Vital to follow this regime on Candida diet by FRANK

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Candida is a group of yeast like microorganisms living in human mouth, throat, intestines and genitals. They are not harmful if they are in balance with other bacteria. When the population of Candida yeast increases uncontrollably it causes Candidacies or Candida. Common examples of Candida infections are kidney and bladder infections, joint pain, weight gain, sore throat, vaginitis, constipations, diarrhoea and heartburn.

Causes of Candida:

* Poor Diet

* Overuse of antibiotics

* Use of corticosteroids

* Oral contraceptives

* AIDS

* Diabetes

To fight Candidacies, one should follow a strict Candida treatment program. Following are the steps:

* Stage One-The candida cleanse:

This is an integral part of the diet and the two tested methods are as follows:

1)candida diet: This diet includes some detox drinks and liver flush too. Eat only fresh organic vegetables, which will stop toxins to further enter your body. Drink lots of water. Eat raw salads and steamed vegetables. This process should continue for 7-14 days. The detox drinks should be taken on an empty stomach. If any symptoms like irregular heartbeats or nausea appear, the process of cleanse should be stopped immediately.

2)A Colon Cleanse: A colon cleanse ought to last up to three days to per week. This sort of cleanse is generally safe however before beginning one should consult a doctor.

Stage Two-The Strict Diet:

Once the cleansing is completed, dietary changes are needed to revive the balance. During this stage, probiotics and antifungal ought to be introduced. Throughout this weight loss is additionally expected to be seen. The food with high sugar content ought to be avoided. This stage can take few weeks to many months. It all depends on how strictly the diet has been followed, the effectiveness of probiotics and antifungal and therefore the severity of infection.

Stage Three-Reintroducing Foods: currently the long run eating set up ought to begin. One food ought to be introduced at a time that ensures the chance of infection or allergy from a specific food item. Thereâ€™s no mounted period of Stage 3, however folks once reintroducing all of their favourite foods have found that the infection has came back. Therefore it's vital to follow this regime for as long as attainable.

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