

G. DeAn Strobel, MD, PA

Hormonal Balance & Wellness

Yeast or Candida Diet – An 8-week “Cycling” Protocol

*Our patients may get all these products through our online store.

Please visit: <https://drdeanstrobel.gethealthy.store/>.

Candida Albicans yeast / fungus overgrowth is an overgrowth of a particular yeast / fungus that is found naturally on the skin, mucous membranes and in our gastrointestinal (or GI) tract. The goal is not to kill all Candida, but to bring it back into balance. One of the primary challenges with Candida Albicans overgrowth is that the yeast / fungus is smart and challenging to control; this is the rationale for utilizing the different forms of fungus killing herbs/tinctures and cycling them every four days, so the Candida are less likely to adapt to survive.

Many functional medicine practitioners have found clinical success utilizing the botanical liquids ([Inficidx](#) and [Candididx](#)) alongside the [Spectrum AR](#) and [Spectrum BR](#) formulas and probiotic formulas [Spore Probio](#) and [UltraBiotic Daily Multi-Strain](#) for Candida Albicans yeast / fungus overgrowth. Our patients may purchase these products through our online store bundled together for significant savings.

The outlined protocol is designed to last for a minimum of eight weeks while following the [Low-FODMAP Diet](#), which limits specific carbohydrates that can feed Candida Albicans in the large colon. Patients with severe symptoms (as described in the Candida or Yeast Questionnaire) may require a 3 to 6 month protocol.

NOTE: The concept of cycling the anti-yeast / fungals makes sense because the Candida Albicans yeast / fungus can be very intelligent at adapting to survive, cycling is important for greater kill off.

Outlined below is the protocol:

Please discontinue any other pre or probiotics not listed. You may continue certain non-GMO, gluten-free and dairy-free supplements or vitamins, but please review with your provider.

Days 1-4:

- Once daily, mix 300 drops (6 - 1/2 dropperfuls) of [Inficidx](#) and 300 drops (6 - 1/2 dropperfuls) of [Candididx](#) into 4 oz (filtered is best) water (to help dilute the flavor) and drink.
- [Spore Probio](#) – 2 capsules daily.
- [UltraBiotic Daily Multi-Strain](#) – 1 capsule daily.
- Follow the [Low-FODMAP Diet](#) for the entire program.

Inficidx is an all-natural, herbal immunity-assisting formula containing Echinacea root, goldenseal root, and chaparral leaf to support natural immune response. Healthy immune function is crucial, especially when one is exposed to highly contagious environments (such as a busy office or school). Inficidx contains a proprietary blend of all-natural, research-based herbal ingredients that work synergistically to assist healthy immune function.

Candididx is a natural tincture formulated to support your body’s detoxification process and immune function.

These statements have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure, or prevent any disease.

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The herbal extracts contain phytonutrients to support immune function and the body's natural detoxification process, which can help protect against Candida overgrowth. Proper immune function is crucial for proper and balanced microflora throughout the body, which otherwise might allow symptoms such as lethargy, digestive issues, sugar cravings, and headaches.

Spore Probio with Phage technology is a complete spore-based probiotic containing powerful digestive enzymes with a synergistic bacteriophage formula that promotes immune function and digestive health.

An article out of *The World Journal of Gastrointestinal Pathophysiology* showed the potent impact of spore-based probiotics like Spore Probio on reducing endotoxins by 42%! These spore-based probiotics produce potent natural antimicrobial agents such as bacteriorins and natural antibiotics such as surfactin. Surfactin is produced by fermentation of *Bacillus subtilis* (a spore-based probiotics found in the Spore Probio).

Spore-based probiotics have also been shown to increase the survival of the beneficial lactic acid bacteria (LAB). *Bacillus subtilis*, a spore-forming non-pathogenic bacterium in Spore Probio, recently has gained interest in its probiotic properties; it can effectively maintain a favorable balance of the microflora in the gastrointestinal tract. Lastly, Spore Probio, spore-based probiotic, is shelf stable with long expirations, while being bile, HCl, and antibiotic resistant.

