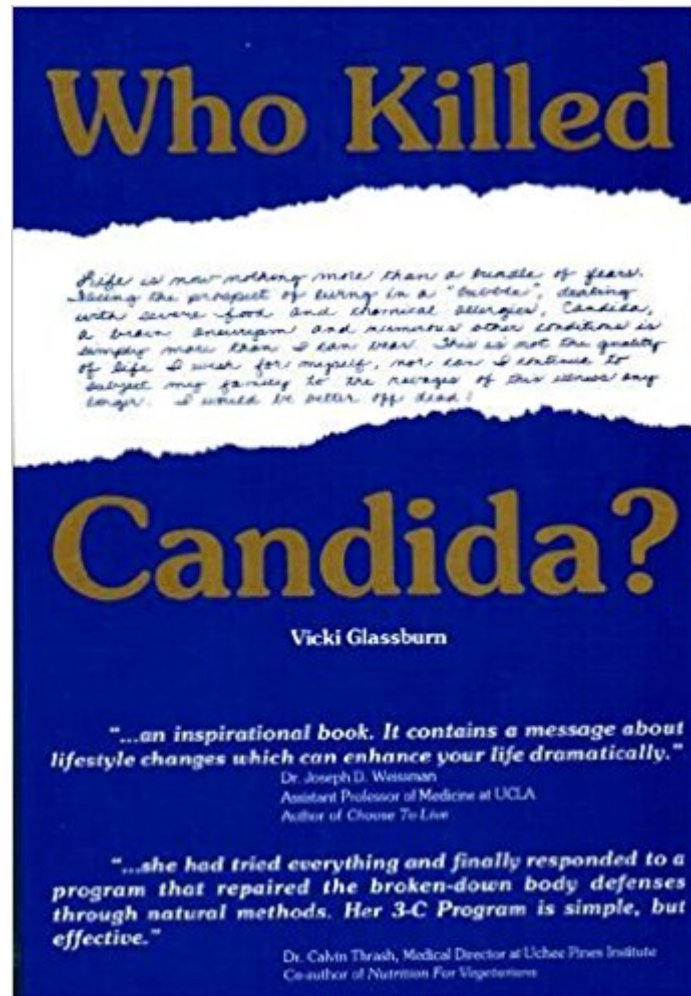




The book was found

# Who Killed Candida?



## Book Information

Paperback: 255 pages

Publisher: Teach Services Inc (May 1994)

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Best Sellers Rank: #2,172,791 in Books (See Top 100 in Books) #80 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #8623 in Books > Health, Fitness & Dieting > Women's Health

## Customer Reviews

The book was well written. It was organized into sections that made it easy to follow. The author gives her own story and the story of other people. The stories show how difficult it is to deal with Candida. The author tells how she was cured and how her cure has worked for others. The cure is difficult . It takes discipline and determination. I have read several candida books and this one is a lot easier to understand because she limits the extra information. The reader does not get bogged down with information. I think the title is very fitting and most of us would like to kill candida!!

Even though my experience with Candida was different from what was described in this book, the methods still work. It takes time to kill Candida and it is possible. One thing I have learned through this process is that if you use Bentonite Clay with it, it speeds the process up and you find results to feeling better quicker.

This book is very detailed and informative. If you're suffering from Yeast/ Candida this is the book you will need. It has step by step in order to live yeast free.

Excellent book. I think every woman who suffers from vaginal yeast infection should read and follow the recommendations given in this book. It's a God-sent.

I had a bad Candida problem a few years back, and kept the book for the recipes. They are

wonderful! But I disagree with two points. The author thinks we should avoid dairy, but actually yogurt helped me out greatly. She also thinks we should keep our pets outside, not sleep with them, and wash our hands after handling them. Cuddling with a cat raises the immunity (that was proven) and they are very clean, especially when kept indoors. Petting a dog probably rarely hurts anyone, and I believe that keeping them outside all the time is inhumane. I hope the author reads this.

I had candida and am so thankful that I found this book. I followed the guidelines suggested and had a complete turn around in my health. Sound nutritional information! I highly recommend it.

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