



# THE Ultimate Candida Cleanse

PROGRAM

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## The Cleanse Diet

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**Candida.com**



# Candida Cleanse Program



## 2- The Cleanse Diet

### What Is The Cleanse Diet?

The Cleanse Diet is a crucial step in restoring digestive health, bridging the gap between the Colon Cleanse and the Liver Cleanse. It focuses on nourishing the body with whole, unprocessed foods while eliminating refined sugars, unhealthy fats, and ultra-processed products.

By prioritising fresh ingredients and mindful eating, this diet helps reset the gut, reducing inflammation and supporting optimal digestion. Cooking at home allows full control over food quality, ensuring meals that promote healing and long-term wellness.

Recent research highlights the powerful connection between diet and gut microbiome health. Studies show that dietary choices directly influence digestion, immune function, and overall well-being.

The Cleanse Diet encourages fibre-rich, plant-based diversity to strengthen beneficial gut bacteria and support natural detoxification.

Our clinically-tested approach supports deep cleansing, better digestion, improved intestinal permeability, reduced levels of Candida and "bad" bacteria, and long-term gut microbiome balance.

- For complete step-by-step instructions, please refer to your [Ultimate Candida Cleanse Program book](#).
- This page is optional: for the full research breakdown behind this module, visit the [Cleanse Diet](#) page.

**Ultimate Candida Cleanse Program (cleanse modules):** 1 - colon cleansing - 2 - cleansing diet - 3 - liver cleansing

LET'S EXPLORE THE THREE CLEANSING STEPS OF THE **ULTIMATE CANDIDA CLEANSE** SEQUENCE IN A LITTLE MORE DETAIL:

#### 1 - [The Colon Cleanse](#) *(One Week)*

Begin with a gentle Colon Cleanse to flush out accumulated waste, toxins, and harmful microbes like yeast, bacteria, and parasites. This step restores a healthy intestinal barrier, enhances nutrient absorption, and rebalances the gut microbiome while minimising die-off symptoms. Supporting this phase with [probiotics](#), [digestive enzymes](#), and [antifungal supplements](#) helps clear unwanted pathogens more effectively.

#### 2 - [The Cleanse Diet](#) *(Two Weeks)*

Following the Colon Cleanse, the Cleanse Diet nourishes the gut with whole foods rich in essential nutrients, antioxidants, and fiber. This phase promotes gut healing, strengthens the intestinal lining, and prepares the body for deeper detoxification. Mindful eating—chewing thoroughly, listening to hunger cues, and avoiding distractions—maximizes nutrient absorption. [Targeted supplements](#) further support gut repair and microbial balance.

#### 3 - [The Liver Cleanse](#) *(One Week)*

The final stage, the Liver Cleanse, focuses on detoxifying and rejuvenating the liver, essential for Candida, IBS, and SIBO recovery. By activating the liver's detox pathways, this phase helps eliminate toxins, dead yeast, and heavy metals. [Probiotics](#), [antifungal supplements](#), and [digestive enzymes](#) continue to play a crucial role in restoring gut health and supporting long-term digestive balance.



# The CLEANSE DIET Procedure

*The Cleanse Diet builds upon the work of the Colon Cleanse and prepares the body for the Liver Cleanse. Follow these six core steps to reset your gut, nourish beneficial bacteria, and support digestive health.*

For full details please refer to this webpage: [The Cleanse Diet](#)



## Always Prioritise Whole, Nutrient-Dense Foods

Choose whole, fresh unprocessed foods rich in fiber, vitamins, and minerals. Focus on leafy greens, cruciferous vegetables, berries, nuts, seeds, and lean proteins like fish or free-range poultry.



## Support Your Gut Microbiome

Incorporate probiotic-rich fermented foods like kimchi, kefir, and sauerkraut, along with prebiotic foods such as onions, garlic, and bananas to nourish beneficial gut bacteria.



## Eliminate All Processed and Inflammatory Foods

Avoid ultra-processed foods, refined sugars, artificial additives, trans fats, and gluten-containing grains. These can promote inflammation, disrupt digestion, and feed harmful bacteria like Candida.



## Stay Hydrated and Choose Gut-Friendly Drinks

Drink plenty of filtered water, herbal teas (peppermint, dandelion, chamomile), and green tea. Reduce caffeine, alcohol, and sugary beverages to avoid gut irritation.



## Incorporate Healthy Fats and Protein

Include good fats like avocado, extra-virgin olive oil, and flaxseed oil to support cell repair and reduce inflammation. Opt for clean protein sources like wild-caught fish, legumes, and nuts.



## Adopt Gut-Friendly Lifestyle Habits

Support digestion with regular movement, deep breathing, stress management, and mindful eating. Gentle exercises like walking, yoga, and stretching enhance gut function and overall well-being.

By following these six steps, you'll create a strong foundation for optimal gut health and long-term wellness.



