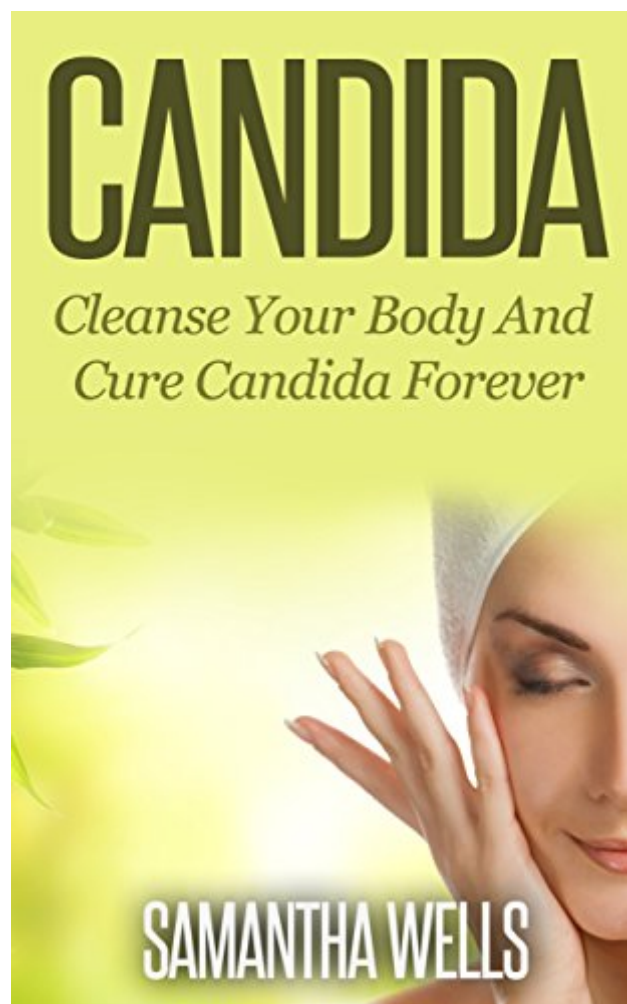


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Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, Autoimmune, Atkins, Celiac)





Synopsis

Cleanse Your Body and Feel Like Yourself Again! Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover how to finally overcome the symptoms and suffering you are experiencing from Candida. Candida can often be a silent attacker, but for many people it is becoming a serious problem that is interfering with their day to day lives. Candida overgrowth can cause many uncomfortable symptoms such as:~ Vaginal and Yeast infections~ Thrush (Oral Cavity Infection)~ Skin Conditions such as rashes, pain, or intense itching~ Lowered function of some internal organs~ Itching in the ears~ Problems in the digestive system such as diarrhea/constipation, excessive bloating, difficulties with food digestion~ Mental conditions such as: memory decrease, difficulties focusing, forgetfulness, brain fatigue and foggiess~ Mood swings and general anxiety, even depression~ Cravings for simple (refined) carbohydrates (these feed the Candida);~ Chronic fatigue~ Fungal infections (on the nails and skin) Believe it or not the way you eat, even if for just a short time, can actually cure all, or most, of these symptoms FOREVER! You do not need to suffer in pain or discomfort any more! After you cleanse your body by following the instructions in this book, you will also be provided with ways to slowly reintroduce foods into your diet again. This book will walk you through the whole process, and leave you feeling better than you have ever felt in your whole life! Here Is A Preview Of What You'll Learn... How To Detect and Avoid Candida Overgrowth Foods To Avoid And Foods To Eat on The Candida Diet Candida Cleanse Candida Cleanse Recipes How To Reintroduce Foods After The Candida Cleanse The Use of Anti-Fungals and How To Choose The Right One The Use of Probiotics Tips For Candida Relief Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$2.99! Stop wasting time feeling uncomfortable, and embarrassed- this infection is curable- the first step is to buy this book! Tags: gluten allergy, gluten, grain brain, wheat belly, infection, yeast infection, yeast, fungi, candida, wheat free, cleanse, rashes, itching, fatigue

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Customer Reviews

This book is an excellent review of what candida is, why it is harmful, and symptoms of having a candida overgrowth. There were many more symptoms than I realized and I particularly enjoyed the section on avoiding candida overgrowth to begin with. There are foods that encourage and discourage candida and there is a comprehensive list of what to eat and what to avoid contained in the book. There is a recipe section to help you as you reintroduce foods into your diet to see if you have any particular "trigger" foods. There is advice on using natural antifungals such as coconut oil and turmeric, among others, and how and when to use them. Also using probiotics is discussed. A really good book!

This is a must-read book from an author who just opened my mind. All of us have Candida, a genus of yeast, that live within our bodies. This type of yeast that live in our intestines is similar to cholesterol in our systems. We need it in order to be balanced, but letting it to overgrow would harm our bodies. In Samantha Wells's *âœCandida: Cleanse Candida and Cure Your Body Forever*, you will learn not only to keep Candida from overgrowing, but also to cure it easily through diet plans with the best recipes that you'll ever find. Why I said "Best Recipes"? Samantha Wells had put together recipes that are very easy to find and prepare. Most importantly, they are delicious and will attract you like magnets. The book itself is presented very informatively and clearly to readers. Out of many books, regarding health, that I've read since I learned to put letters together to form words, this one is among the most valuable ones in my collection.

I purchased this book because I have been suffering from eczema for any years and my son has it, too. After a lot of research I came to the conclusion that it was most likely candida overgrowth. After just five (!) days on the diet outlined in this book both mine and my son's eczema have cleared up tremendously. His is nearly gone and I'm improving as well. I would say within another week it will be completely gone. This is miraculous for me. I can't express how grateful I am for the info in this book and I highly recommend it to anyone who is serious about getting rid of excess amounts of candida in their body.

I had no idea that Candida could effect so many parts of the body like brain fog, depression, cravings for carbs along with the obvious ones. I learned some ways to keep it at bay and will be incorporating more yogurt and garlic (not together) into my diet. Of course this diet agrees with so many others showing that simple carbs are doing damage to our systems in general. While the comfort food junkie in me hates to read this. I have seen proof of them effecting my health and this just gives me another reason to at least cut back. The book gives you a guide on how to cleanse your system and add some of the items back in slowly. I like how this book not only gives you the tools to correct the damage but also explains why Candida overgrowth is detrimental in the first place.

I must Admit this is the most comprehensive book I ever read on curing physical health conditions! I must admit, I learned quite a few things about what Candida is, how it gets into a females body, and especially the multitude of ways ways to cure it the author suggests. I am suggesting this book to all of my female friends, family, members and colleagues, in hopes that they will pick up some very valuable information from it! Great Job!

Love the valuable details this book holds! The book holds a lot of gems for those who want to learn more than just what to do about candida. The diet plans seem thorough enough to trust and follow, best of all the recipes introduced in this book seems not only to work but actually delicious for a daily diet. This is a great book that I'd recommend to others.

I had never heard of candida until I read this book, but I'm so glad I did! I identified some symptoms in myself and I plan to begin the candida cleanse outlined in this book this week. Tons of great info, recipes, tips, and advice. I suspect we can all benefit from some of the principles in this guide. Recommended!

This was a cleanse for Candida that I did not have any knowledge about, and it was an eye opener! I bought this book for my wife who has grown very frustrated with the issue. She has dealt with the symptoms of candida for a long time with little help. After reading this book and following the cleanse, the symptoms have left! I will update this review shall anything change, but so far its been a blessing!

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