

A GUIDE FROM FULL SPECTRUM BRAIN INTEGRATION

# The Candida Cleanse Guide

*A gentle, structured reset for balance & vitality*

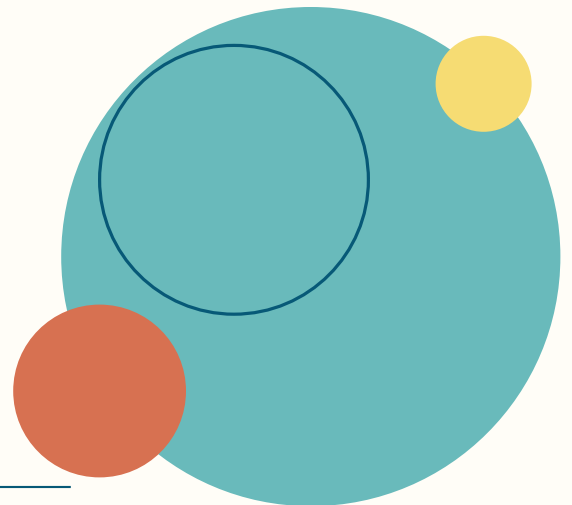
START DATE

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END DATE

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This guide is designed to support your body's natural restoration process. Please review all sections before beginning, and reach out anytime if questions arise.



## ABOUT THIS CLEANSE

# Begin With Balance.

Candida is a naturally occurring yeast in the body. When the internal environment falls out of balance — often from stress, antibiotics, sugar-rich diets, or chronic inflammation — it can overgrow and interfere with digestion, mood, energy, and cognitive clarity.

This cleanse is designed to gently starve excess candida while restoring the beneficial flora your system depends on. It is not a restrictive diet or a detox in the aggressive sense — it is a structured reset that invites your body back into equilibrium.

## What to Expect

- A gentle recalibration of digestion, energy, and mental clarity
- Possible mild detox symptoms in the first few days (headaches, fatigue, skin shifts) — this is normal and temporary
- Steady improvement in sleep quality, mood, and focus over 2 to 4 weeks
- A renewed sense of how certain foods truly affect your body

### HYDRATION MATTERS

Drink at least half your body weight in ounces of filtered water each day. Hydration supports your liver, kidneys, and lymphatic system as they process yeast die-off. Add a pinch of mineral salt or a squeeze of lemon for electrolyte support.

## NOURISH YOUR SYSTEM

## Foods & Beverages Allowed.

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Focus on whole, unprocessed foods that stabilize blood sugar and support gut health. The following are welcome throughout the cleanse:

- All fresh meats, poultry, fish, and eggs (organic or pasture-raised when possible)
- All fresh vegetables — leafy greens, cruciferous, root vegetables (excluding mushrooms)
- All fresh fruits in moderation — nothing dried, candied, or canned in syrup
- Fresh dairy products (milk, butter, cream) — excluding aged cheeses
- Plain, unsweetened yogurt (no added sugars, flavors, or active cultures during days 1–2)
- Unleavened bread products — spelt, rice, rye, and oat-based alternatives
- Filtered water, herbal teas, unsweetened green or black tea
- Olive oil and fresh lemon juice as a salad dressing
- Fresh herbs, garlic, ginger, turmeric, cinnamon, and sea salt

### SUPPLEMENT SUPPORT

A high-quality acidophilus or broad-spectrum probiotic is recommended throughout the cleanse. Look for refrigerated options at Whole Foods or your trusted natural food store. Standard Process Gut Flora Complex is an excellent practitioner-grade alternative.

## RESET THE TERRAIN

## Foods & Beverages to Avoid.

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These foods either feed candida directly or contain compounds that interfere with the body's ability to restore balance. Read labels carefully — sugar and yeast hide in unexpected places.

