



THE SOLINGER METHOD

by Root Health L.L.C.

Candida Overgrowth

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Candida Overgrowth

Root Health L.L.C, The Solinger Method

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What Is Candida Overgrowth

Candida overgrowth refers to **excessive proliferation of Candida species**, most commonly *Candida albicans*, within the gastrointestinal tract, oral cavity, or vaginal

microbiome. Candida is a normal commensal organism, problems arise when **host defenses, microbial balance, or immune regulation are impaired.**

In adults, Candida overgrowth is rarely a standalone issue. It most often reflects:

- Impaired gut motility and constipation
- Dysbiosis and loss of bacterial competition
- Chronic blood sugar instability
- Immune suppression or dysregulation
- Antibiotic, steroid, or hormonal medication exposure
- Chronic stress and cortisol imbalance

Candida thrives when the terrain favors it.

Conventional Medicine Perspective

Conventional medicine typically views Candida as:

- A localized fungal infection
- Relevant only when severe or invasive
- Treated primarily with antifungal medications

Common interventions include:

- Nystatin
- Fluconazole
- Topical antifungals for localized infections

While these can reduce fungal load, conventional care often overlooks:

- Why Candida overgrew in the first place
- The role of gut motility and microbiome balance
- Blood sugar as a primary fuel source
- Immune and barrier function

Eradication without restoration often leads to recurrence.

Naturopathic Medicine Perspective

Naturopathic medicine views Candida overgrowth as a **marker of ecosystem imbalance**, not a primary pathogen.

Key systems involved include:

- Gut motility and elimination
- Microbial diversity and competition
- Intestinal barrier integrity
- Immune surveillance



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- Blood sugar and insulin signaling
- Liver detoxification

The goal is to **reduce fungal burden while restoring balance** , not wage war.

Key Drivers and Patterns in Adult Candida Overgrowth

Sugar Driven Pattern

- Intense sugar or carbohydrate cravings
- Symptoms worsen after sweets
- Blood sugar instability

Antibiotic Associated Pattern

- Onset after antibiotic use
 - Recurrent infections •
- Digestive symptoms

Hormonal Pattern

- Vaginal yeast infections
- Symptoms worsen premenstrually
- History of hormonal contraceptive use

Immune Suppression Pattern

- Frequent illness
 - Fatigue
 - Poor wound healing
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Nutritional Strategy

Nutrition for Candida overgrowth focuses on **reducing fungal fuel while supporting immune function and gut repair**, not starvation or extreme restriction.

Core Nutritional Priorities

- Stabilize blood sugar •
- Reduce refined sugars •
- Support protein intake



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- Maintain adequate calories
 - Avoid long fasting windows that stress immunity
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Therapeutic Foods to Emphasize

Protein Forward Meals

Protein supports immune function and stabilizes glucose.

Suggested intake:

25 to 35 grams per meal

Non-Starchy Vegetables

Provide fiber and phytonutrients without excessive glucose.

- Greens
 - Zucchini
 - Asparagus
 - Cucumbers
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Healthy Fats

Do not feed Candida and support immune signaling.

- Olive oil
 - Coconut oil
 - Avocado
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Fermented Foods (Selectively)

Used cautiously and individualized.

- Sauerkraut juice
- Yogurt if tolerated

Not appropriate for everyone initially.

Reduce or Temporarily Limit



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- Added sugars
 - Refined carbohydrates
 - Alcohol
 - Excess fruit initially
- Restriction is strategic, not punitive.
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Targeted Supplement Support

Therapeutic Adult Dosing

Caprylic Acid

Disrupts fungal cell membranes.

Dose: 500 to 1,000 mg, two to three times daily

Berberine

Supports antimicrobial balance and blood sugar regulation.

Dose: 500 mg, two to three times daily with meals

Saccharomyces boulardii

Competes with Candida and supports immune balance.

Dose: 5 to 10 billion CFU daily

Digestive Enzymes

Reduce fermentation and nutrient stagnation.

Dose: 1 to 2 capsules with meals

Targeted Herbal Support

Oregano Oil (Enteric Coated)

Broad spectrum antifungal support.

Dose: 150 to 300 mg daily

Pau d'Arco



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Supports antifungal activity and immune balance.

Dose: 500 to 1,000 mg daily

Garlic (Odor Controlled if Needed)

Supports antifungal and immune activity.

Dose: 600 to 1,200 mg daily

Herbs are rotated, not piled indefinitely.

Celery Juice Support for Candida Overgrowth

Celery juice can be supportive in Candida overgrowth by improving **hydration, digestive secretions, and liver clearance**, indirectly reducing fungal friendly conditions.

How It May Help

- Supports stomach acid signaling
- Improves gut motility
- Reduces toxic burden on the liver
- Supports mineral balance

Dose:

8 oz fresh celery juice daily

Timing:

Morning on an empty stomach

Response should guide continued use.

Supplement Access

A complete supplement protocol for **Adult Candida Overgrowth** is available in Fullscript under **Protocols**, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

Lifestyle Support That Matters



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- Prioritize sleep for immune regulation •
 - Avoid chronic stress and overexertion •
 - Maintain regular bowel movements • Practice consistent meal timing
- Candida thrives in chaos, balance weakens it.
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When to Dig Deeper

Further evaluation is warranted when Candida is recurrent or severe:

- Comprehensive stool analysis
- Organic acids testing
- Blood sugar and insulin markers
- Immune markers
- Medication history review

Candida resolves when **terrain is restored and balance returns**, not when it is endlessly attacked.



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