THE

Ultimate Candida Cleanse

LITE



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39 Years Clinical Experience

www.candida.com

How to Get the Most from This Lite Guide

This Lite Guide has been designed to work alongside the extensive educational resources available on **Candida.com**.

Throughout the book, you'll notice **underlined page titles**. These refer to related articles on the Candida.com website that expand on the topics discussed here.

Simply visit **Candida.com** and enter the underlined page title into the website's search box.

You'll be taken directly to the corresponding article, where you'll find:

- More detailed explanations
- Helpful illustrations and infographics
- Educational videos
- Scientific references
- Frequently asked questions
- The latest updates on gut health and Candida recovery

Because the website is continually updated, it complements this book by providing the latest information and educational resources long after this guide has been published.

Continue Your Gut Health Journey

To help you get the very best results from the Lite Programme, I've created a free online companion resource centre.

Simply scan the QR code to access the official companion page for **The Ultimate Candida Cleanse Lite Guide**.

When you join, you'll receive free access to a growing collection of resources, including:

- The **Lite Programme** email series
- The educational video series
- Gut-friendly recipes and meal ideas
- Downloadable guides and practical resources
- Yeastrix dosage guides and programme updates
- New articles and educational content as they're released
- Information about practitioner-formulated **Yeastrix®** supplements designed to complement the principles taught in this guide

Whether you're just beginning your gut health journey or looking to deepen your understanding, these resources are designed to educate, motivate and support you every step of the way.

Scan the QR code and continue your journey towards better gut health.

Discover Your Gut Type™

Free 5-Minute Gut Health

Struggling With Digestive Symptoms But Still Don't Have Answers?

If you've struggled with symptoms such as:

- Bloating and excessive gas
- IBS, constipation, or diarrhea
- Food sensitivities and intolerances
- Fatigue and brain fog
- Sugar cravings or recurring Candida symptoms
- Poor digestion or low energy

…then you are definitely not alone.

Most people spend years treating symptoms without ever understanding what's really driving them.

Take Eric Bakker's FREE Gut Health Assessment

Built from 39 years of clinical experience and insights gathered from more than 60,000 patients worldwide.

Scan Now to Discover Your Gut Type™

In just a few minutes, you'll discover:

- Your personalised Gut Type™
- What may be driving your symptoms
- Dietary and lifestyle recommendations
- Practical next steps to support recovery
- Free resources to help guide your healing journey

Or go to:

Takes less than 5 minutes to complete.

candida.com/gut-health-test/

Thousands of people around the world have used Eric Bakker's educational resources to better understand their digestive symptoms and begin their journey toward better gut health.

Candida.com

Ultimate Candida Cleanse Lite

Your 4-Week Path to Gut Health

The Ultimate Candida Cleanse Lite is a free, structured starting program designed to reduce Candida, SIBO, and IBS symptoms safely and intelligently—without overwhelm. It focuses on the key gut health foundations and is an ideal first step before moving into deeper or more advanced protocols.

THE LITE PROGRAM

A Simple 3-Stage Path to Lasting Gut Health



Prepare your gut by clearing the obstacles so your body can begin to heal.

Restore digestion with whole, nourishing foods and support your gut to function better.

Strengthen your gut and create habits that support long-term health and resilience.

One step at a time. In the right order. With consistency. *That's how lasting change happens.*

Ultimate Candida Cleanse Lite Program

A Simple, Supportive Starting Point

The Ultimate Candida Cleanse Lite Program is a free, structured 4-week introduction to restoring gut balance, created by Candida overgrowth specialist Eric Bakker, ND.

It is designed for individuals who want to improve gut health and reduce Candida-related symptoms — including SIBO- or IBS-type issues — safely, gently, and without overwhelm or die-off. Rather than an intense or aggressive protocol, the Lite Program focuses on essential foundations that help stabilise digestion, calm symptoms, and rebuild confidence in your body.

This is not a shortcut or “hack”. It is the right place to begin for most people.

Who This Program Is For

The Lite Program is especially helpful if you:

- Suspect Candida, SIBO, or IBS but are not ready for aggressive cleansing
- Have tried diets or supplements that made symptoms worse
- React strongly to probiotics, antifungals, or restrictive food plans
- Experience fatigue, brain fog, bloating, skin issues, or fluctuating digestion
- Feel burned out or overwhelmed by conflicting online advice
- Want progress without “going to war” with your body
- Need nervous system support and symptom stability before deeper work

If this sounds familiar, you are exactly who this program was created for.

A Simple, Supportive Starting Point

If you’re reading this, you may not only be physically tired — you may be emotionally worn down as well.

You may be:

- Tired of symptoms that don’t follow clear rules or respond to treatments.
- Tired of feeling unwell despite being told your tests are “normal.”
- Tired of trying different approaches that promise relief but deliver only frustration.

For some, the journey begins with recurring yeast infections that never fully resolve. For others, it's persistent fatigue, poor concentration, digestive discomfort, skin flare-ups, headaches, or mood changes. Meals can feel unpredictable. Stress just seems to hit a lot harder than it used to. Your body no longer feels like a reliable place to live.

If you've worked with doctors, practitioners, diets, supplements, and protocols — and still feel stuck — this program was designed with you in mind.

Why I Created the Lite Program



I've spent nearly four decades helping individuals affected by Candida overgrowth, digestive dysfunction, IBS, inflammatory bowel disease, and many chronic gut-related skin conditions.

Over time, one truth became clear:

When the gut is compromised, almost every system in the body feels it.

The Lite Program was created as an accessible, supportive entry point into my full clinical approach. It introduces the core principles without extremes, what seems like "punishment", or unnecessary food restriction.

The Lite program is practical, structured, and focused on helping your body regain balance in just 3 simple steps over 4 weeks.

My goal is not just to help you manage symptoms, but to help you understand why your body has been struggling, so real change becomes possible over time.

A Personal Message from Eric



Welcome to Your Recovery Journey

You're about to begin a process that prioritises gut restoration rather than a Candida or SIBO "battle". After working with thousands of patients, I can say this with confidence: lasting Candida recovery does not come from aggressive kill strategies alone. It comes from repairing the internal environment that allowed imbalance to develop in the first place.

This is not a quick fix. It is a simple 3-step system — one that supports healthy digestion, gut integrity, immune balance, and long-term resilience. When these foundations are restored, Candida and other opportunistic organisms naturally lose their advantage.

The Lite Program reflects the same philosophy that underpins my full 6-stage Ultimate Candida Cleanse Program, combining modern microbiome research with decades of real-world clinical experience.

Why the Lite Program Is Different

Many Candida approaches focus narrowly on “killing yeast.” While this may offer short-term relief, it often fails to create lasting change.

Candida is highly adaptive. It can persist within biofilms, rebound after treatment, and thrive again if the underlying conditions remain unchanged — and it doesn’t even require sugar if the terrain is favourable.

The Lite Program takes a broader, more sustainable view. The focus is on cleansing first, upgrading the diet, and then rebuilding gut balance.

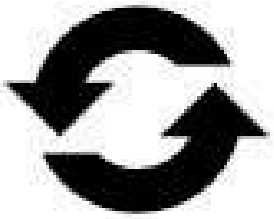
The goals of Lite are to:

- Reduce excessive yeast and fermentative load safely
- Support good bacteria that naturally keeps Candida in check
- Strengthen gut lining integrity and high digestive capacity
- Address dietary, lifestyle, and stress-related contributors
- Build long-term gut resilience and reduce the risk of relapse

Rather than fighting your body, this approach works with it.

The 4 Pillars

The Ultimate Candida Cleanse Lite approach is built on four interconnected foundational pillars, each reinforcing the others.



1. Systematic Gut Cleansing

A structured, progressive approach that supports natural elimination pathways while gently reducing microbial overload — paving the way for improved digestion, reduced inflammation, and effective gut rebuilding.



2. Strategic Nutrition

More than simply avoiding sugar. Nutrition is used therapeutically to reduce fermentation, stabilise blood sugar, nourish beneficial bacteria, and discourage dysbiosis.



3. Lifestyle Rebalancing

Stress, sleep, daily rhythm, movement, relationships, and environmental exposures are addressed because they strongly influence gut and immune health — areas many programs overlook.



4. Targeted Natural Support

Digestive enzymes, antimicrobials, biofilm-supportive nutrients, and probiotics are used strategically — not indiscriminately — to support each phase of recovery.

Timeline and What to Expect

Remember that Candida overgrowth, SIBO, and IBS recovery is a process — not an event. Everybody improves at their own rate, some faster – others slower.

Weeks 1–2:

Some people notice early improvements; others experience temporary adjustment symptoms as the body adapts. This is why the program begins gently.

Weeks 3–4:

Improved sleep, steadier energy, clearer thinking, and more stable digestion are commonly reported.

Beyond 4 Weeks:

Lasting change unfolds over time. Chronic cases may take several months — sometimes up to a year — to fully resolve. The aim is restoration, not symptom suppression.

Recovery is rarely linear. There will be good days, average days, and occasional setbacks, these are all normal. Temporary symptom flares often signal changes are occurring, and these are not necessarily failure!

Flexibility for Real Life

I've always maintained that timelines are guidelines, not rigid rules to be followed. Healing progresses at different rates depending on the case, medication history, stress load, and the person's overall health. What matters most is sequence and your consistency — giving your body the right inputs, and preferably in the right order. And on top of this - doing it long enough to really make a real difference.

Using the Lite Program Resources



Throughout the Lite Program, you'll find tools and explanations via Candida.com, designed to guide you step by step — like clinic visits without the travel or cost. Click on the links for more information.

You'll also see references to Yeastrix formulations, formulated and developed by me to align especially with the dietary and lifestyle phases of the program. Their use is entirely optional, they are offered as supportive tools, not as mandatory requirements.

A Turning Point

If you've struggled with recurring Candida, digestive imbalance, SIBO, or persistent gut-related symptoms — and felt dismissed or confused — the Lite program could be your turning point.

Every recommendation has been refined through years of clinical practice, research, and real-world outcomes. The aim is understanding, building confidence, and developing lasting change going forward.

Continuing Your Journey

The Lite Program is your introduction.

For deeper guidance, you may also want to explore:

- The Ultimate Candida Cleanse Program & Guidebooks
- The complete 6-module Ultimate Candida Cleanse Program, offering comprehensive education and long-term support

Why There Are Two Ultimate Candida Programs?

After many years in the clinic I noticed a recurring pattern: many people fail not because they lack effort, but because they start too hard or go too fast. Reactivity and great overwhelm signal the need for simplification. It's why I created a simple Candida cleanse approach, and a more in-depth Candida cleanse for others ready for deeper work.

1.Ultimate Candida Cleanse Lite (3 steps):

A foundational pathway to calm inflammation, stabilise digestion, and rebuild the gut

2.Ultimate Candida Cleanse Program (6 steps):

A comprehensive clinical system for chronic or recurring issues, designed for those ready to commit to full restoration.

Ultimate Candida Cleanse - Lite vs Premium Comparison

Feature	Lite Program	Full Program
Program Purpose	Introduction & preparation	Complete Candida recovery system
Gut Cleansing Phase	✔️ Basic, gentle cleansing	✔️ Advanced, fully guided
Colon Support Guidance	✔️ General guidance	✔️ Detailed protocols & troubleshooting
Cleansing Diet	✔️ Lite version	✔️ Full Cleanse Diet
Antifungal Education	✔️ Introductory	✔️ Structured, phased approach
Probiotic Guidance	✔️ General education	✔️ Targeted protocols
Digestive Enzyme Support	✔️ Basic education	✔️ Full gut-repair strategy
Liver Detox Phase	✘ Not included	✔️ Fully included
Low-Reactive Diet Phase	✘ Not included	✔️ Fully included
Food Reintroduction Phase	✘ Not included	✔️ Fully included
Foundation Diet	✔️ Introductory	✔️ Fully integrated
Recipes & Meal Plans	✘ Limited	✔️ Many
Food Lists & Charts	✘ Basic	✔️ Comprehensive
Symptom & Food Tracking	✘ Not included	✔️ Included
Resource Pages & Guides	✘ Not included	✔️ Included
Best For	Beginners & cautious starters	Those ready for full recovery
Goal	Preparation & symptom calming	Long-term gut rebuilding

You can find additional resources, videos, and ongoing education through:

- Candida.com
- My YouTube channel
- The r/Candida community on Reddit

This journey is about reclaiming clarity, energy, and confidence in your body again. Your gut health journey begins here!

