



The Candida Cure: The 90-Day Program to Balance Your Gut, Beat Candida, and Restore Vibrant Health (Hardback)

By Ann Boroch

HarperCollins Publishers Inc, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. Foreword by David Perlmutter, MD, author of Grain Brain The cult-classic health book, now revised and updated with a quick start cleanse, easy recipes, and more. It s not news that Americans are sicker than ever. Seventy million of us suffer from digestive problems like acid reflux, irritable bowel syndrome (IBS), or gastro esophageal reflex disorder (GERD). Another forty million have been diagnosed with anxiety and/or depression and a staggering fifty million Americans live with an autoimmune disease. But what is newsworthy is that all of these conditions share a common thread you ve probably never heard of: candida. Candida is the term for a group of yeast organisms that have lived in our digestive tract for millennia, in harmony with the other thousands of bacteria, viruses, and archaea that make up our microbiome. But due to poor diets, processed foods, overuse of antibiotics, environmental toxins, and increased stress, our microbiome has been under steady and constant attack for decades. Yeast are of a heartier stock than bacterial microbes, and as bacteria die off, yeast begins to overgrow in the digestive tract, a condition known...



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