



Diet & Lifestyle Guidelines for Yeast-Free Living

Candisol™ will work regardless of lifestyle and dietary modifications. However, to achieve the quickest and most beneficial long-term results, we recommend the following:

Dietary Recommendations

Acceptable foods you can eat:

- All fresh or frozen vegetables - all types, raw or lightly steamed. Be sure to include dark green leafy vegetables. Canned vegetables should be the last option.
- Protein, including beef, chicken, fish, turkey, eggs, and shellfish. Free-range, organic lean meats with no added hormones or antibiotics are best. ***Avoid processed meats like hot dogs, sausages, bacon, bologna, spam, etc.***
- Complex carbohydrates, including grains (brown rice, barley, kamut, millet, oats, spelt, couscous), whole grain oatmeal, beans (kidney, lima, red beans), peas, legumes and certain types of pasta (whole wheat, spelt, corn, rice).
- All unprocessed nuts and seeds. ***Avoid peanuts and pistachios.***
- All unrefined olive, sesame, safflower and corn oils.
- Beverages such as soy or rice milk and unprocessed nut milks (i.e. almond).
- Some people can eat modest amounts of fruits each day and others cannot. ***Avoid fruit juices.*** Ask your healthcare professional for advice in this regard.
- Drink at least 32 ounces of filtered, bottled (mineral, spring or distilled) or non-chlorinated water everyday.*

Unacceptable foods:

- Yeast-containing foods: all forms of alcohol (beer, wine and liquor); refined carbohydrates (breads, rolls, bagels, cereals, pasta, pretzels, pastries, cookies, and sweet rolls).
- Mold-containing and mold-supporting foods: pickled, smoked or dried meats, fish and poultry; cured pork bacon; all cheese, aged or fresh; mushrooms; soy sauce, tamari and miso; peanuts, peanut products and pistachios; malt or foods containing malt.
- All concentrated sugars: table sugar, honey, maple syrup, brown sugar; fruit juice (canned, bottled or frozen); dried fruits; all processed sugar; anything containing high-fructose corn syrup; candies and chocolate.

It can be difficult for strict vegetarians to obtain enough protein without overloading on grains and beans. Eating a wide variety of vegetables can help with this, as can supplements like Spirulina, Chlorella and protein powders, the best of which may be from hemp, yellow peas, etc.*

Lifestyle Recommendations

- Practice good sleep habits and get between 8-9 hours of sleep each night.
- Engage in some form of exercise or strength training (whatever your body can handle) 3-5 times a week.
- Lower your stress load with various stress relieving techniques (i.e. prayer, yoga, tai chi, deep breathing, etc.)

While the Candida diet is rigid, it can play a vital role in your improvement. While some people can reintroduce wider varieties of foods after using Candisol™, others report a rapid recurrence of discomforts when they do this. If discomforts recur, return to the strict diet and use four capsules a day of Candisol™ until the discomforts subside.

The most important thing is to choose the freshest, cleanest, least processed foods you can find.*

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

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