Eric Bakker, ND—Naturopathic Physician / Candida & Gut Health Specialist
Founder of Candida.com and Yeastrix New Zealand

THE

Ultimate Candida Cleanse Lite

STEP 1

REMOVE

Clear the Gut First

yeastrix
BETTER GUT HEALTH

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INTRODUCTION



Stage 1: Clear the Gut First

Before you treat Candida overgrowth, SIBO, or irritable bowel, it is important to prepare the gut—this first step creates the foundation everything else depends on. If bowel function is poor, your treatment will not work properly.

Gut Preparation is Important

After more than 30 years in clinical practice, I've seen the same mistake repeated: patients rush into killing Candida, high bacteria levels, parasites, or detoxing the liver before the gut is ready. When bowel movements are irregular and digestion is weak, toxins are reabsorbed instead of eliminated. This leads to stronger die-off reactions, worsening symptoms, and stalled progress. Our gut is the foundation. If it isn't stable, nothing built on it will last.

REMOVE is a gentle but purposeful reset of the bowel and digestive system. The goal is not aggressive killing but restoring regular elimination and improving digestion. If the bowel isn't moving well, anti-fungal medicines and restrictive diets usually make symptoms worse. This step "clears the runway" so the program can work effectively.

What Is REMOVED?

To support the colon, we remove common drivers of imbalance:

- Sugar and refined carbohydrates
- Junk foods
- Take-away foods and drinks
- Ultra-processed foods
- Poor eating habits
- Excess stress and inactivity

What REMOVE Does

The focus is on calming the gut and reducing overload:

- Gentle bowel (colon) cleansing
- Restore regular, comfortable bowel movements
- Improve stool quality and digestion
- Reduce toxin re-absorption
- Lower microbial and biofilm pressure gently
- Identify key dietary and lifestyle triggers

When REMOVE is done properly, the gut becomes calmer, cleaner, and more stable, and ready for the cleansing diet that follows.



- **Clean the Gut**



- **Reduce Microbial Load**



- **Stop Feeding the Problem**



- **Identify the Causes**

IDENTIFY CAUSES

Remove Causes, Triggers and Drivers of Overgrowth

Fungal or bacterial overgrowth does not happen by chance. It occurs when our gut microbiome becomes imbalanced, beneficial bacteria decline, and yeast or bacteria gain dominance.

After years of clinical work, one thing is clear: overgrowth is rarely caused by a single factor. Treating symptoms alone fails. Unless the underlying causes are identified and corrected, overgrowth or imbalance will persist or return.

Why Identifying Causes Matters

Short-term treatments may suppress symptoms, but they rarely correct the underlying gut imbalance. Lasting recovery requires understanding what started the problem and what is keeping it going. Candida causes fall into two key categories. Both must be addressed for the most effective treatment.

- Primary causes – the trigger that starts the overgrowth
- Maintaining causes – the ongoing factors that fuel it

Primary Causes (The Trigger)

These events shift Candida from harmless to problematic:

- Antibiotics
- Oral contraceptive pill
- Steroids or immune-suppressing drugs
- Acid-blocking medications
- Major illness, surgery, or hospitalisation
- Severe emotional stress or trauma

Many people notice a clear “never been well since” point. More Information: What Causes a Yeast infection?

Maintaining Causes (The Fuel)

These factors keep Candida active long after the trigger:

- High-sugar or refined-carbohydrate diet
- Regular alcohol intake
- Chronic stress
- Poor sleep
- Ongoing medication use
- Poor digestion or sluggish bowels

Many people eventually figure out their maintaining causes More information: What Causes a Yeast Infection to Stay?

KEY POINT: Candida and bacterial overgrowth is not something you “catch.” It is a cause-and-effect condition. Identifying your personal triggers and drivers is the first and most important step toward long-term recovery.

REMOVE THE JUNK

Remove These Foods First: Top-Tier Junk

Let's begin with our most important and least controversial dietary change: removing junk and take-away foods from our diet. These ultra-processed, factory-made products are the fastest way to inflame the gut, disrupt digestion, and feed undesirable such as Candida and gas-producing bacteria. Before worrying about gluten, dairy, or food intolerances, the priority is simple—stop eating foods that are clearly not food.

Junk foods are typically high in refined sugars, unhealthy fats, salt, and chemical additives, while being very low in fibre, vitamins, minerals, and protective nutrients. They are designed for taste, shelf life, and convenience—not for digestion or gut health. In people with Candida overgrowth, SIBO, IBS, or chronic bloating, these foods create the perfect internal environment for imbalance by promoting fermentation, inflammation, and poor microbiome diversity.

This first stage is not about perfection or restriction—it is about removing the biggest offenders first. Step 2 will move you even further toward a fresh, whole-food–based diet.

For now, simply eliminating junk food can significantly reduce symptoms, calm the gut, and create the conditions needed for real healing to begin.



Why Junk Food Must Go First

- They feed undesirable bacteria and many fungi
- They increase gut inflammation and permeability
- They displace nutrient-dense foods needed for repair
- They impair digestion before food sensitivities develop



01. The Very Sweet

- Candy bars, chocolate bars, liquorice
- Donuts, pastries, cakes, cupcakes
- Sugary breakfast cereals
- Sweet biscuits and cookies
- Ice cream with syrups and toppings
- Soft drinks and sugary beverages

02. The Very Salty

- Potato chips, corn chips, flavoured snacks
- Pretzels and salted crackers
- Cheese-flavoured snack foods
- Salted nuts and commercial trail mixes
- Brined, pickled, and preserved snack foods

03. The Very Fatty

- Deep-fried foods (fries, nuggets, wings)
- Fast-food burgers and greasy pizzas
- Fried snacks and cheese-based junk foods
- Processed meats (sausages, hot dogs, bacon)
- Packaged chips and fried snack foods

What to Remember

- Junk food removal comes before eliminating gluten or dairy
- You don’t need a “perfect diet” to see improvement
- Removing junk and ultra-processed foods alone often reduces some symptoms quickly
- Stage 1 clears the deck so Stage 2 can begin the rebuild properly

Remove the junk first. Once your gut is calmer and digestion improves, you can move forward with confidence into deeper dietary and digestive repair.

CLEANSING

Remove Gut and Bowel Toxins

Colon cleansing assists in clearing waste, toxins, and harmful levels of yeast and bad bacteria (including biofilm) from the large intestine, supporting digestion and detoxification. When done correctly, it's a simple yet powerful step toward gut healing.

Colon cleansing is a core part of the **REMOVE** step. Its purpose is simple: restore regular elimination, reduce toxic load, and prepare the gut for deeper healing. If waste, toxins, and microbial by-products are not leaving the body efficiently, treatment backfires. Anti-fungals, supplements, and dietary changes work poorly when the bowel is sluggish.

Most Overlooked Step

In clinical practice, this is one of the most overlooked steps. Improving bowel function first reduces die-off reactions, lowers symptom flare-ups, and allows later stages of the program to work more smoothly. The colon is the body's primary exit route. If it's blocked, everything backs up.

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.

How Colon Cleansing Supports REMOVE

During the **REMOVE** stage, colon cleansing helps to:

- Improve stool consistency and frequency
- Reduce bloating, pressure, and abdominal discomfort
- Lower fungal and bacterial by-product load
- Prepare the gut for anti-fungals and dietary changes later

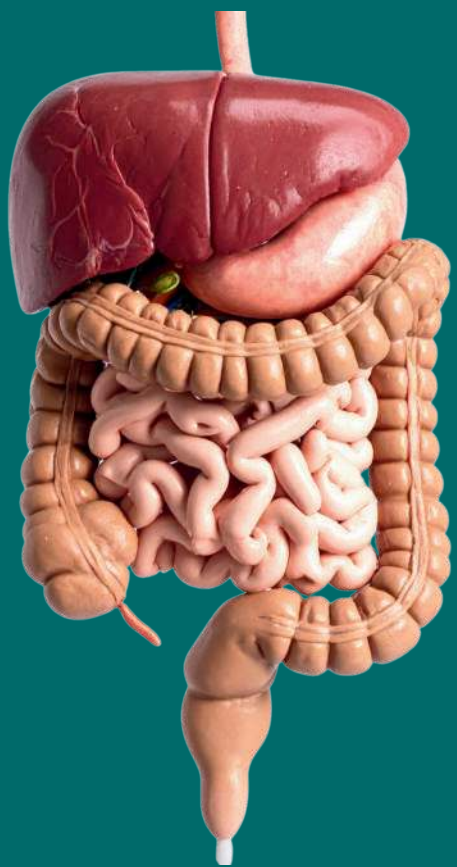
When elimination improves, symptoms often ease quickly — energy, clarity, and digestion commonly improve within days.

Key Benefits You'll Experience

A properly supported colon cleanse helps to:

- Clear built-up waste and toxic residues
- Promote regular, comfortable bowel movements
- Reduce toxin re-absorption and detox burden
- Create a healthier environment for gut bacteria

This is not an aggressive purge. It is a controlled, gentle reset designed to calm the gut and improve function.



Best Practice Principles

A proper colon cleanse should be:

- Magnesium-based for gentle osmotic action
- Supported by increased water intake
- Timed to allow easy bathroom access
- Combined with simple, whole foods
- Free from harsh laxatives or enemas

Duration Guidelines

- Most people respond well within 7 days
- Extend to 10–14 days for sluggish or irregular bowels
- Progress is measured by daily, easy bowel movements

This approach is safe, predictable, and effective when done correctly. The following page outlines the step-by-step Colon Cleansing protocol used in the **REMOVE** stage.

COLON CLEANSING

Colon Cleansing Procedure

Follow these simple steps for a safe and effective colon cleanse:



Magnesium Powder

Use a magnesium-based colon cleansing powder – Choose one containing magnesium oxide or magnesium hydroxide.



Dosage

Take 1 heaped teaspoon in 250ml (8oz) of water before bed for 7 nights. Reduce to every other night if needed.



Hydration is Key

Drink 1–2 litres of water daily to support elimination.



Gurgling Sounds

Gurgling sounds and increased bowel motions are perfectly normal and indicate bowel cleansing activity.



Lemon Juice Boost

Add lemon juice to water to aid cleansing, digestion and elimination.



What Do I Eat?

Please follow the diet & lifestyle recommendations ahead.

WHAT TO EAT



Pantry and Refrigerator Make-Over

Turn Your Pantry and Refrigerator into a Healthy Food Haven

When your pantry and refrigerator are stocked with nourishing, ready-to-use foods, healthy eating becomes effortless. Good choices happen naturally. These are the daily food decisions that support digestion, immunity, and long-term wellbeing.

This page is about shopping with intention. By avoiding poor-quality foods and restocking with nutrient-dense options, you transform your kitchen into a space that supports healing rather than sabotages it.

Start by clearing, cleaning, and organising your pantry, refrigerator, and freezer. Then rebuild them with foods that offer real nutritional value instead of empty calories.

Let's Clear the Clutter First

This is more than cleaning shelves. It's about removing foods that undermine gut and digestive health!

- Ultra-processed snacks and packaged foods
- Sugary drinks, soft drinks, and flavoured beverages
- Refined condiments, sauces, and dressings
- Old, expired, or forgotten items hiding at the back
- Foods that trigger symptoms or cravings

If you haven't used it, don't trust it, or don't feel good after eating it, it doesn't belong there.

Restock with Purpose

- Once the clutter is gone, make space for foods that actually build health.
- Fresh vegetables and low-sugar fruits
- Quality proteins (fish, eggs, poultry, legumes)
- Healthy fats (olive oil, avocado, nuts, seeds)
- Simple, whole-food staples
- Minimal, clean ingredients you recognise
- Less variety. Higher quality. Better digestion.

Key Takeaways

- A clean kitchen leads to cleaner food choices
- Remove foods that harm gut and digestive health
- Shop intentionally and keep ingredients simple
- Stock foods that support healing, not cravings (sugar)

Your refrigerator pantry should work for you, not against you. Be sure to read our **Pantry and Fridge Make-Over** page.



