

Dr. Ivker's Sinus Survival Candida Guide

Content contributed by Dr. Todd Nelson, Tree Of Life Wellness Center

Symptoms of Candida Yeast Overgrowth

There are varying degrees of candida overgrowth, from moderate to severe. The majority of sinus sufferers have some degree of candida overgrowth. It is a significant contributor to many chronic illnesses (especially chronic fatigue syndrome and fibromyalgia), but most often goes undiagnosed or misdiagnosed. Unfortunately, there is no consistently reliable laboratory test to make a definitive diagnosis, which is why the Quiz for Fungal Sinusitis (online) and the Candida Self-Test (see page 2) are so helpful.

If you have any of the following symptoms or multiple symptoms, you may have a candida overgrowth. The greater the degree of overgrowth, the more symptoms you may experience. Excessive fatigue is often the chief complaint of people with candidiasis. Other symptoms may include:

Headaches	Sinus pain	Migraines	Sweet cravings
Post nasal drainage	Muscle aches	Bad breath	Depression
Sinus inflammation	Earaches	Thrush	Anxiety
Persistent dry cough	Sore throat	Irritability	Itching skin
Aching joints	Fatigue	Diminished taste	Vaginitis
Dizziness	Heartburn	Diminished sense of smell	Rashes
Mental fog	Indigestion	Eczema	Constipation
	Acid reflux	Diarrhea	Chronic pain

What is Candida, Candidiasis or Yeast Overgrowth?

Yeast is an integral part of life. It is a hardy fungus found in food, air, and on the exposed surfaces of most objects. There are more than 250 species of yeast organisms, and more than 150 of them can be found as harmless parasites in the human body. The most prevalent type of yeast is *Candida albicans*. It is an innocuous single-cell fungus and a normal inhabitant of our bodies, primarily our intestines, but also the mouth, respiratory tract and vagina.

Candida is kept under control by the good bacteria that also make their home in the human gastrointestinal, respiratory and genital tracts. A large percentage of the millions of these friendly bacteria are *Lactobacillus* and *Bifidus*. Similar to the bacteria in yogurt or in raw fermented foods, the *Lactobacilli* make enzymes and vitamins, help fight undesirable bacteria, and lower cholesterol levels. While assisting us in keeping our bowel function and digestion normal, these friendly bacteria regard candida as their food and are critical to maintaining a "balance of nature" in our intestines. As long as this homeostatic relationship is maintained, candida poses no problem.

Causes of This Condition

To an increasing extent, massive overgrowth of candida is resulting in a condition medically known as candidiasis, candida-related complex, candida toxicity syndrome, or as it relates to the sinuses, fungal sinusitis. The most frequent cause of this imbalance is the recurrent or extended use of antibiotics that kills the beneficial bacteria, along with the bacteria causing the infection.

Dr. Rav Ivker, creator of the Sinus Survival program, observes in his practice that those taking a multiple 10-day to 2-week course of antibiotics within a 6-month period probably have some degree of fungal sinusitis. Nearly all patients with chronic sinusitis are suffering with a moderate to severe case of fungal sinusitis.

There are many causes that can contribute to creating the condition of fungal sinusitis and/or trigger an unusual immune response to fungi. In most instances, it is the combination of several factors occurring simultaneously that precipitate the overgrowth of yeast and the atypical immune reaction. In the majority of patients with chronic sinusitis, the primary causes are: (1) repeated broad-spectrum antibiotics, along with (2) a sugar-filled or high-carbohydrate diet and (3) significant emotional stress.

This Quiz for Fungal Sinusitis Can Help Determine Your Next Steps

If you haven't done so already, take the simple online [Quiz for Fungal Sinusitis](#). Over the years, this has become a reliable predictor of fungal sinusitis and candida overgrowth.

[Take the quiz online ►](#)

If your score is:	Women	Men	Then fungal sinusitis:
Greater than	180	140	Almost certainly plays a role in causing your health problems.
Greater than	120	85	Likely plays a role in causing your health problems.
Greater than	60	40	Possibly plays a role in causing your health problems.
Less than	60	40	Is less apt to play a significant role in causing your health problems.

