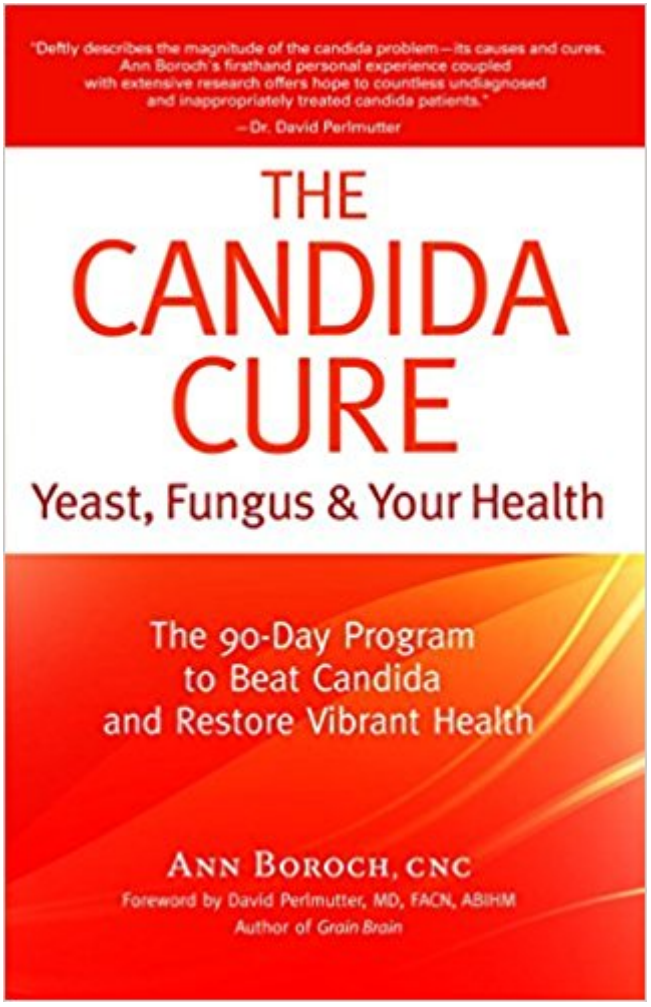
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The Candida Cure: Yeast, Fungus & Your Health - The 90-Day Program To Beat Candida & Restore Vibrant Health



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Synopsis

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.

Book Information

Paperback: 178 pages
Publisher: Quintessential Healing, Inc.; 45765th edition (March 15, 2009)
Language: English
ISBN-10: 0977344614
ISBN-13: 978-0977344611
Product Dimensions: 5.5 x 0.6 x 8.5 inches
Shipping Weight: 8.8 ounces (View shipping rates and policies)
Average Customer Review: 4.4 out of 5 stars 312 customer reviews
Best Sellers Rank: #7,981 in Books (See Top 100 in Books) #1 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #35 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Healing #43 inÃ Â Books > Health, Fitness & Dieting > Women’s Health

Customer Reviews

"Deftly describes the magnitude of the candida problem--its causes and cures. Ann Boroch’s

firsthand personal experience coupled with extensive research offers hope to countless undiagnosed and inappropriately treated candida patients."--David Perlmutter, MD "I am very impressed by what Ann Boroch has been doing and continues to do." --William G. Crook, MD, author of The Yeast Connection"Deftly describes the magnitude of the candida problem--its causes and cures. Ann Boroch's firsthand personal experience coupled with extensive research offers hope to countless undiagnosed and inappropriately treated candida patients." --David Perlmutter, MD, author of "Grain Brain""I am very impressed by what Ann Boroch has been doing and continues to do."--William G. Crook, MD, author of "The Yeast Connection"

Ann Boroch is a certified nutritional consultant, naturopath, educator, author, and inspirational speaker. She specializes in allergies, autoimmune diseases, and gastrointestinal and endocrine disorders and is an expert on candida. Her successful practice in Los Angeles, California, has helped thousands of clients achieve optimum health. Ann's passion is to help people realize that the body has an innate intelligence that allows it to heal itself--the key is to give it the right environment for a long enough period of time to remove inflammation and infection. She firmly believes that with choice and diligence, each of us has the power to overcome any challenge. Ann has appeared on national radio and television, including a feature appearance on The Montel Williams Show, where she discussed healing multiple sclerosis. She invites you to visit her at AnnBoroch.com.

I will probably NOT be able to complete 90-day program from the start; I will have to take her option to slowly remove things from my diet. But her approach is balanced. She says to take ONE anti-fungal and lists several. I now take caprylic acid supplements and occasionally drink Pau d'Arco tea. In other words, she's not advancing a period of excess to see a quick response, but change over time and a plan for maintenance. A lot of what she recommends here is good nutrition. . . eat some types of grains but forego the ones that turn to sugar and are highly processed. But she explains why these recommendations apply to the growth of candida. What helped me the most were two things: her explanation of food combining is one of those. Having lost my gall bladder and now having to eat moderate to low fat foods, there was a risk for me of too many refined or starchy carbohydrates. She does not recommend removing carbohydrates completely, and sure, we all know that refined carbohydrates affect insulin levels; she explains why the good carbs are good. But I was about to pay $40 for a food-combining program, and now don't have to because she summed it up in one paragraph. She also says that your body asks for what it needs, and I am a firm believer in that. It also craves refined carbohydrates and sugars when your blood sugar surges low or high.

