PROBIOTIC
HEALTH REVOLUTION

REBALANCE YOUR CANDIDA OVERGROWTH
AND MAINTAIN OPTIMUM HEALTH
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What is Candida Overgrowth

Candida overgrowth is a condition that is present in millions of people, especially in America. It can lead to lifestyle dampening symptoms, including constant fatigue and lots of intestinal gas. Those affected by candida overgrowth are often caught in a never-ending positive feedback loop; they feel energetically drained and crave a sugary pick-me-up, so they consume a lot of sugary foods.

Other than the fact that frequent sugar intake itself is harmful to one’s health, sugar is what feeds the bacteria that are already overpopulating your system! The more sugar you eat, the more food the bacteria have, and the worse your candida overgrowth can become. Many people today have lifestyles that involve frequent sugar consumption, such as having a Starbucks coffee every morning with a pre-packaged breakfast bar on the go. Many of the “on the go” foods that we eat are infused with sugar, and also which chemicals that we just don’t need to expose our bodies to.

In addition to that, having a coffee may not be as simple as it sounds. The milk in the coffee contains the sugar lactose, any flavors in it probably contain sugar, and the majority of people have sweetener added to it. If you choose plain sugar, then that will promote candida overgrowth, but choosing artificial sweetener is bad for your health too. This is just one example, and the bottom line is that changing your diet to allow your body to recover from candida overgrowth can be hard work and require a lot of getting used to.

Having a diet high in sugary foods is the largest risk factor for developing this condition, and it can happen to anyone with a diet like that. However, the other major risk factor is equally important: antibiotics. For reasons that don’t need to be explored here, antibiotics seem to have become the go-to medication for many illnesses.

Broad-spectrum antibiotics, which are those that kill any and all bacteria they come into contact with, are over-prescribed these days. There are times when antibiotics are necessary, and if that is the case you can take certain steps to help prevent candida overgrowth from occurring.
Two of the big changes needed here are reducing sugar intake and eating foods with probiotics every day. But if you are taking antibiotics unnecessarily, or if you are unsure about whether or not they are still necessary, try to find an alternative method to treat your condition. Taking antibiotics over a long period of time kills off tons of the beneficial bacteria in the gut, and never gives them the chance to repopulate. The excessive prescribing of antibiotics is part of why candida overgrowth has become such a common condition.

Another risk factor is the use of oral contraceptives. This is something that cannot be avoided in some individuals, and it is not as strong of a risk factor as the aforementioned reasons. Below are lists for the symptoms and the risk factors.

**Symptoms of Candida Overgrowth**

- Sugar cravings.
- Carbohydrate cravings.
- Feeling constantly tired and out of energy.
- Fungal infections, such as on the skin or nails.
- Worsening allergies.
- Concentration issues, inability to focus.
- Recurring vaginal, urethral, or anal infections or itching.
- Bloating.
- Gas.
- Diarrhea.
- Constipation.
- Mood swings.
- Depression.
- Irritability.
- Autoimmune diseases.
- Fibromyalgia.
Risk factors:

- Having a diet high in sugary foods, such as soda, candy, pre-packaged breakfast bars, ice cream, sugary coffee, et cetera.
- Having a diet high in carbohydrates such as pasta, rice, and bread, which are digested into sugar molecules.
- High levels of alcohol consumption, since alcohol is the most refined form of sugar.
- Using oral contraceptives.
- Taking antacids often.
- Using broad-spectrum antibiotics, especially over a long period of time, because the medicine kills the healthy bacteria in the digestive tract, leaving room for candida to overpopulate the area.
- Having a very stressful lifestyle.

The good news is that this condition is both treatable and curable. If you have a bad case, it can take months of diet changes to rid yourself of the overpopulation of candida. If you’re stuck in the aforementioned positive feedback loop where you constantly crave sugar, it can be a hard series of changes to make. It is well worth it though; some people have been living with candida overgrowth for months or years, and accept the symptoms as a part of their everyday life.

