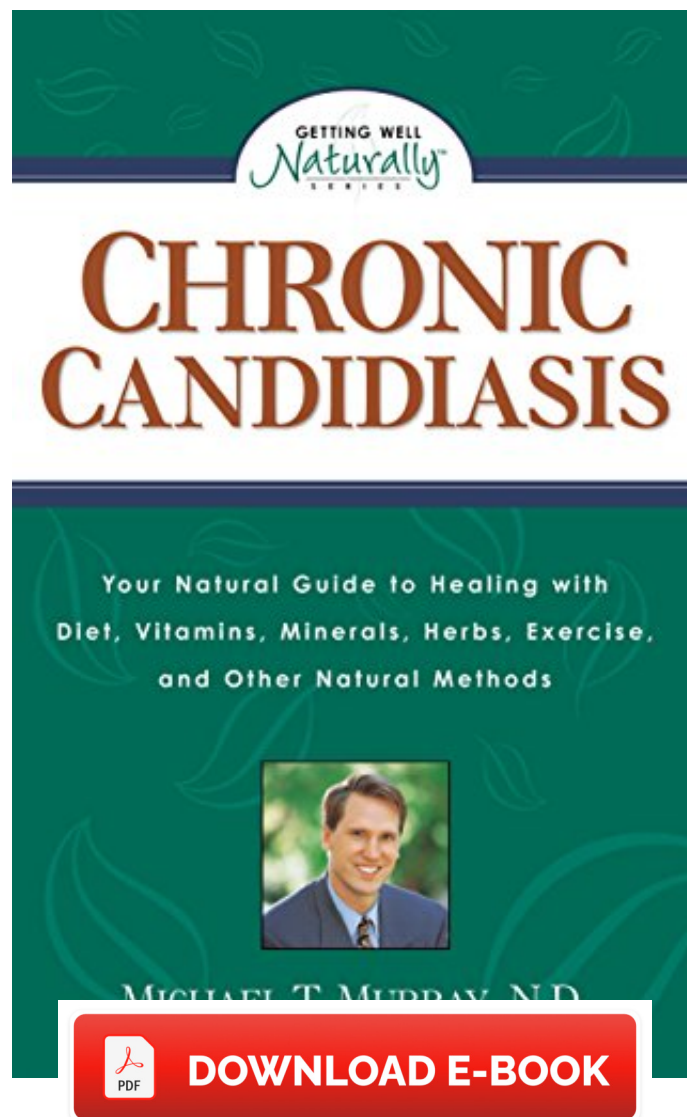


Chronic Candidiasis: Your Natural Guide to Healing with Diet, Vitamins, Minerals, Herbs, Exercise, and Other Natural Methods (Getting Well Naturally)

by

Michael T. Murray



Synopsis

Stop Candida Yeast Infections—Naturally! Are you one of the millions of people affected by chronic candidiasis—the yeast syndrome? Often mistaken for other maladies, the yeast syndrome can lead to headaches, sore muscles, general fatigue, low resistance to colds and viruses, and other problems in both men and women. Of the two most common prescription treatments, one can inflict severe liver damage and the other is safe but of only limited effectiveness. Fortunately, there are potent natural alternatives. They're clearly explained here by Dr. Michael T. Murray, co-author of the bestselling Encyclopedia of Natural Medicine. You will learn how to:

- Determine if you suffer from candida yeast syndrome
- Follow Dr. Murray's seven step program for combating candidiasis
- Adjust your daily diet to control candida growth
- Supplement your meals with nourishing vitamins, minerals, and antioxidants
- Strengthen your immune system to help resist candidiasis and many other invasive disorders
- And much more!

Discover how to overcome yeast syndrome and keep it from coming back—naturally!

