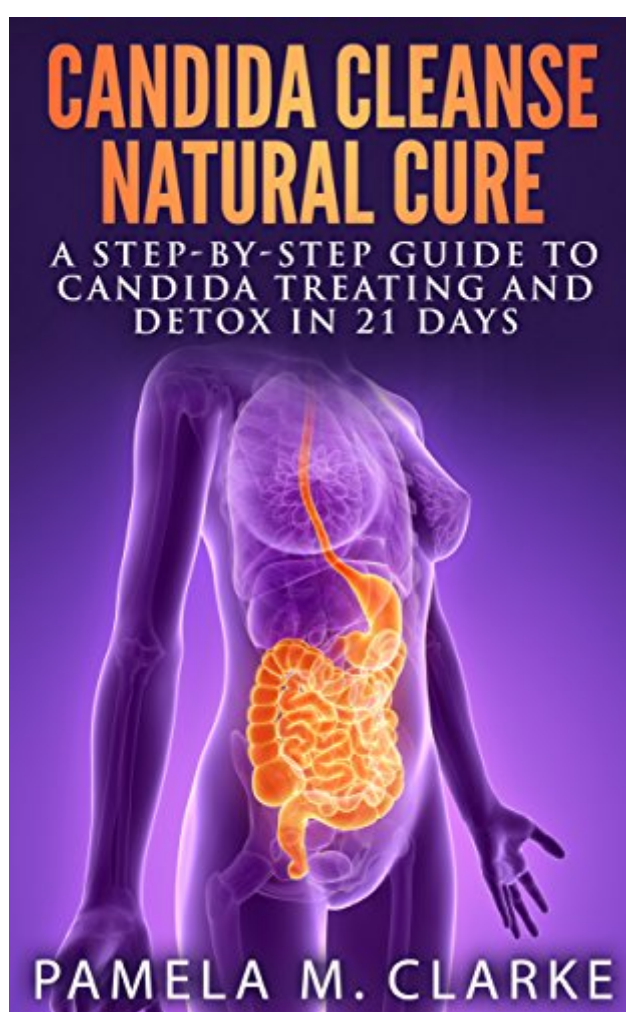


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# Candida Cleanse Natural Cure: A Step-By-Step Guide To Candida Treating And Detox In 21 Days (Concerned About Gluten Free Diets, Wheat Belly And Yeast Infection?)



## Synopsis

Why Bother Doing A Cleanse? Grounded in science and positive thinking, the 21 Day Candida Cleanse is a proven, step-by-step way to help you look and feel better. I am an author and blogger with personal experience in healing from candida. I've experimented with paleo, vegetarian and raw food diets and am including the best of all along the way. This book reveals proven methods to treat and prevent candida starting from determining if you have symptoms of Candida Overgrowth, the diet, natural alternatives to cleanse your system, and how to prevent it recurring. Many men, women and children suffer from an overgrowth of Candida Albicans, a single celled yeast that lives in the mucus membranes of the body. Found in the stomach, intestine, bladder, lungs, vagina and other organs, Candida is one of many beneficial organisms in our bodies that can kill harmful bacteria. But our lifestyle can cause an overgrowth, and when they grow out of control they can harm us, causing inflammation, sapping your energy and promoting a host of acute and chronic disease. This book will help you with: - Understand if you have Candida. - How did you get sick? - The 21 Day Candida Cleanse - Natural Treatments and Candida Remedies My book is unique in several ways: - This book goes into detail about the cleanse, what foods to avoid and what to eat, exactly what to do in those 3 weeks and beyond! - How to save money and shop for good foods. - Why natural and organic foods help you feel better. - Quick and delicious recipes influenced by paleo, whole foods and superfoods. Not a boring diet! - Shopping lists and food prep tips for weeks 1 and 2. - Physical and mental detox suggestions. Information on continuing the diet and gradually increasing the variety of vegetables and fruits. Daily exercises on how to detox one's thinking; heal one's thoughts, let go of anger, shame, blame etc. Energy balancing exercises - a brief review of yoga, EFT, walking in nature, using a rebounder, Cook's Hook-Ups etc. Taking this cleanse and learning how to eat well can really change your life! Get rid of fatigue, gluten allergy and yeast infections now and get your health back. Scroll up and get your copy of Candida Cleanse Natural Cure for only \$.99 cents for a limited time - Be Quick!

## Book Information

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## Customer Reviews

I was quite surprised at how well this book handled all of the angles. While some health and cleansing books end up being just lists of healthy recipes and nothing more, this book had plenty of well-written advice on a large number of subjects. It talks about how to cleanse, how to eat healthy in various specific circumstances, how to address a number of mental and mindset issues that may come up during cleansing, how to gauge the health of various parts of your body, and even more! By the time it recommended specific foods for me, I really believed them, and understood why I would be taking them. Some of the mindset suggestions won't work for everybody, but everyone should find something to work with in there. All in all, I was impressed.

This is a well written book which has helped clarify what candida is and what to do about it. The author gives a clear and easy to follow cleanse plan, explains what foods to eat and why! I bought this book to help my friend who has candida and I liked the recipes so much I am using them myself as there are some nice ideas there. The mindset section has helped motivate my friend to continue on and the affirmations are helping her healing. I recommend this book to anyone who wants a natural cleanse and needs inspiration to overcome this serious problem.

Thankyou so much Pamela Clarke for writing this excellent book on Candida. It contains a wealth of information on what candida is, how it affects the body and how we can treat it by eating appropriate foods and avoiding the foods that aggravate the situation. Also the book contains a very helpful guide of positive thinking techniques to help during the cleanse. A very informative, easy to read book. Well worth purchasing!! Very highly recommended.

At last a step by step practical guide on not only meal plans and recipes but a shopping list to start with.> I know I have to move forward with a candida cleanse but what I have read to date before finding this book have not been clear enough> I also find the various techniques offered to help me change the way I am thinking about myself and the cravings I experience are so useful.> This book is the whole package and it's obvious it's written by someone who has had to do this for herself, nothing like first hand experience>

I liked this book enough to ask the Author to be our Book of the Month at the Mississippi Modern Homestead Center. This is an important topic. There is not enough info out there and I thought MS. Clarke did a good job of explaining why candida is central to health and how to balance the body.

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