



## 30-Day Candida Cleanse: The Complete Diet Program to Beat Candida and Restore Total Health

By Rockridge Press

Rockridge Press, United States, 2014. Paperback. Book Condition: New. 231 x 188 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Pain, discomfort, and suffering don't have to be part of your daily routine, but eating the right foods does. The 30-Day Candida Cleanse is your guide to stopping candida in its tracks through natural methods, so that you can finally be healthy, energetic and pain-free. With a 30- and 90-day program and over 100 delicious and nourishing recipes, The 30-Day Candida Cleanse will help you cleanse your body of candida once and for all, and prevent future infections. Cleanse candida from your system permanently, with: Holistic 30- and 90-day programs to beat candida permanently 100+ satisfying, nutrient-rich recipes to keep your body balanced Easy-to-follow meal plans to help you cleanse your body, and maintain a balanced system A handy guide to dining out on a candida cleanse Candida QA to help you understand how candida is effecting your body You don't have to live with uncomfortable symptoms, balance your system and fight the dangers of candida overgrowth with The 30-Day Candida Cleanse.



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