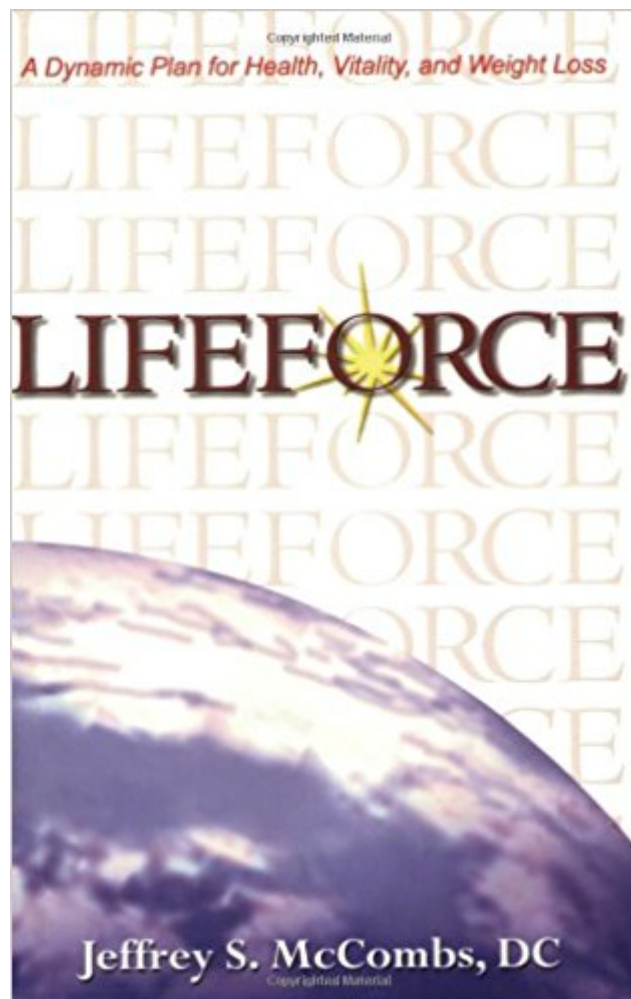




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# LifeForce: A Dynamic Plan For Health, Vitality And Weight Loss



## Synopsis

LifeForce by Chiropractor Jeffrey S. McCombs outlines a simple and effective approach to preventing and overcoming disease, illness, and other health concerns that has been used by many of the author's patients. The LifeForce Plan is a potent tool for detoxifying the body, reestablishing the normal flora of the tissues, and reawakening the body's innate ability to regulate, balance, and protect itself. It teaches us how to activate the endless life-force potential that resides in every cell of our bodies. The seemingly miraculous results are achieved through a time-proven approach to reversing the ravaging effects that antibiotics have had on our bodies. Though antibiotics are useful, it is their worldwide overuse, misuse, and general application that have produced a devastating imbalance. The LifeForce Plan reverses that imbalance and restores the regenerative, life-enhancing cycle of the body, as the dominant cycle over the degenerative, aging cycle. The Plan succeeds where other anti-Candida diets have continuously failed, due to key fundamental insights, and it also provides a way to balance the effects of antibiotics when their judicious use is necessary. This is not intended to be a typical diet book. It offers a way to achieve better biofeedback from the body that will enable you to make dietary choices that will work for you. The Plan is a bridge back to an optimal state of health for our bodies.

## Book Information

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## Customer Reviews

The author holds that many chronic conditions, ranging from fatigue to food cravings, reflect the presence of systemic candidiasis (an invasive yeast infection), whose true occurrence he believes is

severely underdiagnosed by conventional medical practitioners. His LifeForce Plan is a one-time detoxification tool with six key components: diet (no pork, sugar, dairy, alcohol, or grains except brown rice), water, 15 SF722 anti-Candida capsules daily, vitamin C, sweating sessions, and, after six weeks, acidophilus capsules. Because the SF722 capsules contain undecenoic acid, a derivative of the castor bean, it has not been approved for pregnant women in the first trimester. Caveat aside, the book is acceptable for larger alternative health collections. Copyright 2002 Cahners Business Information, Inc.

Dr. McCombs is a third-generation graduate (1984) of Palmer College of Chiropractic. He is licensed in the states of California, Illinois, Colorado, New Mexico, and Arizona. He is a member of California and Illinois Chiropractic Associations, the International Association of Specialized Kinesiologists, the American Association for Health Freedom, and the American Holistic Health Association. He is a speaker on national and local radio shows, and he consults with and treats patients and doctors all over the United States on chiropractic, nutrition, diet, homeopathy, and herbs. He currently resides in Albuquerque, New Mexico. For more information, visit [www.LifeForcePlan.com](http://www.LifeForcePlan.com).

