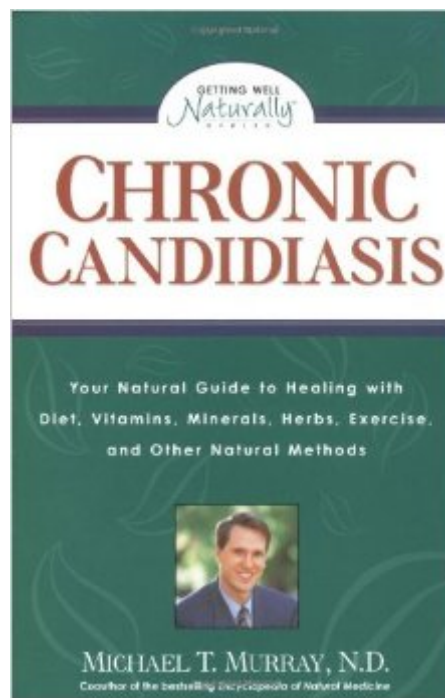


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# Chronic Candidiasis: Your Natural Guide To Healing With Diet, Vitamins, Minerals, Herbs, Exercise, And Other Natural Methods



## 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

After months of doctor appointments, I was finally diagnosed with Candida. I knew nothing about candidiasis and so I started searching the web for information. I found so much varying information and most of it I didn't trust. When I found this book (...), I knew it was right. This book contains the

most comprehensive, easy to understand information that I've found. The author is very thorough without going into overwhelming detail. I started following the diet and techniques almost immediately since the book gets right into problem solving. I can say my health has improved almost 100% in a very short time.

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 expiriences,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 remarkable 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!

The book is an excellent choice for anyone interest in the subject. I've bought and read 4 books on this subject (Complete Candida Yeast Guidebook by Jeanne Marie Martin, The Candida Albicans Yeast Free Cookbook by Pat Connolly, The Yeast Connection Cookbook by William Crook) but this one is the most conscise and yet it's offering all the answers. Dr. Murray offers a lot of suggestions on the diet and natural supplements that are essential for good health and boosting up an immune system. Medicine alone did not help me but combining the medicine with the diet recommendations found in this book showed results.

An excellent, quick read. Chapters are presented in a logical, easy-to-locate information manner. My physician is helping me with my battle with candida, and Dr. Murray's point of view goes hand-in-hand with my current treatment. Easy to understand, a great resource for your family members, too, to gain an understanding of this condition. I read it in one sitting. It is a wonderful companion to Dr. Crook's published works as well as Dr. Park's book. Thumbs way up!

This book is written in easily digestible chunks for the lay person, with the final chapter summarizing clearly the steps to take to rid oneself of the yeast syndrome. Useful recommendations are also given for women suffering PMS. However, while Michael Murray advises excluding dairy products (an entire food group), he does not offer any alternative sources for calcium apart from calcium tablets. Inspite of this, I would certainly recommend this book to anyone who wants to know about the symptoms and natural cure of chronic candidiasis.

This is my new favourite book on Candida. I have read many books on this subject and seen several mainstream and alternative practitioners for this condition and yet I still learned some new things from this book. Michael Murray has managed to give the reader all the important information in a very easy-to-read book. It is just exactly what a newly diagnosed Candida sufferer needs. It gives all the necessary information in a very organized manner and can be read in one sitting. I have already recommended this book to a friend and I just read it last night. I can't wait to read the other books in this series.

This book was easy to read. Information was comprehensive. Instructions were simple to follow. Good organization of steps to follow in order to accomplish the elimination of candida. It's up to the reader to implement them. I recommend this book even if your familiar with this problem.

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