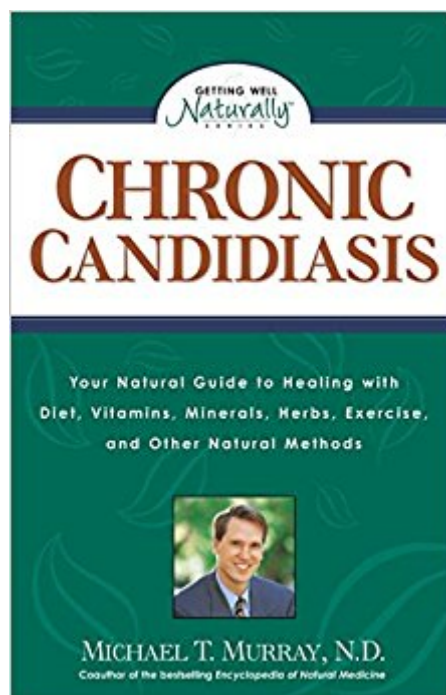


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# Chronic Candidiasis: Your Natural Guide To Healing With Diet, Vitamins, Minerals, Herbs, Exercise, And Other Natural Methods



## Synopsis

Stop Candida Yeast Infectionsâ™ Naturally! Are you one of the millions of people affected by chronic candidiasisâ™ the yeast syndrome? Often mistaken for other maladies, the yeast syndrome can lead to headaches, sore muscles, general fatigue, low resistance to colds and viruses, and other problems in both men and women. Of the two most common prescription treatments, one can inflict severe liver damage and the other is safe but of only limited effectiveness. Fortunately, there are potent natural alternatives. Theyâ™re clearly explained here by Dr. Michael T. Murray, co-author of the bestselling Encyclopedia of Natural Medicine. You will learn how to: Â Determine if you suffer from candida yeast syndrome Â Follow Dr. Murrayâ™s seven step program for combating candidiasis Â Adjust your daily diet to control candida growth Â Supplement your meals with nourishing vitamins, minerals, and antioxidants Â Strengthen your immune system to help resist candidiasis and many other invasive disorders Â And much more! Discover how to overcome yeast syndrome and keep it from coming backâ™ naturally!

## Book Information

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## Customer Reviews

Stop Candida Yeast Infectionsâ™ Naturally!

"Stop Candida Yeast Infections--Naturally! Are you one of the millions of people affected by chronic

candidiasis--the yeast syndrome? Often mistaken for other maladies, the yeast syndrome can lead to headaches, sore muscles, general fatigue, low resistance to colds and viruses, and other problems in both men and women. Of the two most common prescription treatments, one can inflict severe liver damage and the other is safe but of only limited effectiveness. Fortunately, there are potent natural alternatives. They're clearly explained here by Dr. Michael T. Murray, co-author of the bestselling "Encyclopedia of Natural Medicine. You will learn how to: -Determine if you suffer from candida yeast syndrome -Follow Dr. Murray's seven step program for combating candidiasis -Adjust you daily diet to control candida growth -Supplement your meals with nourishing vitamins, minerals, and antioxidants -Strengthen your immune system to help resist candidiasis and many other invasive disorders -And much more! Discover how to overcome yeast syndrome and keep it from coming back--naturally!

I suffered with several conditions for years, and had a suspicion they were candida-related. I had read about candida, but when I took the information to my allopathic MD, I was told that there was no literature to substantiate that diagnosis, and it was not treated by standard MDs. After my symptoms reached a critical stage, I got this book, and also consulted an OMD. After following the advice in the book as well as the advice of my OMD, after about 3 to 4 weeks, all of the conditions were gone, the candida was back into its proper balance, and I haven't felt this good in years! What is truly amazing is that Dr. Murray has documented what he recommends with many research studies from the standard medical literature (apparently my MD had not read them!). This book was a real lifesaver for me, and opened my eyes to the validity of non-traditional forms of medicine.

