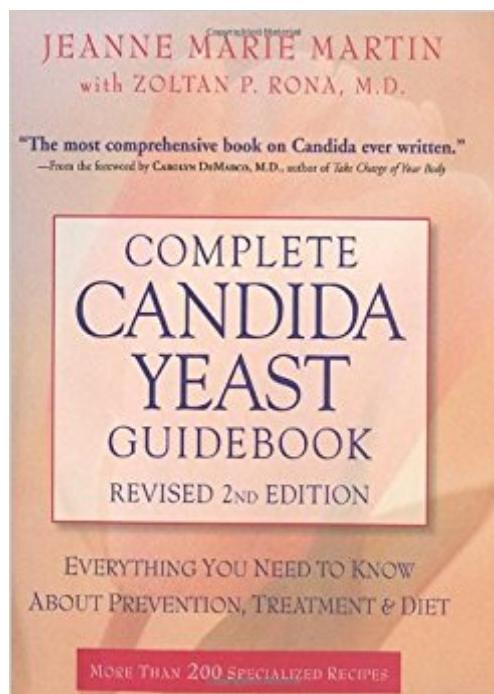


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# Complete Candida Yeast Guidebook, Revised 2nd Edition: Everything You Need To Know About Prevention, Treatment & Diet



## Synopsis

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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## Customer Reviews

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### Is Candida Yeast Ruining Your Good Health?

I used this book for the first time in 2008. I cleared up my candida yeast permanently (I was getting such bad infections that I was given steroids). I followed it perfectly for 3 months and then slowly reintegrated a more normal diet, adhering strictly to it 80% of the time. I also lost 15-20 lbs and went from a size 6 to a 0! It just changed the way fat got stored in my body. This is definitely very clean eating. With moving continents & a new career direction, I've slipped back into some bad eating habits & have gotten a few (very mild) yeast infections again. I repurchased this as an ebook so I can do a few months of it again. It really works. The recipes are good, but once you've got the general idea, you can integrate a lot of your own recipes & it becomes very easy to use. Just make sure you prep in advance & for the initial part, always bring your own lunch to work! But it's easy

and very very effective.

I lost 25 lbs in 3 weeks on the candida diet. The lbs just dropped off at 1 to 1.5 lbs a day. It was awesome. This book didn't teach me anything I didn't already know from my doctor BUT it does have great dressing recipes. I recommend it to anyone that has seasonal allergies or a high candida count. I also recommend it to "newbies".

This book saved me! I am an artist and I basically burned myself out making jewelry and I had no energy left for anything. This book completely turned me around. Not only did I get the bounce back in my step, I lose 20 pounds, my skin was clearer then ever before and I had pretty clear skin, and within 2 months I was healed. The recipes are really good. Chickpea Carrot Casserole just doesn't sound good, but it is delicious! Even the dog ate it hunker down so one could take it from him, which is strange cause he just doesn't do that with any other food. :D I am going to do this diet again because I am feeling a little run down again, it takes a little time to get used to the rules but it is so worth it. Take your time and slowly add the good and let go of the bad and soon you will be doing the diet. BTW I would be a little skeptical of some of the cleanses, especially the H2O2 therapy (dangerous!). Just stick with the diet and you are good.

Unfortunately I have an overgrowth of candida yeast. Medicines curtailed it but did not eliminate it. My doctor recommended that I find a book on the subject that includes a diet plan. He said many people believe a low-carb diet does the trick. I'm sure that would help, but this book explains the difference in a low-carb diet and a diet for candida yeast. It truly does discuss everything you would ever need to know about this condition and some ways to control it mainly through diet. I am glad I bought it. It will be a great reference book for years to come.

All good

I purchased this book because of all the 5-star reviews but found it disappointing and full of questionable advice. I've dealt with candida on and off since the 1980s. Back then my discovery of a book called "The Yeast Connection" saved my health. Today I am free of symptoms most of the time and was looking for updated information on candida to give my mother-in-law. After reading this book I won't be passing it on to her or anyone else. There's a lot of what I think is just plain bad information here, stemming from the authors' conviction that you can control yeast through natural

methods only, and that you need to follow a primarily vegetarian diet. Many of the diet recommendations given are high in carbohydrates, which yeasts thrive on: whole grain cereals, bean-based meat substitutes, beets, carrot juice - all this food converts to sugar. A cup of carrot juice has 29 carbs and 0 grams of fiber - as far as the yeasts go, you might as well eat a candy bar. Tamari soy sauce is also listed in many of the recipes, but most candida experts recommend you avoid it. The book only briefly mentions prescription drugs and suggests you consider them if you "have treated...candida overgrowth for a year or longer without much benefit." To me this is crazy talk! Suffer for a year when there are non-toxic drugs - specifically Nystatin - that actually work? (They're not magic: you still need the right diet and supplements, and you can't take this drug long term. But in my experience a drug can speed things up immensely.) If you prefer natural remedies and a vegetarian diet, great. This book gives you some excellent information. But it does not tell you the whole story.

This book was written by knowledgeable and caring authors and has tons of info, but the diet is so strict, I don't think I could follow it very well. Also the author(s) ban many foods just because they are common allergens. And they don't always specify why a food is being banned, whether because it encourages candida or if it is an allergen. If you have candida and lots of allergies, follow this book's diet. If you aren't an allergic person try a book such as "Back to Health" by Remington & Higa. Because this book doesn't have Candida or yeast in the title, many sufferers will miss it when doing searches. The "Back to Health" book has a liveable diet and it helped me years ago with my candida and I am about to do this program again.

The recipes in this book are yummy, my husband agrees. Medication alone wouldn't clear my yeast infection, now with the help of Martin's diet I have no symptoms. I followed it without cheating and will continue with her less restrictive diet indefinitely because it I feel so much better and because it tastes so good. She has saved me an expensive visit to the nutritionist.

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