



# The Candida Cleanse

Nourish & Heal

## Cheat-Sheet

- Stepping Through Wellness
- Phases & Supplement Options
- Phase 1, 1-2 weeks: **Yes Only**
  - Foods List
- Phase 2, 1-2 weeks: **Yes & No**
  - Foods List
- Phase 3 & 4: 2-4 weeks, **Moderation** -
  - Foods List

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# STEPPING THROUGH WELLNESS



Take each step consciously through the day. Focus on the outcome of healing. Imagine it filled with energy, balance, and change. This offers a low-stress snap-shot of integrating wellness into your every-day. It's an invitation to move through each phase and stage of healing with purpose and the rhythm of a vibrant and fulfilling lifestyle.

## **Balanced Day Essentials:**

"Today, I nourish my body and mind with intention."

### • **Morning Boost:**

- Wake up with a brisk walk, breathing, sunshine & nature or stretching to invigorate your body.
- Enjoy a 'health-fuel' breakfast, hydrating with lemon water or tea, and organize daily supplements.

"I choose vitality and balance in every moment."

### • **Daytime Wellness:**

- Opt for small to moderate-sized meals. Steam or cook vegetables during the early phases for easier digestion & consider preparing a nutrient-rich snack for later.
- Explore essential oils and lymphatic release for an added boost mid-day.
- Take energizing breaks, practicing mindfulness and honoring your body's needs.

"As I wind down, I honor my body's needs."

### • **Evening Wind-Down:**

- Retreat from the day with phase-appropriate supplements and reflections.
- Prepare a satiating dinner, wind down with herbal tea or meditation, and engage in calming activities.

In the following pages, this cheat-sheet contains 4-phases with YES, NO & MODERATE foods as well as supplements options for success. This process assumes you have baseline knowledge of Candida Overgrowth in general. For a more in-depth program with menu items & guidance, please consider our full version of *the Candida Cleanse* a 60-day program.

During *the Candida Cleanse*, it's beneficial to avoid excessive screen time, as prolonged exposure may impact sleep and overall well-being. Additionally, minimizing stress is crucial, as it can disrupt the gut balance we aim to restore.

**Disclaimer:** This guide provides educational information only and does not constitute medical advice. It does not diagnose, treat, or prescribe.

# PHASES & SUPPLEMENTS



***"Natural forces within us are the true healers of disease."***

Begin to reclaim your health with this short but direct guide. This cheat-sheet is your roadmap through 4-phases, each contributing to strengthen and create harmony in the body, allowing a more natural cleansing process to occur,

**Important Note:** This is a stand-alone protocol. If you are working with a healthcare provider who has prescribed specific supplements, follow the regimen provided or discuss alternative options. Protocols are often structured for maximum effectiveness. If you have questions, reach out & ask before making any changes.

- **Phase 1 - Prep & Eliminate:** Lay the foundation, focusing on eliminating excess candida & creating a platform for the following phases.
  - Zeolite, Proteolytic Enzyme Formula
- **Phase 2 - Cleansing & Detox:** Utilize herbal support to cleanse and renew, aiming for a reduction in candida symptoms & a healthier gut environment.
  - Antifungal Herbal Candida Tonic, ION Biome
- **Phase 3 - Reintroduce & Restore:** Reintroduce supportive elements to the body & restore balance.
  - RepariVite, Shilajit
- **Phase 4 - Maintain & Live:** Sustain the positive changes made throughout your cleansing process.
  - Maintenance Support (Customized based on individual progress to this point. Next level gut health options, assessing for dysbiois, leaky-gut imbalance and restoration. )

**Ready for a Deeper Dive?** Unlock the full potential of healing with *the Candida Cleanse*, a 60-day comprehensive program. This in-depth guide supports you through every stage, ensuring a complete transition and guiding you toward a life of vitality and balance.

## Resources

For access to the supplements recommended here, please visit [www.janellelynn.com/resources](http://www.janellelynn.com/resources) or submit a question/comment under "Contact Me." Explore the comprehensive program mentioned above for a natural approach to healing.

