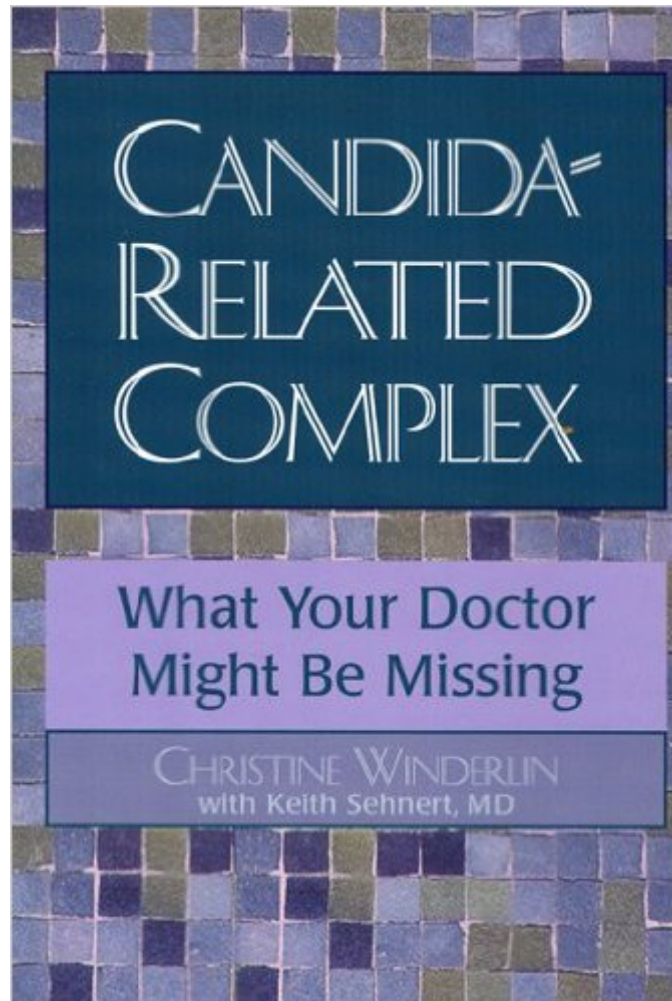


The book was found

Candida-Related Complex: What Your Doctor Might Be Missing



Synopsis

As much as 30% of the nation's population suffers from this misunderstood condition. Questions of concerned readers are answered: included is advice on living with it long-term, proper nutrition, traditional treatments and medication, alternative therapy, and more. This book includes a national listing of support groups, a suggested reading list, and a national registry of physicians who treat CRC.

Book Information

Paperback: 280 pages

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,248,081 in Books (See Top 100 in Books) #59 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida](#) #5441 in [Books > Health, Fitness & Dieting > Women's Health](#)

Customer Reviews

Very good book. It covers the ins and outs. But it's the tip of the iceberg. I could add: Your immune system is the problem. Candida is an effect of something else, not a cause. The key lies in your Adrenals. If they are damaged, there goes your immune system's ability to fight Candida. Candida is like a cold. It's not really an illness in itself, rather, a way in which your body warns you to slow down. Your body warns you by stages. Candida could be considered stage 2. Don't let yourself get so immuno-compromized that you get to stage 3 (because it could be Crohn's or Cancer). A lot of people think they go on this diet for a year or two, and then all is well and we can dive right back into the world of McDonald's, ice-cream and booze. It's like a cocaine addict saying "I'll get clean for a year or two." The fact is: Your body didn't like the ice-cream, fast food and booze because it was NEVER MEANT to have it. If your car needs 93 octane and you give it 80 it will work at first, then it will start to knock, and eventually you'll damage it. And if you give it 100 octane, you'll burn it. Same goes for your body, pal. If you can no longer tolerate Candida (plain old yeast), it means that YOU NEVER WILL AGAIN (and you never really did, so it was just a matter of time before something

went wrong). That is what this book fails to tell you. You have been consuming yeast and refined sugar all your life and you never should have. Simultaneously you have been damaging your adrenals all your life with caffeine and what-not and you shouldn't have. You've been taking fermented junk (like vinegar and wine and raisins) and you shouldn't have. THE BIG QUESTION: WHY ME????It's genetics. That's what you and I got handed. So let's deal with it.

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