Note: Candida can cause very different symptoms for each individual. Fatigue is almost universal for all. The scoring is different for women and men since seven questions apply exclusively to women, while only two apply exclusively to men.

- **If you score high on the candida test** (in the red zone or the high end of the orange zone), you have likely uncovered a key component to many of your current symptoms. Candida is one of the most misdiagnosed conditions. While many physicians treat a list of symptoms with a number of medications for symptom relief, the Sinus Survival program targets the underlying condition to eliminate symptoms for long-term relief. Don't worry; candida overgrowth is treatable and very common for the majority of Sinus Survival patients. One further step is to take the Candida Self-Test.
- **If you score low on the candida test** (in the yellow zone or the low end of the orange zone), the herbal supplements and probiotic in the [Candida Support Bundle](#) can help destroy fungal sinusitis. We also recommend that you take the Candida Self-Test, as a further check.

Candida Self-Test

Conduct immediately after waking in the a.m.

- Prior to eating, brushing, or putting anything into your mouth, fill a clear glass with water.
- Generate some saliva and spit into the glass of water, then wait for a minimum of 10 minutes.

If you DO NOT HAVE A CANDIDA OVERGROWTH, the saliva will remain intact at the top of the water during the duration of 1 hour. If you DO HAVE A CANDIDA CONDITION, you will see hanging components, like strings, floating down into the water, or cloudy saliva will sink to the bottom of the glass.

Check the glass, a few times during the hour.

The majority of people with a candida yeast overgrowth will see those strings and/or the cloudy saliva form and/or sink to the bottom within 5-10 minutes.

If the saliva test indicates candida overgrowth or scored high on the online quiz, we recommend that you follow the Sinus Survival candida elimination protocol.

If You Suspect Candida Overgrowth – Implement the 90-Day Candida Plan

Your next move is to review the candida program below. The majority of chronic sinus sufferers have multiple symptoms that are caused by candida. If you follow this protocol, you can greatly improve or even eliminate this condition. Many people have significant relief within 90 days, but for those with a serious overgrowth condition, it may take 180 days or longer.

It takes a true commitment to eliminate candida overgrowth and create a healthy balance. If you shortcut the process, the condition will likely come back. This program aims to:

- Reduce the overgrowth of candida with natural antifungal supplements.
- Eliminate the fuel for the growth of candida through diet.
- Restore normal bacterial flora in the gut with specific probiotics and prebiotics.
- Create a slightly alkaline pH (candida thrive in an acidic environment).
- Strengthen the immune system with nutritional supplements, sleep and exercise.
- Detoxify the body to eliminate candida toxins and built-up toxins.

Note: By eliminating the **root cause** of your symptoms, you may also address a number of other health concerns that you did not know were related. Other health benefits may include building immunity, getting a better night's sleep, and discovering food allergies or sensitivities, just to name a few.

➤ Candida Program

Follow each 30-day segment as your step-by-step guide to getting candida under control.

➤ Candida Control Diet/ Fully Alive Medicine Diet©

Diet is a key component to addressing candida overgrowth. Many are unaware that some foods they eat are causing sinus congestion and inflammation. The Candida Control Diet eliminates simple sugars and high glycemic foods, and the Fully Alive Medicine (FAM) Diet© will help guide your diet choices. (See addendum.)

➤ Identify Food Sensitivities

Food allergies and sensitivities rank among the most common conditions in the United States. People suffering with fungal sinusitis are particularly affected.

Try an elimination diet. This can be done in conjunction with the first 3 weeks of the Candida Control Diet. Also, for 3 weeks, eliminate foods from your diet that most commonly cause allergic reactions that may contribute to chronic sinusitis, allergies, and asthma. Common allergens include wheat and all gluten grains, dairy products, chocolate, corn, white sugar, soy, yeast, oranges, tomatoes, bell peppers, white potatoes, eggs, fish, shellfish, cocoa, onions, nuts, garlic, peanuts, black pepper, red meat, aspirin, artificial food coloring, coffee, black tea, and alcohol. This can be difficult, but it's important. After 3 weeks, begin to reintroduce each of these foods into your diet at the rate of one every 3 days. Things that should not be reintroduced include alcoholic beverages, artificial food coloring and high glycemic foods. Pay attention to your body and note any new symptoms such as sneezing, itching, increased runny or stuffy nose, headache, nausea, diarrhea, gas, or mental "fog" (even yellow-green mucus can result from a food allergy, and is not always a sign of infection). It then should be more apparent to you which foods, if any, cause your body to react.

