**Candida Diet**

**Avoid foods that are made with:**

* Processed sugars
* White flour

**Avoid foods that are fungus or contant fungus**

* Mushrooms
* Cheeses

**Avoid foods that contain a lot of natural sugar**

* Bananas
* Milk

**Consume recommended doses of :**

* Digestive Enzymes
* Garlic

**Use topical tree oil for skin infections.**