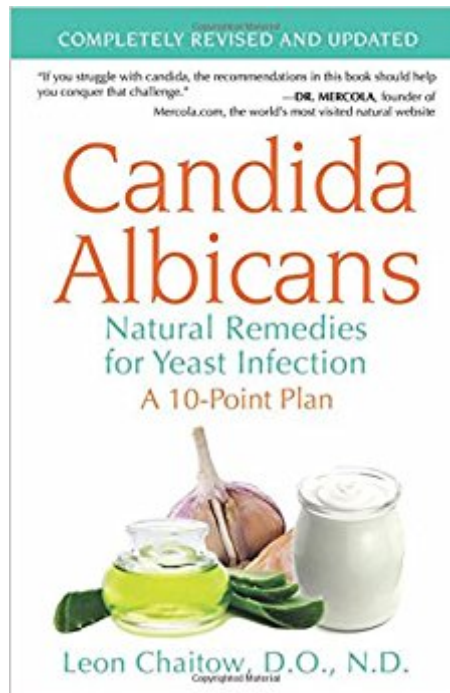




The book was found

# 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.

## Book Information

Paperback: 192 pages

Publisher: Healing Arts Press; 4 edition (September 24, 2016)

Language: English

ISBN-10: 1620555816

ISBN-13: 978-1620555811

Product Dimensions: 5.4 x 0.5 x 8.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 4 customer reviews

Best Sellers Rank: #381,831 in Books (See Top 100 in Books) #20 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida](#) #37 in [Books > Medical Books > Medicine > Internal Medicine > Infectious Disease > Parasitology](#) #389 in [Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#)

## 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*)

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.

[Download to continue reading...](#)

Yeast Infections: Yeast Infections Guide To Treating Yeast Infections And Curing Yeast Infections  
With Candida Diet Strategies, Candida Recipes And Candida ... Guide To Yeast Infections No  
More) Candida Albicans: Natural Remedies for Yeast Infection Candida Albicans (Non-Drug  
Approach to the Treatment of Candida Infection) The Yeast-Free Kitchen: Recipes to Help You  
Achieve Victory over the Yeast-Beast, Candida Albicans Candida Cleanse Natural Cure: A  
Step-By-Step Guide to Candida Treating and Detox in 21 Days (Concerned about gluten free diets,  
wheat belly and yeast infection?) Candida: Killing So Sweetly: Proven Home Remedies to Conquer  
Fungus and Yeast Infection Candida Albicans: Could Yeast Be Your Problem? The Candida  
Albicans Yeast-Free Cookbook The Easy Candida Cure: Effective, All-Natural Solutions to  
Overcome Candida Infection within 30 Days The Bible Cure for Candida and Yeast Infections:  
Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure  
(Siloam)) The Candida Albican Yeast-Free Cookbook : How Good Nutrition Can Help Fight the  
Epidemic of Yeast-Related Diseases Beyond the Yeast Connection: A How-To Guide to Curing  
Candida and Other Yeast-Related Conditions Candida Albican Yeast-Free Cookbook, The: How  
Good Nutrition Can Help Fight the Epidemic of Yeast-Related Diseases The Candida Cure: Yeast,  
Fungus & Your Health - The 90-Day Program to Beat Candida & Restore Vibrant Health The  
Candida Free Cookbook: 125 Recipes to Beat Candida and Live Yeast Free (Paperback) -  
Common Natural Antibiotics And Antivirals: The Complete Guide To Homemade Natural Herbal  
Remedies To Prevent And Cure Infections and Allergies (Home Remedies, Herbal Remedies,  
Organic Antibiotics) Candida Albicans: Methods and Protocols (Methods in Molecular Biology)  
Candida Albicans: The Quiet Epidemic Epsom Salt: The Magic Mineral For - Weight Loss, Eczema,  
Psoriasis, Gout & Much More! (Yeast Infection, Enema, Acne, Dead Sea Salt, Sea Salt,  
Magnesium, Natural Hair Care) DIABETES: 15 Super Foods To Quickly And Safely Lower Blood  
Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural  
Remedies - Natural Diabetes Remedies)

Contact Us

DMCA

Privacy

FAQ & Help