

## Dietary Lifestyle Changes Example

### Detox Your Diet

It is obvious that most people are eating a diet high in processed grocery store foods laced with chemical additives and pesticides. They have the wrong oils in their membranes and a host of nutrient deficiencies. How can the detoxification system function optimally when it is operating at such a disadvantage?

Implementing lifestyle changes can be difficult for some. The following is broken down into 3 levels which can be applied at an individual pace.

There may be hidden addictions to some of the following foods and withdrawal symptoms may appear. These can affect emotional issues as well.

#### Level 1

- Omit all alcohol. If you are blocked here it may be wise to discover if you are using alcohol as a means of escape, and fix that area of your life first. If you are a light drinker and enjoy a glass of wine with dinner or on occasion, this should be an easy first step.
- Omit all sweets, cookies, cakes, pies, candy bars, sodas, fruit juice, chocolate, gum, candies, ice cream, sugar, honey, maple syrup. Often trouble here stems from not enough love in life to satisfy your needs for pleasurable feelings. Also, ingesting too much salt makes you crave sugar for balance.
  - Substitute glass bottled spring water, nuts, two fruits a day, ½ cup dried fruits, carrots, squash, popcorn.
    - **Reason:** Many people with early stage Candida feel wonderfully revitalized merely by eating at this level. Between the first and 3<sup>rd</sup> week of this level their energy level triples and their brain fog lifts.

#### Level 2

- Omit all mold foods, commonly called ferments. This includes any food with mold: cheese, yeast breads (muffins and pasta that do not contain yeast are fine), all processed foods, coffee, tea, vinegar, commercial salad dressing (cold pressed sesame, olive, flax or coconut oils with lemon/lime are fine), ketchup, mayonnaise, mustard.
  - Substitute more vegetables like kale, collards, Brussels sprouts, cauliflower, cabbage, onions, squash, carrots, turnips.
    - **Reason:** People with tougher cases of Candida need to be stricter. In fact, they cannot tolerate even a trace of the foods in this chapter. Coffee is very acidic and contributes to headaches and mood fluctuations.

### Level 3

- Omit all dairy and wheat. This means all milk products.
  - Substitute whole grains, brown rice, whole or steel cut oats, rye flakes, Buckwheat, teff, quinoa, millet, barley, etc. *Whole* means *unbroken*. Flour products are from ground or broken grains. These whole grains will need to be cooked for about 45 minutes or so. Whole grains are also alive. They still have the life force in them. If you put these grains in a bit of water and gave them sunlight, they would grow. Flour put in sunlight with water would mold. Mold helps with the decaying process. Most of these can be purchased in an organic form at your local health food store.
    - **Reason:** Milk and wheat are the backbone of the American diet. They are the most common causes of hidden food allergies. Many people stop having chronic nasal and chest mucus as soon as they go to this level. Many people are deficient in lactase, the enzyme that breaks down milk products. The result might be gas, bloating, indigestion, and alternating diarrhea and constipation.

Many people are gluten-sensitive. With this, wheat, rye, barley and triticale cause a reaction in the intestinal wall that renders it incapable of absorbing nutrients well and causes a host of intestinal complaints. This imbalance alters the terrain of the entire body.