



Complete Candida Yeast Guidebook (Paperback)

By Jeanne Marie Martin

Random House USA Inc, United States, 2000. Paperback. Book Condition: New. Revised ed of 2 ed. 229 x 185 mm. Language: English . Brand New Book. 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...



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Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- **Audra Klocko PhD**

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Germaine Welch**