Well, I guess anything worth doing is not easy. This book will give you the tools necessary to rid your body of candida yeast which is the root of a lot of disease we experience in the body according to many health professionals (although not recognized by most drug-pushing physicians these days). It's a good read and full of useful, healthful information. But, to do the candida cleanse it mentions in the book you have to go to Dr. Jeff's website [...] and purchase his supplements to take along with the diet. The program can take 8 - 12 weeks as well with a sensible and logical diet plan included (you have to stop feeding the yeast to kill it). The only downside to this whole plan is the cost of the supplements which are about \$576 for the whole 12 weeks or so (go to the website for details). Otherwise, it's a good read and may be worth your time (and money) to do this cleanse, especially if it saves you a few thousand dollars in medical bills down the road (an ounce of prevention is worth a pound of cure!).

I have been on his diet along with the supplements for 8 days now and in the first 5 days lost 5 lbs. For the last 20 years I have considered myself to be a skinny fat person. I looked slim but the fat around my belly was certainly there. Before this diet it was impossible for me to lose more than a pound a week; it did not matter what I tried - low carb, low fat, juicing, or gram counting. Once I was

off of whichever particular diet I tried where I may have lost a modest 8 to 10 pounds, the weight always came back very quickly. For the last couple of years I have enjoyed 2 to 3 glasses of wine each evening and was very concerned about being able to quit for this diet but ended up ordering an inexpensive recording; "Quit Drinking Alcohol Hypnosis" as well as "Beat Sugar Addiction Hypnosis" from Think yourself Thin, I was really impressed as it has worked beautifully, no cravings whatsoever. You do have to work with the diet, for me it was not that easy to give up butter, cream, cheese and pork so it can be challenging to find tasteful meals but so far so good. I look forward to getting thru these next couple of months and opening up my choices on food again. I also want to thank Jeff McCombs as I had some health questions and between him and his staff they have always replied. He does have a new web site, not the one in this book, it is [...]

Book is great. I wholeheartedly support his health plan and processes involved. It specifically focuses on candida bacterial removal, which is key to cleansing the body, especially if you're trying to lose weight. However, I have a disability that leaves me ultra-sensitive to heat. As the author says in the introduction, if you can't do the "sweating" in his health plan (via sauna or hot bath), to remove toxins, don't do this health plan at all. Thus, I returned the book.

I really don't love the book as much as I loved the cleanse but they go hand in hand. The book does a great job of explaining Candida and what it can do to your health if it is present in your body. The cleanse itself is 4 months and you really have to stick with it to make it work. It is a bit pricey too but you can buy the supplements a month at a time. I just made sure I had my next month on hand before I actually got there. My husband and I did it together which made it easier not to cheat during meals. We both lost a ton of weight, our cholesterol levels dropped dramatically and a lot of other ailments went away, like my chronic sinus infections. I would, definitely, recommend this book and the cleanse.

This Candidia program worked for me when nothing else I tried did. And the book is easy to read and fast unlike other programs that required a great deal of study and had lots of restrictions. I wish I would have tried this program first. I found this program on the net and I was happy to discover that Dr. Jeff was located within driving distance and saw him a few times to help me along the way. I had candidia throughout my body and had to do a longer, slower version but it worked!!! I tell everyone about his program.

I bought this book because of chronic health issues I was having and doctors couldn't and didn't help me at all. I started the diet, the sweating, and supplements and within 3 weeks almost every health issue I ever had disappeared! No more joint aches, stomach aches, post nasal drip, gas, allergies, heartburn, etc. I had more energy, felt better, slept better, etc. This program is a must have for anyone who suffers from chronic medical issues (of all kinds) and your DR.'s haven't done anything except give you medications. You will learn how to eat and you will be pleasantly surprised to learn the incredible power of nutrition. It's so under rated. If every American did this program, you'd have total Healthcare reform in 16 weeks. No kidding!

Great book!!!! I've been inspired to change my lifestyle and I've lost over 100 pounds and I am full of energy and have rarely been sick since first reading this book over 6 years ago...I don't follow it perfectly as I did the first year but definitely most of the time and I feel and look great

Now this has been a really great book. I thoroughly enjoyed reading it and it has educated me a lot. I learned so much about how to take care of our bodies in a healthful way. Most of us take a lot of things for granted and then over the years we start getting really sick and wonder why. This book goes into great details on how we can live a almost sick and pain free life. I highly encourage it for anyone what is sick and tired of being in pain or sick a lot. If you do the things that are mentioned in this book you will never be the same person again.

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