Bacteriophages are submicroscopic packages of DNA or RNA that can attach to unique strains of unwanted bacteria in the intestines. Unlike traditional probiotics, bacteriophages selectively target specific unwanted bacteria while leaving beneficial "good" bacteria to thrive in your gut. They also colonize better and are not heat sensitive.

Phages are considered an intelligent bug, meaning they multiply at the site of interest to support healthy immune function. When used in conjunction with digestive enzymes as well as pre and probiotics, the effectiveness of bacteriophages are multiplied. Supplementing with Spore Probio is recommended to support a healthy gut microbiome and promote the health properties of probiotics.

UltraBiotic Daily Multi-Strain is one of the most comprehensive probiotic supplements on the market, featuring a seven-strain blend of "friendly" microbial organisms (known as probiotics). For optimal efficacy, UltraBiotic Daily Multi-Strain is manufactured with 30 billion colony-forming units (CFU) per serving.

UltraBiotic Daily Multi-Strain provides multidimensional support for both the upper and lower GI for digestive and immune health. This concentrated formula supplies a proprietary blend of seven beneficial probiotic strains. (*Saccharomyces boulardii*, *Bifidobacterium lactis* Bi-07, *Lactobacillus plantarum* Lp-115, *Lactobacillus salivarius* Ls-33, *Lactobacillus acidophilus* NCFM®, *Streptococcus thermophilus* St-21, and *Bifidobacterium lactis* BI-04)

Days 5-8:

- [Spectrum AR](#) — One softgel three times daily with meals.
- [Spectrum BR](#) — Two tablets three times daily with meals.
- Continue [Spore Probio](#) — 2 capsules daily.

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- Continue [UltraBiotic Daily Multi-Strain](#) – 1 capsule daily.
- Follow the [Low-FODMAP Diet](#) for the entire program.

Spectrum AR is a high potency nutritional supplement blending oils and extracts from the aromatic mint family along with ginger and cloves. Thyme oil and ginger extract are the dominant ingredients known for their ability to aid in digestion. The unique and specific combination of extracts and oils contained in the Spectrum AR formula helps support the health of the gastrointestinal tract based on their powerful anti-oxidative and anti-inflammatory properties.

The inhabitants of the eastern Mediterranean region have used the individual ingredients in Spectrum AR for thousands of years for healing purposes in natural remedies. The oils and extracts are well documented in modern scientific research for their antioxidant and anti-inflammatory properties in current wellness practices. Ginger extract (300 mg) and thyme oil (200 mg) blend together to counteract oxidative stress to promote healthy cells and support a healthy gastrointestinal tract. Thyme, oregano, and clove leaf oils all contain the carvacrol and thymol phenols recognized for their health properties. The extracts of lemon balm, ginger, and sage leaf provide protection and stabilization of the fragile oils and additional antioxidant and anti-inflammatory properties to support optimal GI health.

Spectrum BR features high quality extracts and crude herbs including berberine-containing plants that support healthy immune and detoxification function.

- Encourages a healthy intestinal environment and supports detoxification function of the liver and gallbladder.
- Promotes a calm digestive tract.
- Features 400 mg per serving of berberine sulfate derived from berberis species, along with premium extracts of coptis and Indian barberry roots.
- Provides a proprietary extract of Chinese herbs that includes ginger, licorice, and rhubarb to harmonize the action of other herbs within the formula.

Days 9-12:

- **Repeat Days 1-4 protocol.**
- Follow the [Low-FODMAP Diet](#) for the entire program.

Days 13-16:

- **Repeat Days 5-8 protocol**
- Follow the [Low-FODMAP Diet](#) for the entire program.

Days 17-20:

- **Repeat Days 1-4 protocol.**
- Follow the [Low-FODMAP Diet](#) for the entire program.

Days 21-24:

- **Repeat Days 5-8 protocol**
- Follow the [Low-FODMAP Diet](#) for the entire program.

