

## *Sugar Control Diet to Eliminate Candida (Fungus) growth in the Body*

The following is a two-week diet, designed to help recalibrate your body's sugar control circuits. It will increase your energy and vitality. Please follow it closely. It is not a healthy diet for all times, but it is beneficial for you during a trial period. As your condition improves, we will add other foods back into your diet. This way of eating does take a little planning, but is well worth the effort. Most people may also lose weight while on this diet without being hungry. Others, who need to gain weight, often find their weight will return to normal without undue effort.

**Proteins:** Each meal should include a minimum of 4-6 ounces of protein, but you can have as much as you desire. Meat, poultry, fish, eggs are unlimited, if no sensitivity exists.

**Vegetables:** Eat as much as you desire. You cannot eat too much. Focus on dark, leafy greens and a variety of colors. No potatoes, yams, or other starchy vegetables.

**Fruits:** Careful here - only to be eaten alone between meals as a snack. Leave the sweeter fruits such as bananas, mangos, persimmons, papayas, dried fruits, etc. alone. One or two pieces of fruit per day is plenty.

**Grains:** No wheat including breads, rolls, muffins, and pasta. No beans or legumes. The only grain allowed is rice, and only at the evening meal. All rice should be roasted first before cooking (this cooks off some of the starch). You place dry rice in pan and brown. Some of the kernels will pop. Then cook as normal.

**Nuts:** Raw or slow-roasted nuts make a great snack.

**Dairy:** No dairy is allowed. •

**Fats:** No artificial or hydrogenated fats allowed, such as margarine or shortening.

**Sweeteners:** No sweeteners of any kind.

You must eat every two hours of the waking day. You need not eat a large volume of food at these meals - just a fistful of nuts or a piece of fruit, etc. **No processed or packaged foods allowed.**

**Eat only those foods found in nature.** Eat some raw vegetables every day unless otherwise advised. Organic is best. Avoid antibiotic-treated, hormonally raised animal foods, and foods treated with pesticides and insecticides.