This 3-week period is an excellent time to keep a daily food journal. Write down what you eat, and at 15 minutes and 30 minutes after eating, write down how you feel. If you notice a runny nose, elevated pulse rate, sweating, stuffiness, congestion, sneezing, coughing, post-nasal drip, upset stomach or any unusual symptom, write it down. If you notice a cause and effect from the food(s) you ate, highlight that food. Be sure to include any spices. For example, pepper was a spice that one patient noticed gave him numerous symptoms.

Order a food sensitivity test. The IgG Food Sensitivity Test can identify problematic foods so they can be eliminated or rotated in your diet. Elimination of Ig positive foods has been shown to improve a variety of health symptoms. This lab test also includes candida testing. The [Food Sensitivity Test](#) is available at Village Green.

➤ **Detoxify Your Body to Eliminate Candida Toxins**

Our bodies are assaulted on a daily basis with toxins from polluted air, water, and chemically laden food. If you have fungal sinusitis, the yeast overgrowth consists of millions of candida organisms that generate toxins that contribute to inflammation. A critical step in the healing process is to cleanse your body of toxicity and, as much as possible, begin with a “clean slate.” Important actions for detoxification include:

Drinking lots of filtered water. Drink at least ½ ounce per pound of body weight. For example, if you weigh 160 pounds, you should be drinking a minimum of 80 ounces of water daily.

Perspire (sweat). 40% of detox occurs through your skin. In addition to exercising 3 to 5 days a week, try a steam shower after exercise, which has been shown to open your sinuses and also plays a role in the detox process. An FIR sauna (far infrared sauna) has been shown to have many detox benefits as well.

Increase fiber intake to 30-40 grams per day. Fiber absorbs toxins in the digestive tract and prevents their absorption into the bloodstream. Psyllium husk, flax seed and chia seed are good options.

Get Committed, Get Started!

▶ **The Sinus Survival Candida Program – the first 30 days**

Fungal sinusitis can be a very challenging condition to treat, chiefly because candida organisms can be very aggressive and tend to mutate. That’s why it usually requires a committed effort for at least 3 months. It is essential to closely follow the full program for 90 days to eliminate the candida overgrowth and restore a healthy balance of beneficial bacteria throughout the body.

If you’ve scored high on Quiz for Fungal Sinusitis, follow these steps:

1. Begin this 90-day candida plan.
2. Closely adhere to the Candida Control Diet for at least the first 21 days. Then, follow the Fully Alive Medicine (FAM) Diet©.
3. Begin aggressive anti-fungal supplements and probiotic recommendations.

Recommended products for the first 30 days:



Candida Bundle Month 1

Includes these antifungal supplements:

AlliUltra (3 bottles) – contains Allisure AC-23, an active form of allicin extracted from garlic

Candida Balance (2 bottles) – potent blend of nutrients, herbs, and essential oils to address candida overgrowth

Candisol – a physician-strength blend of plant-based, fiber digesting enzymes that target yeast

Latero-Flora – normalizes flora in the GI tract to aid in digestion and toxin elimination

Pro Biotic – probiotic blend, formulated with *Saccharomyces boulardii*, a proven aid in digestive health

Suggested use:

AlliUltra: For the first 10 days, take 2 capsules 3x per day w/ or w/o meals. For the next 20 days, take 1 capsule 3x per day.

Candida Balance: 2 capsules 3x per day w/ or w/o meals for 30 days.

Candisol: 2 capsules a.m. and p.m. on an empty stomach.

Latero-Flora (*laterosporus bacillus*): 2 capsules in the a.m. on an empty stomach.

Pro Biotic®: 1 capsule in the a.m. on an empty stomach.

[Candida Bundle Month 1
Available for Purchase Here ►](#)

Important diet information: Strictly avoid these foods, especially in the first 3-4 weeks: sugar, sweeteners and high-glycemic foods (white rice, white flour products, etc.), fermented foods (soy sauce, pickles, alcohol, etc.). After 3 weeks, follow the FAM Diet.

