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Candida Cleanse: The 21-Day Diet To Beat Yeast And Feel Your Best



Synopsis

FEEL BETTER FAST! Follow the powerful detox in this book and you'll be rejuvenated in no time. By quickly killing the excessive candida inside your body, this cleanse ends the pain, tiredness, bloating and other health problems caused by the fungus. The 21-day program completely avoids the foods that allow candida to grow inside you, starving the fungus without starving you! After three short weeks, you'll experience a revolutionary transformation in how you feel and look. With the Candida Cleanse, you will:

- Lose weight
- Increase energy
- Revitalize your skin
- Improve digestion

Book Information

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Customer Reviews

Sondra Forsyth is the co-editor in chief of ThirdAge.com and an AARP blogger. A seasoned health writer and the winner of the National Magazine Award, her writing has appeared in Good Housekeeping, Town & Country, Redbook, Gourmet, Cosmopolitan, Family Circle, Ladies' Home Journal, and more. She lives in New York City.

Great information about Candida and how to beat it includes questions to decide if you may have Candida

Helped me heal

too much trouble

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Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet)

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