Once your body reestablishes the healthy balance of bacteria, you’ll feel much better overall. This report will be useful in helping those affected by candida overgrowth rid themselves of the condition and prevent it from re-establishing itself in the body. While this will be greatly informative for those with candida overgrowth, it is also a great tool for those interested in improving their overall digestive health, and for those who want to prevent this condition from ever occurring in the first place.

Sugar Replacements

Utilizing sugar replacements is one method to help cut down sugar intake. Most of the time, these are harnessed from plant products, and thus are seen as a natural alternative to artificial sweeteners. Certain sugar replacements also have beneficial health effects,
and can be used as herbal supplements or to help cope with certain illnesses. These can be used in cooking, for drinks, and anywhere else you would utilize sugar.

These are the most popular sugar replacements; each one has various brands available. The various brands usually have slightly different characteristics, such as how long the aftertaste lasts, how sweet they are, the exact taste of the product, etc. Most people who have tried multiple brands have a strong preference, so it’s a good idea to look into what each brand has to offer. Most of these sugar replacements can be purchased off on Amazon.com.

**Stevia**

Stevia is made from the leaves of the Stevia rebaudiana plant. This replacement is 25-30 times sweeter than real sugar is. Popular brands of Stevia include: *Truvia, Stevia In The Raw*, And *SweetLeaf Stevia*. 
Recipe: Mango Papaya Smoothie

1 cup plain nonfat yogurt
1 quart mango/papaya juice blend
½ teaspoon stevia

Mix in a blender and serve.

**Xylitol**

Popular brands of Xylitol include: *Xylo Sweet, Emerald Forest,* and *Xyla Birch Xylitol.*

Recipe: Almond Sugar Cookies

2 cups coconut oil
1 teaspoon maple extract
2 eggs
1 teaspoon vanilla extract
2 teaspoons almond extract
4 cups all purpose flour
2 teaspoons baking soda
2 teaspoons cream of tarter
1½ cup xylitol

Cream the coconut oil and xylitol together. Add one egg and beat well, then repeat with second egg. Mix in extracts. Slowly add in the dry ingredients. Once done, scoop out a tablespoon of the mixture and place it on the cookie sheet. Repeat until gone, placing
each scoop two inches apart. Flatten each spoonful with a glass dipped in more xylitol. Bake at 350ºF for 10-12 minutes. Let cool.

**Luo Han Guo**

Popular brands of Luo Han Guo include: *BioVittoria- Fruit Sweetness*, *Purelo Lo Han Sweetener*, and *Lo Han Sweet*.

![Luo Han Guo](image)

Recipe: Iced Tea

1 cup water
2 Luo Han Guo fruits

Clean fruit and crush it into small pieces. Add water and crushed fruit to teapot. Bring to a boil, then cook on low heat for 10 minutes. Let cool, add ice if desired.

**Just Like Sugar**

This a product that mimics the characteristics of the sugar we’re all used to. For every 1 cup of normal sugar you would use, you use 1¾ cups of *Just Like Sugar* to replace it. There are two types, one of which is made specifically for baking. This product mimics the texture and taste of sugar quite well. They also make flavored types, such as strawberry.
Recipe: Breakfast Granola

3 tablespoons of Just Like Sugar
4 cups of rolled oats
2 cups crushed nuts
1 cup of shredded coconut
1 cup of sunflower seeds
1 cup of pumpkin seeds
1 cup of sultanas
1 teaspoon of vanilla
1 teaspoon of cinnamon

Mix ingredients together and serve, or store in a closed container.

Natural Sweeteners to Avoid

Certain natural sweeteners will feed the candida bacteria even though they are not otherwise unhealthy. This is because during digestion, they break down into simple sugar molecules. Once the bacterial balance is reestablished, it’s fine to have these items in moderation. The following should thus be avoided if you find yourself with candida overgrowth:

- Raw and Organic Honey
- Molasses
- Agave
- Lactose
Artificial Sweeteners

Well known artificial sweeteners include Splenda, Equal, and Sweet‘N Low. People with candida overgrowth should do their best to avoid adding artificial sweeteners to their foods and drinks, and should watch for related ingredients in the food that they eat. This is not limited just to certain people, though; artificial sweeteners are best avoided by everyone, as they tend to be highly processed and can have some negative effects on the body.

