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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 youâ™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, youâ™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

Paperback: 208 pages

Publisher: Ulysses Press; 1 edition (May 27, 2014)

Language: English

ISBN-10: 1612433057

ISBN-13: 978-1612433059

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

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Customer Reviews

No one likes to think about fungus growing in them. Yet that's the situation I found myself in when I discovered I had candida overgrowth and its host of unpleasant symptoms (bloating! congestion! brain fog!) I bought this book because I've read a few of the author's articles on Third Age, and since I've put her changes into place in my diet, I've been feeling so much better. I appreciate how the author eschews unsustainable, dangerous "detoxes" that do more harm than good (direct quote from the book: "Forget the Master Cleanse" !) and instead focuses on what you can eat: fish, veggies, fruit etc. My one complaint is that I wish there had been more recipes!

Helped me heal

too much trouble

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