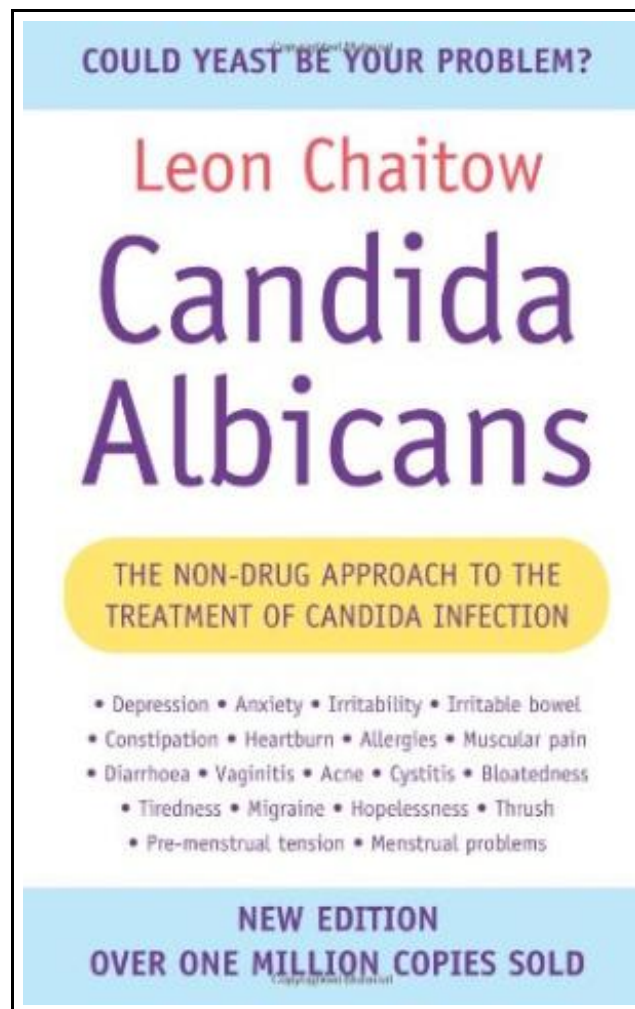


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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Candida Albicans: The Non-drug Approach to the Treatment of Candida Infection (New edition), Leon Chaitow, In this fully updated edition of the classic health bestseller, Leon Chaitow shows how to detect whether yeast is your problem and provides a comprehensive non-drug approach to the treatment of Candida, providing help and advice for sufferers of conditions such as IBS, cystitis, thrush, PMT, fatigue, muscular pain, allergies and many more. Candida Albicans, a yeast that lives inside all of us, normally presents no health problems, but today's widespread use of antibiotics, contraceptive pills and steroids, as well as a sugar-rich diet, can cause a proliferation of this parasite yeast leading to a whole host of possible health problems. Candida Albicans can be responsible for such conditions as depression, anxiety, irritability, IBS, constipation, heartburn, allergies, muscular pain, diarrhoea, vaginitis, acne, cystitis, bloatedness, tiredness, migraine, hopelessness, thrush, PMT, and other menstrual problems. Fully updated with all the latest medical research, this book provides you with a clear, accessible and practical guide to first determining whether Candida is your problem, and then outlining the ways in which you can fight and prevent it. The book contains information on the full range of complementary and orthodox treatments available, as well as an anti-Candida diet and advice on which supplements, prebiotics, probiotics and herbal extracts to take to control Candida naturally. Also includes information on what causes Candida and the preventative measures that can be taken.

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