

Yeast Free Diet Protocol

Foods Allowed:	Foods to Avoid:
<ul style="list-style-type: none"> * Meat * Fish * Chicken * Eggs * Nuts - Fresh. [NOT peanuts or pistachios. Use cashew or almond butter instead of peanut butter.] * Fresh fruit - Washed/peeled. 2 per day [Not fruits with moldy skin such as grapes, berries, melons, etc.] * Grains - Brown rice, amaranth, buckwheat, corn [May be necessary to avoid gluten grains such as wheat, spelt, malt, barley, oats, rye, millet.] * Water - Lots! * Juices - Fresh squeezed fruit or vegetable [Dilute with water or seltzer] * Snacks - Air popped corn or Guiltless Gourmet Chips * Oils - Cold pressed olive, canola or walnut 	<ul style="list-style-type: none"> • Sugar • Honey • Syrup • Malt • Fructose • Corn Syrup • Fermented/Vinegar containing foods, such as: <ul style="list-style-type: none"> • Salad dressings • Mustard • Ketchup • Mayo • Soy sauce • Tofu/tempeh • Yeasty foods <ul style="list-style-type: none"> • Beer, wine • Bagels • Bread • Moldy foods - coffee, tea • Foods in the fungus family [i.e. mushrooms] • Olives • Juices NOT freshly made

Yeast Die-Off Protocol

Symptoms may occur when your child is taking anti-fungal medication and/or on a yeast-free diet. These symptoms include bowel changes, especially constipation, and nausea, fatigue, moodiness, aggression, hyperactivity and malaise. To alleviate such symptoms try the following:

1. Drink plenty of water
2. Bowel movement at least 1-2 times/day
3. Consider taking activated charcoal: ½ capsule 3x/day 1 hour after meals OR 1 capsule 3x/day 1 hour after meals for children over 50 lbs.

Take _____ /day for three weeks. If there is any vomiting, belly pain or yellow skin call me and stop medicine.
Also, give milk thistle _____ each day.

Adapted from materials created by Dr. Nancy O'Hara

Metabolic
Immunologic
Neurologic
Digestive
Developmental