With fungal sinusitis/candida overgrowth, the diet's main purpose is to starve the candida organisms and deprive them of their primary sources of fuel; it is also an anti-inflammatory, hypoallergenic, and nutrient-dense diet.

Attempting to reduce candida by just taking anti-fungal supplements without changing your diet doesn't work. It's vital that you closely adhere to these diet guidelines.

Detox reactions: Some patients may experience an increase in sinus symptoms and feel a bit worse than they did before beginning the candida treatment program. This may also involve muscle aches, and in some cases flu-like symptoms. This is the Herxheimer reaction, or "die-off effect," which can occur during the first 3 weeks of the candida treatment. As the candida organisms are dying, they release toxins, which in turn produce more inflammation.

Probiotics note: After years of sinus infections and multiple courses of antibiotics, beneficial bacteria are greatly diminished. These bacteria are critical for the optimal functioning of your immune system. It's very important to replace these bacteria with the appropriate probiotics. In addition to replenishing the G.I. tract with the beneficial bacteria, *L. acidophilus* and *bifidus*, Sinus Survival's Pro Biotic also contains *L. casei* – a species of beneficial bacteria that has been shown to prevent colds. Latero Flora is also an important part of the treatment program because it is effective in creating an alkaline environment, which is hostile to candida (they thrive in a more acidic environment).

► The Sinus Survival Candida Program – days 31 through 60

It's important to continue to follow the recommendations in the Sinus Survival Candida Program. If you've been on the program for 30 days, you may be feeling much better. Don't stop there as it is important to follow the full program for 90 days. Don't get discouraged if your symptoms have not improved or if you still feel tired or achy, as it may take 90 days or longer to feel the full benefits.

Follow these steps:

1. Continue to follow the FAM candida diet plan
2. Take the supporting supplements for month 2.
3. Follow the detox recommendations below.

Recommended products for the next 30 days:



Candida Bundle Month 2

Includes these antifungals and probiotic supplements:

AlliUltra (2 bottles) – contains Allisure AC-23, an active form of allicin extracted from garlic

Candida Balance (2 bottles) – potent blend of nutrients, herbs, and essential oils to address candida overgrowth

Candex – potent blend of plant-based, fiber digesting enzymes that target yeast
Latero-Flora – normalizes flora in the GI tract to aid in digestion and toxin elimination

Pro Biotic – probiotic blend, formulated with *Saccharomyces boulardii*, a proven aid in digestive health

Also recommended for detox: [Metagenics UltraInflamX Plus 360](#) – easily digested medical food for GI restoration.

Suggested use:

AlliUltra: 1 capsule 2x per day for 30 days.

Candida Balance: 1 capsule 3x per day.

Candex: 2 capsules a.m. and p.m. on an empty stomach.

Latero-Flora (*laterosporus bacillus*): 2 capsules in the a.m. on an empty stomach.

Pro Biotic: 1 capsule in the a.m. and 1 at night on an empty stomach.

Metagenics UltraInflamX Plus 360: For week 1, use 1 scoop in 8 oz. of water 2x per day; for weeks 2-4, use 2 scoops in 8 oz. of water 2x per day.

Candida Bundle Month 2
[Available for purchase here ►](#)

Important diet information: Continue to follow the FAM Diet.

Detox recommendations:

1. **Drink lots of filtered water.** Drink at least ½ ounce per pound of body weight. Example: if you weigh 160 pounds, you should be drinking a minimum of 80 ounces of water daily.
2. **Increase fiber intake to 30-40 grams per day.** Fiber absorbs toxins in the digestive system and prevents their absorption into the bloodstream.
3. **Sweat.** 40% of detox happens through your skin. Steam showers, aerobic activity, a FIR sauna (far infrared sauna) are all great ways to eliminate toxins.
4. **Add a medical food drink to your diet.** A medical food drink like UltraInflamX Plus 360 by Metagenics is backed by studies and research supporting its ability to reduce inflammation and accelerate detoxification.

► The Sinus Survival Candida Program – days 61 through 90

Continue to follow the program guidelines. Candida colonize in a biofilm that can repopulate and take over again, if you don't follow the full program.

