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FREQUENTLY ASKED QUESTIONS

YEAST

Following are some frequently asked questions regarding the yeast-free eating program, but is this not an exhaustive overview of the diet itself. For more details, please refer to the Hotze Optimal Eating book. As always, if you have questions, you may contact a phone nurse any time.

YEAST OVERVIEW

What is yeast?

Yeast is a fungus, single-cell living organism, or pathogen that is capable of causing infection and disease. Yeast cells feed on any form of sugar and multiply when sugar is available in the diet. The only way to kill yeast is to remove its food source and actively destroy the thriving cells. Restricting yeast in our diet only prevents more yeast from growing but does nothing to eliminate yeast cells already present.

How does yeast get out of control?

Yeast is normally controlled by our immune system and the healthy bacteria in our colon. However, when sugar is supplied and/or the normal flora in the colon is altered, yeast can overgrow. Antibiotics are meant to kill abnormal bacteria wherever an infection exists. Unfortunately, antibiotics kill bad and good bacteria. This allows yeast to grow out of control.

Birth control pills, steroid drugs, environmental factors, and high-carbohydrate "diets" that include simple sugars such as breads, cakes, cookies, candy, chips and even alcohol, will leave you open to yeast invasion.

How does yeast affect my immune system?

Yeast cells produce toxins, which are dumped into our system and depress the immune system. In addition, allergic individuals eventually become allergic to yeast. This leads to more infections and the need for antibiotics, the killing of more good bacteria, and a further increase in yeast levels.

Why is digestive health so important?

Because 70% of your immune system is found lining your GI tract, the overall health of our immune system relies upon a healthy gut.

Why am I on the yeast-free eating program?

You are on the eating program to restore your digestive health and subsequent immune function. When yeast overgrows in the colon, toxins are released into the body, which weakens your immune system.

In order to restore balance to your digestive system, you must:

- Starve the yeast to force it into a dormant spore which will eventually be eliminated.
- Kill the two forms of yeast with nystatin (spores) and fluconazole (growing form).
- Repopulate the colon with good bacteria using probiotics.

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Why must I stop eating yeast?

In order to eliminate yeast, you must first stop supplying it to the colon, much like stopping the supply lines to an adversary during a military invasion.

What foods contain yeast?

The following contain yeast/sugar:

- Sugar
- All grains
- Flour (almond and coconut flour are allowed, as these are not grain-based flours)
- Dairy
- Potatoes (all colors)
- Pasta (including gluten-free)
- Pastries (including gluten free)
- Breads (including gluten free)
- Candy (including sugar-free)
- Alcohol
- Vinegars (except for apple cider vinegar)

* Fruit is eliminated for the initial 2 weeks after starting nystatin.

What can I eat while on the yeast-free diet?

During the first 2 weeks after starting nystatin (and the days prior while you are cleaning up your diet) you may eat:

- Lean protein sources (lean cuts of any meat and eggs)
- Nutritious vegetables
- Nuts and Seeds
- You may use sweeteners such as Xylitol and Stevia. Be sure to read labels carefully. Some products contain sugar, sucralose or other artificial sweeteners along with stevia or xylitol. Please call the phone nurse if you are not sure.

The above items can be used in all phases of the Eating Program.

After taking nystatin for 4 weeks you may add the following back into your diet if you are symptom-free:

- Dairy
- Sweet Potatoes
- Rice
- Alcohol

All additions must be in moderation.

Why can't I have artificial sweeteners on the yeast-free eating program?

Artificial sweeteners are chemicals that interfere with your hormones, absorption of vitamins, minerals and nutrients, and cause a multiplicity of physical side effects such as headaches, joint pain, skin disorders and memory problems.

Our preferred sweetener is Sweet-n-Natural (xylitol/erythritol) or stevia.

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Is it enough to eat yeast-free?

No, in order to effectively eliminate yeast in the body you must go two steps further than simply starving the yeast. Yeast is a terribly infectious organism which can proliferate with ease once established. Starving the yeast is only the first step in eradication of yeast.

