

Sweet Healing Aids

Kelly Pomeroy, M.H.

I recently completed the Candida cleanse, also called Leaky Gut and System Yeast Overgrowth Protocol, as outlined by David Christopher in his recent article. The Protocol is also available [here](#).

The experience was wonderful for me. I learned how to go 21 days without fruit, sweeteners, grains and how to make simple and delicious meals with vegetables, legumes, nuts and seeds. I also learned how to make sweet treats to appease my cravings in a healing and satisfying way. By the 4th day of the cleanse, a calm came over me and I felt better each day. I ate less and did not feel starved, but satisfied. I gave myself several days after the cleanse to slowly introduce fresh fruits, starchy vegetables, and grains back into my diet.

Knowing what to eat on this cleanse can be a challenge. Having a plan that is easy and enjoyable is really important. Here is a list of food ideas to consider as you cleanse:

- Sauteed vegetables such as broccoli, spinach, peppers or onions, then add fresh garlic with a little salt. Garlic is a delicious and powerful antifungal that I used to my advantage.
- Cut up fresh veggies and a dip of hummus or guacamole. Having hummus or avocado or a nut dip on hand made an easy snack or base to a meal.
- Vegan tacos with lettuce. A recipe for this can be found on this [link](#).
- Homemade juices of carrot, celery, or cucumber are very refreshing.
- Raw soups, such as green peas with almond milk, avocado, a small handful of parsley or cilantro and a couple of garlic cloves with salt and pepper to taste.
- Leafy green salad with cut peppers, sprouts, carrots, tomatoes, and walnuts or sunflower seeds lightly covered in olive oil, a dash of salt and cayenne pepper.

I found myself missing something sweet to eat after a meal or when my energy felt low. To address this issue, I utilized the herbs in the Candida cleanse protocol, Slippery Elm and Licorice root, to my advantage. In the recipe section of this article, I will provide two sweet treat recipes using Slippery Elm and Licorice root to combat cravings.

Slippery Elm is a demulcent that gets gelatinous when wet with a somewhat mild flavor. This main healing herb repairs the intestinal tract, is highly nutritive, and is a mild laxative. I used slippery elm as a thickener for my recipes.

Licorice root is a demulcent that gets gelatinous when wet. It soothes the throat and intestinal tract, is a mild laxative, and increases energy naturally by supporting the adrenals and pancreas. Licorice root is 50 times sweeter than sugar, thanks to glycyrrhizic acid in the root. I used this as my sweetener for my recipes.

My hope is to encourage and provide opportunities for success for those who wish to do a Candida cleanse. It has helped my body in so many ways. See the recipes below for some sweet treat ideas and remember to use all things in moderation. Best wishes in all your healing pursuits!

*Dr. Christopher cautioned people to be moderate and wise in their applications of any herbs. Over indulgence of licorice root can reduce blood potassium levels.

***Kelly Pomeroy** is a Master Herbalist and Student Adviser for The School of Natural Healing. She loves learning about plants and health so she can best help others improve and enrich their own lives. Kelly lives in Utah with her four beautiful children.*