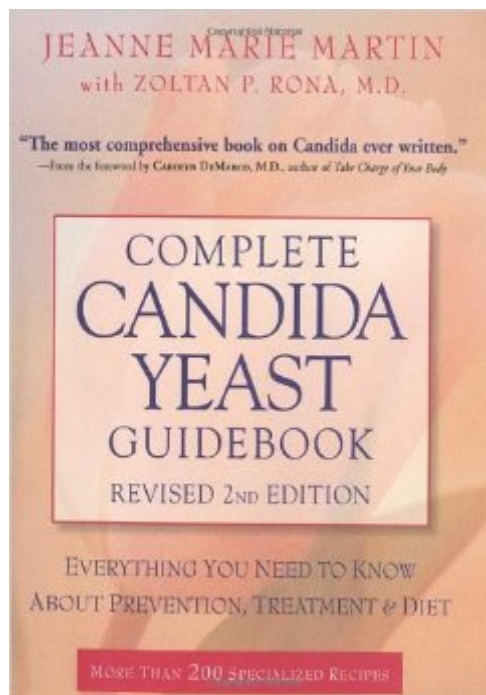


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# Complete Candida Yeast Guidebook, Revised 2nd Edition: Everything You Need To Know About Prevention, Treatment & Diet



## Synopsis

Is Candida Yeast Ruining Your Good Health? Have you been told your health problems are all in your head? Do you suffer from low energy, depression, digestive problems, and/or excessive skin irritation? If so, you may have an overgrowth of a common yeast, *Candida albicans*. Fueled by everything from diet to medication to environmental factors, this hidden epidemic affects as many as 90 percent of Americans and Canadians—men, women, and children alike. Now there are effective alternatives to your suffering. This eye-opening guide will help you conquer Candida and achieve optimal mental, physical, and emotional health. Inside, you will discover:

- Holistic, natural, herbal, and vitamin supplements that combat Candida Yeast
- Innovative tips for improving your lifestyle and maintaining a healthy mind and body
- Wholesome diet and menu options that taste delicious
- New medical and nutritional guidelines for asthma, cancer, diabetes, and more

This comprehensive book will help the countless number of people who have searched in vain for answers." — William G. Crook, M.D., author, *The Yeast Connection Handbook*

Jeanne Marie Martin and Zoltan Rona, M.D., do a marvelous job of making a complex health concern understandable and preventable." — Ann Louise Gittleman, M.S., C.N.S., author, *The Living Beauty Detox Program*

"The most comprehensive book on Candida ever written." — From the foreword by Carolyn DeMarco, M.D., author of *Take Charge of Your Body*

Includes important help for overcoming:

- Frequent headaches
- Chronic fatigue
- Digestive problems
- Weight problems
- Depression
- Yeast Infections
- PMS
- Anxiety
- Allergies

## Book Information

Paperback: 528 pages

Publisher: Prima Health; 2nd Revised ed. edition (October 12, 2000)

Language: English

ISBN-10: 0761527400

ISBN-13: 978-0761527404

Product Dimensions: 7.4 x 1.2 x 9.1 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars — See all reviews (92 customer reviews)

Best Sellers Rank: #66,714 in Books (See Top 100 in Books) — #5 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lung & Respiratory Diseases — #6 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida — #7 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Respiratory

## Customer Reviews

I searched through several publications on Candida, both online and printed materials, and nothing compares to the extraordinary, invaluable information packed into this book. I wanted something that contained the following: Explained what Candida is; Possible causes; Symptoms of Candida and closely related health problems; How to treat it naturally as well as through traditional medicine; Candida diet recipes. A Candida diet was always difficult to find since many sources contradicted one another and/or contained food sensitivities while offering no alternatives. This book explains these contradictions, offers plenty of food alternatives, and guides you through the phases of your healing process. Best of all, the RECIPES TASTE SPECTACULAR! I was amazed at how delicious everything has been thus far, not to mention easy to prepare. Each dish has loads of flavor, making this diet seem not like a diet at all. This book truly is a gift for someone who needs a complete, informative reference with a wealth of wonderful recipes to get them on track to recovering from Candida. Highly recommended!

after 5 years of misdiagnosis (after rounds of harsh antibiotics) this book helped me to get healthy again. after about 3 months following the strictest diet - every symptom gone, my quality of life returned!!! that was in 1996. i recently looked on to re-purchase this book because i had given my away to a friend a few years ago, and i wanted to go back on the maintenance diet. i can't thank the authors enough for writing this book. thank you!!!)

This book saved my life. I found it better than any of the other books out there, as the approach considers natural cures--not like other books which only discuss taking human made drugs to cure yourself. This teaches you how to prevent candida and disease happening to you for your lifespan. It is informative and covers the full ambit of issues necessary to treat yourself. It has wonderful food contact information, as well as a resource reference guide for other books that pertain to all she's discussed (unlike other books which want you to think they're the definitive answer). The recipes take a lot of time to prepare, but it's worth it. In any other country you would not get this complaint. It is a lifestyle overhaul that many Americans would find intimidating. Beyond candida, the basic information in this book has revolutionized my life. Luckily, I love cooking and keeping good health!

I purchased this book because of all the 5-star reviews but found it disappointing and full of questionable advice. I've dealt with candida on and off since the 1980s. Back then my discovery of a book called "The Yeast Connection" saved my health. Today I am free of symptoms most of the

time and was looking for updated information on candida to give my mother-in-law. After reading this book I won't be passing it on to her or anyone else. There's a lot of what I think is just plain bad information here, stemming from the authors' conviction that you can control yeast through natural methods only, and that you need to follow a primarily vegetarian diet. Many of the diet recommendations given are high in carbohydrates, which yeasts thrive on: whole grain cereals, bean-based meat substitutes, beets, carrot juice - all this food converts to sugar. A cup of carrot juice has 29 carbs and 0 grams of fiber - as far as the yeasts go, you might as well eat a candy bar. Tamari soy sauce is also listed in many of the recipes, but most candida experts recommend you avoid it. The book only briefly mentions prescription drugs and suggests you consider them if you "have treated...candida overgrowth for a year or longer without much benefit." To me this is crazy talk! Suffer for a year when there are non-toxic drugs - specifically Nystatin - that actually work? (They're not magic: you still need the right diet and supplements, and you can't take this drug long term. But in my experience a drug can speed things up immensely.) If you prefer natural remedies and a vegetarian diet, great. This book gives you some excellent information. But it does not tell you the whole story.

Having suffered from candida symptoms for years and knowing intellectually that I should change my diet (emotionally finding it hard), I started trying to educate myself by buying books. All the other books made me feel a little hopeless and isolated. Not eating meat cut down my choices of allowed foods. I'd get desperate and reach for the potato chips and candy bars again. This book is sooo wonderful. I'm excited about trying all the recipes--vegetarian recipes!--and taking the restaurant suggestions to heart so I can go out and eat with my friends. Also, Miss Martin and Dr. Rona have the most comprehensive overview of natural anti-candida fighting actions I've seen. I don't feel hopeless anymore. Thanks for this wonderful book!

I, too, am someone whose life was changed for the better with this book. It is thorough, comprehensive, well-organized, with both the Western approach and nutritional/herbal/homeopathic remedies. The recipes are fabulous. As many people have mentioned (and as the authors point out with infectious zeal in their book), even those without dietary restrictions will enjoy! Absolutely recommended. This book is one of the best investments in your good health you can make.

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A Woman's Guide to Yeast Infections: Everything You Need to Know

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