# The Cleanse Diet - Best Cleansing Foods

The following foods, drinks, and supplements are some of the best choices when it comes to the cleansing and healthy development of your gut microbiome, improving digestion, and encouraging regularity:



## Best Gut-Cleansing Food Ideas

- **Allium vegetables:** red and brown onions, leeks, scallions, garlic, shallots.
- **Cruciferous vegetables:** broccoli, cauliflower, Brussels sprouts, and cabbage.
- **Drinks and teas:** Pure water, ginger, peppermint, chamomile, dandelion root tea.
- **Fermented foods:** Yoghurt, kefir, sauerkraut, and Kimchi.
- **Fish:** fatty fish such as salmon, sardines, mackerel.
- **Green powders:** Wheat grass juice powder, barley grass, alfalfa powder.
- **Green tea:** High-levels of antioxidants, promotes gut health, reduces inflammation.
- **High-fibre fruits:** apples, pears, raspberries and blueberries, citrus fruits.
- **Leafy greens:** spinach, kale, Swiss chard, and other dark leafy greens.
- **Legumes:** red, orange, & black lentils, black beans, red kidney beans, and chickpeas.
- **Microgreens:** Sprouted seeds of alfalfa, mustard, broccoli, radish, mung bean sprouts.
- **Nuts:** almonds, walnuts and Brazil nuts.
- **Oils and fats:** avocado oil, walnut oil, extra-virgin olive oil, sunflower oil, sesame oil.
- **Poultry:** (Free range) high-protein supports cleansing, avoid pork and red meat.
- **Sea vegetables:** Seaweeds such as kombu, hijiki, wakame, nori, kelp, and dulse.
- **Seeds:** chia seeds, flaxseeds, pumpkin seeds, sunflower seeds, sesame seeds.
- **Whole grains:** quinoa, brown rice, basmati rice, red rice, wild rice, oats, barley.



## Gut Cleansing Food Ideas

- **Alkalising Foods:** Help reduce body acidity (e.g., cucumber, celery, lemon water).
- **Anti-inflammatory foods:** Reduce gut inflammation (e.g., turmeric, ginger, leafy greens).
- **Bitter Foods:** Bitter foods stimulate digestion (broccoli, mustard greens, grapefruit, lemon).
- **Fermented Foods:** Build healthy gut bacteria (yoghurt, sauerkraut, Kimchi, kefir).
- **Healthy Fats:** Support cell repair and energy (e.g., avocado, olive oil, flaxseed).
- **Herbal Teas:** Detoxify and soothe digestion (e.g., dandelion, peppermint, chamomile).
- **High Fibre:** Produce fatty acids (short-chain) that feed gut bacteria (many fruits and vegetables).
- **Low-Sugar Fruits:** To discourage Candida and dysbiosis (eat avocado, berries, green apples).
- **Nutrient Dense:** Choose high-nutrition: (avocado, eggs, Brazil nuts, blueberries, salmon).
- **Pre and Probiotic Foods:** Feed health gut bacteria (bananas, greens, onions, garlic).



## Gut Cleansing Supplement Ideas

- [Antimicrobials:](#) Help eliminate harmful microorganisms, creating a balanced gut environment.
- [Digestive Enzymes:](#) Support digestion & absorption, reduce bloating and digestive discomfort.
- [Probiotics:](#) Replenish beneficial gut bacteria, enhance digestion, immunity, and gut health.

# The Cleanse Diet Foods

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## Always Prioritise Whole, Nutrient-Dense Foods

Eating a diet rich in fibre, leafy green vegetables, and nutrient-dense foods supports the body's natural cleansing processes, aids digestion, and nourishes beneficial gut bacteria. These foods help flush out toxins, reduce inflammation, and create the ideal cleansing environment for gut healing to occur. Incorporating these key foods into your diet is essential for an effective Cleanse Diet, ensuring optimal digestive health and long-term vitality.

links on  
candida.com

- [High-Fibre](#)
- [Carbohydrates](#)
- [Diet Diversity](#)
- [Nutrient Dense](#)
- [Polyphenol-Rich](#)
- [Anti-inflammatory](#)
- [Fruits](#)
- [Vegetables](#)
- [Nuts and Seeds](#)
- [Grains](#)
- [Pantry and Fridge Make-Over](#)
- [Healthy Food Shopping Guide](#)



Fresh Berries



Brassica Vegetables



Low-Sugar Apples



Allium Veggies



Celery, Cucumber, Carrot



Spinach and Kale



Sprouts & Microgreens



Fresh Nuts



Avocado

2

## Eat To Support Your Gut Microbiome

Our food choices play a key role in effective gut cleansing and detoxification. Incorporating prebiotic, probiotic, fermented, and antimicrobial foods supports beneficial gut bacteria, enhances digestion, and promotes a thorough cleanse. Prebiotics feed the good, probiotics restore balance, and fermented foods aid microbial balance and nutrient absorption. Antimicrobial foods, herbs and spices help balance bacterial and fungal levels, ensuring a healthier gut environment. Together, these foods optimise healthy digestion, cleanse the gut, and lay the foundation for long-term gut health.

