

## Yeast Reduction Program

While yeasts and yeast-containing foods are an important part of a healthy diet, your TBM provider may advise you to avoid them for a period of time, usually 2 - 8 weeks, to facilitate your body in addressing yeast overgrowth and/or yeast infections. The more adherent you are to the following guidelines, the quicker your progress and the sooner you will complete the Yeast Reduction Program.

Avoid all foods that contain added sugars, as yeasts, molds and fungi thrive on simple sugars.

Avoid all foods with baking, brewing or wild yeast, mold and fungus, these include:

- All alcoholic beverages (e.g. distilled liquors, wine, beer)
- Aged cheeses
- Mushrooms
- Leavened breads (including sourdough)
- Brewer's yeast and yeast spreads (e.g. Vegemite, Marmite).
- Yeast containing beverages (e.g. apple cider, black tea, ginger ale, root beer, buttermilk, fruit juices, if not made fresh)
- Yeast derived food additives (e.g. citric acid, unless derived from citrus juice not fermented corn, lactic acid, yeast extract)
- Vinegar and , vinegar containing foods (e.g. mustard, ketchup)
- Soy sauce, bean paste, miso and tempeh
- B vitamins (unless from a non-yeast source)
- Fruits containing wild yeasts (e.g. blackberries, blueberries, grapes, strawberries) and jams and jellies made from them.
- Dried fruits
- Aged meats (sausage, bacon, aged beef)
- Olives
- Peanuts and peanut butter
- Pickled foods (e.g. pickled cucumbers, peppers, artichokes)

Foods that are acceptable:

- Fresh fruit that is free from yeast, mold and fungus (we recommend eating fresh-whole fruit with yogurt and nuts and, if juices are consumed, make fresh and dilute in half with water )
- All vegetables
- Alliums (e.g. onions, garlic, leeks)
- Non-aged animal meats and eggs (e.g. beef, chicken, fish, organ meats)
- Non-aged cheeses (cream cheese, mozzarella, cottage cheese, \*processed cheese)
- Pasta
- Breads not leavened with yeast (soda crackers, Irish soda bread, essence bread, tortillas)
- Yogurt, kefir

In addition to the above dietary guidelines, your TBM doctor or practitioner may recommend specific anti-fungal supplementation and washing protocols.