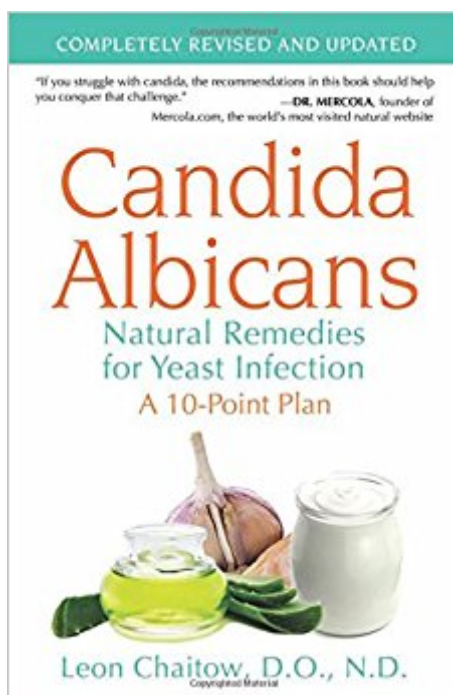


The book was found

# Candida Albicans: Natural Remedies For Yeast Infection



## Synopsis

A 10-point program to naturally treat yeast overgrowth, the root cause of countless chronic ailments

- Details a proven anti-Candida diet, enzymes and herbs to support it, detox methods, and immune-boosting strategies to rebuild and prevent future Candida overgrowth
- Explains how antibiotics, antacids, contraceptive pills, and steroids as well as a sugar-rich diet lead to Candida overgrowth within the body
- Reveals how Candida can contribute to a wide variety of physical and mental problems, from depression to irritable bowel syndrome and fibromyalgia

The yeast *Candida albicans* lives inside every one of us. Normally it presents no problems, but today's widespread use of broad-spectrum antibiotics, antacids, contraceptive pills, and steroids, as well as the all-too-common sugar-rich diet, can lead to a proliferation of this parasitic yeast within the body. Often overlooked by doctors, overgrowth of Candida has been linked to a wide variety of physical and mental problems such as:

- depression
- heartburn
- "brain fog"
- muscular pain
- anxiety
- irritable bowel syndrome (IBS)
- allergies
- menstrual problems
- irritability
- acne
- fibromyalgia
- bloating and constipation
- chronic fatigue
- migraine
- cystitis

and more . . . Using the latest research and his decades of clinical experience, Dr. Leon Chaitow explains how to recognize if yeast is your problem and offers a 10-point program for getting it back under control. He reveals how Candida overgrowth occurs and its connection to many common health problems. He explores how to control Candida naturally with enzymes and herbs as well as detailing a sugar-eliminating anti-Candida diet to

- existing yeast overgrowth in the body.

He explains the importance of probiotics and bitters and how antibiotic treatment as well as inflammation disturbs the balance of normal

- friendly intestinal bacteria, allowing Candida to colonize the gut.

Offering strategies for detoxing after controlling Candida and reducing inflammation, Dr. Chaitow also highlights the importance of rebuilding the immune system to enhance health and help prevent future Candida imbalances.

## Book Information

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## Customer Reviews

• If you struggle with candida, the recommendations in this book should help you conquer that challenge. • (Dr. Mercola, founder Mercola.com, world's most visited natural web site) • An excellent book for understanding and fighting against candida-related health problems. A clearly explained, simple to follow, and detailed anticandida program. • (Christopher Vasey, N.D., author of The Acid-Alkaline Diet for Optimum Health and Natural Remedies fo

Leon Chaitow N.D., D.O., graduated from the British College of Osteopathic Medicine in 1960. Since 1983 he has been a visiting lecturer at numerous chiropractic, physiotherapy, osteopathic, naturopathic, and massage schools in Europe, the United States, Canada, and Australia. He is author and editor of over 70 books and is the founding Editor-in-Chief of the peer-reviewed Journal of Bodywork & Movement Therapies. He lives and works in London and Corfu, Greece.

Bought this after seeing the author interviewed by Dr. Mercola. At first I thought that this protocol was a lot to do, but not so hard after I got into it. I've been doing this for a few weeks and feel a lot better. I'm going to keep at it. There is lots of contradictory information on the internet about Candida, but Dr. Chaitow seems to strike a good balance. It does require effort and some self control with the diet, but I'm pretty happy with the way I am feeling now. I recommend this book.

I bought this because Dr. Mercola recommended it. In my opinion, not a lot of ground breaking information here. More of a very basic overview of a laundry list of all the natural stuff out there that has been used for candida.

LOOKs informative

This is the best book out there regarding this subject. Thorough program, easy to understand. Highly recommend.

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