Sort review

Stop Candida Yeast Infections—Naturally! --This text refers to the paperback edition. From the Back Cover "Stop Candida Yeast Infections--Naturally! Are you one of the millions of people affected by chronic candidiasis--the yeast syndrome? Often mistaken for other maladies, the yeast syndrome can lead to headaches, sore muscles, general fatigue, low resistance to colds and viruses, and other problems in both men and women. Of the two most common prescription treatments, one can inflict severe liver damage and the other is safe but of only limited effectiveness. Fortunately, there are potent natural alternatives. They're clearly explained here by Dr. Michael T. Murray, co-author of the bestselling "Encyclopedia of Natural Medicine. You will learn how to:-Determine if you suffer from candida yeast syndrome-Follow Dr. Murray's seven step program for combating candidiasis-Adjust your daily diet to control candida growth-Supplement your meals with nourishing vitamins, minerals, and antioxidants-Strengthen your immune system to help resist candidiasis and many other invasive disorders-And much more! Discover how to overcome yeast syndrome and keep it from coming back--naturally! --This text refers to the paperback edition. About the Author Dr. Michael T. Murray is the author of over 30 books, including the acclaimed bestsellers The Encyclopedia of Natural Medicine (Third Edition) and The Encyclopedia of Healing Foods (co-authored with Dr. Joseph Pizzorno). He is regarded as the world authority on natural medicine and appears regularly in national media, including the Dr. Oz Show. An educator, lecturer, researcher and health food industry consultant, Michael also constantly updates his health information portal: DoctorMurray.com.--This text refers to the paperback edition. From the Inside Flap Stop Candida Yeast Infections—Naturally! Are you one of the millions of people affected by chronic candidiasis—the yeast syndrome? Often mistaken for

other maladies, the yeast syndrome can lead to headaches, sore muscles, general fatigue, low resistance to colds and viruses, and other problems in both men and women. Of the two most common prescription treatments, one can inflict severe liver damage and the other is safe but of only limited effectiveness. Fortunately, there are potent natural alternatives. They're clearly explained here by Dr. Michael T. Murray, co-author of the bestselling Encyclopedia of Natural Medicine. You will learn how to:

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What people say about this book

☒ TosaTat☒ , “Worth Every Penny and More. Michael T. Murray has researched candidiasis thoroughly, and written an easy to understand book. This book contains everything you have ever wanted to know (and more) that your doctor will most likely never tell you. Most doctors like to hand out pills as a fix to everything, but not Dr. Murray. He is truly concerned with health, well-being, and prevention. I know first-hand because I actually went to one of his educational seminars (which was free). He is so down to earth. This book has easy to follow plans that will help the body rid itself of candida and become healthy again. I trust what this book says because these are the same things my Holistic Physician has given me to treat my candida. I highly recommend this book to anyone who wants to learn more about candida/yeast/candidiasis or feels sick all the time and their doctor can't find a cause. The comprehensive inside will help you figure out what may be causing your ills and lead you to better health.”

darla108, “Very Easy To Read & Understand. After months of doctor appointments, I was finally diagnosed with Candida. I knew nothing about candidiasis and so I started searching the web for information. I found so much varying information and most of it I didn't trust. When I found this book (...), I knew it was right. This book contains the most comprehensive, easy to understand information that I've found. The author is very thorough without going into overwhelming detail. I started following the diet and techniques almost immediately since the book gets right into problem solving. I can say my health has improved almost 100% in a very short time.”

gm, “One of the very best books on this subject!. I just finished reading this book - all in one sitting! It is very easy to read. Very well organized chapters, with a summary at the end of each chapter. A lot of helpful information, not only for Candida sufferers, but for anyone wanting to maintain good health with the right vitamins/minerals and herbs. This is exactly the type of book I was looking for! I'm excited to try his method for eradicating my yeast condition! I have already learned that sugar is the food for yeast, and have removed that from my diet over the past month. I already notice a difference! And, I've been fighting chronic yeast infections for several years. I'm ready to be well, and I really believe that this book has all the information I need.”

shoe lover, “Five Stars. Been following Michael for a long time. Trust his suggestions and knowledge.”

alig123, “Four Stars. good book”

Alissa, “Supposedly Great Book. I bought this book and two others for my aunt who has been fighting with Candida for over 10 years but can't afford a naturopath to help her beat it. After just a month with these three books she's already making improvements, she says she hasn't felt this good in 10 years! I haven't read the books but hearing the progress she's making with the

help of the books it's got to be worth the buy if this is something you are suffering from.”

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