NOTE: Continue this 'cycling protocol' for a minimum of 8-weeks; you may or may not still show symptoms of

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Candida Albicans overgrowth after 8 weeks. Some patients with severe systemic candidiasis will have to continue for longer, sometimes even up to six months.

Food	Permitted Foods	Foods Not Permitted
Sweets	Unpasteurized honey, unsulphured blackstrap molasses, raw sugar sorghum by themselves or used as sweeteners. NOTE: Use in moderation!	Refined sugar, candy, chocolate.
Fish	All white flesh fish, water-packed tuna, salmon, shellfish. Baked or broiled. Very fresh.	All fried or oil packed fish and seafood.
Meat	Lean trimmed beef, very fresh calf liver, chicken, lamb, and turkey. NOTE: Remove skin on chicken and turkey.	Bacon, ham, pork, smoked meat, sausage, and pork sausage.
Milk Products	Occasional yogurt (unsweetened), occasional powdered milk.	Yogurt (sweetened), whole milk, chocolate milk, sweet cream, buttermilk, sour cream.
Fruits	Fresh fruits ONLY: apples, pears, apricots, bananas, cherries, grapes, guava, currants, nectarines, papaya, peaches, plums, quince, tangerines, avocados, ripe pineapple. NOTE: Fruits should be limited to a maximum of two per day.	Canned fruit, oranges, melons, dried or candied fruits.
Juices	Only fresh juices. May be selected from list of vegetables permitted, including the following green leaves: chicory, endive, escarole lettuce, Swiss chard, and watercress.	Canned juices, and juices with artificial coloring or sweetening.
Beverages	Mineral water, herb tea, mint tea, papaya tea, fresh vegetable juices.	Alcohol, coffee, tea, soft drinks containing preservatives.
Breads	Rye, whole wheat, soya, bran, whole grain stone-ground breads. NOTE: Limit to a maximum of two slices per day.	White bread, bleached flour products.
Cereals	Buckwheat, corn meal, cracked wheat, millet, oatmeal, sesame, grits.	Refined, bleached flour, and sugar coated cereals.
Cheese, Butter	Butter only very occasionally.	Margarine, cheese

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Eggs	Limit to two eggs per day. Poached, hard-, or soft-boiled.	
Food	Permitted Food	Foods Not Permitted
Oils	Cold pressed oils, preferably flaxseed, safflower, canola or soyalecithin spread.	Shortening, margarine, saturated oils and fats.
Nuts	Fresh, raw nuts such as almonds, pecans, cashews, Brazil nuts, and walnuts (peanuts very occasionally ONLY if no digestive or colon problems).	Roasted and salted nuts. No peanuts if patient has digestive or colon related problems.
Vegetables	Raw or lightly cooked: artichokes, asparagus, carrots, cauliflower, celery, chives, corn, eggplant, endives, green leeks, green peas, green pepper, leeks, lentils, lima beans, potatoes, radishes, spinach, squash, tomatoes, wax beans, yams. Any vegetables listed under salads. NOTE: Washing vegetables in a 10% Clorox solution and rinsing well will reduce microbial growth.	All canned vegetables.
Potatoes	Baked, boiled, or mashed. May substitute brown rice or corn.	French fried, chips, white rice.
Salads	The following raw vegetables shredded or finely chopped, separated or mixed: broccoli, Brussels sprouts, carrots, cauliflower, celery, chicory, green pepper, lettuce, onions, radishes, Swiss chard, tomatoes, turnips, and watercress.	Any other salad not listed in column to the left. No white or cider vinegar.
Seasonings	Chives, garlic, onion, parsley, laurel, marjoram, sage, thyme, savory, cumin, oregano, salt substitutes such as Co-salt or other potassium salt, sea salt, kelp salt, and herbs.	Spices, pepper, paprika, sodium salt. No white or cider vinegar.
Soups	Vegetable soup. Barley, brown rice, or millet can be added.	Canned and creamed soup, fat stock, consommé.