I'd love to hear about your progress! Feel free to reach out and share your journey.

# CANDIDA CLEANSE - PHASE 1

*Yes Only Foods*

## Foods to Enjoy!

*(Seasonal, Organic, Locally Grown, Clean)*

### Vegetables:

- Artichokes
- Arugula & bitter herbs
- Asparagus
- Avocado
- Bell peppers
- Bok Choi, Cabbage
- Brussels sprouts
- Burdock & Turmeric root
- Cauliflower
- Celery
- Chard
- Chicory
- Chilies
- Collard greens
- Cucumber
- Dandelion greens
- Eggplant
- Fennel
- Garlic (raw)
- Ginger
- Green beans
- Greens (kale, spinach, collard, dandelion, mustard, chard, beet etc)
- Jicama
- Kohlrabi
- Lettuce (all types)
- Okra
- Olives
- Onions, scallions, leeks, shallots
- Oregano, Rosemary, Thyme & Cinnamon
- Radish
- Rutabaga
- Seaweed

- Snow pea pods
- Sprouts (variety)
- Spaghetti squash
- Tomatoes
- Turnip
- Water chestnuts
- Watercress
- Wheat-grass
- Zucchini

### Fruit:

- Berries (small amounts)
- Lemon & Lime
- Olives

### Essentials:

- Apple cider vinegar (w/mother)
- Coconut oil (1-2 tbsp)
- Coconut aminos
- Lemon juice - fresh squeezed
- Extra Virgin Olive Oil (EVOO), cold pressed
- Celtic Salt & Pepper
- Spices & herbs (non-irradiated)
- Teas: Ginger, Pau D'arco and/or Lemongrass

### Other:

- Vegetable broth
- Bone broth
  - beef
  - chicken
  - fish

**Seasonal** foods are at their peak freshness, offering optimal flavor & nutrition.

**Organic** produce is grown without synthetic pesticides or fertilizers, promoting both personal health & environmental well-being.

**Locally grown** items support community businesses, reduce carbon footprints & ensure freshness.

Choosing **clean** foods involves opting for minimally processed & whole ingredients, contributing to a natural & nutrient-rich diet.

**Non-Irradiated**: Herbs & spices not exposed to ionizing radiation, preserving their natural flavor & nutritional qualities.

**Hormone & Antibiotic-Free**: Indicates products produced without added hormones or antibiotics, promoting a natural & conscientious approach to farming practices & animal welfare.

**Wild-Caught**: Refers to naturally harvested seafood, emphasizing a sustainable & natural fishing approach.

Bone broth recipe can be found on my blog *'Breaking Boundaries'*

NOTE: For consideration, 1-3 days of just bone or vegetable broth can really lower-inflammation & kick-start your cleanse.

# CANDIDA CLEANSE - PHASE 2

Yes Foods

## Foods to Enjoy!

*(Seasonal, Organic, Locally Grown, Clean)*

### Vegetables:

- Artichokes
- Arugula & bitter herbs
- Asparagus
- Avocado
- Bell peppers
- Bok Choi, Cabbage
- Brussels sprouts
- Burdock & Turmeric root
- Cauliflower
- Celery
- Chicory
- Chilies
- Cucumber
- Eggplant
- Fennel
- Garlic (raw)
- Green beans
- Greens (kale, spinach, collard, dandelion, mustard, chard, beet etc)
- Jicama
- Kale
- Kim Chi
- Kohlrabi
- Lettuce (all types)
- Mushrooms
- Okra
- Olives
- Onions, scallions, leeks & shallots
- Oregano
- Radish
- Rutabaga
- Seaweed

- Shallots
- Snow pea pods
- Sprouts (variety)
- Spaghetti squash
- Tomatoes
- Turnip
- Water chestnuts
- Watercress
- Wheat-grass
- Zucchini

