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Yeast Overgrowth Diet

Breakfast Choices

- 3 organic scrambled eggs with sautéed onion and greens, Echinacea tea
- ¾ cup cottage cheese with chopped fruit, 1Tbsp MCT oil
- Sugar free organic yogurt, 1 Tbsp flax oil or 3 Tbsp ground flaxmeal, ½ cup organic berries, Pau D-Arco tea
- Hot brown rice cereal w/cinnamon, 1Tbsp MCT oil, green tea
- Smoked salmon, poached organic eggs, sweet potatoes with rosemary

Lunch and Dinner Choices

- Quinoa, buckwheat, millet, or amaranth with sautéed onions, carrots, peas, green salad
- Grilled Salmon, green beans with garlic, leeks, yellow squash sautéed in 1 Tbsp butter, oregano, green salad
- 2 slices turkey white meat, Dijon mustard, spinach salad.
- 1 small can tuna, 1Tbsp sugar free mayonnaise, assorted chopped vegetables
- 1 lemon chicken breast skinless, cooked spinach, tossed salad
- 1 broiled lamb chop, cooked asparagus, spinach salad
- Stir fired fish with snow pea pods, onions bean sprouts, red pepper
- 1 lean hamburger patty with sliced tomato and onion, 1 cup roasted vegetables
- Crabmeat, 1Tbsp sugar free mayonnaise, steamed squash
- Filet mignon, green bean Almondine, green salad

*salad dressings make with MCT oil, flax oil, Tahini, and seasonings (herbs, mustard, etc.)

Snacks Choices

- Roasted garlic celery, protein shakes with freshly ground flaxseeds added, fresh green vegetable juice, sugar free yogurt, 2 oz cheese, lean hormone free meat with mustard, hard boiled egg, handful of raw organic almonds, brazil nuts (anti-fungal)

Avoid

- Wheat, sugars (table sugar, honey, molasses, maple syrup, corn syrup), candy, soft drinks, wine, beer, flour products, fruit (except cranberries and lemons), fruit juices

Beverages Choices

- Excellent if tolerated by patients: Wheatgrass juice: 1ounce 1-3x per day (start slowly- may cause liver detox) also excellent: freshly prepared all green vegetable juice (celery, spinach, cucumber, green pepper, any greens. No fruit, carrots or beets.) The green chlorophyll in these drinks is excellent at reducing levels of yeast.
- Green Drinks: Green Magma, Kyogreen or Green Kamut (1 tsp 1-3x per day in water)
- Herbal teas: Cinnamon, Pau D'Arco, chamomile, Green tea with cinnamon stick

Suggestions and Goals

Hydrochloric acid and digestive enzymes are sometimes needed. Avoid the B complex in the first two weeks of treating a yeast overgrowth, as they may help feed the yeast in the early stages of management. Wheat and dairy allergies and/or intolerances are common in yeast overgrowth.

Symptoms may get worse as the yeast die off in the initial killing phase. This will include frequent bowel movements and other minor signs of GI distress. This will usually pass after a week or two.

The most important supplement for the treatment of yeast overgrowth is the beneficial probiotic. These are crucial for the building up of digestive tract health. The rebuilding phase is actually more crucial for you if you do not build a healthy environment in the gastrointestinal tract; the yeast will overgrow as soon as you stop using the oil of oregano or whatever else your killing agent of choice is.