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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

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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