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Candida diet your way to relief by [Hill Deon](#)

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We all can be natural victims to Candida. Candida is yeast like micro-organism that is present in our intestine, mouth and other parts of our body. They are quite harmless when they are kept in balance with the other micro-organisms that are also present in the human bodies. But if the balance is not maintained then Candida starts multiplying to an uncontrollable size. This affects the normal functioning of our body and we fall a prey to many ailments. An immediate treatment has to be taken. Just a thorough candida cleanse is unsuccessful in removing the organism from the core.

The Candida diet is said to be effective. It includes strict adherence to a said diet that causes this bacteria to grow. Food that is rich in proteins is to be consumed while that rich in carbohydrates is to be avoided. Such food has to be the staple diet of a person suffering from a disease caused by Candida. Meat, green and leafy vegetables should be included in daily diet. While cheese, butter, milk, yoghurt and other dairy products that are rich in carbohydrates are to be avoided at all costs. Baked items too should not be eaten. Because these are the food items on which Candida thrives on, especially sugar is like poison for such persons as it aggravates the condition, it fuels the yeast and weakens the immunity system.

Candida Diet:

First, a careful selection of the food has to be done. Raw, natural, sugar-free Food items have to be selected. Vegetables with apparent colors are to be eaten. Vegetables like spinach, tomatoes, zucchini and radish are a few examples. These vegetables should be cooked in Olive Oil. Omega-3 fatty acids should be included to your diet. Snacks prepared with carrots, peanut or almond butter and eat them without sugar. Eating sprouted grains is a good diet. Sprouting increases the nutritive value of food. Moreover they are rich in Vitamin C. Vitamin C also increases the immunity of the system. Ginger Tea and Green Tea can substitute regular Tea and Coffee. Cucumber Soup is said to be good.

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