BEST GUT-FRIENDLY & CLEANSING FOODS

The following foods and drinks support gentle detoxification, improve digestion, and encourage regularity with these nutrient-rich foods.



High-Fibre/Leafy Greens

Leafy Greens – Kale, spinach, Swiss chard, celery, parsley Cruciferous Vegetables – Broccoli, cauliflower, Brussels sprouts, cabbage Root Vegetables – Carrot, beetroot, sweet potato, parsnip Fruits – Apples, pears, kiwifruit (with skin for fibre), berries, figs Seeds & Fibre Sources – Chia seeds, flaxseeds, psyllium husk, hemp seeds Gut-Healing Additions – Aloe vera juice, slippery elm, marshmallow root



Hydration & Electrolytes

- Water – 1.5–2 litres of pure, filtered water daily
- Herbal Teas – Peppermint, ginger, dandelion, fennel, chamomile
- Mineral-Rich Drinks – Coconut water, bone broth, vegetable broth
- Lemon & Apple Cider Vinegar & Water – Aids digestion and detoxification

Gut-Supporting Foods

- Antimicrobial foods: garlic, coconut oil, lemongrass, cinnamon, cloves)
- Fermented foods (sauerkraut, yogurt, kimchi, coconut yogurt, pickles, sourdough bread)
- Probiotic-rich foods (unsweetened kefir, miso, tempeh, natto)
- Prebiotic foods (asparagus, garlic, onions, leeks, artichoke, dandelion greens)

Healthy Fats (for Lubrication & Gut Lining Repair)

- Oils – Extra virgin olive oil, coconut oil, flaxseed oil
- Butter & Ghee – Supports gut lining and bile flow
- Nuts& Seeds – Almonds, walnuts, Brazil nuts, pumpkin seeds, sunflower seeds
- Avocados – Rich in fibre and healthy fats

Easily Digestible Proteins

- Wild-Caught Fish – Salmon, sardines, mackerel
- Organic Poultry & Eggs – Free-range eggs, organic chicken, turkey
- Plant-Based Options – Lentils, soaked legumes, sprouted quinoa, bone broth

Gut Supporting Supplements

- Antifungal/Antibacterial – effective antimicrobial supplement for gut balance
- Digestive Enzymes – active enzymes to improve digestion & nutrient uptake
- Probiotic Support – beneficial probiotics to balance and boost gut immune health

Avoid These When Shopping

- Alcohol
- Caffeine – coffee, most teas (except green), and energy drinks
- Deep-fried foods and snacks
- Diet sodas & drinks with artificial sweeteners
- Fast food & sugary sodas. (See Junk Food)
- Unhealthy fats & oils (See Fats and Oils)
- Processed foods. (See Ultra-Processed Foods)
- Red & processed meats – Beef, pork, lamb, bacon, ham, hot dogs, pepperoni, and sausages. (See: Moderate Meat)

Superfoods

The foods listed below will give your health an extra boost - try to include some in your diet everyday

- Vegetables & Greens
- Bitter Greens – Chicory, endive, rocket (arugula), radicchio
- Brassicas – Bok choy, broccoli, Brussels sprouts, cauliflower, mustard greens, cabbage (red & white)
- Allium Vegetables – Garlic, onions, leeks, scallions, shallots
- Other Vegetables – Asparagus, globe artichoke, carrots, celery, radish, daikon
- Super Greens & Seaweeds
- Super Greens – Barley grass, chlorella, spirulina, wheatgrass
- Seaweeds –Arame, dulse, kelp, kombu, nori, wakame
- Nutrient-Dense Fruits
- Avocado, citrus, berries, guava, kiwi, pomegranate
- Herbs & Teas
- Fresh Herbs – Coriander, ginger, parsley, thyme, oregano
- Herbal Teas – Burdock, calendula, chamomile, dandelion, fennel, ginger, licorice, peppermint, rosehip, rooibos
- Healthy Fats & Extras
- Olives –Especially kalamata for their polyphenols

Healthy Shopping List

- Canned seafood – Salmon, tuna, sardines, anchovies, mackerel
- Cold-pressed - extra virgin olive oil, sesame oil
- Corn and rice thins – For snacks and light lunches
- Freshseafood – Fish, prawns, calamari
- Free-range eggs - and free-range chicken
- Fruit – Apples, avocado, berries, grapes, lemons, oranges, plums
- Garlic and fresh ginger – Use in cooking or salad dressings.
- Puffed seeds - Puffed millet, quinoa, or popped corn snacks
- Raw nuts – Almonds, Brazil nuts, cashews, pine nuts, walnuts
- Raw Seeds - Sunflower seeds, pumpkin seeds, sesame seeds
- Rice - Brown rice, wild rice, red rice
- Vegetables – Carrots, celery, lettuce, onions, potatoes, tomatoes
- Sourdough bread – Multigrain or wholemeal.
- Vinegar - balsamic or apple-cider vinegar – for salad dressings

Pantry Item Essentials

- Beans and Legumes - Beans, lentils, and chickpeas
- Canned fish – Salmon, sardines, mackerel, tuna
- Cold-Pressed Oils – Extra virgin olive, coconut, flaxseed, ghee, sesame, macadamia, walnut
- Dried seaweeds – Arame, dulse, kombu, nori, wakame
- Herbs and spices – turmeric, cumin, caraway, fennel seeds
- LSA (ground linseed, sunflower seed, and almond)
- Nut butters and Tahini - Almond, cashew, hazel nut, hazelnut, macadamia
- Onions - brown onions, red onions, shallots, and garlic
- Potatoes
- Raw nuts and seeds – Almonds, walnuts, Brazil nuts, cashews, hazelnuts, pine nuts, sunflower & pumpkin seeds, quinoa
- Spices - Caraway, cumin, cinnamon, cloves, nutmeg, turmeric, garam masala
- Soy sauce – Tamari or soy sauce
- Super greens – Wheatgrass and barley grass
- Teas – Chamomile, dandelion, Green tea, licorice, peppermint, ginger, rooibos
- Vinegars - Apple cider vinegar, balsamic vinegar
- Whole grains - and brown rice

Refridgerator Basic Foods

- Berries – Blueberries, strawberries, raspberries, blackberries
- Bitter greens – Chicory, endive, radicchio, arugula
- Cheese – Ricotta, feta, and cottage cheese (sheep, goat, cow), aged mature cheese
- Cruciferous vegetables – Broccoli, broccolini, Brussels sprouts, cauliflower, red and green cabbage
- Dark leafy greens – Bok choy, choy sum, gai lan, mustard greens, pak choy, silverbeet, spinach, watercress
- Dips - Hummus or pesto dips
- Eggs – Free-range
- Fresh fish – Salmon, sardines, mackerel, tuna, white fish
- Fruits – Apple, avocado, lime, lemon, mandarin, orange, papaya, pear, pineapple, watermelon
- Herbs - Parsley and cilantro
- Lean protein – Free-range chicken (organic), tofu, tempeh
- Mustard - Dijon and seeded mustards
- Olives - Black, green, and purple olives - esp. kalamata
- Root vegetables and legumes – Beets, carrots, celery, fennel, globe artichokes, asparagus, sugar snap peas, snow peas
- Sprouted beans – Alfalfa, mung bean sprouts, sunflower sprouts, snow pea sprouts
- Vegetables – Capsicum, corn, eggplant, pumpkin, red radish, sweet potato, daikon radish, tomatoes, Leeks, scallions, spring onions,
- Yogurt - Plain (unsweetened) acidophilus yogurt

Easy Candida Diet Swaps and Meal Inspiration

Here are just a few simple ways to swap low-nutrient foods for more nutritious alternatives.

- Instead of bread - Use lettuce wraps, coconut wraps, flaxseed wraps, or almond flour tortillas
- Instead of butter - Swap for coconut oil, ghee, or avocado oil
- Instead of cereal - Eat chia pudding, flaxseed porridge, coconut yogurt with nuts, or soaked oats
- Instead of cow's milk - Try unsweetened almond, coconut, hemp, or macadamia milk
- Instead of croutons - Add roasted chickpeas, hemp seeds, pumpkin seeds, or sunflower seeds to salads
- Instead of energy bars - Try homemade nut & seedbars with coconut, cinnamon, and cacaonibs
- Instead of ice cream - Make banana or coconut milk “nice cream” blended with cinnamon or vanilla
- Instead of ketchup - Use homemade tomato puree with apple cider vinegar, garlic, and herbs
- Instead of pasta - Try zucchini noodles (zoodles), spaghetti squash, or shirataki noodles
- Instead of processed salad dressings - Try olive oil, lemon juice, Dijon mustard, apple cider vinegar, salt, and pepper
- Instead of soda drinks - Try herbal tea, sparkling water with lemon, or infused pure water
- Instead of soy sauce - Choose coconut aminosor tamari
- Instead of sugary desserts - Have dark chocolate (85%+), coconut mousse, cinnamon-spiced nuts, or cacao pudding
- Instead of sugary snacks - Try raw almonds, walnuts, pecans, or coconut chips
- Instead of white potatoes- Try sweet potatoes, mashed cauliflower, turnips, or parsnips
- Instead of white rice - Try brown basmati rice, wild rice, red rice, black rice, or cauliflower rice
- Instead of wheat flour - Try almond, coconut, flaxseed, or cassava flour

Sample Menu Ideas

BREAKFAST:

- Spinach and Mushroom Omelette: Sauté spinach and mushrooms in coconut oil, then fold into beaten eggs and cook until set. Serve with a side of sliced avocado.
- Chia Seed Pudding: Combine chia seeds with unsweetened almond milk and a dash of cinnamon. Refrigerate overnight and top with a few fresh berries before serving. Other ideas include a muesli or oat porridge dish for breakfast with berries.

LUNCH:

- Grilled Chicken Salad: Top a bed of mixed greens with grilled chicken slices, cherry tomatoes, cucumber, and a handful of sunflower seeds. Dress with olive oil and apple cider vinegar. Fish or tofu is also good for lunch
- Zucchini NoodleStir-Fry: Sauté zucchini noodles with bell peppers, onions, and garlic in coconut oil. Add grilled shrimp or tofu for protein.

DINNER:

- Baked Salmon with Roasted Vegetables: Season salmon with herbs and bake until flaky. Serve alongside roasted Brussels sprouts and cauliflower.
- Stuffed Bell Peppers: Fill bell peppers with a mixture of quinoa, ground turkey, diced tomatoes, and spices. Bake until the peppers are tender. Ensure you consume plenty of vegetables daily.

SNACKS:

- Coconut Yogurt Parfait: Layer unsweetened coconut yogurt with chopped nuts and a sprinkle of cinnamon.
- Veggie Sticks with Hummus: Dip sliced carrots, celery, and cucumber into homemade hummus made from chickpeas, tahini, lemon juice, and garlic.

By incorporating these substitutions and meal ideas into your routine, you can enjoy a diverse and satisfying diet that aligns with Candida-friendly principles.

TROUBLESHOOTING

Common Issues & Safe Adjustments

This guide helps you quickly identify and correct common symptoms that may arise during Stage 1 – **REMOVE**.

Too Many Bowel Movements

- Reduce magnesium to every second night
- Ensure adequate electrolyte replacement

Not Enough Bowel Movements

- Increase water intake
- Add fibre gradually
- Increase probiotic dose slowly

Bloating During the Cleanse

- Temporarily reduce fibre
- Reduce food portion size
- Increase digestive enzymes
- Reduce raw foods, esp. fruit

Cramping or Abdominal Discomfort

- Start with half the magnesium dose
- Take supplements with food
- Improve hydration, drink more water

Fatigue or Weakness

- Add electrolytes and a pinch of salt daily
- Eat smaller, more frequent meals, esp. protein
- Reduce the intensity of your cleanse

Headaches or "Die-Off" Symptoms

- Increase water intake for toxin clearance
- Add electrolytes and a pinch of salt daily
- Reduce supplement doses temporarily
- Ensure regular bowel movements to aid elimination

Common Mistakes to Avoid

Skipping this First Step

Jumping straight into Candida, liver, or parasite cleanses increases toxin reabsorption and die-off reactions.

