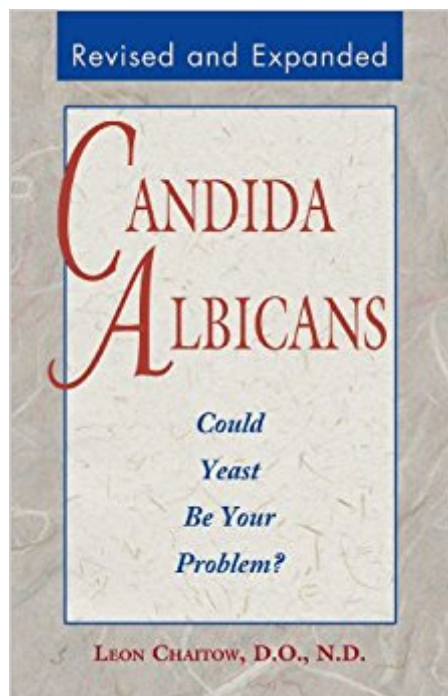


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# Candida Albicans: Could Yeast Be Your Problem?



## Synopsis

The revised and updated guide to the health problems caused by yeast infection that shows how to determine if yeast is your problem and, if so, how to control it. Includes the author's latest research and clinical experience for yeast detection and drug-free treatment. Over 36,000 copies sold to date. Candida albicans is a yeast that exists inside all of us. Normally it presents no problems, but today's widespread use of broad-spectrum antibiotics, contraceptive pills, and steroids, as well as a sugar-rich diet, can cause a proliferation of this parasitic yeast. This can often be the root cause of a wide variety of problems such as depression, anxiety, irritability, bloatedness, heartburn, tiredness, allergies, acne, migraine, cystitis, and menstrual problems. Leon Chaitow, using the latest research and his own clinical experience, shows how to determine if yeast is your problem and provides a comprehensive, non-drug program for its control.

## Book Information

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## Customer Reviews

"Leon Chaitow shows how to detect the effect of Candida Albicans and provides a comprehensive, drug free program for its control." (Book Marketplace) "What I appreciate most is the author's emphasis on non-drug therapies to support reclaiming a healthy internal environment. He uses the latest research and his own clinical experience to show how to detect whether yeast is the problem behind your ills." ( Susie Greene, N.A.E.T. practitioner, Lotus Guide, Issue No. 24, Mar/Apr 08 )

Leon Chaitow, D.O.,N.D., osteopath, naturopath, and acupuncturist, is a leading practitioner in the field of holistic medicine and has written a wide range of health books, including *The Acupuncture Treatment of Pain*, *Amino Acids in Therapy*, and *Soft Tissue Manipulation*. He lives in England.

As a massage therapist who met Dr. Leon Chaitow at a class many years ago, I bought all his then-published books. Recently, with a new attack of candida I looked for my copy. Not to be found, I decided it was loaned out and forgotten long ago. So...I ordered two fresh copies from at "like new" description. One for me and one for my sister, an R.N. who is currently researching this topic for a major hospital. Both copies arrived quickly in good condition and I was proud to send one to my sister. The other one I am reading again to encourage me to give up the things that I love to eat, but that feed candida. Dr. Chaitow: Thanks again! Special thanks to for making my purchase reasonable and easy. Mahala H., Miami, FL

While this is an older book and relatively small, it is packed with great information about an epidemic that few people want to acknowledge or even deal with - Candida overgrowth. The author gives insights into the nature of this fungus, how it invades our bodies and eventually takes it over, and what to do about it. A good starter manual to fight the Yeastie Beasties!

A few years ago I was put on an antibiotic regimen for a year. After that I was never able to keep food in for longer than a few minutes. Suffered severe gastro problems that you don't want to hear about. Found this book last year and I realized that after going to doctor after doctor (literally 172 doctor visits in 2012) I had finally found the problem. This book has helped to give me my life back.

Good info, but I wanted more.

*Candida Albicans: Could Yeast Be Your Problem?* By Leon Chaitow, D.O., N.D. *Candida albicans* is a yeast that exists in all of us. Normally it poses no problem, but with everyday stress, consumption of refined carbohydrates, and especially the widespread use of antibiotics, anti-inflammatory drugs, and birth-control pills, it can take over one's body and cause a whole variety of problems. This book eloquently explains how this pathogen gets out of control, causing fatigue, depression, chronic pain, digestive disturbances, skin problems, ear infections, and allergies, to name a few. What I appreciate most is the author's emphasis on non-drug therapies to support reclaiming a healthy internal environment. He uses the latest research and his own clinical experience to show how to

detect whether yeast is the problem behind your ills. Susie Richardson, N.A.E.T. Practitioner (Lotus Guide Magazine), Chico

I had already been diagnosed with candida albicans when I had the good fortune to find this little book. I read it in one sitting and was released from years of guilt and confusion over my uncontrollable emotions. I learned that emotional instability, among many other symptoms, was due to the candida. I am purchasing multiple copies of this book to give to my family and friends because it is an excellent and easily understood tool to present candida albicans to people who have never heard of it. It is not the definitive work on the subject but it has enough information to get you going. The natural course of curing candida is much more successful than using pharmaceutical drugs and this book touches on that area. I wish that there was more information on curing candida in this book but other than that, it was extremely helpful and encouraging.

Most Americans are harboring this dreaded over grown bacteria and it is being overlooked by their doctors. As long as Americans stay on their typical diets of antibiotic laced meat, sugar and processed foods they are headed for a condition they would not wish upon their worst enemies. This book should be read by every one who wants to stay well and those that don't you need not read this very helpful method to prevent future sickness.

Introductory text explaining the causes and symptoms of Candida Albicans, and Candida Related Complex (CRC). A must read for those experiencing the problems caused by the systemic Candida infection, and for those who want to avoid the long and painful road to recovery.

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