Side effects of artificial sweeteners include: insomnia, increased heart rate, memory loss, joint pain, nausea, vision problems, and headaches. In more extreme cases, aspartame has been associated with seizures and possibly even brain cancer. Artificial sweeteners can also lead to failed efforts for weight loss, and can be quite addicting.

One study was done where rats were given cocaine and saccharin separately. They were given the choice between more cocaine or more saccharin, and most chose the saccharin. Many artificial sweeteners have been proven to cause negative side effects and even long-term effects, yet they are still put on the market and used in quite a few foods. It’s our jobs as consumers to avoid these products. Here is a list of common artificial sweeteners, and some other names that they may go by when being listed as ingredients in a store bought food or drink.

- Splenda
- Equal
- Sweet’N Low
- Aspartame
- Saccharin
- Sucralose
- Acesulfame K
- Neotame
Foods With Probiotics

While in the process of eliminating sugar and sugar substitutes from your diet, consuming foods with probiotics will help your body recover from the excess candida. Imagine the inside of the digestive tract, which is where much of the bacteria in your body reside. There is supposed to be a balance of different types of bacteria, making up over 100 trillion bacterial organisms. When there is too much candida bacteria in the digestive tract, that leaves less room for other types of bacteria to flourish. While candida is necessary in the body, having too much can cause other beneficial bacteria’s levels to decline.

Consuming probiotics helps to replenish a normal balance in the body; as you eliminate the excess candida, the probiotics work to add in other varieties that your body needs. Eventually, the balance can be restored if you take all of the right steps to restore the balance in your gut. After this happens, continuing to eat foods with probiotics regularly will keep the good bacteria populations level, thus helping to prevent candida overgrowth from returning.

If you are lactose intolerant or you think you might be, remember to limit or avoid the dairy-based suggestions. It is likely that you are lactose intolerant if you become bloated and gassy on a regular basis after consuming dairy products. Probiotics can be acquired through supplements as well. Here are some common foods and fermented foods that contain probiotics, and recipes for potential uses of each.

**Yogurt** is the most widely known probiotic source. Look for containers with “Live and Active Cultures” written on them to maximize the healthy bacteria you’ll consume. Also, make sure you read the ingredients; many low-fat yogurts contain aspartame and other artificial sweeteners that are bad for you.

Yogurt is a dairy product, so it may be best to limit this or avoid it, especially if you may be lactose intolerant. Additionally, each brand or type may contain different strains of bacteria, so try to get as much variety as you can. You can make your own yogurt if you take a little bit of store bought yogurt and add it to a lot of milk. Full fat or 2% milk makes the thickest yogurt, so choose what kind of milk you want to use based on how thick you like your yogurt to be. Making your own yogurt is useful because you know exactly what’s going into it, and it’s much cheaper.
Recipe: Homemade Yogurt

½ cup of store bought yogurt (make sure it says “Live and Active Cultures”)
½ gallon milk of your choice

Pour milk into a Dutch oven and set to medium-high heat. Stir as it comes to a boil. Then, let cool slightly while continuing to stir.

Take one cup of the warm milk and add the yogurt to it. Use a whisk to mix it all together. Once the yogurt is all mixed in, pour it back into the rest of the warm milk. Cover the Dutch oven with a lid and place it in the oven. Keep the oven turned off; its purpose is simply to help keep the heat in the Dutch oven to allow the yogurt to set.

Leave it in the oven to sit for about 4-8 hours, depending on preference. Letting it set longer will make it thicker and more tart tasting. After letting it set, stir the yogurt and put it in the refrigerator. Makes about 2 quarts and lasts 2 weeks.

Kefir is similar to yogurt, and is high in good bacteria and antioxidants. It can also be made at home. Kefir is less thick than yogurt, and often has a higher level of probiotics. It also has more overall healthy benefits than yogurt, and happens to be easier to digest. However, kefir is also a dairy product so it may be best to limit or avoid it, especially if you may be lactose intolerant. Lactose is a sugar present in dairy products that can feed the Candida bacteria, which is why limiting yogurt and kefir is best.