Using Many Supplements

Start low and go slow. High doses trigger cramping and healing crises.

Poor Hydration

Inadequate water intake severely reduces cleanse effectiveness. Your body is approximately 70% water.

Ignoring Bowel Function

Do not progress to the next stage without achieving daily, comfortable bowel movements.

Using Processed Foods

Avoid protein powders, greens powders, and meal replacements. Stick to whole foods only.

Safety Considerations

Seek medical supervision if you:

- Take prescription medications
- Have a history of bowel obstruction
- Experience severe constipation (less than one bowel movement per week)
- Have IBD with an active flare-up
- Have had recent abdominal surgery

Seek help immediately if you experience:

- Severe abdominal pain
- Blood in the stool
- Persistent vomiting or inability to retain fluids
- Signs of severe dehydration

SUPPLEMENTS

Best Dietary Supplements for Your Cleanse

Stage 1 (**REMOVE**) focuses on lowering the fungal, bacterial, and parasite burden, reducing gut fermentation, and restoring digestive efficiency. Our three Yeastrix formulations work together to clear obstacles that prevent gut healing.

Yeastrix Candida Cleanse



High-potency, delayed-release herbal formula capsules designed to reduce fungal, bacterial, and parasitic overgrowth while remaining tolerable for sensitive guts.

- 14 research-backed herbal antimicrobial ingredients
- Targets Candida and dysbiosis
- Delayed-release delivery to the intestines
- Designed using real-world stool testing data
- More information: Yeastrix Candida Cleanse

Yeastrix Daily Probiotic



A practitioner-grade probiotic delivering 35 billion CFU from 17 documented strains to restore microbial balance and suppress pathogens.

- Competitive inhibition of Candida and harmful bacteria
- Supports immune signalling and microbiome diversity
- Acid-resistant, delayed-release capsules
- Helps normalise bowel function and reduce bloating
- More information: Yeastrix Daily Probiotic

Yeastrix Active Enzymes



A full-spectrum digestive and systemic enzyme formula designed to improve nutrient breakdown, reduce bloating, and assist biofilm disruption in Candida, SIBO, and IBS.

- Enhances digestion of proteins, fats, carbohydrates, and fibre
- Reduces gas, bloating, and fermentation
- Assists fungal and bacterial biofilm breakdown
- Supports absorption and gut lining integrity
- More Information: Yeastrix Active Enzymes

The 3-Stage Yeastrix Approach

Yeastrix system of supporting optimal gut balance follows a simple, staged dosing method developed by New Zealand naturopath Eric Bakker, based on years of experience and modern gut microbiome science.

Instead of overwhelming the gut, Yeastrix supplements—antimicrobials, enzymes, and probiotics—are used strategically and progressively. This reduces side effects such as die-off, improves tolerance, and helps restore gut balance more effectively and at a lower overall cost.

For detailed supplement dosing instructions, see the full Yeastrix guide: [link]

WEEK 1 - INITIATION- START LOW AND GO SLOW
Begin gently to allow your digestive system to adjust and to minimise die-off symptoms. This stage is especially important for first-time users or sensitive individuals.

WEEK 2 -TREATMENT - THERAPEUTIC DOSING
Supplement doses are gently increased to target microbial overgrowth more effectively while maintaining digestive support and gut microbiome balance. The duration of this stage is optional depending on the individual.

WEEK 4+ - MAINTENANCE - LONG-TERM BALANCE
Supplement use is stabilised to support ongoing gut health and prevent relapse while transitioning toward long-term gut resilience. Low-dose supplementation (when required can support long-term gut health balance.

Start gently to reduce die-off and let your system adjust. Ideal for first-time users or sensitive individuals.

Basic Dosage Guidelines:

Candida Cleanse: 1–2 caps daily with food. Sensitive? Start with 1/day.
Daily Probiotic: 1 cap twice daily with meals.
Active Enzymes: 1 cap twice daily with meals.

The Gut Restore Kit

Features Active Enzymes, Daily Probiotic, and Candida Cleanse. Together, they help support digestion, maintain optimal microbial balance, and promote overall gut wellness. Ideal for daily maintenance or as part of a structured gut recovery protocol. Order your kit today HERE



THE

Ultimate Candida Cleanse Lite

STEP 2

REPLACE

Improve Digestion, Nourish and Balance the Gut

yeastrix
BETTER GUT HEALTH

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INTRODUCTION

Stage 2: Improve Digestion, Nourish and Balance the Gut

Once the gut is cleansed and moving well, the next priority is digestion. In most people with Candida overgrowth, SIBO, or chronic gut issues, digestive function breaks down long before overgrowth begins. Low stomach acid, weak bile flow, poor enzyme output, and ongoing stress quietly create the perfect conditions for imbalance. **REPLACE** focuses on restoring these missing digestive foundations so the gut can regulate itself again. This is where whole foods become therapy, nutrient absorption improves, and pressure on the microbiome begins to ease—all without extreme restriction.

This stage is also an ideal time to take digestive enzymes, targeted probiotics, antimicrobial foods, and gentle antimicrobial supplements. When digestion improves first, these tools work more effectively and with fewer reactions. In my clinical experience, correcting digestion before pushing treatment reduces relapse and allows microbial balance in the colon to re-establish naturally. **REPLACE** rebuilds digestive strength so the stages that follow work very well.

What Is REPLACED?

To restore function, the body is given what it has been missing:

- Nutrient-dense whole foods instead of processed foods
- Digestive enzymes and cofactors
- Adequate protein, fibre, and healthy fats
- Fermented and anti-fungal foods, introduced gradually
- Support for bile flow, stomach acid, and digestion
- Balanced eating habits that are sustainable long term

What REPLACE Does

Focus is on restoring digestive strength and nutritional balance:

- Improves stomach acid, bile flow, and enzyme output
- Enhances digestion and nutrient absorption
- Introduces a clean, whole-foods–based Cleanse Diet
- Reduces Candida pressure gently and safely
- Supports gut lining repair and immune balance
- Maintains probiotics and enzymes appropriately
- Calms the nervous system and stress response

When **REPLACE** is done properly, digestion becomes stronger, inflammation settles, overgrowth reduces, and the gut is prepared for deeper microbiome work that follows.



Restore Digestion



Improve Nutrient Absorption



Feed the Gut



Balance the Gut

WHY DIGESTION FAILS FIRST

When the Gut Fails, Everything Becomes Compromised

In most people with Candida, SIBO, or chronic gut problems, digestion breaks down long before overgrowth appears. This is rarely sudden. It develops quietly over time as our digestive system weakens and the nervous system remains under constant load. When food is not properly broken down, it ferments, irritates our gut lining, and creates the perfect environment for gut microbial imbalance. Symptoms show up later, but the functional breakdown starts much earlier.

Stomach acid: One of the most common issues is low stomach acid. Despite popular belief, reflux and bloating are often caused by too little acid, not too much. Inadequate stomach acid leads to poor protein digestion, impaired mineral absorption, and reduced signalling for bile and enzyme release further down the digestive tract. Once this first step fails, everything that follows is compromised.

- Bile flow and digestive enzymes are the next weak links. Bile is essential for fat digestion, antimicrobial activity, and healthy bowel movements. Digestive enzymes finish the job of breaking food down into absorbable nutrients. When bile is sluggish and enzyme output is low, fats sit heavy, stools change, nutrients are missed, and microbes are fed instead of the body.

- Stress and nervous system imbalance quietly accelerate this process. Chronic stress diverts blood flow away from digestion, suppresses stomach acid and enzyme production, and disrupts gut motility. Over time, the digestive system shifts from efficient and resilient to reactive and fragile. This is why digestion almost always fails before Candida overgrowth, not after. Many people have low beneficial bacteria levels in their gut, increasing the likelihood of nervous system imbalances, leading to mood disorders and cognitive dysfunction.

Key Functional Causes of Digestive Breakdown

- Low stomach acid production
- Poor bile flow and fat digestion
- Inadequate digestive enzyme output
- Low beneficial bacteria levels

What Digestive Failure Leads To

- Leaky gut syndrome
- Reduced nutrient absorption
- Fermentation instead of digestion
- Chronic gas, bloating, and gut distension
- Increased microbial and Candida overgrowth
- Increased food sensitivities and intolerances
- Systemic inflammation and immune activation
- Toxin buildup due to impaired elimination pathways
- Poor fat absorption and bile insufficiency effects
- Blood sugar instability and energy fluctuations

Contributing Lifestyle and Physiological Factors

- Chronic stress and nervous system overload
- Eating on the run or under pressure
- Long-term restrictive dieting or poor food quality
- Taking pharmaceutical medications regularly



Summary

Our digestion fails first because it is sensitive to stress, nutrient depletion, and our lifestyle load. When our stomach acid, bile, enzymes, and nervous system tone decline, our gut loses its ability to regulate itself, leading to fatigue and illness.

REPLACE focuses on correcting these core functions so food nourishes our body again, this way fungal and bacterial colonies lose their advantage, and long-term healing becomes possible.

HOW TO RESTORE DIGESTION

Improve gut function first, symptoms come later

Restoring digestion is not about forcing the gut to behave. It is about rebuilding the systems that allow digestion to happen naturally. When stomach acid, bile flow, digestive enzymes, and microbial balance are supported correctly, the gut begins to regulate itself again. This step is about function first, not treating symptoms.

The foundation of digestion is proper breakdown of food. Digestive enzymes and bitter foods play a central role here, helping proteins, fats, and carbohydrates become absorbable nutrients rather than fermenting irritants. When enzymes are adequate, meals feel lighter, bloating reduces, and nutrient uptake improves. This reduces the workload on the gut and lowers downstream microbial pressure.

Probiotic foods and supplements also play an important role at this stage. Introduced appropriately, they help restore microbial signalling, strengthen the gut lining, and support immune balance. When digestion improves first, probiotics tend to work more predictably and with fewer adverse reactions. This step is also an appropriate time to introduce gentle antimicrobial foods and supplements, provided digestion is being supported at the same time. The goal is not aggressive eradication, but gradual reduction of microbial pressure while improving gut resilience. This combination allows the gut to shift back toward balance without provoking setbacks.

Yeastrix formulations were designed to support the program by combining digestive support, microbial balance, and gentle anti-fungal strategies in a coordinated way. That said, individuals may choose any products they feel are appropriate. The principles matter more than the brand—Yeastrix simply reflects how the Lite program was built to work in practice.

Core Tools for Restoring Digestion

- Digestive enzymes to improve food breakdown
- Support for stomach acid and bile flow
- Whole, nutrient-dense foods eaten deliberately

Supporting Microbial Balance

- Probiotics taken twice daily with foods
- Fermented and anti-fungal foods used gradually
- Gentle antimicrobial support when digestion is stable

The Goal of This Step

- Improve digestion and absorption
- Reduce fermentation and gut irritation
- Gently reduce fungal and bacterial overgrowth
- Create a stable foundation for deeper gut repair
- This is the turning point when healing shifts from control to regulation

Summary

Our digestion is restored by supporting our body's natural processes, not by forcing outcomes. When enzymes, probiotics, and microbial balance supplements are introduced strategically—and digestion is prioritised first, our gut becomes stronger, calmer, and more resilient.



REPLACE THESE FOODS

Let's Replace Ultra-Processed Foods

In stage 1 we removed junk food and take-away food, our next priority is replacing ultra-processed foods (UPF) with real and digestible fresh whole foods. Many foods appear “healthy” but are still heavily industrialised and disruptive to our digestion and our gut microbiome. Stage 2 focuses on identifying these foods and phasing them out while strengthening our core digestion and restoring gut balance.

Ultra-processed foods are engineered for convenience, shelf life, and intense flavour — not for gut health. They are typically stripped of all fibre and natural nutrients, then rebuilt with refined sugars, seed oils, emulsifiers, preservatives, and countless flavour enhancers. In people with Candida overgrowth, SIBO, or chronic digestive issues like irritable bowel syndrome, these foods quietly drive fungal and bacterial gut dysbiosis by feeding many potentially harmful microorganisms, impairing enzyme function, and promoting inflammation and strong cravings.

