



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

By Jeanne Marie Martin, Zoltan P. Rona M.D.

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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

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Editorial Review

From the Inside Flap

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From the Back Cover

Is Candida Yeast Ruining Your Good Health?

About the Author

Jeanne Marie Martin, C.I.N., is a clinical nutritionist who has more than 25 years of experience in the nutrition field and is the author of numerous books, including *For the Love of Food* and *All Natural Allergy Cookbook*. She lectures internationally on natural foods and holistic lifestyles.

Zoltan P. Rona, M.D., has long been a practicing physician for eighteen years and is a past president of the Canadian Holistic Medical Association. Based in Canada, he lectures around the world, writes regular newspaper and magazine columns, and appears frequently on Canadian and American television. He is the author of the bestselling books *The Joy of Health* and *Return to the Joy of Health*, as well as co-author of the *Complete Candida Yeast Guidebook (Prima)*.

Users Review

From reader reviews:

David Hernandez:

This book untitled Complete Candida Yeast Guidebook, Revised 2nd Edition: Everything You Need to Know About Prevention, Treatment & Diet to be one of several books which best seller in this year, that's because when you read this e-book you can get a lot of benefit into it. You will easily to buy that book in the book retail outlet or you can order it through online. The publisher on this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Touch screen phone. So there is no reason to you to past this reserve from your list.

Hattie Robb:

Complete Candida Yeast Guidebook, Revised 2nd Edition: Everything You Need to Know About Prevention, Treatment & Diet can be one of your beginner books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort to put every word into satisfaction arrangement in writing Complete Candida Yeast Guidebook, Revised 2nd Edition: Everything You Need to Know About Prevention, Treatment & Diet nevertheless doesn't forget the main stage, giving the reader the hottest along with based confirm resource facts that maybe you can be among it. This great information can certainly drawn you into completely new stage of crucial considering.

Jane Rippeon:

In this era which is the greater man or who has ability in doing something more are more important than other. Do you want to become considered one of it? It is just simple method to have that. What you should do is just spending your time not very much but quite enough to enjoy a look at some books. Among the books in the top list in your reading list is usually Complete Candida Yeast Guidebook, Revised 2nd Edition: Everything You Need to Know About Prevention, Treatment & Diet. This book that is qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking upwards and review this book you can get many advantages.

Jennifer Valdovinos:

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