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# The Candida Cure The 90-Day Program To Beat Candida & Restore Vibrant Health

"Definitely describes the magnitude of the candida problem—its causes and cures. Ann Boroch's firsthand personal experience coupled with extensive research offers hope to countless undiagnosed and inappropriately treated candida patients."  
—Dr. David Perlmutter

## THE CANDIDA CURE

Yeast, Fungus & Your Health

The 90-Day Program  
to Beat Candida  
and Restore Vibrant Health

ANN BOROCH, CNC

Foreword by David Perlmutter, MD, FACN, ABIHM  
Author of *Grain Brain*



## Synopsis

Many of the most common symptoms and illnesses that plague us today--anything from fatigue, bloating, and weight gain to arthritis, allergies, depression, prostate problems and multiple sclerosis--can be traced back to a surprising source: Yeast. Yeast and fungal overgrowth--called candida--affects millions and is a hidden cause of many health conditions. One out of three people suffer from candida overgrowth, which is also associated with asthma, hypoglycemia/diabetes, hypothyroid, brain fog and anxiety/depression. In a chronic state, yeast overgrowth can also lead to conditions such as lupus, MS, fibromyalgia, chronic fatigue syndrome, autism, and even cancer. The Candida Cure, newly revised, is the most current and concise book on this subject. Ann Boroch, certified nutritional consultant, naturopath, and author of Healing Multiple Sclerosis, shares her proven 90-day program to beat candida and restore your health and energy. She reveals how the body can quickly get out of balance as a result of high stress levels, poor diet, antibiotic and steroid use, hormone replacement therapy, and chemotherapy. This simple and effective guide provides user-friendly information and practical tools to bring your body back into balance: A candida questionnaire Common yeast-related health conditions Candida symptoms as they specifically pertain to men, women, and children Step-by-step 90-day program to beat candida Delicious recipes and recommended foods Two weeks of sample menus Recommended supplement schedules.

## Book Information

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## Customer Reviews

I will probably NOT be able to complete 90-day program from the start; I will have to take her option to slowly remove things from my diet. But her approach is balanced. She says to take ONE anti-fungal and lists several. I now take caprylic acid supplements and occasionally drink Pau d'Arco tea. In other words, she's not advancing a period of excess to see a quick response, but change over time and a plan for maintenance. A lot of what she recommends here is good nutrition. . . eat some types of grains but forego the ones that turn to sugar and are highly processed. But she explains why these recommendations apply to the growth of candida. What helped me the most were two things: her explanation of food combining is one of those. Having lost my gall bladder and now having to eat moderate to low fat foods, there was a risk for me of too many refined or starchy carbohydrates. She does not recommend removing carbohydrates completely, and sure, we all know that refined carbohydrates affect insulin levels; she explains why the good carbs are good. But I was about to pay \$40 for a food-combining program, and now don't have to because she summed it up in one paragraph. She also says that your body asks for what it needs, and I am a firm believer in that. It also craves refined carbohydrates and sugars when your blood sugar surges low or high. I've learned to recognize a good craving from a bad one. She doesn't just say "eat this, don't eat that," but explains the mechanisms. I personally love legumes and beans, and never understood why the Atkins diet, which was successful for me when I had a gall bladder, limited beans, but she explains that even while legumes are high in protein, the carbohydrates in them are starches, and have the effect of refined carbohydrates.

I am really thankful for this book. I ordered it last January, after getting over the flu for the second year in a row. My immune system seemed shot, and I knew I needed to make a serious change. I researched candida, then I researched books and I went with this one. It really spells everything out for you and gives good explanations. As with any change, the diet changes and supplements were overwhelming at first. So, just in case it is useful for anyone getting started, the suggested supplements that I went with were:(Chapter 7, 90 day program)1. Herbal Antifungal - I went with pau d'arco (Gaia tincture; Vitamin Shoppe or Nature's Way tablets when out) because of a ginger allergy, so I was limited. There are other options in the book.2. Repair-Vite (herbs and amino acids

to repair intestinal tract) - I substituted with BioGenesis Intestinal Repair Complex (iherb.com), mentioned later in the book. (Now, almost a year later, I take Jarrow L-glutamine morning and night and some of the other ingredients in the repair formula)<sup>3</sup>. Vitamin C: I used Metagenics Ultra Potent-C 1000 tablets but I noticed some ingredients that I didn't like recently.<sup>4</sup> I used Gaia Milk Thistle seed extract instead of the Gallbladder or Liver abX<sup>5</sup>. Vitamin E: Jarrow famile. The recommended Country Life Chelated molybdenum really worked to eliminate naseau from this supplement.<sup>6</sup> Digestive Enzymes: Couldn't find one that made a big difference for me. I've heard great things about Enzymedica Digest Gold from other people.<sup>7</sup> Flaxseed: Bob's Red Mill as recommended<sup>8</sup>. Red Clover Tea: ordered in bulk from the Mountain Rose Herbs website as recommended. Very happy with it and I continue to order the Red Clover and other teas from them.<sup>9</sup>.

Great book; Fast Results; Highly Recommended! I have been following the 90 day program for over 2 months and the results have been great. Within the first 2 weeks the symptoms of re-occurring yeast infections, colds, digestive discomfort, fatigue, and anxiety began to gradually disappear. Since then I have continued to experience additional improvements in my general well-being. As a side benefit, I have been losing an average of 1.5 lbs per week without strenuous workouts, just 3-4 hours of moderately fast walking per week and 2-3 hours intermediate level yoga per week. The book is the perfect combination of theory and practical guidance. What I found invaluable are the well-researched, detailed, practical recommendations and strategies. The book offers comprehensive guidance on shopping resources, sample menus, brands, recipes, practical tips for support and engagement. The book provides all the tools one needs to succeed on this program. Another wonderful feature is the maintenance recommendations for after the 90day program is completed. The premise of the book is that this is not a diet but a life-style change for better health, thus it gives the information needed to make meaningful and healthier choices in the future. Yet the book's approach is not overly restrictive. It allows 1 or 2 items from every food group, which ensures that this is a sustainable long-term way of living and eating. My experience with the 90 day program has been fun and rewarding. I personally didn't find the 90 day program expensive. I bought the abx line from Apex, the rest of the supplements and vitamins I purchased on . For food, I shop on , in Whole Foods, and Trader Joe's.

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