

## CANDIDIASIS INFORMATION AND INSTRUCTIONS

According to your symptoms as recorded, you do indeed have a yeast overgrowth (not an infection problem).

You must understand that Candida Albicans is part of your natural microorganism growth in your gastro intestinal tract. Somehow through antibiotic, hormone or steroid use, depression of your immune system, stress, pollution, bad diet or a combination of the above, the yeast colony count (total number of organisms) has over grown in your gastrointestinal, respiratory and geneto-urinary systems.

All living things produce waste. These wastes, when excreted in you are toxins (indican and acetaldehyde are some known toxins). Your own liver and enzyme systems must detoxify these toxins.

When the yeast colony count becomes too large, your systems are unable to keep up with the toxic load and you develop the symptoms you've recorded. Candida is very deceptive. It can mimic many "disease" states from brain tumors or heart attacks to stomach ulcers. It can mimic chronic fatigue syndrome, early senility, arthritis and fibromyalgia. Fifty percent of patients diagnosed with Multiple Sclerosis merely have a yeast overgrowth. You will never be rid of the Candida in your GI system because, as stated, it's normal to be there but in normal, smaller colony count than you have now. The yeast, when under control, have their own benefits in the gastro intestinal tract.

How do we get the yeast under control and back to its normal colony count? This is accomplished through a four-point program:

1. **DIET:** We must starve them of their best source energy foods-namely, sugars and starches.

2. **SUPPLEMENTS:** Nature has provided us with vitamins, minerals, trace elements, essential fatty acids and herbs to boost our immune systems, correct our deficiencies and hinder the yeast metabolism and reproduction. They are:

- |   |  |
|---|--|
| 1. Silver 400                           | ¼ teaspoon increased to 3 teaspoons per day as per body tolerance. |
| 2. Vita 1-5-10 with Aloe, Multi Vitamin | 2 capsules 3 times per day & 1 at bedtime.                         |
| 3. Sam GLA                              | 2 capsules 2 times per day   |
| 4. Biotin, FOSL and Garlic              | 2 capsules 3 times per day   |
| 5. Bio Pro (Vitamin Research Products)  | ¼ teaspoon 4 times per day, dry or in water.                       |
| 6. Fiber Trim (optional)                | 1 scoop 2 times per day  |

3. **BENEFICIAL BACTERIA:** Lactobacillus, Acidophilus, more of your normal intestinal flora, has been decreased due to yeast overgrowth and must be supplemented to help suppress yeast growth and reproduction. (Vitamin

Research Products 1-800-877-2447). Use my doctors ID No. And get a professional discount (221771) Dr. Bill T. McFarland.

4. **MEDICINES**: Avoid antibiotics, birth control pills (if you possibly can) and steroids (cortisone, prednisone). Always, call the clinic first if you have the signs and symptoms of an infection, fever or any “disease” process.

A special word about the diet ---- it’s over 50 percent of the treatment and if ignored or if cheating occurs, you will have failure of the treatment program. Also, if you find any food on the diet that causes your symptoms to return or get worse, you must omit the particular food causing the symptoms.

The yeast can do two things when you begin the four-point program. Some will encapsulate themselves against the new harsh environment (hibernate). The others will soon die. When they do, they release all their toxins. You will probably experience a “die-off reaction” due to the increased toxic loads. This often presents itself much like the flu syndrome, that is, lowered energy level, achy all over, sore throat, headaches and/or feverish feeling. This is a good sign the regimen is taking effect. The die off reaction should only last a few days before you begin to feel better than you have in a long time.

The first part of this program takes approximately four months to complete because the encapsulated yeast requires approximately four months to complete because you are placed on a progressive, rotating carbohydrate diet to make sure the yeast are under control. After completing the entire program, you should be symptom free, immunologically sound and educated about Candidiasis as well as your future health.

### **FOODS NOT ALLOWED**

1. No sugared foods, sweets or desserts are allowed in any shape, form or fashion. This includes any form of natural sweeteners such as honey, molasses or any food labeled with an ‘ose’: fructose, glucose, maltose, lactose and others. These are yeast feeders.
2. No dry beans, rice, corn, potatoes, or grains are allowed. These grains include wheat (even whole-wheat) rye, barley or even the rarer types. Wheat products are: breads, pastas, pizza, noodles, macaroni, cake, cookies, crackers and others. These are yeast feeders.
3. No cheeses (even cottage cheese) or sour cream are allowed. These contain yeast
4. No alcoholic beverages, malt beverages or vinegar. These contain sugar and yeast.

### **THE ALLOWABLE DIET**

You will be on a high protein, medium fat, low carbohydrate diet that is basically meat, eggs, green and yellow vegetables. Every item must be fresh, frozen or made from scratch. (Rarely any canned foods).

Do read all your labels. Avoid foods with content labels that have unrecognizable ingredients.

This diet will allow you to lose fat weight. If you want to gain weight or if you want to maintain your normal weight, we can add something to your diet, to accomplish this.

If foods are not on the following lists --- you need not to ask, they are not allowed. This diet is strict and challenging but, oh, so rewarding.

