



Candida/Yeast Intervention Suggestions

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Mild and/or Sensitive Individual

Bot = Botanical (*typically use lower dose*)

Nt = Nystatin (*meant to be low dose, e.g., 125,000 units to 250,000 units*). Nystatin comes in oral suspension at 100,000 units/ml. However, different strength suspensions can be specially prepared by compounding pharmacies, e.g. 250,000 units/ml. Minimal dosing three times daily is suggested.

ALL remedies can be taken with or without food, although away from food is preferred.

NOTE: 5ml = one teaspoon

// = repeat dose

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Bot or Nt						
Lunch	//	//	//	//	//	//	//
Dinner	//	//	//	//	//	//	//
Bedtime	Probiotic						

Moderate

Bot = Botanical (*typically use moderate/higher dose than for sensitive individual listed above*).

Nt = Nystatin (*meant to be a moderate dose, e.g. 375,000 units to 500,000 units*) - Nystatin comes in oral suspension at 100,000 units/ml. However, different strength suspensions can be specially prepared by compounding pharmacies, e.g. 250,000 units/ml. Minimal dosing three times daily is suggested.

ALL remedies can be taken with or without food, although away from food is preferred.

NOTE: 5ml = one teaspoon

// = repeat dose

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Bot and/or Nt						
Lunch	//	//	//	//	//	//	//
Dinner	//	//	//	//	//	//	//
Bedtime	Probiotic						

Severe

Dfc = Diflucan (*fluconazole*)

Bot = Botanical (*typically use higher dose compared to mild/sensitive or moderate individual*).

Nt = Nystatin (*meant to be a high dose, e.g. 750,000 units to 1.5 to 2 million units*) - Nystatin comes in oral suspension at 100,000 units/ml. However, different strength suspensions can be specially prepared by compounding pharmacies, e.g. 250,000 units/ml.

ALL remedies can be taken with or without food, although away from food is preferred.

NOTE: 5 ml = one teaspoon

// = repeat dose

2 Weeks of Diflucan (or similar systemic antifungal)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Dfc						
Lunch	Nt or Bot						
Dinner	//	//	//	//	//	//	//
Bedtime	Probiotic						

2 Weeks OFF Diflucan (or similar systemic antifungal)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Nt & Bot						
Lunch	//	//	//	//	//	//	//
Dinner	//	//	//	//	//	//	//
Bedtime	Probiotic						

Keys to Chronic Candida Intervention.

- Dietary control through eliminating reactive and toxic foods
- Improving digestive system health and microbiome diversity
- Eradicating opportunistic infections such as parasites, bacteria, including clostridia
- Identifying and elimination of gut colonization of mold
- Eliminating or reducing environmental toxin exposures such as chemicals and heavy metals.
- Consistent and ongoing antifungal intervention through medication and/or botanical remedies.
- Confirm eradication of candida/yeast by checking Organic Acids Test or Microbial Organic Acids Test markers every 90 days.

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