The **REPLACE** step is not about food restriction. It is about food quality. When ultra-processed foods are replaced with whole or minimally processed options, digestion improves, inflammation settles, appetite normalises, and our gut becomes much more resilient. This creates the optimal conditions required for long-term gut microbiome balance-especially important for those who experience Candida overgrowth, SIBO, or irritable bowel syndrome.





Hallmarks of Ultra-Processed Foods

- Highly addictive
- Low in fibre, vitamins, and minerals
- Designed to override normal appetite control
- Made from refined ingredients, not whole foods
- High in additives (preservatives, sweeteners, colours)

REPLACE These UPFs Drinks

Drinks

- Soda drinks, energy drinks, sweetened juices
- Sweetened plant milks, flavoured coffee drinks

Packaged Meals & Mixes

- Frozen meals, boxed pasta dishes, meal kits
- Powdered soups, sauces, and gravies

Snacks & Sweets

- Chips, pretzels, cookies, biscuits, doughnuts
- Candy, confectionery, chewing gum, ice cream

Processed Proteins

- Nuggets, sausages, hot dogs, salami, bacon
- “Health” Convenience Foods
- Protein bars, muesli bars, meal replacements

What to Remember

- Many everyday foods are still ultra-processed
- Better digestion requires better food quality
- Removing UPFs can reduce symptoms quickly

Why Ultra-Processed Foods Undermine Digestion

- Feed harmful bacteria and fungi, including Candida
- Reduce gut microbiome diversity (dysbiosis)
- Impair satiety and promote overeating
- Increase bloating, cravings, and energy swings
- Displace fibre and micro-nutrients needed for repair

Signs Ultra-Processed Foods Are Still an Issue

- Strong cravings for sweets, snacks, or alcohol
- Ongoing bloating, gas, or discomfort
- Difficulty managing appetite or weight
- Poor sleep or unstable energy
- Recurrent bacterial or fungal infections
- Anxiety, low mood, or irritability

What to Remember

- Many everyday foods are still ultra-processed
- Better digestion requires better food quality
- Removing UPFs can reduce symptoms quickly
- **REPLACE** builds the foundation for lasting gut stability
- Stage 1 removes the obvious food and drink offenders.
- Stage 2 upgrades the diet by identifying and removing UPF

THE CLEANSE DIET

Let's Replace Ultra-Processed Foods

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BEST CLEANSE FOODS



Bitter Foods

Stimulate stomach acid, bile flow, and digestive enzyme release (essential for rebuilding digestion)

- Asparagus, garlic, onions, leeks, artichoke, lemons, grapefruit, brassica vegetables

Prebiotic Foods

Support beneficial bacteria and fungi by providing fermentable fibre (cultured foods, used in small portions and based on tolerance)

- Introduced gently based on tolerance to avoid bloating and gas
- Asparagus, garlic, onions, leeks, artichoke, dandelion greens

Probiotic Foods

- Introduce lactic acid loving bacteria, these improve the gut environment
- Use cultured foods in small amounts strategically based on tolerance
- Yogurt, kefir, miso, tempeh, natto

Fermented Foods

Support gut microbial balance and improve immune signalling

- Introduce slowly, based on tolerance
- Sauerkraut, yogurt, kimchi, coconut yogurt, pickles, sourdough bread

Antimicrobial Foods

Gently suppress fungal and bacterial overgrowth without harsh die-off

- Garlic, herbs and spices, coconut oil, lemongrass, cinnamon, cloves

Stocks and Broths

Support gut lining repair, reduce irritation, and assist permeability issues

- (rich in amino acids that soothe and strengthen the gut wall)

Easy-to-Digest Whole Foods

(often overlooked but critical)
Gently suppress fungal and bacterial overgrowth without harsh die-off

High-Fibre, Nutrient-Dense, and Leafy Green Vegetables

Eating a diet rich in fiber, leafy greens, and nutrient-dense foods supports regular bowel movements, promotes detox, and helps prevent waste build up in the colon. These foods are best in maintaining a healthy weight, improving digestion, and reducing the risk of many chronic diseases. Incorporating them into your diet is essential for a natural and effective colon and gut cleanse, keeping your digestive system functioning optimally.

Links on candida.com

01

High-Fibre
Carbohydrates
Diet Diversity
Nutrient Dense
Polyphenol-Rich
Anti-inflammatory



Leafy Green Veges



Brassica Vegetables



Root Vegetables



Allium Veges



Salad Vegetables



Nutrient-Dense Veges



Apples and Pears



Psyllium and Chia



Avocado

Prebiotic, Probiotic, Fermented, & Antimicrobial Vegetables

Your daily food choices have a direct impact on gut health and digestion. Incorporating prebiotic, probiotic, fermented, and antimicrobial vegetables into your diet helps nourish beneficial gut bacteria, enhance digestion, and support a natural colon cleanse. Prebiotics feed healthy gut flora, while probiotics replenish and balance them. Fermented foods aid digestion and antimicrobial vegetables help control harmful microbe imbalances. Together, these foods improve nutrient absorption, promote regular bowel movements, and support long-term gut and colonic health.

02

Links on candida.com

- Antifungal Foods
- Antimicrobial
- Prebiotic Foods
- Probiotics
- Fermented Foods
- Sauerkraut
- Sourdough
- Kimchi
- Miso
- Kefir
- Herbs & Spices



Greek Yogurt



Kefir



Kimchi



Sauerkraut



Prebiotic Foods



Antimicrobial Foods



Herbs and Spices



Miso Soup



Coconut

Healthy Fats and Proteins

Healthy fats like olive oil, coconut oil, and flaxseed oil lubricate the intestines, support bile flow, and aid toxin and waste elimination. They also nourish the gut lining, preventing inflammation and promoting smooth digestion. Easily digestible proteins, such as wild-caught fish, organic poultry, eggs, and bone broth, provide essential amino acids for gut and colonic repair and tissue healing. Plant-based options like sprouted legumes also support digestion. Including quality fats and proteins ensures a balanced colon cleanse while maintaining energy and gut health.

Links on candida.com

03

- Fats and Oils
- Butter
- Bone Broth
- Protein
- Moderate Meat
- Leaky Gut
- Healthiest
- Snacks



Avocados



Grass-Fed Butter



Extra-Virgin Olive Oil



Free-Range Eggs



Ocean-Caught Fish



Poultry



Tempeh and Tofu



Bone Broth



Sprouted Legumes

Hydration and Electrolytes

Proper hydration is essential during the REPLACE phase, as water supports stomach acid production, enzyme activity, nutrient absorption, and smooth digestive flow. Aim for 1.5–2 litres of pure, filtered water daily to help the stomach, pancreas, and small intestine function optimally. Electrolytes—such as sodium, potassium, and trace minerals—help maintain fluid balance and support nerve and muscle function involved in digestion. Bone broth, mineral-rich vegetable broth, coconut water, and herbal teas (ginger, peppermint, chamomile) can support digestive comfort and enzymatic activity. Staying well hydrated helps reduce bloating, supports digestion, and improves overall digestive efficiency during this restorative phase.

Links on candida.com

04

Healthy Drinks
Healthy Snacks
Junk Food
Miso Soup
Apple Cider
Vinegar



Drink Water Daily



Water with Lemon



Herbal Tea



Vegetable Juice



Coconut Water



Aloe Vera Drink



Vegetable Broth



Bone Broth



Miso Soup

Foods To Avoid Ultra-Processed & Junk Foods

During stage 2, it's best to eliminate take-away and junk foods that burden digestion and disrupt gut health. Processed foods high in refined sugars, unhealthy fats, artificial additives, and preservatives can contribute to inflammation, sluggish digestion, and toxin buildup. Fast food, fried foods, sugary snacks, sodas, and processed meats should be avoided, as they slow down the cleansing process and promote gut imbalance. Instead, focus on whole, nutrient-dense foods to support detoxification and optimal digestion.

Links on candida.com

05

Junk Food
Hunger & Cravings
Processed Food



Fast Foods



Deep-Fried



Take-Away Foods



Soda Drinks



Ice Cream & Candy



Alcohol



Ultra-Processed Food



Processed Meat



Fruit Juice (sugar)

Healthy Lifestyle Practices

A successful gut cleanse goes well-beyond diet—incorporating healthy lifestyle habits enhances detoxification and digestion. Regular movement, such as walking, yoga, or stretching, stimulates bowel function. Deep breathing exercises and stress management reduce gut inflammation, while adequate sleep allows the body to repair and restore digestion. Dry brushing and abdominal massage improve circulation and lymphatic drainage, supporting toxin elimination. Limiting screen time during meals promotes mindful eating, and sunlight exposure boosts vitamin D for gut health. A balanced lifestyle ensures long-term digestive wellness and optimal colon function.

Links on candida.com

06

Exercise
Stress
Intermittent Fasting



Daily Walking



Yoga



Breathing Exercise



Stretching



Abdominal Massage



Limit Screens with Meals



Spend Time Outside



Take The Stairs



Stress Management

TROUBLESHOOTING

Common Issues & Safe Adjustments during the Stage 2 REPLACE step

This guide helps you identify and correct common symptoms that may arise during Step 2 – REPLACE, where the focus is on improving stomach, pancreatic, and small-intestinal function while gently correcting fungal and bacterial imbalance.

1. **Heaviness or Discomfort After Meals**
- Reduce meal size, chew well
- and eat more slowly
- Increase digestive enzymes
- with meals
- Avoid large protein and fat portions in one sitting
- Minimise water or fluid intake during meals

2. Bloating or Gas Shortly After Eating
- Increase enzyme support gradually
- Reduce fermentable carbohydrates temporarily
- Limit raw foods, especially fruit and salads
- Ensure adequate chewing and relaxed eating

3. Reflux, Burning, or Upper Abdominal Pressure
- Avoid eating late at night
- Reduce portion size, especially fatty foods
- Take enzymes at the beginning
- of your meal
- Avoid lying down within 2–3 hours after meals

4. Increased Food Sensitivities
- Simplify meals and rotate foods
- Avoid introducing new foods too quickly
- Support digestion first, not with lots of supplements
- Always keep protein intake steady and moderate

5. Fatigue or Brain Fog After Meals
- Balance meals with adequate protein
- Reduce refined or starchy carbohydrates temporarily
- Eat smaller, evenly spaced meals
- Avoid grazing throughout the day

6. Loose Stools or Inconsistent Bowel Habits
- Reduce fermentable foods temporarily
- Ensure meals are regular and not skipped
- Avoid excessive fats until digestion improves
- Give your gut time — do not add laxatives or binders

Key Reminder for Step 2 – REPLACE

If symptoms arise in this second stage, it usually means digestion needs more support, not more restriction or more “anti-” supplements. When your digestive system works properly, fungal and bacterial overgrowth reduces naturally — without force.

Common Mistakes to Avoid

Skipping the Colon Cleanse
Starting the Cleanse Diet without clearing the bowel may slow detox and increase toxin re-absorption, worsening leaky gut.

Ignoring Bowel Regularity
If you're not eliminating daily, toxins linger. Address constipation immediately before progressing.

Going Too-Hard or Too-Fast
Drastically cutting carbs or jumping into high-dose antimicrobials can trigger severe die-off or fatigue. Ease in gradually.

Focusing Heavily on Food Restrictions
Don't just eliminate foods—emphasise nourishing your gut with healing, anti-inflammatory options.

Unhealthy "Healthy" Snacks
Even healthy snacks can derail progress. Stick to whole foods: nuts, seeds, vegetable sticks, berries. Processed snacks often contain hidden sources of sugar.

Safety Considerations

Seek medical supervision if you:

- Take prescription medications
- Have a history of bowel obstruction
- Experience severe constipation (less than one bowel movement per week)
- Have IBD with an active flare-up
- Have had recent abdominal surgery

When To Modify the Protocol

- Excessive fatigue lasting more than one week
- Severe digestive distress
- Significant mood changes or depression
- Any concerning symptoms



SUPPLEMENTS

Best Dietary Supplements for Your Cleanse

Stage 2 (REPLACE) focuses on restoring digestive function, improving nutrient absorption, and rebuilding healthy microbial balance within the gut. At this stage, the goal is not aggressive Candida clearance but strengthening the digestive foundations so the microbiome can regulate itself. The Yeastrix formulations are used here to support digestion, gently reduce microbial pressure, and help re-establish a stable and balanced yet resilient gut environment that allows long-term healing to occur.