- Refined sugars in any form — soda, candy, jams, jellies, pastries, syrups
- Artificial sweeteners (aspartame, sucralose, saccharin) and sugar alcohols that disrupt gut flora
- All dried fruits — raisins, dates, figs, cranberries (concentrated sugars)
- Anything containing yeast or wheat — bread, cake, pizza, pasta, crackers
- Fermented foods and beverages — vinegar, soy sauce, alcohol, kombucha, kimchi
- All salad dressings and condiments with vinegar, sugar, or preservatives
- Mushrooms of all varieties — they are a fungus and can cross-react
- Aged cheeses — blue, brie, camembert, parmesan, sharp cheddar
- Anything with 'active cultures' — these may contain residual yeast
- Packaged and processed foods — read every label, sugar has over 60 names

**LABEL READING TIP**

Watch for: dextrose, fructose, maltose, sucrose, corn syrup, agave, barley malt, yeast extract, malt vinegar, and 'natural flavors.' When in doubt, choose whole foods in their original form.

## A WEEKLY RHYTHM

# The Weed & Feed Diet.

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This protocol works in addition to your cleanse diet, running on a 7-day repeating cycle. It alternates between clearing excess yeast (weed) and rebuilding beneficial flora (feed).

START DATE

END DATE

## Weed Phase — Days 1 & 2

- Consume 1 raw clove of garlic each day, between meals (not on an empty stomach)
- Follow with an 8 oz glass of filtered water
- Do not take probiotics on these days
- Optional: crush the garlic and let it rest for 10 minutes to activate allicin

## Feed Phase — Days 3 through 7

- Take a high-quality probiotic 1 to 3 times per day, with or between meals
- Standard Process Gut Flora Complex may be used as a practitioner-grade alternative
- Do not consume raw garlic on these days
- Support with bone broth, fermented-free cultured dairy, and fiber-rich vegetables

### REPEAT WEEKLY

This 7-day cycle repeats throughout the duration of your cleanse. Consistency is more important than perfection. If you miss a day, simply pick up where you left off rather than starting over.

## YOUR DAILY PRACTICE

# Tips for Success.

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A successful cleanse is as much about rhythm and mindset as it is about food. Integrate these practices to support your body and spirit through the process.

## 01 Plan Your Meals Weekly

Decide in advance what you'll eat and shop accordingly. Decision fatigue is the most common reason cleanses break down.

## 02 Prepare Ahead

Keep cooked proteins, chopped vegetables, and hard-boiled eggs ready in the refrigerator for quick meals.

## 03 Eat Regularly

Go no longer than 4 hours without eating. Stable blood sugar prevents cravings and energy dips.

## 04 Prioritize Sleep

Aim for 7 to 9 hours nightly. Sleep is when your body does the deepest repair work.

## 05 Move Gently

Walking, yoga, and light strength training support lymphatic flow without over-taxing your system.

## 06 Track Your Symptoms

Keep a simple journal of energy, digestion, mood, and sleep. Patterns emerge that inform your long-term choices.

## 07 Be Gentle With Yourself

Healing is not linear. Honor small shifts as meaningful progress and reach out for support when needed.

**A RHYTHM TO FOLLOW**

# A Sample Day on the Cleanse.

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Use this as a flexible template, not a rigid prescription. Adjust portions and timing to match your energy, schedule, and hunger cues.

**MORNING — Upon Waking**

16 oz filtered water with fresh lemon and a pinch of sea salt. A few minutes of gentle stretching or breathwork.

**BREAKFAST**

Two pasture-raised eggs with sautéed spinach and avocado. Herbal tea or a small cup of unsweetened green tea.

**MID-MORNING**

A handful of fresh berries or a small apple with almond butter. Continue hydrating.

**LUNCH**

Grilled chicken or wild salmon over mixed greens, cucumber, and fresh herbs, dressed with olive oil and lemon.

**AFTERNOON**

Raw vegetables (carrot, celery, bell pepper) with a small serving of plain full-fat yogurt. Water with lemon.

**DINNER**

Roasted vegetables with a grass-fed protein of your choice. Optional: a small side of rice or spelt bread.

**EVENING RHYTHM**

Finish eating at least 3 hours before bed. Wind down with a warm bath, a cup of chamomile tea, and gentle reading. Your body does its most profound restoration during the first half of the night.

NEXT STEP

# Ready to Begin?

Whether you're preparing for your first session or continuing your healing journey, we're here to support you.

Book a session with Nancy Loedy or Liz Elia to explore how Brain Integration Technique® can support your goals.

[BOOK A SESSION](#)

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