links on  
candida.com

- [Antifungal Foods](#)
- [Antimicrobial](#)
- [Prebiotic Foods](#)
- [Probiotics](#)
- [Fermented Foods](#)
- [Yogurt](#)
- [Sauerkraut](#)
- [Sourdough](#)
- [Kimchi](#)
- [Miso](#)
- [Kefir](#)
- [Herbs & Spices](#)



Greek Yogurt



Kefir



Kimchi



Sauerkraut



Prebiotic Foods



Antimicrobial Foods



Herbs and Spices



Miso Soup



Tempeh

# The Cleanse Diet Foods

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## Eliminate Processed and Inflammatory Foods

During the Cleanse Diet, eliminating ultra-processed and inflammatory foods is essential for gut healing. Refined sugar, unhealthy fats, artificial additives, and food preservatives disrupt digestion, promote inflammation & dysbiosis, and hinder cleansing.

Fast and fried foods, sugary snacks, sodas, and processed meats slow the cleansing process and imbalance gut bacteria. Instead, prioritise foods on page 3 to support natural detoxification, restore gut health, and optimise digestion.

links on  
candida.com

- [Junk Food](#)
- [Processed Food](#)
- [Hunger & Cravings](#)



Processed Cereals



Refined Carbohydrates



Take-Away Food



Soda Drinks



Ice Cream & Candy



Alcohol



Artificial Sweeteners



Processed Meats



Ultra-Processed Food

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## Stay Hydrated and Choose Gut-Friendly Drinks

Proper hydration is essential for an effective Cleanse Diet, as water flushes out toxins, supports digestion, and promotes regularity. Aim for 1.5–2 liters of pure, filtered water daily to maintain optimal gut function. Electrolytes like potassium, sodium, and magnesium prevent dehydration and support cleansing. Coconut water, bone broth, and mineral-rich vegetable broth replenish these nutrients, while lemon water and herbal teas (ginger, peppermint, dandelion) aid digestion and detoxification. Staying well-hydrated ensures a smooth and effective gut cleanse. Dark urine? You're probably dehydrated!

links on  
candida.com

- [Healthy Drinks](#)
- [Healthy Snacks](#)
- [Junk Food](#)
- [Miso Soup](#)
- [Apple Cider Vinegar](#)



Drink Water Daily



Water with Lemon



Herbal Tea



Vegetable Juice



Coconut Water



Green Tea



Vegetable Broth



Bone Broth



Miso Soup



# The Cleanse Diet Foods

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## Incorporate Healthy Fats and Protein

Healthy fats like avocado, olive oil, coconut oil, and flaxseed oil nourish the gut lining, aid cleansing and detoxification, and reduce inflammation. Easily digestible proteins, such as wild-caught fish, organic poultry, eggs, and bone or vegetable broth, provide essential nutrients for gut repair and healing. Plant-based options like sprouted legumes also good. Make mindful protein choices, aim for nutrient-dense foods while avoiding processed and inflammatory foods. This enhances the effectiveness of your Cleanse Diet, promoting long-term gut health and well-being.

links on  
candida.com

- [Fats and Oils](#)
- [Butter](#)
- [Bone Broth](#)
- [Protein](#)
- [Moderate Meat](#)
- [Leaky Gut](#)
- [Healthiest Snacks](#)



Avocado & Avocado Oil



Grass-Fed Butter



Extra-Virgin Olive Oil



Free Range Eggs



Flaxseed Oil



Lean Animal Protein



Tofu and Tempeh



Fatty Fish



Legumes & Whole Grain

6

## Adopt Gut-Friendly Lifestyle Habits

A successful Cleanse Diet involves more than just food—it requires healthy lifestyle habits to enhance cleansing and improve digestion. Regular movement, like walking, yoga, or stretching, helps stimulate circulation, lymphatics, including gut and liver function. Breathing exercises and stress management reduce gut inflammation and improve digestion, while quality sleep supports digestive repair. Dry skin brushing and abdominal massage promote circulation and toxin elimination, and limiting screen time during meals encourages mindful eating. Sunlight exposure also boosts vitamin D for optimal gut health. These habits can all work together to ensure long-term digestive wellness and support a most successful cleanse.

links on  
candida.com

- [Exercise](#)
- [Environment](#)
- [Sleep](#)
- [Stress](#)
- [Intermittent Fasting](#)
- [Immune Function](#)
- [Relationships](#)
- [Weight Loss](#)



Daily Walking



Yoga



Adventure Holidays



Stretching



Healthy Living



Limit Screens With Meals



Stay On Track



Take The Stairs



Stress Management