- **Step 1:** Stop feeding the yeast by halting ingestion of sugar, all grains, flour (almond and coconut flour are allowed, as these are not grain-based flours), dairy, potatoes (all colors), pasta (including gluten-free), pastries (including gluten-free), breads (including gluten-free), candy (including sugar-free) alcohol, vinegars (except for white and apple cider vinegar) and even fruit for the first 2 weeks after starting nystatin.
- **Step 2:** Kill yeast with nystatin (kills yeast spores in the colon) and fluconazole (kills growing yeast in the colon and systemically elsewhere like in the throat, sinuses and vagina).
- **Step 3:** Repopulate the colon with good bacteria. Good bacteria are contained in probiotics, which will bolster the healthy bacterial population and help to guard against further invasion of the harmful bacteria.

MEDICATIONS, SUPPLEMENTS AND DIE-OFF

How do I decide when to start the nystatin, days 5 – 14?

The variance of 5 – 14 days is dependent upon your current dietary habits.

- If you are surviving on sodas and candy bars you will need to eat yeast-free for the full 14 days prior to starting nystatin.
- To the contrary, if you already eat fairly "clean" you may start the nystatin portion of the treatment after 5 days of eating yeast-free.

Why should I eat yeast-free prior to starting nystatin?

The simultaneous practice of feeding and killing yeast can promote very uncomfortable die-off symptoms such as: diarrhea, nausea, decreased appetite, cramping, bowel or stool changes, bloating, belching, gas, heartburn, food cravings, dry mouth, fatigue, flu-like symptoms, headaches, aching joints, irritability, dizziness, lightheadedness, sinus infection, generalized itching or rash, eczema, yeast infections (jock itch, vaginal or skin) and bladder infection. You will notice that die-off can cause the same symptoms caused by yeast initially.

What is die-off? Is it the same as Herxheimer reaction?

Yeast die-off, or the Herxheimer reaction, occurs when you start the nystatin and later, Fluconazole, and large numbers of yeast cells die off quickly, releasing their toxins into the body.

These toxins are quickly absorbed into the colon membrane, circulate throughout the entire body and may cause adverse symptoms. These toxins affect the mucous membranes in the mouth, esophagus, stomach, small and large intestine, sexual and urinary organs, sinuses, Eustachian tubes in the ears, bronchi, lymphatics and even the joints. This explains why the entire body may react to die-off; the body must eliminate these toxins.

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Each person's die-off reaction is different. Your body may react in a unique and individual way. Often your symptoms may be an exacerbation of symptoms already present or a representation of new symptoms never before experienced. Some sort of die-off reaction, be it subtle or severe, tells you that the treatment for yeast is working. However, the severity of your die off reaction is not directly related to the amount of yeast in your system.

When do I start nystatin and the probiotic?

After completing the initial 5-14 days of eating yeast-free, you may start the nystatin and probiotic.

- Start the nystatin at 1 capsule three times per day (for 2 weeks). It's best to take nystatin with food to minimize stomach upset, so we recommend taking it with breakfast, lunch and dinner.
- You may start your probiotic before nystatin or at the same time you start nystatin. Take 1 capsule per day (for 2 weeks). Probiotic is best taken with meals to minimize stomach upset, so we recommend you take the probiotic with breakfast or your evening meal.

2 weeks after starting nystatin and probiotic you will need to increase both.

- Increase nystatin to 2 capsules three times per day (2 capsules with breakfast, 2 with lunch and 2 with your evening meal).
- Increase the probiotic to 1 capsule twice daily. Take one capsule with breakfast and 1 with your evening meal.

When do I increase the nystatin and probiotic?

Two weeks after starting nystatin and the probiotic you will need to increase both.

1. Increase nystatin to 2 capsules three times per day (2 capsules with breakfast, 2 with lunch and 2 with your evening meal).
2. Increase the probiotic to 1 capsule twice daily. Take one capsule with breakfast and 1 with your evening meal.

Do I take nystatin and the probiotic with or without food?

Take nystatin and the probiotic with food. You will have less stomach upset and fewer die-off symptoms.

Should I refrigerate my nystatin and probiotic?

It is not necessary to refrigerate nystatin capsules; however, it is necessary to refrigerate liquid nystatin as soon as you receive it in shipment. Further, liquid nystatin should be consumed within one month to ensure potency.