### Fruit:

- Berries (small amounts)
- Coconut
- Lemon & Lime
- Olives

### Grains:

- Quinoa, Millet, Amaranth & Buckwheat
- Wild & brown rice

### Meat, poultry & fish:

- Wild-caught fish
- Anchovies, Herring & Sardines
- Pasture-raised poultry (chicken & turkey)
- Eggs
- Grass-fed/organic beef (in small-amounts this phase)

### Fermented veggies:

#### *Small amounts*

- Beet (or veg) kavass
- Sauerkraut
- KimChi

### Dairy:

- Butter (grass-fed/organic, rbGH free)
- Kefir (plain w/no added sugar or flavorings)
- Ghee

### Nuts and seeds:

- Almonds
- Brazil nuts
- Chestnuts
- Chia seeds
- Flax seed
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Pine nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

### Cooking Essentials:

- Apple cider vinegar (w/mother)
- Coconut aminos
- Coconut oil
- Lemon juice, fresh squeezed
- Extra Virgin Olive Oil (EVOO), cold pressed
- Pepper
- Celtic Salt
- Spices & herbs (non-irradiated)

### Other:

- Organic Aloe
- Bone broth
- Chicory or mushroom coffee
- Herbal tea

# CANDIDA CLEANSE - PHASE 2

No Foods

## Foods to Avoid!

### Fruit:

- Banana
- Cherries
- Dates
- Dried fruit or fruit juice
- Figs
- Grapes
- Mango
- Pomegranate
- Prunes
- Raisins

### Grains:

- Barley
- Corn
- Cous cous
- Oats
- Rye
- Semolina
- Spelt
- Wheat
- White rice

### Meat and fish:

- Pork
- Processed meats
- Salmon (farmed)
- Shellfish
- Smoked meats or fish
- Swordfish
- Tuna

### Dairy:

- Cheese (from cow)
- Cream (heavy, 1/2 & 1/2)
- Ice cream
- Milk
- Sour Cream, Cream Cheese
- Whey isolate

### Oils:

- Canola oil (rapeseed)
- Safflower oil
- Soybean oil
- Sunflower oil
- Vegetable oil
- Artificial/Imitation spreads (margarine, non-dairy tubs, veg-based substitutes)

### Sweeteners:

- All sweeteners (except monk fruit and stevia in very small amounts)

### Beverages:

- Alcohol - all of it
- Coconut water
- Cocoa
- Diet or regular sodas
- Fruit juice
- Sweetened drinks

### Other:

- All condiments (except apple cider vinegar and coconut aminos)

### Warning - Non-Foods & MORE:

- Refined Sugar
- High-Glycemic Foods
- Processed Foods
- Gluten
- Dairy (High-Lactose)
- GMO Foods
- Glyphosate
- Processed Meats
- Artificial Sweeteners
- High-Lactose Fruits

These foods often contribute to candida overgrowth and undermine the efforts of the program.

By purposefully avoiding these NO foods, the cleansing process starves & weakens candida in this phase, while supplements address bio-films, promoting a healthier balance in the digestive system.

Restricting these foods helps reset the body's natural flora, facilitating the effectiveness of your efforts while reducing die-off symptoms and promoting overall well-being.

Create a low-tox kitchen by choosing natural cleaning alternatives, transitioning to glass or BPA-free storage containers, and opting for non-toxic cookware.

Upgrade the quality of your water with a home filter, making mindful choices that contribute to a healthier and more environmentally conscious lifestyle.

**Note:** While comprehensive, this list may not cover all scenarios. If you react to a specific food, omit it from your cleaning program. Personalization is key for a routine that suits your needs and sensitivities.