Recipe: Kefir Chocolate Chip Cookies

2 cups Kefir
2 eggs
5 ounces of chocolate chips
¾ teaspoons salt
2 teaspoons sugar replacement of your choice
1½ teaspoons baking powder
1 teaspoon soda
1¾ cups flour

Mix dry ingredients, add eggs, add kefir, and stir until properly mixed. Cook on griddle.
Coconut yogurt is a dairy-free alternative to traditional yogurt. It’s best to use full fat coconut milk when making your own. This is a great probiotic source for those who enjoy yogurt products because it does not contain lactose.

Recipe: Homemade Coconut Yogurt

2 cans of coconut milk
2 capsules of probiotics

Blend together the contents of the probiotic capsules with the coconut milk. Pour into a container with a tight lid. Allow the yogurt to set for 24-72 hours, depending on preference. After 48 hours it should be somewhat thick, and will get thicker and more tart if left out longer. It’s best to keep it in a semi-warm place. Keeping it in a turned-off oven is one way to keep warmth in. Makes 1 quart of coconut yogurt and lasts 1 week.

Tempeh is made from soybeans. It is different than many soy products; when it is being made, the whole beans are retained. This leads to a higher nutrient content, including protein and fiber.

Recipe: Tempeh Coconut Curry

8 ounces of organic tempeh cut into cubes
13.5 ounces of light coconut milk
1 tablespoon of oil
2 cups of chopped onion
1¼ teaspoon of salt
2 teaspoons of tamarind pulp
1½ teaspoons of ground coriander
½ teaspoons of ground turmeric
½ teaspoons of crushed red pepper
1 cinnamon stick, 3 inches long
1 tablespoon of chopped fresh ginger
1 tablespoon chopped fresh garlic
½ cup of fresh cilantro
3 cups of chopped sweet potato
1 cup of water
1 tablespoon of fresh lime juice
2 teaspoons of low-sodium soy sauce
1½ cups of uncooked basmati rice

Heat oil in a large skillet on medium-high heat. Add the onion and ½ teaspoon of salt. Cook this for 2 minutes while stirring. Stir in the tamarind and cook for another 2 minutes while stirring.

Add ginger, garlic, coriander, turmeric, red pepper, and cinnamon, then cook for another 2 minutes while stirring. Add another ½ teaspoon of salt, along with the tempeh, potato, coconut milk, and water.

Let the mixture come to a boil, cover, then turn to simmer and let sit for 15 minutes. Then, stir in the soy sauce and lime juice, and let simmer for 3 more minutes. Remove cinnamon stick.

Cook rice, stir in cilantro and ¼ teaspoon salt. Mix with curry and serve.

**Miso** is made from fermenting soybeans with salt, and is often used in a paste form. It can be used for many purposes, such as soup.

Recipe: Miso Soup

3 ounces of dry soba noodles
3 tablespoons miso paste
2 ounces of firm, cubed tofu
Handful of washed watercress
2 green onions sliced thinly
Handful of cilantro
1 teaspoon of red pepper flakes

Put salt in water and add in soba noodles. Cook, then drain them and run cool water over them. Shake off excess water. In a separate medium saucepan, boil 4 cups of water. Then, let simmer and remove from heat. Put some of the hot water in a bowl, and add in the miso paste. Whisk it into the water to thin it out. Mix this into the rest of the hot water.
Add miso paste if desired, to taste. Add salt if desired, to taste. Once done, add in the tofu and move the pot off of the stove. Pour the noodles into two bowls, and then put the miso and tofu mixture over them. Sprinkle on cilantro, watercress, red pepper, and green onion.

**Sauerkraut**

Recipe: Homemade Sauerkraut

1 cup of 1 cabbage

1 tablespoon of sea salt
1 teaspoon of caraway seeds

Shred cabbage as finely as possible. Mix cabbage with salt in a bowl, using a masher to blend them together and degrade the cabbage. Add the caraway seeds and mix them in.