I've learned to recognize a good craving from a bad one. She doesn't just say "eat this, don't eat that," but explains the mechanisms. I personally love legumes and beans, and never understood why the Atkins diet, which was successful for me when I had a gall bladder, limited beans, but she explains that even while legumes are high in protein, the carbohydrates in them are starches, and have the effect of refined carbohydrates. So now they are treats, once or twice a week. She also explains when and how often to eat fruit. So she just doesn't say what to leave out and what to leave in, but why, and her structure helps create moderation, so you don't feel deprived but you're not limited to just a handful of food groups. I now know I can eat brown rice, when in the past I thought that was off limits. The second thing that is helpful are the recipes. I tried one last night - spicy chicken and cabbage soup. It is a little bit more expensive for me when shopping to buy the things I need to make these recipes, but part of that was a re-stock of my cabinets; I eat at work and often plunk down $7 for a sandwich and chips and a cookie and a diet soda . . . most of which is feeding the candida. If I stop shelling out for fast food and spend my money on good food and prepare to take food with me to work, I'm sure the net effect on my budget will be the same. If you LIKE explanations for the consequences to your body of what you put into it, and WHY nutritionists recommend some foods and suggest eliminating or limiting others, this is your book.

I am really thankful for this book. I ordered it last January, after getting over the flu for the second year in a row. My immune system seemed shot, and I knew I needed to make a serious change. I researched candida, then I researched books and I went with this one. It really spells everything out for you and gives good explanations. As with any change, the diet changes and supplements were overwhelming at first. So, just in case it is useful for anyone getting started, the suggested supplements that I went with were:(Chapter 7, 90 day program)1. Herbal Antifungal - I went with pau d'arco (Gaia tincture; Vitamin Shoppe or Nature's Way tablets when out) because of a ginger allergy, so I was limited. There are other options in the book.2. Repair-Vite (herbs and amino acids to repair intestinal tract) - I substituted with BioGenesis Intestinal Repair Complex (iherb.com), mentioned later in the book. (Now, almost a year later, I take Jarrow L-glutamine morning and night and some of the other ingredients in the repair formula)3. Vitamin C: I used Metagenics Ultra Potent-C 1000 tablets but I noticed some ingredients that I didn't like recently.4. I used Gaia Milk Thistle seed extract instead of the Gallblader or Liver abX5. Vitamin E: Jarrow famiIE. The recommended Country Life Chelated molybdenum really worked to eliminate naseau from this supplement.6. Digestive Enzymes: Couldn't find one that made a big difference for me. I've heard great things about Enzymedica Digest Gold from other people.7. Flaxseed: Bob's Red Mill as

recommended8. Red Clover Tea: ordered in bulk from the Mountain Rose Herbs website as recommended. Very happy with it and I continue to order the Red Clover and other teas from them.9. Molybdenum : Country Life Chelated molybdenum: alleviates die-off systems. I thought this supplement was very good.So, that's what I used to get started as far as the supplements go and I went through them in this review in the hope that it might simplify things for someone else. When I first got started, the die-off symptoms were severe and definitely made me feel worse, but were very temporary - a week or less. As expected, I was very tired, achy, had severe carb cravings, and had a sore throat (and I'm sure more symptoms, this is what I remember from almost a year ago). Strangely, every time I ate for a while (at least a month), I would have a little bit of a sore throat. But, it was definitely worth it as my symptoms have improved greatly and my whole relationship with food has changed for the better. As for the noticeable improvements that I have experienced -- I get sick less and if I do get sick I get over it more quickly; less tired; my weight used to fluctuate, this isn't the case anymore and I am steady at an ideal weight; I don't get as bloated or exhausted as pms symptoms; sinus symptoms have improved, and many other improvements that I am not thinking of now.I had a lot of reservations going into this diet because I loved food, baking and eating out so much -- it was what I looked forward to the most. Now, I am not a slave to food like I used to be and my dietary preferences and habits have changed. (Just as an aside, I still bake using a lot of paleo recipes and ideas, minus the added sweetener, and I like it even more than I used to like conventional baking). Also, in case it is helpful, I found a lot of great candida diet friendly recipes from Paleo cookbooks - Against All Grain (see blog), Practical Paleo, the nom nom paleo blog, countless others, as well as from the conventional sites I always used.So, if you've gone through the trouble of reading my really long review, you're probably at the point where you are seriously considering taking the plunge, and probably NEED to take this plunge and follow this program. My advice, commit to it mentally and do it. You do have the will power - sugar (and wheat) are an addiction, we all experience it, the initial transition will not be easy but you can absolutely get through it and it really will be MUCH EASIER from then on out. Also, as I'm believe other reviewers have mentioned, its best to do this on your own. Also, you may encounter resistance from people close to you that have good intentions. Its threatening to people when you go against convention (conventional diet) -- labeling it as a "temporary detox" might make other people more comfortable with it and less judgmental. Hope this all helps. Good luck.

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