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YEAST INFORMATION

This is a modified yeast diet because almost everyone on it is taking yeast-killing medication. The diet prevents ingestion of new yeast fungus and moulds, while the medication is being taken. You should stay on this diet for 4 weeks unless the doctor tells you otherwise. This diet can be followed as a good, healthy way to eat. Please note that the foods you can eat (listed below) are merely examples of the possibilities. All fresh, unprocessed foods are okay in this diet.

LACTOBACILLUS ACIDOPHILUS: Take 1 capsule (4 billion live cells per capsule) 3X daily unless instructed otherwise by your doctor.

EXAMPLES OF SOME OF THE FOODS YOU CAN EAT

FRESH VEGETABLES

Asparagus
beets
broccoli
Brussels sprouts
cabbage
carrots
cauliflower
celery
cucumber
eggplant
green peppers
turnips
spinach
mustard
beets
collard
kale
lettuce
onion
parsley
peas, beans & legumes
tomatoes, fresh
summer squash
winter squash
zucchini
acorn and butternut squash
white potatoes
sweet potatoes
radishes
okra
parsnips
sesame & corn

FRESH FRUITS

Apples
bananas
grapes
peaches
pears
pineapples
apricots
blackberries
blueberries
raspberries
strawberries
cherries
grapefruit
mangoes
nectarines
oranges
papaya
plums

CEREAL GRAINS

(whole grains)
barley
corn
millet
oats
rice
wheat

NUTS, SEEDS AND OILS

almonds, Brazil nuts, cashews, filberts, pecans, pumpkin seeds, butter,
OILS (cold pressed), almond, apricot, avocado, corn, linseed, olive, safflower, sunflower

FRESH MEATS

Beef
pork
chicken
turkey
lamb
veal
egg
fish
tuna
salmon
clams
lobsters
shrimps
crabs
oysters

BEVERAGES

milk
water
fresh squeezed juice
herbal teas

PASTA

FOODS THAT INHIBIT YEAST GROWTH

garlic, onions, turnips, cabbage, broccoli

Yeast die-off created by taking anti-yeast or anti-fungal medications may cause flu-like symptoms including gastric discomfort, nausea, constipation, or loose stool for several days.

If symptoms are not manageable discontinue the medication for 24 hours then restart at a rate of 1 capsule per day with a meal. Gradually increase the dose back up to 3 capsules daily with meals. If symptoms persist call Dr. Wagstaff.

YEAST INFORMATION, CONTINUED FOODS YOU MUST AVOID, AND WHY YOU SHOULD AVOID THEM

Dr. S. Craig Wagstaff

All types of sugar and sugar containing foods. This means honey, molasses, maple syrup, etc. Sugar makes yeast grow. Sugar substitutes (i.e. Equal, Sucaryl, Aspartame, Sugar Twin, etc. etc.) **ARE NOT RECOMMENDED AT ANY TIME.** Any foods that contain these substitutes should be avoided.

AVOID ALSO:

- yeast, breads, pastries, crackers (see substitutes below **Note)
- alcoholic beverages (they contain yeast and sugar)
- malt products (food colouring, beer, etc. Read the label)
- condiments, vinegar, mustard, ketchup, HP sauce, pickles, etc.
- processed or smoked meats
nuts: pistachio, peanuts & peanut products. (These usually contain mold)
- dried and candied fruits
- coffee & tea (mold starts to grow on food as it is dried, which is true of tea and coffee)
- mushrooms (fungus)
- cheeses (mold grows on cheese)
- packaged and processed foods

FRUIT JUICES

Should be avoided unless freshly squeezed at home. Avoid bruised fruit and don't drink canned, bottled or frozen orange juice, grape juice, apple juice, tomato juice and pineapple juice. Juices are usually prepared from culls and windfalls, which have bruises that gather mold and fungus.

Melons. The porous skin of cantaloupes is especially apt to be contaminated with mold. However, careful washing before cutting may enable melons to be tolerated.

VITAMINS AND MINERALS such as B-Complex and selenium products should be from a yeast-free source.

ANTIBIOTICS are a major cause of yeast infection. Let the doctor know if you are taking antibiotics while on this program. Antibiotics are indicated in treating certain infections. However, most infections are caused by viruses and do not respond to antibiotic therapy. If you need to take an antibiotic you should consult your doctor about killing yeast and re-establishing friendly flora

****Note:** many bakeries make or have yeast free breads. Suitable substitutes for yeast breads, etc., are rice cakes, baking powder biscuits, corn flour tortillas, yeast free pumpernickel breads (read labels!)

LEFTOVERS: mold starts to grow on food after about 24 hours. If storing longer than 24 hours, freezing is best.

THE MISSING LINK

Immune dysfunction occurs from many different causes, yet the most perplexing is the involvement of the fungus, CANDIDA ALBICANS, which inhabits the mucous membrane of the intestinal tract. This fungus is in everyone and may never cause problems, but it can also establish itself in the tissues and release its by-products chronically into the bloodstream. If this happens it "at least partially paralyzes the immune system", and renders it unable to deal with foreign invaders in the system.

CANDIDA ALBICANS has crippling effects on the immune, endocrine and nervous systems, as well as protein, fat and carbohydrate metabolism. It appears to be a complicating factor in many allergic manifestations. Some allergic conditions are wholly due to CANDIDA infections, and once the infection is treated the allergic state will disappear. Many clinical ecologists have made this observation in their patients. The number of people suffering with CANDIDA infection is staggering. If you suspect this infection, immediately seek out a physician who can diagnose and treat this illness.

The most prominent cause of this infection is the administration of antibiotics, especially broad-spectrum antibiotics. An infant's first infection that is treated with antibiotics may trigger the CANDIDA infection, with persistent initial symptoms of oral thrush, clear nasal discharge, diarrhoea and diaper rash. Evidence now points to the CANDIDA ALBICANS infection as the cause of recurrent illnesses, especially ear infections, in infants and young children (usual treatment being broad-spectrum antibiotics, decongestants and tubes in the ears). Some other symptoms that occur in all age groups include: fatigue, drowsiness, irritability, mood swings, uncoordination, inability to concentrate, autistic symptoms, headaches, itching, rashes, fungus under nails, gastrointestinal disorders, bloating, gas, belching, constipation, diarrhoea, poor appetite, postnasal drip, retarded growth and development, muscle aches, athlete's foot and chronic infections, depression, chemical sensitivities, digestive disturbances, some cases of eczema, vaginal yeast infections, bloating, itching, irritability, inability to concentrate, thickened yellowed and misshapen finger or toe nails. Women are more likely to experience candida symptoms due to the effects of estrogen, birth control pills and higher number of prescriptions for antibiotics, but the problem can occur in both genders and any age group. Candida may be passed between sexually active partners.

***NOTE:** ACIDOPHILUS is a strain of friendly bacteria that inhabits the stomach and bowel. A natural antibiotic activity in some strains of Lactobacillus acidophilus inhibited 27 different types of bacteria, including strep, staph and salmonella. Acidophilus bacteria are vital to restoring your internal body ecology to normal. They help digest food, produce essential vitamins and keep bowel function normal.