Put the cabbage in a jar and firmly pack it in. Push down further on the cabbage to release liquid to the top of the container. Put a lid on it and let it sit for two weeks, preferably in a dark, cool place. If you prefer a stronger taste, let it sit for longer. Once it’s fermented to how you like it, put it in the refrigerator.

**Pickles**

Recipe: Homemade Pickles

4 cucumbers, sliced
½ cup white vinegar
2 teaspoons sugar replacement
1 teaspoon of mustard seed
1 teaspoon of salt
1 clove of cracked garlic
2 tablespoons of fresh dill leaves
1 bay leaf

Heat up vinegar, salt, garlic, mustard seed, and sugar replacement over medium high heat. Put the bay leaf, dill leaves, and sliced cucumbers in a separate bowl. Once sugar is dissolved, pour the hot liquid over into the bowl over the cucumbers. Allow to cool.
Kombucha is simply tea fermented with bacteria, making it a great probiotic beverage.

Recipe: Kombucha Tea

3½ quarts of water.
8 bags of black tea.
2 cups store-bought starter kombucha, unpasteurized.
1 cup of sugar replacement.
1 scoby.

Bring water to a boil, remove from heat and stir in sugar replacement. Put the tea bags into the water and allow it to seep. Once water has cooled down, remove the tea bags and stir in the starter kombucha. Pour the mixture into a jar and add the scoby.

Secure paper towels to the top of the jar with a rubber band. Let the mixture ferment at room temperature for one week, or up to ten days depending on preference. Once it has reached the desired taste, remove the scoby. Refrigerate the tea. This is good for a month.

Kimchi is a dish made up of vegetables fermented with a variety of seasonings. These vegetables often include cucumber and cabbage, and the dish is generally spicy.

Recipe: Spicy Cabbage Kimchi

2 heads of Napa cabbage
2 tablespoons sugar replacement
1¼ cups of sea salt
1 teaspoon of ground ginger
5 tablespoons of Korean chili powder.
1 tablespoon of fish sauce
5 chopped green onions
½ minced white onion
2 cloves pressed garlic
Cut cabbages in half, rinse, and shop into pieces. Put the cabbage into a bag and add salt. Knead the salt into the cabbage with your hands. Close the bag and let sit for 6 hours. Then, rinse the excess salt off of the cabbage leaves and drain it.

Put the cabbage into a container with a lid. Stir in the green onion, white onion, fish sauce, ginger, garlic, and sugar replacement. Mix together then sprinkle on the Korean chili powder evenly. Put the lid on and let mixture sit for 4 days in a cool place. Then refrigerate and serve. This is good for a month.

**Foods To Avoid**

It’s probably quite clear at this point that you should be avoiding foods high in sugar so that the bacteria are unable to continue growing. However, it was also mentioned that taking antibiotics on a long term basis is a huge risk factor for developing candida overgrowth.

As you may know, many commercial meat products contain antibiotics, in part due to the way that the animals were raised when they were alive. If you eat meat regularly or consume a particular product that contains higher levels of these antibiotics, it will contribute to the condition and hinder your body’s ability to restore the healthy balance of bacteria.

Antibiotics kill off many of the healthy bacteria in the gut, so if you continue to eat these foods while trying to restore the balance in your digestive tract, you’ll have a much more difficult time. The antibiotics are often present in beef, pork, chicken, turkey, and seafood; basically any commercial meat products may contain them.

While reducing or eliminating meat intake may be a good health decision, it is not necessary in this case. You can choose to invest a little more money into your health by buying meat labeled organic, free range, and wild caught. These contain less harmful additives, hormones, and antibiotics, and are actually much better for your overall health.

By switching to these specific types of meat, you help ensure that your body will be able to recover from candida overgrowth and develop a healthy balance of bacteria in
the gut. Organic, free range, and wild caught products will also be a great choice for preventing the return of the bacterial imbalance in the digestive tract. Below is a general list of foods that should be avoided when recovering from candida overgrowth. This is not exhaustive, but covers many of the most common items.

- Soda
- Candy
- White bread
- Most cereals
- Honey
- Molasses
- Agave
- Alcohol
- Most commercial meat
- Dairy products
- Fruit juice
- Condiments