To maintain potency, refrigerate your probiotic after opening or consume the contents within one month.

What are Neutra-Tabs and why would I need them?

Neutra-Tabs are a supplement comprised of sodium bicarbonate and potassium bicarbonate available at Hotze Vitamins. Neutra-Tabs will help to neutralize the symptoms of die-off by neutralizing the toxins dumped by the dying yeast cells.

Only take these as needed. Neutra-Tabs contain sodium bicarbonate and can cause some people to retain fluid or increase their blood pressure. If you have hypertension, please monitor your blood pressure and take less if your blood pressure increases.

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To purchase Neutra-Tabs, contact Hotze Vitamins by phone, (800) 579-6545, or order online at www.hotzevitamins.com.

When do I take Neutra-Tabs?

You can take Neutra-Tabs when you are experiencing die off symptoms.

Examples of die-off include: diarrhea, nausea, decreased appetite, cramping, bowel or stool changes, bloating, belching, gas, heartburn, food cravings, dry mouth, fatigue, flu-like symptoms, headaches, aching joints, irritability, dizziness, lightheadedness, sinus infection, generalized itching or rash, eczema, yeast infections (jock itch, vaginal or skin) and bladder infection. Remember, die-off can make existing yeast symptoms worse or cause new symptoms. Thankfully, die-off is usually mild and lasts only a few days.

Is it normal to feel tired, achy, nauseated and/or bloated while I'm on the yeast-free diet?

Yes, it is normal to have some detoxification or die-off symptoms when you are on the yeast-free eating program. Usually, they are mild and last only a few days. For more on die-off, please refer to pages 26-27 in your Optimal Eating Program book. You can also take 1-2 Neutra-Tabs to help alleviate your symptoms. If your symptoms are bothersome or unbearable, call our office for further instructions.

How do I know when to discontinue the yeast-free eating program and the medications that accompany the diet?

The average yeast treatment lasts 3 months. Plan on taking the nystatin and probiotic for at least 3 months. Probiotics are best continued permanently.

Please refer to page 30 - 31 in the Hotze Optimal Eating Program book for instructions regarding reintroduction of various foods that were strictly avoided during the diet. This is also the perfect time for the Oral Food Challenge (pages 32-33) to identify any possible food sensitivities.

Do I need a prescription for nystatin and fluconazole?

Yes.

How do I obtain a prescription for nystatin and/or fluconazole?

Speak with a phone nurse and she/he will request this prescription from your provider.

When should I start fluconazole?

After you have taken nystatin and probiotic for 3 – 5 weeks and you have no die-off symptoms, you may start fluconazole.

- The variance of time (3 – 5 weeks) is advised for each respective guest's comfort. If you started nystatin 3 weeks ago and you are experiencing significant die-off symptoms, it is not a good to risk additional die-off by killing more yeast with the fluconazole. Therefore, it would be advisable to wait to start fluconazole until week 4 or 5.

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- If you are unsure when to add the fluconazole, please call a phone nurse and she/he will assist you in determining your readiness for fluconazole.

Once readiness for fluconazole is determined (you are symptom-free on the full dose of nystatin), you may start using the fluconazole. Take 1 tablet once per day with any of your meals. You will only take this for 7 days.

- During and after taking fluconazole continue to take nystatin, 2 capsules three times per day along with the probiotic, 1 capsule twice daily.

Where can I get nystatin and fluconazole?

Nystatin and fluconazole are both available at Hotze Pharmacy. To request your order, call (877) 640-5248.

What lab values are verified prior to starting fluconazole and why?

Liver function tests are verified prior to the use of fluconazole because elevated liver function tests indicate possible liver inflammation.

An inflamed liver will be further stressed by the addition of most drugs, including fluconazole. It is better to allow liver inflammation to resolve prior to adding something that may aggravate inflammation.

Does nystatin cause inflammation of the liver?

No, because nystatin is not processed through the liver. It actually remains in the colon.

Where do I buy Probiotic Blend and Neutra-Tabs?

You may purchase the Probiotic and Neutra-Tabs from Hotze Vitamins, Dr. Hotze's Vitamin Store.

