that inflammation is what fuels obesity; fighting inflammation, cleaning your liver, cleaning your gut will make a huge difference in your ability to lose weight.

Corn

“Is corn authorized in the diet? You are not giving much details about it...”

Indeed, I simply say that corn is not allowed. I mean fresh corn... However, I would stay away from corn by-products such as cornflakes or store-bought tortillas. Polenta should be OK as well as corn pasta, but not too often.

Aloe or Noni?

“What about drinking aloe vera juice instead of noni juice?”

To me, these products are very different. You cannot switch one for the other... What I like with Tahitian Noni Juice is the amount of nutriment that actually have a completely holistic impact on the body. It will help any case of physical and emotional imbalances, for anyone, baby, pregnant or sick.

Sport without sugar

“How do you combine a high-level sport activity and no sugar at all?”

I actually have athletes among my clients, body builders, and they never had any energy level difficulties thanks to the high level of nuts, nut butter, proteins and supplements they take. They also found a sugar free whey powder that works very well.

Candida and heavy metals

“My candidosis is linked to a heavy metal intoxication. What should I do first: follow the diet or do a chelation?”

Do both in the same time, and chose a natural chelation such as Zeolite from Natural Cellular Defense or EDTA as oral chelation.

STABILIZING YOUR BALANCE

Anxiety

“Since I stopped fruits and coffee, I’m having tons of anxiety symptoms. Is it normal during the diet?”

You know, sugar and caffeine are both drugs. What you are experiencing is simply withdrawal and emotional detox. Drink more, and use the supplements and essential oils I suggest at the end of the book.

Social environment

“My friends and parents say I am crazy to follow this program. How can you have a social life following this diet?”

As I always say, when you are very allergic not nuts, no one tries to make you eat it. When you are diabetic, no one tries to make you eat candies.

The difference here is that candidosis is not an illness, even if this is related to most of them all.

People around you are afraid to discover that they might need to follow this program as well. It is much more convenient to say you are the crazy one, rather than to recognize that they should reconsider their way of life.

Let them be the boiled frog... As long as *you* keep away from the pot.

LAST WORDS

I realize that this book is very different from the French original version. Between the two, there has been several years of use, testimonials, consultations, questions, facts, ideas... And mainly the ever-growing

desire to deliver the clearest message possible, even though candidiasis is has become a very familiar subject for me.

I was fortunate enough to have my poor English corrected by two young students: my daughter Chloe, and a friend Kate Nelson, who is about to study naturopathy.

Their questions helped me enrich my explanations and improve my written English.

I have traded Kate's help against the information contained in this book, which might not be taught at naturopathy school.

She decided to make her mom follow the diet with her as soon as possible!

“Only her mom?” You may ask... “Yes” said Kate, and for a very practical reason: her dad is much too hooked on coffee and her brother loves ice cream. So, why even try having them follow the diet? Why make it too complicated? Good idea, Kate... Let them ask for it first.

Some people unfortunately need to suffer before they feel the urge to act.

Women are much more prevention-oriented than men unfortunately. So, if women have to show the way, let it be.

Remember that you did not develop candidosis out of thin air.

It led you to discover a new way to eat, new ingredients, new ways of experimenting ywith your lifestyle. You might have to express your gratitude here!

For you, what is a candidosis-free life? Less pain, less risks of developing a chronic disease as bad as cancer...? Yes, but not only.

Fighting internal toxicity touches your mind, body and spirit. It opens your head to new ideas and new possibilities.

This is the time to react positively, to benefit from reading books such as “New Earth” by Eckhart Tolle.

STABILIZING YOUR BALANCE

Keep in mind that you are doing yourself and your loved ones and by extension, to the world, some good.

You all deserve it, for the best.

In balance,

Dr Cécile Ellert

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