



The Candida Cure: Yeast, Fungus & Your Health - The 90-Day Program to Beat Candida & Restore Vibrant Health

Ann Boroch

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Many of the most common symptoms and illnesses that plague us today--anything from fatigue, bloating, and weight gain to arthritis, allergies, depression, prostate problems and multiple sclerosis--can be traced back to a surprising source: Yeast.

Yeast and fungal overgrowth--called candida--affects millions and is a hidden cause of many health conditions. One out of three people suffer from candida overgrowth, which is also associated with asthma, hypoglycemia/diabetes, hypothyroid, brain fog and anxiety/depression. In a chronic state, yeast overgrowth can also lead to conditions such as lupus, MS, fibromyalgia, chronic fatigue syndrome, autism, and even cancer.

The Candida Cure, newly revised, is the most current and concise book on this subject. Ann Boroch, certified nutritional consultant, naturopath, and author of *Healing Multiple Sclerosis*, shares her proven 90-day program to beat candida and restore your health and energy. She reveals how the body can quickly get out of balance as a result of high stress levels, poor diet, antibiotic and steroid use, hormone replacement therapy, and chemotherapy.

This simple and effective guide provides user-friendly information and practical tools to bring your body back into balance:

- A candida questionnaire
- Common yeast-related health conditions
- Candida symptoms as they specifically pertain to men, women, and children
- Step-by-step 90-day program to beat candida
- Delicious recipes and recommended foods
- Two weeks of sample menus
- Recommended supplement schedules.

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Spent a free time for you to be fun activity to do! A lot of people spent their spare time with their family, or their friends. Usually they performing activity like watching television, going to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Could possibly be reading a book might be option to fill your free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the book untitled The Candida Cure: Yeast, Fungus & Your Health - The 90-Day Program to Beat Candida & Restore Vibrant Health can be great book to read. May be it is usually best activity to you.

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