### **VEGETABLES**

ALFALFA SPROUTS	COLLARD GREENS	OKRA
ARTICHOKES	CUCUMBER	ONIONS
ASPARAGUS	EGGPLANT	PARSLEY
AVACADOS	ENDIVE	PEPPERS (sweet / hot)
BAMBOO SHOOTS	KALE	SPINACH
BEAN SPROUTS (MING)	KELP	SQUASH (all kinds)
BEET GREENS	BEETS	STRING BEANS
BROCCOLI	LETTUCE (all kinds)	RADISHES
BRUSSELS SPROUTS	ROMAIN, RED TIP	RHUBARB
CABBAGE	GARLIC	TOMATOES
CARROTS	GREEN BEANS	TURNIP GREENS
CAULIFLOWER	GREEN PEAS	WATER CRESS
CELARLY	GREEN PEAS IN PODS	
CHIVES	MUSTARD GREENS	

### **MEATS / POULTRY (try lean meats)**

BEEF	CHICKEN	QUAIL
GOOSE	SQUIRREL	VEAL
CLAIMS	SHRIMP	SALMON
EGGS	RABBIT	VENISON
CRAB	LOBSTER	FISH
TUNA	PORK	TURKEY
DUCK		

### **NUTS & SEEDS**

ALMONDS/WALNUTS	SUNFLOWER SEEDS
PUMPKIN SEEDS	CELERY SEEDS
POPPY SEEDS	CARAWAY SEEDS

Only one ounce per day

### **OILS**

Use no hydrogenated oils, partially hydrogenated oils, canola or soy oils. You should put one tablespoon of virgin olive oil on your salads or vegetables. The best salad dressing is olive oil and lemon juice.

### **OTHER FOODS**

You may have two plain rice cakes daily, preferably brown rice. Eat real butter and totally avoid all shortening and margarine. You may have one (8oz) glass of sweet or buttermilk per day. You may have plain un-sweetened yogurt, up to (8oz) but none with the fruit or sugar. You may have one cup

of cooked grapes or fruit juices. Coffee should be limited to 2 cups per day and your teas should be weak. If you must drink diet drinks, they should be caffeine and sugar free and no more than 2 per day. You may have "Stevia" saccharine, (Sweet and Low, Sugar Twin, etc. (In amount that you desire but no Neutra Sweet. You will have salt, pepper, garlic, onions and fresh spices or herbs but none dried.

### **OTHER SUGGESTIONS**

1. Try to find yard eggs, range chickens and local farm raise livestock as well as vegetables and fruits.
2. Eat as much of these foods listed above, as you like unless the amount is previously stated as to quantity.
3. Drink a glass of water with one teaspoon of baking soda at night, before you go to bed.
4. Brush you teeth with a paste made of hydrogen peroxide and baking soda instead of toothpaste and use hydrogen peroxide as a mouthwash.
5. Remove all isopropyl alcohol (rubbing alcohol) from your home. 100 proof vodka works well for sterilization and an underarm deodorant.

### **HOMEMADE MAYONNAISE**

½ teaspoon dry mustard  
½ teaspoon sea salt  
1 egg yolk

2 tablespoons fresh lemon juice  
1 cup sunflower or safflower oil

Blend dry ingredients; egg yolk and 1 tablespoon of lemon juice in mixer until smooth. Add 2 tablespoons of oil, a drop at a time. (it is now that the emulsion is formed which will cause the mayo to remain stiff). Continue adding oil in 1tablespoon amounts until very thick. Blend in remaining juice. Spoon into jar, seal tightly and refrigerate. Lasts 2 to 3 weeks.

### **OATMEAL FLOUR**

Use large box of old fashioned oats Pour 2-3 cups of oats into blender and run at top speed until very fine. Pour into canister and repeat until you have an empty box. Makes about 7-8 cups of flour

### **OATMEAL BISCUITS**

3 cups oatmeal flour  
½ teaspoon baking soda  
3teaspoons baking powder  
¼ Teaspoon Sea Salt  
½ stick of butter or ½ cup lard

Sift all dry ingredients into mixing bowl. Put in softened butter until mixture is crumbly. (Use pastry cutter) Add yogurt and buttermilk/water mixture. Blend until mixture is stiff. (Batter will be wet) Pat batter into large tablespoon and shape into biscuit. Drop onto buttered pan. Pat each one with butter. Bake at 400 degrees for 15-20 minutes. Makes 10-14 biscuits.

### **OATMEAL CRACKERS**

Use same recipe as for biscuits. Press in buttered pie pans till ¼ thick. Cut into triangles with pizza cutter. Bake at 400 degrees for 12-15 minutes. Cool and break apart to serve.

### **OATMEAL HOTCAKES/WAFFLES**

2 cups oatmeal flour  
1 teaspoon baking soda  
¼ cup yogurt

4 tablespoons melted butter

2 teaspoons baking powder  
pinch of sea salt  
1 cup buttermilk & ½ cup  
water  
1 egg

Mix all ingredients; add egg and liquids. Stir until well blended. May have to add more water to batter as it sits to keep thinner consistency. Makes 9-12 medium hotcakes. Serve with fruit and butter. Great with eggs and bacon. For variety, add sliced almonds to batter.

### **FRUIT SYRUP**

Cook fresh or frozen fruit over medium low heat until thickened, stirring frequently. Remove from heat when thickened and add Sweet & Low to taste. Blend in ½ teaspoon to 1 stick of butter until smooth. For nonberry fruits, add cinnamon to taste. Or try:

1 pkg. Frozen strawberries or blueberries. Add 1-teaspoon Vitamin C powder. ½ cup Sugar Twin per 1-cup fruit. Bring to boil and simmer until slightly thickened and place in canning jar and store in refrigerator. (Use over hotcakes, waffles, yogurt, cereal).

### **MAPLE SYRUP**

Boil 1 cup water with 4 pkg of Sweet & Low for 1 minute. Add 1 teaspoon maple flavoring. Serve hot.

If you would like Dr. Wilcoxson's extensive cookbook we have a few Left at \$25.00 plus shipping.