

Week 8: Biomedical & Nutritional Blueprint

How Candida & Gluten affect one another and the Human Body:

Nieuwenhuizen and his colleagues postulate that Candida albicans is a trigger in the onset of celiac disease, one of the most severe forms of wheat sensitivity. Transglutaminase is an enzyme found in the mucosa, the lining of the gastrointestinal tract that helps in the digestion of gluten. Gluten is very rich in the amino acid glutamine and the chemical reaction of the transglutaminase involves the movement of glutamine in gluten. The first step in this reaction is to covalently bind the glutamine of gluten to the enzyme. If the person has extensive gastrointestinal Candida, the HWP1 on the Candida cells will compete for gluten for binding to the transglutaminase enzyme and, as a result, gluten is unable to be digested. Furthermore, this covalent bond to Candida antigen binds the Candida cells to the mucosa until the mucosa is eventually sloughed off and replaced. Furthermore, this combination of Candida cells bound to a human enzyme is recognized by the immune system as a foreign entity and an autoimmune reaction against the transglutaminase Candida antigen complex may be initiated. Antibodies against Candida, gluten, or against the Candida gluten complex would probably all cross-react with each other so that a person with Candida antibodies might also react against gluten and vice-versa.

Furthermore, the similarity of the Candida and gluten antigens means that many individuals with Candida antigens will very likely cross react with one another so that they may elicit allergic reactions from each other even if autoimmune reactions do not occur.

Reference: Nieuwenhuizen WF, et al Is Candida albicans a trigger in the onset of coeliac disease? Lancet. 2003 Jun 21; 361(9375): 2152-4.

Here are 10 common candida symptoms

- 1. Skin and nail fungal infections (such as athlete's foot or toenail fungus)
- 2. Feeling tired and worn down or suffering from chronic fatigue or fibromyalgia
- 3. Digestive issues such as bloating, constipation, or diarrhea
- 4. Autoimmune disease such as Hashimoto's thyroiditis, Rheumatoid arthritis, Ulcerative colitis, Lupus, Psoriasis, Scleroderma or Multiple sclerosis
- 5. Difficulty concentrating, poor memory, lack of focus, ADD, ADHD and brain fog
- 6. Skin issues such as eczema, psoriasis, hives, and rashes
- 7. Irritability, mood swings, anxiety, or depression
- 8. Vaginal infections, urinary tract infections, rectal itching or vaginal itching
- 9. Severe seasonal allergies or itchy ears
- 10. Strong sugar and refined carbohydrate cravings

How do you treat candida overgrowth?

Effectively treating candida involves stopping the yeast overgrowth, restoring the friendly bacteria that usually keep them in check, and healing your GI tract (gut) so that candida can no longer enter your bloodstream. Getting rid of the candida overgrowth primarily requires a change in diet to a low carbohydrate diet. Sugar is what feeds yeast, so eliminating sugar in all of its simple forms like candy, desserts, alcohol and flours. Reducing to only one cup a day of grains, fruit, bread, pasta, and potatoes will help prevent the Candida from growing. It's a must to restore the healthy bacteria that typically keep your candida population under control, you can help with taking probiotics on a daily basis. Finally, healing your GI tract by eliminating inflammatory foods that can harm your GI tract and introducing foods that aid in digestion and nutrient absorption, will prevent candida from working its way through your body, and will dramatically improve your overall health.

Foods to avoid to Eliminate Yeast

Vegetables:

Corn Mushrooms

Dairy:

All cheeses including Cottage Cheese Buttermilk
Cow & goat milk Ice Cream Margarine

Sour Cream Yogurt

Condiments:

All vinegars (except apple cider & raw unfiltered)

Catsup (use organic) Gravy Mustard (use Whole Foods Organic Yellow Mustard)

Jams & jellies Pickles Relish
Sauces Soy Oil Tamari
Worcestershire Spices with yeast, sugar or additives

Dried Herbs (mold collects on leaves during drying process)

Salad Dressing (unless no added sugar and only raw apple cider vinegar is added)

Fruits:

Apricots Berries (in moderation for the berries) Bananas

Cherries Currants **Dates** Dried fruits Figs Grapes Kiwi Mangos Melons **Nectarines** Oranges Papayas Pears Peaches Pineapple Plums Pomegranates **Tangerines**

Oils: Processed Oils Hydrogenated Oils

Drinks:

Alcohol (even in cooking) Coffee Fruit Juices

Soda (diet & regular) Tea (all caffeinated and decaf-except herbal)

Sweeteners:

Aspartame Brown Rice Syrup (unless small amount)

Brown Sugar Corn Syrup Dextrose Fructose Honey Maltodextrin Maple Syrup Molasses

Sorbitol White Sugar Raw Cane Juice Crystals Sucralose

Grains:

Breads (unless wheat, dairy, and sugar free) Cereals (unless wheat, dairy and sugar free)

Corn Kamut Pastries Spelt White Rice Wheat White flour

Miscellaneous:

Candy Cookies Chocolate Coffee Donuts Gelatin

Gum (unless xylitol sweetened Fried Foods Muffins Pastry Pizza

CANDIDA CONTROL DIET ALLOWABLE FOODS

Vegetables:

All vegetables except mushrooms and all potatoes

Scrub all vegetables before use. Also peel or skin when possible.

Condiments:

Apple Cider Vinegar (raw & unfiltered-refrigerate)

Fresh Herbs (i.e. basil, parsley, etc.)

Sea salt Pepper Spices (without additives, MSG, etc.)

Fruits (one - two per day):

Apples (granny smith-peeled) Blueberries

Grapefruit Lemons & Limes

Oils:

Flaxseed, Sesame oil, Sunflower oil (not for cooking, just flavoring)

Olive oil (good for cooking)

Drinks:

Water-filtered & Mineral Herbal Teas (in moderation)

Seeds:

Chestnuts Pumpkin seeds Sunflower Seeds Sesame seeds

Sweeteners:

Stevia

Grains: Brown rice, Millet, Pasta Wild rice

Miscellaneous: Carob-unsweetened

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