Follow these steps:

1. Continue to follow the FAM candida diet plan.
2. Take the supporting supplements for month 3.
3. Follow the detox recommendations below.

Recommended products to complete the program:

Candida Bundle Month 3



AlliUltra – contains Allisure AC-23, an active form of allicin extracted from garlic

Candida Balance – potent blend of nutrients, herbs, and essential oils to address candida overgrowth

Latero-Flora – normalizes flora in the GI tract to aid in digestion and toxin elimination

Pro Biotic – probiotic blend, formulated with *Saccharomyces boulardii*, a proven aid in digestive health

Also recommended for detox: [Metagenics UltraInflamX Plus 360](#) – easily digested medical food for G.I. restoration.

Suggested use:

AlliUltra: 1 capsule 1x per day for 30 days

Candida Balance: 1 capsule 3x per day

Latero-Flora: 2 in the a.m. on an empty stomach for 30 days (you should continue to take this product after this month and continue to take 1 in a.m.)

Pro Biotic: 1 capsule 1x day

Metagenics UltraInflamX Plus 360: Stir 2 scoops into 8 oz. water 2x per day.

Candida Bundle Month 3
[Available for purchase here ►](#)

Important diet information: Continue to follow the FAM candida diet plan.

Detox recommendations:

1. **Drink lots of filtered water.** Continue to drink at least ½ ounce per lb of body weight.
2. **Medical food drink.** Continue UltraInflamX Plus 360 drink mix, daily.
3. **Sweat.** Continue to exercise and use a steam shower.

Addendum

► **Candida Control Diet**

Contributed by Dr. Todd Nelson, Tree Of Life Wellness Center

The main goal to control and eliminate candida is to “starve it” and create an environment in the body that does not enhance candida overgrowth. The most important foods to avoid are simple sugars, high glycemic food – foods that turn into simple sugars quickly – fermented and moldy foods, and alcohol.

It is essential to strictly avoid these foods while tryin to kill candida yeast:

White flour	Pretzels	Alcohol
White bread	Crackers	Soda pop
Sugar	Artificial sweeteners	Energy drinks
Candy	Processed starches	Rice milk
Doughnuts	Dried and canned fruit	Concentrated fruit juices
Pastries	Aged cheese	Additives & preservatives
Cookies		

► **Fully Alive Medicine (FAM)© Diet Plan**

Developed by Dr. Rav Ivker

Menu option examples:

All day:

- Drink between six and eight 8oz. glasses of pure water between meals (48 to 64 oz.).

Breakfast:

- Low-sugar, soy or coconut yogurt, fruit – only after the first 3 weeks on the candida diet.
- Medical food (protein-based) smoothie with 1/2 soy milk and 1/2 water, or water only, or 2 scoops medical food powder with low-carbohydrate fruits (especially berries or cherries). Add ice for frothiness.
- Non-gluten grain with a nut or seed butter, stevia, soy yogurt.
- Organic eggs with sautéed vegetables and brown rice and seasoning.

Mid-morning:

- Fruit or medical food (mixed with water) if you did not have it for breakfast.
- Whole grain cracker with nut butter, or raw nuts and seeds, celery with peanut butter.

Lunch: Balanced Plate

- Fish, eggs, tofu, or poultry.
- Low-carbohydrate vegetables in a salad or steamed with 2 tsp of flax oil and lemon.
- Brown rice or other non-gluten grain.

Mid-afternoon:

- Medical food (mixed with water), second serving.
- Vegetables or fruit (only after the first 3 weeks of the candida diet).
- Nut or seed butter or hummus.

Dinner: Balanced Plate

- Tofu and spinach sauté.
- Vegetable broth soup.
- Fruits.

Suggestions: Use medical food as a meal and/or between meals (at least 2 hours after a meal), and drink it slowly.

Other snack ideas: Raw nuts or seeds, almonds, filberts, pecans, sunflower seeds, pumpkin seeds, sesame seeds, almond butter, sunflower butter, and pumpkin seed butter with carrots or celery sticks. Add fresh fruit only after the first

3 weeks on the candida program.