Yeastrix Candida Cleanse



High-potency, delayed-release herbal formula capsules designed to reduce fungal, bacterial, and parasitic overgrowth while remaining tolerable for sensitive guts.

- 14 research-backed herbal antimicrobial ingredients
- Targets Candida and dysbiosis
- Delayed-release delivery to the intestines
- Designed using real-world stool testing data
- More information: Yeastrix Candida Cleanse

Yeastrix Daily Probiotic



A practitioner-grade probiotic delivering 35 billion CFU from 17 documented strains to restore microbial balance and suppress pathogens.

- Competitive inhibition of Candida and harmful bacteria
- Supports immune signalling and microbiome diversity
- Acid-resistant, delayed-release capsules
- Helps normalise bowel function and reduce bloating
- More information: Yeastrix Daily Probiotic

Yeastrix Active Enzymes



A full-spectrum digestive and systemic enzyme formula designed to improve nutrient breakdown, reduce bloating, and assist biofilm disruption in Candida, SIBO, and IBS.

- Enhances digestion of proteins, fats, carbohydrates, and fibre
- Reduces gas, bloating, and fermentation
- Assists fungal and bacterial biofilm breakdown
- Supports absorption and gut lining integrity
- More Information: Yeastrix Active Enzymes

The 3-Stage Yeastrix Approach

Yeastrix system of supporting optimal gut balance follows a simple, staged dosing method developed by New Zealand naturopath Eric Bakker, based on years of experience and modern gut microbiome science.

Instead of overwhelming the gut, Yeastrix supplements—antimicrobials, enzymes, and probiotics—are used strategically and progressively. This reduces side effects such as die-off, improves tolerance, and helps restore gut balance more effectively and at a lower overall cost.

For detailed supplement dosing instructions, see the full Yeastrix guide: [link]

WEEK 1 - INITIATION- START LOW AND GO SLOW
Begin gently to allow your digestive system to adjust and to minimise die-off symptoms. This stage is especially important for first-time users or sensitive individuals.

WEEK 2 -TREATMENT - THERAPEUTIC DOSING
Supplement doses are gently increased to target microbial overgrowth more effectively while maintaining digestive support and gut microbiome balance. The duration of this stage is optional depending on the individual.

WEEK 4+ - MAINTENANCE - LONG-TERM BALANCE
Supplement use is stabilised to support ongoing gut health and prevent relapse while transitioning toward long-term gut resilience. Low-dose supplementation (when required can support long-term gut health balance.

Start gently to reduce die-off and let your system adjust. Ideal for first-time users or sensitive individuals.

Basic Dosage Guidelines:

Candida Cleanse: 1–2 caps daily with food. Sensitive? Start with 1/day.
Daily Probiotic: 1 cap twice daily with meals.
Active Enzymes: 1 cap twice daily with meals.

The Gut Restore Kit

Features Active Enzymes, Daily Probiotic, and Candida Cleanse. Together, they help support digestion, maintain optimal microbial balance, and promote overall gut wellness. Ideal for daily maintenance or as part of a structured gut recovery protocol. Order your kit today HERE



THE

Ultimate Candida Cleanse Lite

STEP 3

REBUILD

Rebuild, Strengthen and Future-Proof the Gut

yeastrix
BETTER GUT HEALTH

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INTRODUCTION

Stage 3: Rebuild, Strengthen and Future - Proof the Gut

REBUILD is the final stage of the program and the one that determines whether your results last months—or decades. By this point, digestive function has improved, microbial pressure has been reduced, and symptoms are under control. Now our focus shifts from correcting problems to gut consolidation. This stage is all about restoring diversity in your diet, resilience, and adaptability within your gut ecosystem so it can withstand stress, dietary changes, travel, illness, and life without relapsing into imbalance.

REBUILD is not about restriction or cleansing — it's about nourishment, stability, and long-term gut intelligence.

It's important to understand our gut microbiome is dynamic and constantly responding to what we eat, how we live, how we sleep, and how we manage stress. When diversity and balance are restored, our digestion becomes smoother, our immunity strengthens, inflammation settles, and mental clarity improves. In my clinical experience, people who skip this stage often cycle back into symptoms and treatments despite doing "everything right." Those who commit to **REBUILD** develop a gut that is far more forgiving and far more robust. This stage teaches you how to maintain progress, deepen healing, and build a digestive system that supports health for life.

What Is REBUILD?

- A diverse, balanced gut microbiome
- Stronger intestinal barrier function
- Long-term digestive efficiency
- Immune system regulation and tolerance
- Metabolic and blood sugar stability
- Gut–brain communication and stress resilience
- Sustainable eating habits that support lifelong health

What REBUILD Does

- Increases microbial diversity and ecosystem stability
- Strengthens the gut lining and immune signalling
- Reduces relapse risk and symptom recurrence
- Improves tolerance to a wider range of whole foods
- Supports anti-inflammatory and antioxidant balance
- Enhances resilience to stress, travel, and lifestyle changes
- Shifts the focus from restriction to nourishment

REBUILD can help build a gut that runs reliably, adapts under stress, and resists relapse long term. **REBUILD** creates a resilient, intelligent gut that adapts instead of breaking — and supports health for decades, not just months.



Build Microbiome Diversity



Strengthen Gut Barrier Resilience



Stabilise Long-Term Diet



Integrate Lifestyle Foundations

REBUILDING MICROBIOME DIVERSITY

Gut Bacteria: Cornerstone of Gut Rebuilding

The third and final stage is about maintaining results for life. You've cleansed the gut, removed key triggers and improved digestion. Now the focus is on strengthening your gut ecosystem so symptoms don't return. When these are in place, our gut becomes resilient, adaptable, and less reactive to stress, food change, or illness.

Long-term gut health depends primarily on these 4 things:

1. **A healthy balanced whole foods diet**
2. **A diverse and stable gut microbiome**
3. **A strong intestinal barrier**
4. **A healthy and balanced lifestyle**

Gentle Gut Microbial Building

This final stage is the right time to gradually broaden your food choices and increase dietary variety. Doing this helps rebuild your gut microbial diversity in a controlled and sensible way. Your focus now shifts to higher-fibre foods, gentle antimicrobials, prebiotic and probiotic foods, along with polyphenol-rich and anti-inflammatory options that support long-term gut resilience.

You'll find all these foods outlined on pages 45–49 of this guide, with links to more in-depth explanations on candida.com

Improving your gut health isn't about perfection or short bursts of hard effort — it's about consistently choosing foods and habits that support digestion. This also includes paying attention to how your gut responds over time. Your gut adapts to what you eat and how you live your life on a regular basis, not occasionally - it's your long-term patterns that make the biggest difference.

The Goal of This Step

The 3rd stage transforms short-term symptom improvement into long-term gut health. A strong gut barrier means fewer reactions, greater dietary freedom, and a digestive system that can adapt and recover—rather than constantly breaking down.

- Restore intestinal barrier strength
- Reduce food reactions and sensitivities
- Calm immune over-activity and regulate inflammation
- Build beneficial gut bacteria colonies
- Create resilience against relapse
- Create a foundation for deep gut and immune repair

Supplements for Gut Microbiome Building



Good digestion is the foundation of microbiome diversity. The Yeastrix formulations were designed to support this coordinated approach—digestive support, microbial balance, and gentle anti-fungal activity working together.

However, the principles matter more than the brand. If your products follow this logic they may be effective.

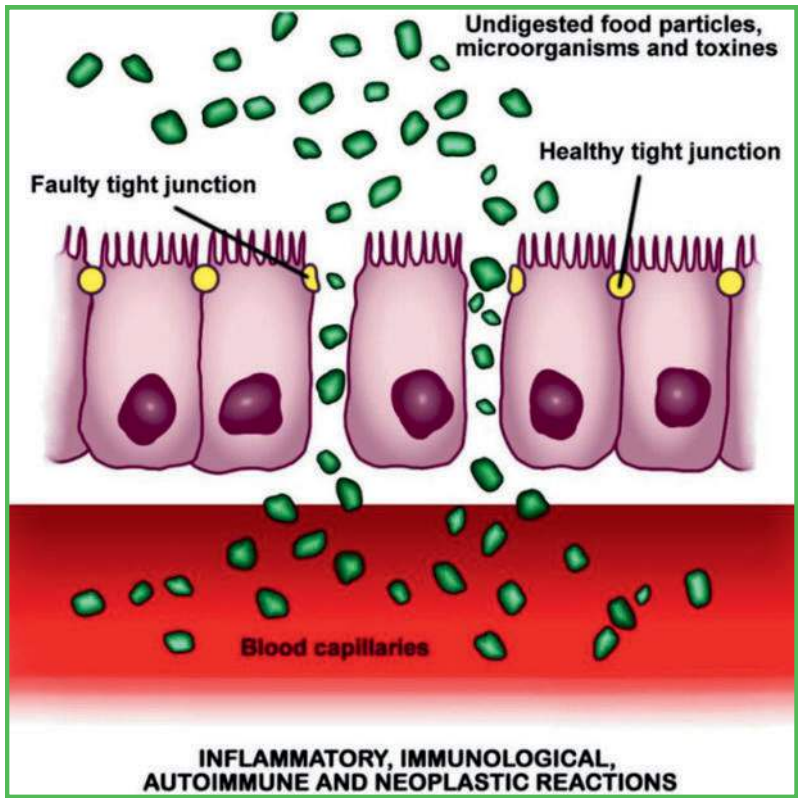
- Digestive enzymes to improve food breakdown, support for stomach acid and bile flow
- Probiotics introduced at the right time
- Fermented and anti-fungal foods used gradually
- Gentle antimicrobial support when digestion is stable

Summary

Gut microbiome diversity improves when our body's natural digestive and regulatory systems are supported. When digestion comes first and supplements are introduced thoughtfully, the gut becomes stronger, calmer, and far more resilient long-term. Eventually, supplements are no longer required.

STRENGTHENING THE GUT BARRIER

Reduce Inflammation & Improve Immune Balance



Why Our Gut Barrier Matters

A compromised gut lining allows partially digested food proteins, microbial by-products, and toxins to cross into the bloodstream. Our immune system reacts by producing inflammation and antibodies, which trigger:

- Food sensitivities and intolerances
- Bloating, pain, and irregular bowel movements
- Skin, joint, or sinus symptoms
- Fatigue, brain fog, and mood changes
- Recurring Candida or bacterial overgrowth
- Auto-immune disease

Long-term gut health depends on the strength of the intestinal barrier. This lining is not just a physical wall—it is an active immune regulator that controls what enters our body and what stays out.

When our gut barrier is strong, nutrients are absorbed properly and our immune system remains calm. When it becomes weakened or “leaky,” our immune system is repeatedly triggered, leading to inflammation, food reactions, fatigue, and many recurring gut and body symptoms.

Strengthening the gut lining is essential for preventing relapse and maintaining long-term stability. The 10 Foundations of Gut Health outlined on this page play a key role in protecting barrier integrity and should be revisited as part of ongoing maintenance.

The Goal of Building Healthy Gut Barrier

This stage transforms short-term symptom improvement into long-term gut health.

- To restore intestinal barrier strength
- To reduce food reactions and sensitivities
- To calm immune over-activity
- To regulate inflammation
- To create resilience against relapse

The 10 Foundations for Long-Term Gut Health

These habits create a gut environment where beneficial bacteria thrive.

1. Diet Diversity: Eat a wide range of plant foods
2. High Fiber Foods: Supports bowel regularity and good bacteria
3. Prebiotic foods: Feed beneficial microbes.
4. Probiotic foods: Introduce friendly bacteria
5. Polyphenol-rich foods: Fruits, vegetables, herbs, olive oil
6. Anti-inflammatory foods: Calm gut and immune responses
7. Antimicrobial food: Help keep harmful microbes in check
8. Limit ultra-processed foods: Protect microbiome and gut lining
9. Moderate meat intake: Emphasise plants and fresh fish
10. Intermittent fasting: Allow time between meals for gut recovery

The Goal of Building Healthy Gut Barrier

This stage transforms short-term symptom improvement into long-term gut health.

