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Anti-Fungal "Live-It" to Balance Gut Bacteria

If you have looked at the symptoms of yeast overgrowth and gut biome issues and have decided that this might be your problem, then this is the program for you. Fungus and harmful bacteria and cancer must have sugar in order to thrive. We have to starve them out!!!

The Food Plan

Drinks

Herbal Teas
Alkaline water
Lemonade (organic or fresh lemon juice, stevia and clean water)

Seeds, Nuts, Grains

(It is best to presoak nuts to eliminate Any molds.)

Almonds
Sunflower and Pumpkin Seeds
Brazil nuts, Cashews, Walnuts
Pecans
Millet
Quinoa
Brown rice
Ezekiel Corn Tortillas

Proteins (1-2 servings per day)

Fish
Eggs
Hormone free chicken or turkey
Free range, organic beef (fist size)
Organic Tofu

Dairy or Milk-Type Drinks & Foods

Almond, Coconut or Hemp milk
Organic, plain yogurt. Organic butter

Vegetables

Any vegetable. Check labels of frozen foods for added sugars or preservatives. Try to eat at least 50% raw.

Oils

Cold pressed olive, sesame, grape seed or coconut oil

Condiments

Spices, herbs, sea salt, lemon and lime, kelp seasonings, home made mayonaise

Fruits (low sugar)

Lemons, limes and grapefruit
Berries, Green or sour apples

Sweeteners

Stevia or Xylitol

Should Not Have (Feeds Yeast and Fungus)

Drinks

Carbonated drinks
Alcohol, beer, wine
Fruit juices
Drinks containing natural sweeteners
Drinks containing artificial sweeteners

Sugar Products

No sugars allowed – dextrose, sucrose, maltose, fructose, corn sweeteners, syrups, molasses, honey or maple syrup

Fruits

Fresh, dried frozen or canned – unless mentioned on approved list

Yeast Products

Bread
Crackers
Brewer's Yeast in any product
Vitamins made or grown in yeast

Fermented and mold foods

Cheese
Buttermilk
Mushrooms
Cider or other vinegar
Mustard
Catsup
Relish or pickles

Legumes

Peanuts and pistachios
Peas and Beans
Hummus and garbanzos
Peanut butter

Fats and Processed Meats

Margarine or any hydrogenated or partially hydrogenated fats
Cured or dried meats or fish
Ham, hot dogs, lunch meats, sausage, bacon

Refined Foods

Products containing white flour, white rice, white sugar
Boxed, convenience foods
Canned soups

***Other More Lenient Diets are Used In Less Successful Programs**

Phase Two: After 2 weeks on the program of diet and anti-fungal herbs, add the following if desired:

Sweet Potatoes
Beans and Peas
Gluten Free Whole Grain Products

Life Phase: Strive for a ratio of 80/20 of raw to cooked foods, alkaline and acid foods

All of the above plus a modest amount of local honey and maple syrup.

Organic Potatoes and Fresh, Organic Corn in Moderation

If you start feeding the yeast and any of your symptoms return, go back on the first phase for a few days.

Destroy yeast with supplements such as:

- 1. Pau d'arco – 30 drops 3X a day for 3 Months or drink as a tea**
- 2. Oregano Oil or Capsules**
- 3. Kelp and Liquid Chlorophyll for alkalinity**
- 4. Garlic and caprylic acid**
- 5. Grapefruit seed extract – 15-20 drops in water or juice daily**
- 6. Ionic (colloidal) silver – 3X**
- 7. Yeast and Fungal Detox**
- 8. Olive Leaf Extract**
- 9. Consider a green juice fast**
- 10. Reinoculate with probiotics!**