You may pick up in person, order by phone, (800) 579-6545, or online at www.hotzevitamins.com.

How can my friend or family member participate in the yeast-free diet if they are not a Hotze Health & Wellness Center guest?

Your friend or family member may purchase the Natural Yeast Cleanse, Probiotic Blend and Neutra-Tabs from Hotze Vitamins.

For more information, you can contact Hotze Vitamins by phone, (800) 579-6545, or order online at www.hotzevitamins.com.

Can anyone purchase from Hotze Vitamins?

Yes. Everything sold at Hotze Vitamins is over-the-counter, so anyone may purchase from there.

FOOD

When can I add fruit to my diet?

After 2 weeks on the nystatin and probiotic you may add fruit back into your diet, sparingly.

Note: If you experience exacerbated die-off after you add fruit back into your diet, stop eating the fruit and wait another 2-3 weeks to reintroduce fruit.

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When can I add dairy, sweet potatoes, rice and alcohol to my diet?

After taking nystatin and the probiotic for 4 weeks and you are free of yeast symptoms, you may add sweet potatoes, rice, dairy and alcohol back into your diet, in moderation.

- Add one food group at a time. Wait at least 4 days before introducing another food group.
- If die-off occurs after reintroduction of any food group, please call the phone nurse because you may still have yeast or you may have discovered a food allergy.

What do I use for salad dressing?

Salad dressing can be made from olive oil and apple cider vinegar or lemon juice. For recipe ideas, refer to the Hotze Optimal Eating book.

What sweeteners can I use?

You may use xylitol, erythritol and stevia. Watch those labels.

What can I use as creamer for my coffee?

You may use coconut or almond milk along with xylitol, erythritol or stevia to add sweetness. Please read labels. Many "milk substitutes" contain sugars.

Can I add lemon or lime to my water?

Yes, you may add lemon or lime to your water at any time during the yeast-free eating program.

What brand of protein powder may I use while on the yeast-free eating program?

You may use Jay Robb whey protein after taking nystatin for 1 month. You may use Jay Robb egg white protein at any time during the yeast-free eating program.

May I use almond and/or coconut flour and milk while on the yeast-free eating program?

Absolutely, yes. We recommend looking for "gluten-free" as many flours are processed in machinery also used for other grains. Inadvertent exposure can occur. Milk may be used after 1 month if you are symptom-free.

What about oatmeal?

You may use oatmeal (again, we recommend "gluten-free") after you have taken nystatin for 1 month in recipes only, not as a meal. For example, many people use oats to bulk up their meatloaf recipe. This would be an acceptable use of oats. However, eating a bowl of oats for breakfast would not.

Is quinoa yeast-free?

No, quinoa is a grain.

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Where can I find recipes for the yeast-free eating program?

You can find recipes in the Hotze Optimal Eating Program booklet you received at your first appointment, as well as on the blog at www.hotzevitamins.com.

Once you get to the website:

- Click on the **Our Blog** link at the top left of the homepage.
- Under **Categories**, search through **Yeast-Free**.
- You will also find **Healthy recipes** and **Gluten Free Recipes**.

Why am I not losing weight on the yeast-free eating program?

It's not an expectation to lose weight on the diet. If you have the weight to spare and you do lose weight; consider this a bonus. The point of the diet is not weight loss. The point is to kill yeast. Hormonal issues (hypothyroidism and estrogen dominance) may impair weight loss, even with proper eating.

What if I am losing too much weight on the yeast-free eating program?

You will need to increase your healthy fats, such as nut butters, nuts and avocados and, of course, ensure you are consuming enough calories to sustain your weight.

Why is it so important to drink copious amounts of water while on the yeast-free eating program?

Once the yeast toxins have been released into the body, you want to create a river of exit. The only way to create this river is to drink copious amounts of water. This will help to decrease fluid retention and die-off symptoms associated with the killing of yeast.

I'm an athlete. How do I go without my carbs?

You may first try to participate in the strict yeast-free eating program. If this affects your stamina so much that you are not able to maintain your workout regimen, you may need to add rice and sweet potatoes back into your diet quicker than the rest. You may also "carb-up" using fruit. Many of our athletic guests have done this successfully.