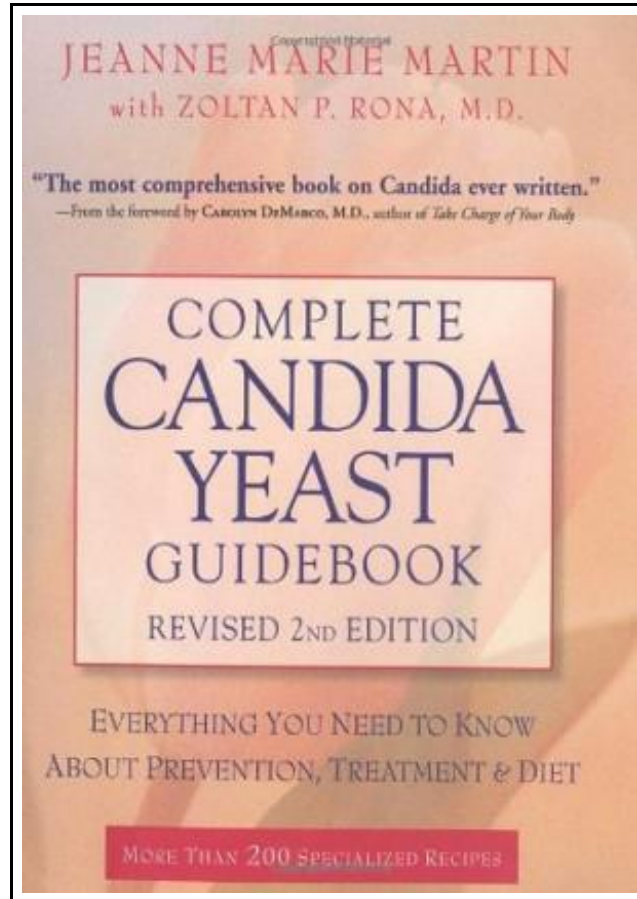


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Reviews

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(Pasquale Larkin I)

COMPLETE CANDIDA YEAST GUIDEBOOK



Random House USA Inc, United States, 2000. Paperback. Book Condition: New. Revised ed of 2 ed. 229 x 185 mm. Language: English . Brand New Book. Is Candida Yeast Ruining Your Good Health? Have you been told your health problems are all in your head? Do you suffer from low energy, depression, digestive problems, and/or excessive skin irritation? If so, you may have an overgrowth of a common yeast, *Candida albicans*. Fueled by everything from diet to medication to environmental factors, this hidden epidemic affects as many as 90 percent of Americans and Canadians men, women, and children alike. Now there are effective alternatives to your suffering. This eye-opening guide will help you conquer Candida and achieve optimal mental, physical, and emotional health. Inside, you will discover: .Holistic, natural, herbal, and vitamin supplements that combat Candida Yeast .Innovative tips for improving your lifestyle and maintaining a healthy mind and body .Wholesome diet and menu options that taste delicious .New medical and nutritional guidelines for asthma, cancer, diabetes, and more This comprehensive book will help the countless number of people who have searched in vain for answers. William G. Crook, M.D., author, *The Yeast Connection Handbook* Jeanne Marie Martin and Zoltan Rona, M.D., do a marvelous job of making a complex health concern understandable and preventable. Ann Louise Gittleman, M.S., C.N.S., author, *The Living Beauty Detox Program* The most comprehensive book on Candida ever written. From the foreword by Carolyn DeMarco, M.D., author of *Take Charge of Your Body* Includes important help for overcoming: Frequent headaches Chronic fatigue Digestive problems Weight problems Depression Yeast Infections PMS Anxiety Allergies.



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