i am a orthomolecular-nutritionist, and i treat also candidiasis.this book should be rated 100 stars! .it is the most comprehansive detailed yet short and easy to understand to every person.it cover all the aspects of candidiasis, from chapter 1 where he discus the diagnosis and the causes of the yeast syndrome,providing a candida questionnaire as well, wich is more accurate then any test known.chapter 2 is more about the activity of the antibiotics on the body,and the effect on candida as well as on urinary tract infection.chapters 3,4 and 5 are dealling in such a superb way of explanation on dietary factors such as what kinds of food strategies to do, allergies-detections,what kinds of food to avoid,,,and why?.nutritional supplements for the immune system (wich is one of the main rules in every disease, especialy in candidiasis)are covered, together with anti-candida suplements,and how they work.the thing that is most amazed me in those chapters is that since when we fight the candidiasis the dead toxins of the candida are released to the blood stream (that's

why the usual treatment is so unpleasant)but dr.murray explain how to kill the candida with the minimum bad experiences,you want to know how?,read the book!.in the next 6 chapters that left he deals with immunity, the complex of it (in short and readable way without the need of beeing a doctor\biochemist).the roles of probiotics are followed, and the activities of the conventional anti fungal drugs,how they act,and in what cases of candidiasis as well as vaginal-candidiasis and vulvodina they should or should not be combine together.after i read that book,i improve my vision and understanding of that disease, and a month later i notice a very much precentage of improvement in my few candidiasis patients,thank you dr murray. please! read and learn this book really carefully, and dont skip any of the words written in this remarcable book of dr murray. this book is the everest mountain in gold concerning candidiasis treatment,i know what i am telling you, i treat those patients.buy this book now!

Michael T. Murray has researched candidiasis thoroughly, and written an easy to understand book. This book contains everything you have ever wanted to know (and more) that your doctor will most likely never tell you. Most doctors like to hand out pills as a fix to everything, but not Dr. Murray. He is truly concerned with health, well-being, and prevention. I know first-hand because I actually went to one of his educational seminars (which was free). He is so down to earth. This book has easy to follow plans that will help the body rid itself of candida and become healthy again. I trust what this book says because these are the same things my Holistic Physician has given me to treat my candida. I highly recommend this book to anyone who wants to learn more about candida/yeast/candidiasis or feels sick all the time and their doctor can't find a cause. The comprehensive inside will help you figure out what may be causing your ills and lead you to better health.

I just finished reading this book - all in one sitting! It is very easy to read. Very well organized chapters, with a summary at the end of each chapter. A lot of helpful information, not only for Candida sufferers, but for anyone wanting to maintain good health with the right vitamins/minerals and herbs. This is exactly the type of book I was looking for! I'm excited to try his method for eradicating my yeast condition! I have already learned that sugar is the food for yeast, and have removed that from my diet over the past month. I already notice a difference! And, I've been fighting chronic yeast infections for several years. I'm ready to be well, and I really believe that this book has all the information I need.

There are probably thousands of books about Candida on the market. For whatever reason, I chose this one. It's sadly lacking in information all of which I later found on the Internet for free. For one, it doesn't offer a suggested protocol (series of steps) to follow for the diet. For another, it doesn't offer any recommendations on dosages for the nonprescription anti-fungals. And it doesn't really go into any depth about die-off and the need to take Molybdenum prior to starting an anti-Candida regimen.

Like many people who purchase these types of books, I have read and collected quite a few resources about digestive health. The information presented in this book does not seem to align with current knowledge of candida and other digestive ailments, but it's ok as a general reference (with semi-useful recommendations regarding an introductory fast, supplements, etc.). However, if you are looking for a solution for your candida troubles, there are a lot more useful resources online (i.e., whole foods approach provides good reference materials) and more evidence-based books that will be more helpful (i.e., *Breaking the Vicious Cycle* by Elaine Gottschal).

Very good information.....thank you for books on this subject.....I have gotten zilch from ALL the specialists I've been sent to.

this book really helped me understand what was going on with my body. I recommend to anyone struggling with yeast issues.

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