- To restore intestinal barrier strength
- To reduce food reactions and sensitivities
- To calm immune over-activity
- To regulate inflammation
- To create resilience against relapse

Key Strategies to Strengthen Our Gut Barrier

- Support the digestion to reduce irritation and fermentation
- Use enzymes and probiotics to lower immune stress.
- Provide nutrients (diet) required for gut lining repair
- Emphasise anti-inflammatory foods and avoid irritants
- Reintroduce foods slowly to rebuild immune tolerance
- Prioritise sleep, regular movement, and stress regulation
- Read more about the best treatments for leaky gut symptoms and treatment.

FOODS THAT FUTURE-PROOF THE GUT

Inspired by the Mediterranean way of eating—with added global gut-health support from Asia and Europe—**REBUILD** is designed to nourish your microbiome, fight Candida overgrowth and SIBO, and support long-term digestive wellness.

Focus On Plant-Based Staple Foods

The Rebuild Diet emphasizes diverse, nutrient-rich plant foods that feed beneficial gut flora and support long-term health. Colourful vegetables, leafy greens, legumes, fruits, nuts, seeds, and whole grains provide essential fibre, antioxidants, vitamins, and minerals. These foods reduce inflammation, improve digestion, and help maintain a healthy weight. A fibre-rich, plant-forward diet lays the foundation for a balanced microbiome, disease prevention, and sustainable energy—key pillars of gut and immune health.

Read: Healthy Eating

Lean and Gut-Supportive Proteins

Quality proteins help repair gut tissue, support immune function, and maintain energy. REBUILD includes easily digestible options like wild-caught fish, organic poultry, pasture-raised eggs, sprouted legumes, chicken and bone broth. These foods provide many amino acids while reducing inflammation and microbial imbalance. Prioritising clean proteins supports microbiome stability and long-term digestive health.

Read: Protein

Healthy Fats

Anti-inflammatory fats support gut lining repair, improve absorption of fat-soluble nutrients, and provide lasting energy. The **REBUILD** diet includes extra virgin olive oil, avocado, coconut, nuts, seeds, and fatty fish. These fats nourish beneficial gut flora and play a key role in hormone regulation, immune balance, and brain health—essential components of a resilient gut ecosystem.

Read: Fats and Oils

Fermented and Functional Foods

Fermented foods like sauerkraut, kefir, kimchi, and miso reintroduce beneficial bacteria and enhance microbiome diversity. Functional foods—such as garlic, ginger, turmeric, seaweed—add antimicrobial, anti-inflammatory and immune-enhancing properties. These foods support enzyme production and improve nutrient absorption, making them essential in restoring balance and function to a disrupted gut.

Read: Fermented Foods

Herbs and Spices

Herbs and spices provide powerful gut-healing and antimicrobial properties. This includes turmeric, oregano, thyme, fennel, cinnamon, clove, and ginger—each with unique compounds that support digestion, reduce inflammation, and help control Candida overgrowth. They add flavour and functional value to meals. supporting gut repair, blood sugar, and immune defence without burdening digestion.

Read: Spices

Healthy Beverages

Hydration supports digestion, detoxification, and gut health. This stage encourages plenty of filtered water daily, along with herbal teas like ginger, peppermint, etc. Bone broth, lemon water, and coconut water replenish minerals and aid cleansing. Avoid sugary drinks or alcohol, which disrupt the gut. Hydrating properly keeps the digestive system functioning smoothly and supports microbiome stability.

Read: Healthy Drinks

BEST REBUILD FOODS & LIFESTYLE



Plant-Based Staple Foods

The Rebuild Diet emphasises fibre-rich, plant-based foods that nourish gut flora, support detox, and keep digestion regular. Vegetables, fruits, legumes, whole grains, nuts, and seeds form the core of this gut-friendly, anti-inflammatory way of eating—supporting energy, weight, and long-term health.

01

Links on candida.com

- High-Fibre Carbohydrates
- Diet Diversity
- Nutrient Dense
- Polyphenol-Rich
- Anti-inflammatory
- Fruits
- Vegetables
- Nuts and Seeds
- Grains



Leafy Green Veges



Brassica Vegetables



Whole Grains



Allium Veges



Salad Vegetables



Nutrient-Dense Veges



Legumes



Nuts and Seeds



Citrus Fruits

Lean and Gut-Supportive Proteins

The Rebuild Diet includes clean, anti-inflammatory proteins like wild-caught fish, seafood, organic poultry, eggs, lamb, and fermented dairy to support gut repair, reduce inflammation, and nourish the microbiome. Sprouted legumes offer plant-based support for digestion and healing. These easily digestible proteins help maintain energy, muscle, and immune strength—key for long-term microbiome balance and recovery.

02

Links on candida.com

- Fats and Oils
- Butter
- Bone Broth
- Protein
- Moderate Meat
- Leaky Gut
- Healthiest Snacks



Seafood



Grass-Fed Lamb



Sardines and Anchovies



Free-Range Eggs



Ocean-Caught Fish



Free-Range Poultry



Extra-Virgin Olive Oil



Greek Yogurt



Tofu (Fermented Soy)

Healthy Fats

Anti-inflammatory fats like olive oil, coconut oil, avocado, and fatty fish support gut lining repair, bile flow, and toxin elimination—while also nourishing the brain and immune system. These healthy fats reduce inflammation, promote smooth digestion, and help maintain energy. Include whole olives, cold-pressed oils, nuts, and seeds regularly to build a microbiome-friendly, nutrient-dense diet

Links on candida.com

03

Fats and Oils
Butter
Bone Broth
Protein
Moderate Meat
Leaky Gut
Healthiest Snacks



Avocados



Grass-Fed Butter



Extra-Virgin Olive Oil



Olives



Fatty Fish



Avocado Oil



Nuts and Seeds



Coconut Oil and Milk



Lard

Eat To Support Your Gut Microbiome

Food is one of the most powerful tools for restoring balance in the gut and overcoming Candida overgrowth. Including prebiotic, probiotic, fermented, and antifungal foods helps balance Candida while nourishing beneficial bacteria. Prebiotics fuel the beneficials, probiotics support microbial balance, and fermented foods have multiple desirable actions. Antifungal foods help suppress Candida directly, creating an unfriendly environment for its growth. Including these foods daily promotes effective gut cleansing, supports detox, and builds a strong foundation for long-term Candida control and microbiome health.

Links on candida.com

04

Antifungal Foods	Fermented Foods	Kimchi
Antimicrobial	Yogurt	Miso
Prebiotic Foods	Sauerkraut	Kefir
Probiotics	Sourdough	Herbs & Spices



Greek Yogurt



Kefir



Kimchi



Sauerkraut



Prebiotic Foods



Antimicrobial Foods



Herbs and Spices



Miso Soup



Tempeh

Herbs and Spices

The **REBUILD** stage encourages using herbs and spices not just for flavour—but for their gut-healing benefits. Many traditional spices have antimicrobial, anti-inflammatory, and digestive-supportive properties. Turmeric, ginger, cinnamon, oregano, fennel, clove, and cumin help reduce bloating, balance gut microbes, and ease inflammation. Replacing processed sauces and seasonings with these natural options supports microbiome repair and enhances the therapeutic power of every meal. Let food and - flavour - be your medicine!

Links on candida.com

05

Antimicrobial Foods
Spices & Condiments



Garlic



Oregano



Rosemary



Thyme



Mint



Basil



Turmeric



Cinnamon



Clove

Beverages and Hydration

Hydration is vital for maintaining microbiome balance and supporting the digestive repair process central to **REBUILD**. Drink 1.5–2 litres of pure, filtered water daily to aid nutrient absorption, detoxification, and regular bowel movements. Support fluid balance with natural electrolytes from coconut water, bone broth, or mineral-rich vegetable broths. Herbal teas like ginger, peppermint, and dandelion soothe the gut and reduce inflammation. Staying consistently hydrated enhances digestion, energy, and long-term gut resilience.

Links on candida.com

06

Healthy Drinks
Healthy Snacks
Junk Food
Apple Cider Vinegar
Miso Soup



Drink Water Daily



Water with Lemon



Herbal Tea



Vegetable Juice



Coconut Water



Red Wine - Moderation



Tea



Coffee



Miso Soup

Healthy Lifestyle Practices

REBUILD works best when paired with healthy lifestyle habits that support digestion and microbiome balance. Daily movement—like walking, yoga, or stretching—stimulates gut motility. Stress reduction, deep breathing, and quality sleep reduce inflammation and aid recovery. Practices like dry brushing, abdominal massage, and time in nature improve circulation, detoxification, and vitamin D levels. Limiting screens during meals encourages mindful eating. Together, these habits reinforce the diet benefits and support lasting gut health.

Links on candida.com

07

Exercise
Stress
Intermittent Fasting
Weight Loss
Relationships
Sleep
Environment



Daily Walking



Yoga



Breathing Exercise



Stretching



Abdominal Massage



Limit Screens with Meals



Spend Time Outside



Take The Stairs



Stress Management

REBUILD LIFESTYLE PRINCIPLES

Because Gut Health Goes Beyond Food

While most programs focus on treatment, diet, and recipes—the **REBUILD** goes further. It integrates key lifestyle principles that drive deep, lasting healing. By supporting sleep, stress, movement, relationships, and more, you build true resilience—not just against Candida and SIBO, but for lifelong wellness. It's built on years of clinical practice and patient insight. Here are the most important lifestyle principles to learn and understand:



Body Weight

Sustainable weight isn't about counting calories—it's about creating balance. The Rebuild supports metabolism, gut health, and reduced inflammation. When paired with good sleep, regular movement, and stress management, reaching your ideal weight becomes easy and entirely natural. In the blog post on candida.com, we'll explore how smart, nourishing habits—not fad diets—lead to long-term results.

Read: Weight Loss



Physical Activity

Daily movement supports detox, gut motility, and emotional balance. Whether it's walking, yoga, strength training, or dancing, daily activity improves digestion, mood, and immune resilience. Exercise also helps us regulate our weight and blood sugar—both key for Candida balance and microbiome health. In this blog post on candida.com, we'll explore simple ways to make movement part of your routine.

Read: Exercise



Stress and Disease

Chronic stress disrupts hormones, damages the gut lining, and weakens immunity—creating the perfect environment for Candida overgrowth, SIBO, and irritable bowel syndrome. Managing stress through breath-work, time in nature, and creative expression helps shift your body into healing mode. The blog post on candida.com can help you identify stress patterns and build simple daily tools for resilience.

Read: Stress



Build Good Immune Function

Your immune system is central to healing Candida overgrowth, SIBO, and most conditions. A strong immune response begins with good nutrition, reduced toxin exposure, stress support, and proper sleep. In this blog post, we'll look at how to strengthen your defences naturally, so your body can heal, restore balance, and stay well.
Read: Immune Function



Meaningful Relationships

Human connection is as essential as food and movement. Strong relationships boost mental health, reduce stress and enhance physical resilience. Whether with family, friends, or community, building your connections brings emotional balance and immune support. In this blog post we explore how meaningful relationships shape health and why they matter more than ever, even with Candida overgrowth.
Read: Relationships



The Importance of Good Sleep

Sleep restores our body, balances the microbiome, and strengthens immune defences. Poor sleep weakens your ability to fight infections and increases inflammation—two key drivers of Candida imbalance. Deep, restful sleep supports recovery and resilience. In this blog post on candida.com, we'll explore habits that improve sleep naturally and support long-term gut health.
Read: Sleep and Insomnia



Living in a Healthy Environment

Your environment affects your gut, immune system, and mood. Clean air, low-toxin spaces, and time in nature all support healing. Reducing exposure to chemicals, mould, and noise can make a big difference. This blog post will show you how to create a home and lifestyle that nourish your body and mind.
Read: Environment

COMMON MISTAKES TO AVOID

And What to Do Instead

I've found the following 10 errors to be responsible for most setbacks and relapses when it comes to recovery from candida overgrowth, SIBO, or irritable bowel syndrome. Avoiding them is just as important as following the protocol.

1. **Staying Restrictive for Too Long**

Mistake: Remaining on a narrow or "safe" diet indefinitely.
Why it backfires: Low diversity weakens your digestion, the gut microbiome, and your immune tolerance.
Do this instead: Gradually reintroduce foods as digestion improves to build resilience.

