

## SUMMARY OF DIET TIPS

**FRUITS** Are high in **natural sugars**, which nail fungus can use to grow and thrive. Limiting your intake to one or two pieces per day can improve your chances of eradicating nail fungus. Your body will metabolize the sugar to use for energy before the fungus can get to it.

**SWEET TREATS** It takes the body longer to process refined sugars. Ice cream and candy products are a NO-NO. Avoid sweets during this curative process and until your nails are clear and free of fungus.

**GLUTEN** should be avoided, wheat-based pasta and bread products are high in gluten, which the body breaks down into sugar that fungus will use. Specifically, people with autoimmune disorders (rheumatoid arthritis, diabetes, inflammatory bowel disease, lupus, fibromyalgia etc.) should avoid wheat-based products due to the increase in inflammatory response these products produce and could exacerbate your symptoms.

**YEAST FOODS TO AVOID** Candida- Candida often called albicans is an opportunistic pathogenic yeast that is a common member of the human gut flora. It does not proliferate outside the human body. It is detected in the gastrointestinal tract and mouth in 40-60% of healthy adults.

Foods that contain yeasts are;

- >High sugar fruits.
- >Glutinous grains.
- >Meats like pork and lunch meat.
- >Fish like tuna and swordfish.
- >Some dairy products.
- >Moldy nuts and seeds.
- >Condiments with added sugars.
- >Refined and processed vegetable oils.



Your Feet.Your Health.Your Life

**ANTI-FUNGAL**  
**DIET**

## THE DO'S & DON'TS OF YOUR DAILY DIET

### PASTA/GRAINS :

**DO'S:** Whole Amaranth and flour; Whole Barley, Flour, hatomugi; Buckwheat flour/groats; Undegerminated Corn meal (fine or coarse grind)/masa harina/popcorn (air popper)/whole Millet and flour/oat bran/ whole Quinoa and flour/wild Rice/ brown rice (long, med. or short grains)/brown basmati rice, texmati brown rice/wehani brown rice/rye flour/cream of rye cereal/ Whole Spelt and flour/whole teff and flour/wheat berries/ Unprocessed or miller's wheat bran/ bulgur/cracked/durum/ Graham wheat flour/whole wheat flour/ corn/ Quinoa/ saifun (Japanese noodles)/ soba (buckwheat)/ udon (Japanese noodles)/ whole wheat.

**DON'T'S:** Pasta in flour and water, the flour may be white bread flour and it may be durum flour made from semolina. All types of noodles are made from the same base and they should all be cut out of the diet, with Bufin, the Japanese noodles, Ramen instant noodles, farina, semolina and white flour noodles and pastas.

### BAKED GOODS AND BREADS:

**DO'S:** Any whole grain unsweetened, unyeasted bread product such as chapatis, whole wheat flour, corn chips, quick breads, unsweetened rice cakes or crackers, tortillas made from brown, corn or whole wheat. Ryvita contains no yeast.

**DON'T'S:** all cakes, pastries, cookies doughnuts or other processed baked food containing sugar. This list includes white bread, or any bread containing wheat, which includes parathas, nanas bread, pita bread, white flour tortillas, wheat dough tortillas, sourdough, or any other ethnic bread made from wheat. Mochi the sweet unleavened bread made from brown rice should be avoided.

### LEGUMES:

**DO'S:** Dried or frozen Black-eyed peas/Chickpeas/garbanzo beans/Lentils/Soybeans/Soy flakes/Split peas

**DON'T'S:** beans and peas with sweeteners, bean sprouts, Tempeh (which a type of fermented tofu) and tofu textured vegetable protein.

### NUTS & SEEDS:

**DO'S:** Almonds, Brazil, Cashews, Hazel, Macadamia, Pine nuts, Poppy, Pumpkin, Sesame (tahini), Sunflower. Small occasional amounts of fresh lemon/lime/tomato/eggplant.

**DON'T'S:** Coconut, Peanuts, Pistachios, Walnuts Dairy Products Buttermilk, Soymilk (sweetened), All kinds of cheeses/cottage cheese/Kefir/milk/sour cream/creme fraiche/sweetened yogurt.

### FRUIT:

**DO'S:** eat low sugar fruits in moderation: apples/grapefruit/melon and strawberries.

**DON'T'S:** Never eat dried fruit.

### BEVERAGES:

**DO'S:** Almond milk Mugicha, Toasted whole barley, Coffee substitute (without malt), Unsweetened soymilk, Unsweetened Taheebo Pau d'Arco tea, Water (plain or carbonated).

**DON'T'S:** Alcohol/cereal/beverages/coffee (regular and decaffeinated) fruit juices/soft drinks (including diet), processed tea drinks such as lemon tea. All fruit teas/black tea

### CONDIMENTS AND SAUCES:

**DO'S:** Chicken broth without sweetener, Fresh garlic, Fresh ginger, Fresh herbs, Fresh onion, Pepper, Salt, Tamari (unfermented soy sauce), Raw organic apple cider vinegar

**DON'T'S:** No Ketchup or catsup, any type of tomato sauce, cream sauces (Alfredo), steak sauces, NO Capers, Dried or powdered garlic, Miso, dried/powdered onion, pickles or chutneys. Anything made with sugar/distilled vinegar/spices/distilled vinegar/sauerkraut.

### VEGETABLES:

**DO'S:** Beans/broccoli/Brussels prouts/cabbage/cauliflowers/ celery/ cucumber/green peppers/kale/lettuce/ onions/radishes/ parsley/peas/rocket or arugula spinach/tomatoes.

**DON'T'S:** Beetroot/canned tomatoes/carrots/cucumber skins/mushrooms (all types), potatoe skins/prepared soups

### PROTEINS :

**DO'S:** Try to consume free-range/organic.

**DON'T'S:** Beef/chicken/pork have added antibiotics & hormones avoid. Smoked meats, bacon, salami & pepperoni have added sugars – eat in moderation

At Feet for Life we want to provide you with the most information possible to ensure you create the optimal environment in your body to cure your nail fungus. We understand that this is a very restrictive food menu and know this may be challenging. Do the best that you can do as we will in achieving the best possible outcomes for curing your fugal issues.

Sincerely,

*Erin King*

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