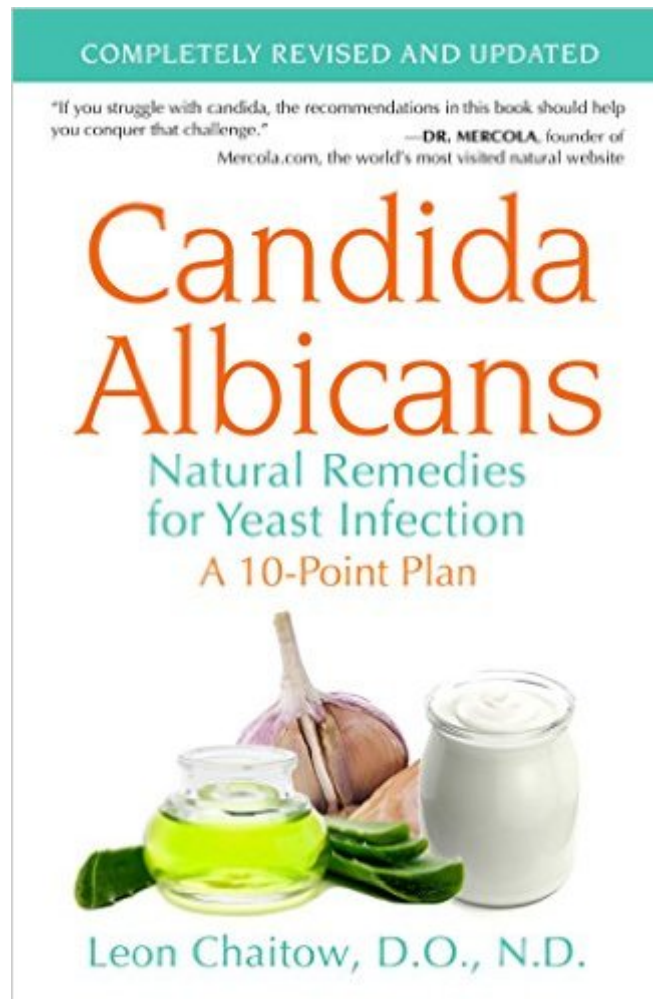


The book was found

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

- starve
- 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.

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