2. **Chasing "Perfect" Gut Health**

Mistake: Constantly trying to optimise, tweak, or fix minor symptoms.
Why it backfires: Creates stress and keeps your nervous system in threat mode.
Do this instead: Aim for stable and functional, not perfect.

3. **Over-Supplementing Long-Term**

Mistake: Taking too many supplements for too long.
Why it backfires: Supplements can mask weak digestion rather than correct it.
Do this instead: Use supplements strategically and reduce them as function improves.

4. **Ignoring Digestion While Expanding Your Diet**

Mistake: Adding new foods without adequate enzymes, bile flow, stomach acid, or high levels of good bacteria.
Why it backfires: Poor digestion leads to fermentation, bloating, and relapse.
Do this instead: Support digestion first, then expand food variety over time. Be patient.

5

Mistaking Temporary Reactions for Failure

Mistake: Assuming mild symptoms mean something is “wrong.”
Why it backfires: Leads to food fear and unnecessary restriction.
Do this instead: Distinguish between adaptation reactions and true food intolerance first.

6

Ignoring Stress and Nervous System Load

Mistake: Focusing primarily on food and supplements.
Why it backfires: Stress suppresses digestive enzymes, bile flow, and motility.
Do this instead: Prioritise sleep, recovery, breathing, chewing foods well, and daily "decompression" time.

7

Stopping Digestive Support Too Early

Mistake: Removing enzymes, bile support, or gut repair too soon.
Why it backfires: Digestion looks better but isn’t yet resilient.
Do this instead: Taper support gradually as your digestion stabilises.

8

Snacking Too Often

Mistake: Constant grazing, even on “healthy” foods.
Why it backfires: Prevents digestive rest and weakens your gut motility.
Do this instead: Eat structured meals and allow time between eating. Fasting can really help here.

9

Assuming Bowel Regularity Is Optional

Mistake: Ignoring sluggish or inconsistent bowel movements.
Why it backfires: Toxins and microbial by-products recirculate, leading to leaky gut syndrome and relapse.
Do this instead: Address bowel regularity immediately, since daily elimination matters.

10

Treating REBUILD as Optional

Mistake: Stopping once symptoms improve.
Why it backfires: Your gut function and its structural integrity lag behind symptom relief.
Do this instead: Use **REBUILD** to strengthen digestion, gut lining, and resilience. Stay on track, build health long-term.

HOW TO AVOID RELAPSE

From Control to Resilience: How Relapse Really Happens

Relapse is not necessarily a lack of willpower or compliance. It happens when your symptoms improve faster than the body's systems that created them. Most Candida, SIBO, or IBS programs I've seen reduce the fungal or bacterial load and tighten diet, but leave digestion, gut structure, and stress regulation only partially repaired. The gut looks better—but it isn't yet stable—it's vulnerable.

When supports are removed too soon, the same weaknesses remain: low enzyme and bile output, fragile digestion, incomplete gut lining repair, and poor stress tolerance. Normal life returns—more foods, travel, illness, emotional stress—and your gut can no longer self-correct. The gut responds first, and then symptoms follow later. This is how relapse begins, and it's also one of the key reasons I've seen many people jump from one protocol, supplement, and doctor to another.

The **REBUILD** step exists to close the gap between feeling better and being resilient. The goal is not control, but stability—so your gut can adapt, recover, and regulate itself without constant intervention.

Allow at least 6 to 12 months of staying on track to avoid relapse, more if you have been chronically unwell, taken anti-fungals or antibiotics repeatedly.

Hidden Gap Between Feeling and Staying Better

- Symptoms often improve before your digestion is fully healed
- Candida or bacterial pressure is reduced, but gut terrain remains weak
- When supplements compensate for dysfunction instead of correcting it
- When treatment is stopped and the symptoms return eventually

What Digestive Failure Leads To

- Gut bacteria shifts can occur quickly when the gut weakens
- Fragile digestion cannot handle food variability (food reactions)
- Poor gut lining repair increases immune reactivity (food reactions)
- Stress suppresses digestion & motility (indigestion, bloating, gas)

Common Triggers That Reactivate Relapse

- Ongoing stress without (nervous system) recovery
- Expanding your diet before digestion is truly robust
- Stopping enzymes, probiotics, antimicrobials too early
- Poor sleep, travel, illness, or inconsistent routines

Solutions: What REBUILD Corrects

- Strengthens digestion so food no longer fuels relapse
- Repairs gut structure to reduce sensitivity and inflammation
- Restores immune tolerance and gut barrier integrity
- Builds stress resilience so digestion is good under pressure
- Creates flexibility instead of dependence on restriction

Summary

In my clinic I've found relapse mainly occurs because the patient's gut resilience was never fully built. Symptom control is only the first phase of healing. Without strengthening digestion, gut integrity, and stress adaptability, old patterns always seem to return under pressure. **REBUILD** focuses on correcting these foundations—so your gut can tolerate change, self-regulate, and remain stable long-term.



LIVING IN MAINTENANCE

A Gut Built for Real Life

Maintenance is not about staying strict forever—it's about having a gut that can adapt. A rebuilt digestive system doesn't collapse when life gets messy. Holidays, travel, stress, illness, or temporary dietary changes may cause mild, short-lived reactions, but they no longer trigger spirals or setbacks. This is the difference between control and confidence.

When your digestion is strong, the gut lining is intact, and stress responses are regulated, your body regains its ability to self-correct. You don't need to overreact to every symptom or tighten your diet at the first sign of gut discomfort. Most fluctuations resolve on their own when your system is a resilient system. It is important that you learn to trust your body's responses, this will help replace the fear many develop when they've been unwell for some time.

Living in maintenance means responding early and calmly, not panicking or abandoning structure. It's knowing when to support the gut briefly and when to simply let it recover.

Handling Real-Life Challenges

Holidays & Social Events: Eat mindfully, not perfectly. One meal won't undo your progress.

Travel: Expect mild changes in digestion. Support hydration, regular meals, and rest.

Stressful Periods: Prioritise sleep and digestion support rather than dietary restriction.

Illness or Medications: Temporary support may be needed, then return to baseline habits.

What to Do If Symptoms Reappear

- Pause and assess rather than reacting emotionally
- Support digestion (light meals, probiotics/enzymes if needed)
- Reduce stress load and increase your recovery time
- Slow-down: avoid drastic dietary or supplement changes
- Most symptoms pass when your gut is fundamentally stable.

Signs You're in the Maintenance Stage

- You recover quickly after disruptions
- Symptoms are milder, shorter, and more predictable
- Your sleep and energy levels are great
- You have stable moods and good cognitive function
- Food reactions have decreased greatly over time
- You no longer fear normal eating or life events

Long-Term Maintenance Habits

- Maintain dietary diversity rather than restriction
- Eat structured meals and allow digestive rest
- Adjust support temporarily during high-stress periods
- Return to simple foundations when needed

Summary

Living in maintenance means your gut works with you, not against you. It adapts, recovers, and regulates without constant intervention. **REBUILD** is the stage that makes this possible—transforming healing into confidence, flexibility, and long-term stability. This is a gut built for real life.

SUPPLEMENTS

yeastrix
BETTER GUT HEALTH



Dietary Supplements for Your Rebuild

Stage 3 (**REBUILD**) focuses on strengthening long-term gut resilience, restoring microbial diversity, and stabilising immune balance so results are maintained over time. At this stage, the main goal is no longer correction or gut microbial control, but consolidation—building a gut ecosystem that can adapt to stress, dietary change, and real-world conditions without relapsing. The Yeastrix formulations are used selectively and strategically here, supporting gut lining integrity, immune tolerance, and microbiome stability while dependence on supplements is gradually reduced and confidence in normal eating and living is restored.

Yeastrix Candida Cleanse



High-potency, delayed-release herbal formula capsules designed to reduce fungal, bacterial, and parasitic overgrowth while remaining tolerable for sensitive guts.

- 14 research-backed herbal antimicrobial ingredients
- Targets Candida and dysbiosis
- Delayed-release delivery to the intestines
- Designed using real-world stool testing data
- More information: Yeastrix Candida Cleanse

Yeastrix Daily Probiotic



A practitioner-grade probiotic delivering 35 billion CFU from 17 documented strains to restore microbial balance and suppress pathogens.

- Competitive inhibition of Candida and harmful bacteria
- Supports immune signalling and microbiome diversity
- Acid-resistant, delayed-release capsules
- Helps normalise bowel function and reduce bloating
- More information: Yeastrix Daily Probiotic

Yeastrix Active Enzymes



A full-spectrum digestive and systemic enzyme formula designed to improve nutrient breakdown, reduce bloating, and assist biofilm disruption in Candida, SIBO, and IBS.

- Enhances digestion of proteins, fats, carbohydrates, and fibre
- Reduces gas, bloating, and fermentation
- Assists fungal and bacterial biofilm breakdown
- Supports absorption and gut lining integrity
- More Information: Yeastrix Active Enzymes

The 3-Stage Yeastrix Approach

Yeastrix system of supporting optimal gut balance follows a simple, staged dosing method developed by New Zealand naturopath Eric Bakker, based on years of experience and modern gut microbiome science.

Instead of overwhelming the gut, Yeastrix supplements—antimicrobials, enzymes, and probiotics—are used strategically and progressively. This reduces side effects such as die-off, improves tolerance, and helps restore gut balance more effectively and at a lower overall cost.

For detailed supplement dosing instructions, see the full Yeastrix guide: [link]

WEEK 1 - INITIATION- START LOW AND GO SLOW
Begin gently to allow your digestive system to adjust and to minimise die-off symptoms. This stage is especially important for first-time users or sensitive individuals.

WEEK 2 -TREATMENT - THERAPEUTIC DOSING
Supplement doses are gently increased to target microbial overgrowth more effectively while maintaining digestive support and gut microbiome balance. The duration of this stage is optional depending on the individual.

WEEK 4+ - MAINTENANCE - LONG-TERM BALANCE
Supplement use is stabilised to support ongoing gut health and prevent relapse while transitioning toward long-term gut resilience. Low-dose supplementation (when required can support long-term gut health balance.

Start gently to reduce die-off and let your system adjust. Ideal for first-time users or sensitive individuals.

Basic Dosage Guidelines:

Candida Cleanse: 1–2 caps daily with food. Sensitive? Start with 1/day.
Daily Probiotic: 1 cap twice daily with meals.
Active Enzymes: 1 cap twice daily with meals.

The Gut Restore Kit

Features Active Enzymes, Daily Probiotic, and Candida Cleanse. Together, they help support digestion, maintain optimal microbial balance, and promote overall gut wellness. Ideal for daily maintenance or as part of a structured gut recovery protocol. Scan this QR code to get your Gut Restore Kit today

The Ultimate Candida Cleanse — Lite

A Safe, Structured Starting Point

If you're dealing with ongoing gut symptoms, Candida overgrowth, SIBO, irritable bowel syndrome, food reactions, or repeated failed "cleanses," you're not alone — and you're certainly not broken.

The Ultimate Candida Cleanse Lite is built on decades of clinical experience, thousands of patient cases, and extensive analysis of comprehensive stool testing. It was created as a gentle, structured entry point for people who want clarity without overwhelm.

Rather than extreme diets, complicated regimes or aggressive detoxes, our simple 3-step program focuses on restoring your digestion, calming your gut, and gradually reducing any fungal or bacterial overload — all without hassle or guesswork.

Inside this practical free guide, you'll learn how to:

- Support your digestion properly - before trying to "kill" anything
- Reduce fungal and bacterial pressure safely and effectively
- Improve stomach, pancreatic, and small-intestinal function
- Avoid common mistakes that frequently stall recovery
- Build a foundation that supports long-term gut health

This is not a hack, a quick fix, or a one-size-fits-all cleanse. It's a practical framework designed to help your body regain balance — at a pace it can sustain.



Eric Bakker, N.D.
Candida & Gut Health Specialist
39 Years of Clinical Experience

Eric Bakker has spent nearly four decades helping patients worldwide recover from chronic Candida, digestive dysfunction, and microbiome imbalance. His approach emphasises simplicity, physiology, and long-term results, not restriction or fear.
Learn more at candida.com and yeastrix.com

Candida.com yeastrix BETTER GUT HEALTH