# CANDIDA CLEANSE - PHASE 3 & 4

*Eat in Moderation*

## Foods to Include In Small Amounts\*

*(Seasonal, Organic, Locally Grown, Clean)*

### Vegetables, beans, legumes:

- Beans
- Beets
- Carrots
- Cassava
- Chickpeas
- Parsnips
- Pumpkin
- Peas
- Potatoes
- Sweet potatoes
- Squash
- Winter squash
- Yams
- Yellow squash
- Yucca Chickpeas

### Fruit:

- Apples
- Apricots
- Blackberries
- Blueberries
- Boysenberries
- Cantaloupe
- Cranberries
- Grapefruit
- Guava
- Huckleberries
- Kiwi
- Nectarines
- Oranges
- Peach
- Papaya
- Pears
- Pineapple
- Plums
- Rhubarb
- Watermelon

### Grains:

- Amaranth
- Arrowroot
- Black, brown & white rice
- Tapioca

### Meat, poultry, and fish:

- Beef, Bison
- Lamb, Veal
- Venison, Elk
- Duck, Quail
- Shellfish

### Dairy:

- Buttermilk
- Goat cheese
- Collagen protein powder

### Nuts and seeds:

- Nut milks
- Nut butters
- Cashews
- Pecans
- Peanuts
- Pistachios
- Walnuts

### Sweeteners:

- Stevia
- Monk fruit
- Manuka honey

### Beverages:

- Freshly Prepared Juices
- Tea (black, green, yerba mate, matcha, Kombucha)
- Swiss-Water decaf coffee
- Coffee (sustainable, fair trade/organic- 1 cup a day)

### Phase 3:

The reintroduction process is a systematic approach to gradually bring specific foods back into your meals.

\*Small Amounts: Maximum, include moderation foods only one meal a day, no more than 3x a week.

### Phase 4:

Adding back in NO foods. Absolutely no WARNING foods.

- **Begin Gradually:** Include the food in 1-2 meals more often, approximately 3-4 x per week.
- **Observation:** Pay close attention to any symptomatic reactions or changes in well-being.
- **Immediate Removal:** If adverse effects occur, remove the food immediately.
- **Wait & Reassess:** Wait another 3-4 weeks before attempting to reintroduce the same food to reassess your body's response.

This step-by-step process allows you to carefully monitor your body's reactions, identify potential triggers, and make informed decisions.

*"Bio-diversity is the key code to life!"*

# The Candida Questionnaire

If you're struggling with persistent health issues, fatigue, or digestive discomfort caused by Candida overgrowth, a cleanse focused on gut-health & healing provides a targeted solution.

For each "Yes" answer, assign the corresponding score; for each "No," assign 0.

1. Have you taken repeated or prolonged courses of antibacterial drugs? (Score: 4)
2. Have you been bothered by recurrent vaginal, prostate, or urinary infections? (Score: 3)
3. Do you feel "sick all over," yet the cause hasn't been found? (Score: 2)
4. Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature, or fatigue? (Score: 2)
5. Are you unusually sensitive to tobacco smoke, perfumes, colognes, and other chemical odors? (Score: 2)
6. Are you bothered by memory or concentration problems? Do you sometimes feel "spaced out"? (Score: 2)
7. Have you taken prolonged courses of prednisone or other steroids, or have you taken "the pill" for more than 3 years? (Score: 2)
8. Do some foods disagree with you or trigger your symptoms? (Score: 1)
9. Do you suffer from constipation, diarrhea, bloating, or abdominal pain? (Score: 1)
10. Does your skin itch, tingle or burn, or is it unusually dry, or are you bothered by rashes? (Score: 1)
11. When you wake up, do you have a white coating on your tongue? (Score: 1)
12. Do you have diagnosed autoimmune or immune-compromised conditions? (Score: 2)
13. Do you have ADD/ADHD or mental health concerns like anxiety or depression? (Score: 2)
14. Are you experiencing an flutters or increase in heart rate? (Score: 1)
15. Are you having regular headaches or migranes? (Score: 1)

## Interpreting Results:

For Women:

- A score of 6 or greater indicates that your health problems may be connected to a Candida overgrowth.
- A score of 9 or higher suggests that your symptoms are very likely to be related to Candida.

For Men:

- A score of 5 or greater indicates that your health problems may be connected to a Candida overgrowth.
- A score of 8 or higher suggests that your symptoms are very likely to be related to Candida.

By addressing the root cause, you pave the way for increased energy, mental clarity, and overall wellness. Ready to reclaim your health?