

Candida

Candida albicans is a type of pathogenic yeast-like imperfect fungi. Historically speaking, the leading cause of yeast infections would be improper diet. Candida albicans mainly thrive on sugar and other refined or processed foods. Thus, by removing their primary food source, the over-growth of these fungi tend to be lessened.

Dietary Suggestions:

- Avoid all sources of sugar – cake, pie, ice cream, cookies, vinegar, alcohol, honey, fruit and fruit juice