FAM Diet shopping list:

Healthy Proteins

(avoid smoked)

Pacific salmon
Ocean char
Halibut
Haddock
Cod
Sole
Pollock
Butterfish
Monk
Roughy
Organic eggs
Organic soy
Organic poultry

Non-Gluten Grains

Brown rice
Wild rice
Amaranth
Quinoa
Millet
Buckwheat
Teff

Lentils/Legumes

Tofu
Chick peas
Soy beans
Lentils

Nuts and Seeds

(Raw/ground/butter)

Flax seeds
Sesame seeds
Sunflower seeds
Pumpkin seeds
Almonds
Walnuts
Filberts
Pecans

Vegetables

(Low carbohydrates)

Asparagus
Bean sprouts
Beet greens
Broccoli
Bok choy
Cabbage
Cauliflower
Celery
Chives
Collards
Cucumber
Dandelion greens
Endive
Kale
Kohlrabi
Leeks
Lettuce
Mustard greens
Okra
Onion
Parsley
Peppers
Radish
Shallot
Spinach
Swiss Chard
Watercress

Vegetables

(High carbohydrates)

Artichoke
Carrot
Parsnip
Peas
Pumpkin
Rutabagas
Squash
Turnip

Sea Vegetables

Dulse
Kelp
Arame
Nori
Wakame

Sulphur Vegetables

(avoid if digestive problems)

Broccoli
Cauliflower
Brussels sprouts
Chives
Onions
Leeks

Fruits

(Low carbohydrates)

Apple
Apricot (fresh)
Blackberries
Blueberries
Cantaloupe
Cranberries
Guava
Melons
*Lemon
Lime
Melons
Papaya
Peach
Pears
Plum
Raspberries
Strawberries
Tomato

Fruits

(High carbohydrates)

Cherries
Grapes
Kumquats
Loganberries
Mango
Mulberries
Pineapple (fresh)
Pomegranate
Watermelon

Support Beverages

(no sugar/sweetener)

Medical food
Herbal tea
Water
Vegetable protein powder

Condiments

Liquid aminos
Wheat-free tamari
Stevia
Apple cider vinegar

Healthy Oils

(limit 1 tbs/day)
Flax seed oil
Virgin olive oil

Herbs/Spices

Anise
Bay leaf
Basil
Cardamom
Cayenne
Celery
Cinnamon
Cumin
Dandelion
Dill
Dry mustard
Fennel
Garlic
Ginger root
Marjoram
Oregano
Parsley
Rosemary
Saffron
Savory
Tarragon
Thyme
Turmeric

*Note: Lemon is especially important while on the candida program. Take 1 teaspoon with water 3x a day. Lemon helps to control acidity and create a slightly alkaline pH in the body.

Protocol for Ongoing Support

Establish new habits and eliminate your chronic sinus condition with these daily preventative practices:

- Sleep at least 7-8 hours.
- Drink lots of water (at least ½ oz per lb of body weight).
- Avoid sugar, dairy, gluten grains and red meat.
- Walk briskly at least 20-30 minutes each day.
- These products at SinusSurvival.com are excellent for ongoing support:

Sinus Survival Herbal Nasal Spray – The botanical herbal spray contains saline, aloe vera and berberis aquifolium to soothe the sinuses.

Steam Inhaler – (not currently available at Village Green Apothecary) Gentle steam provides relief for nasal congestion, coughing, and sore throat discomfort.

SinuPulse Elite® – Irrigation system helps relieve allergy and sinus symptoms.

Eucalyptus Oil – Powerful and pure eucalyptus oil relieves symptoms of sinus asthma, colds, sore throat and many other respiratory conditions.

Vitamin C – This formula contains natural bioflavonoids using sustained release technology for maximum absorption.

Multi Two – A comprehensive formula that features optimal nutrient forms in therapeutic amounts to provide outstanding foundational nutritional support.

Super Omega – Molecularly distilled fish oil that contains potent concentrations of Omega-3 EPA & DHA.

Resources and Questions:

Contact: info@sinussurvival.com or call 800-869-9159

For consultations, contact a [Sinus Survival coach](#), a [Village Green nutritionist](#) or schedule a consult with [Dr. Rav Ivker](#) at FullyAliveMedicine.com.

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