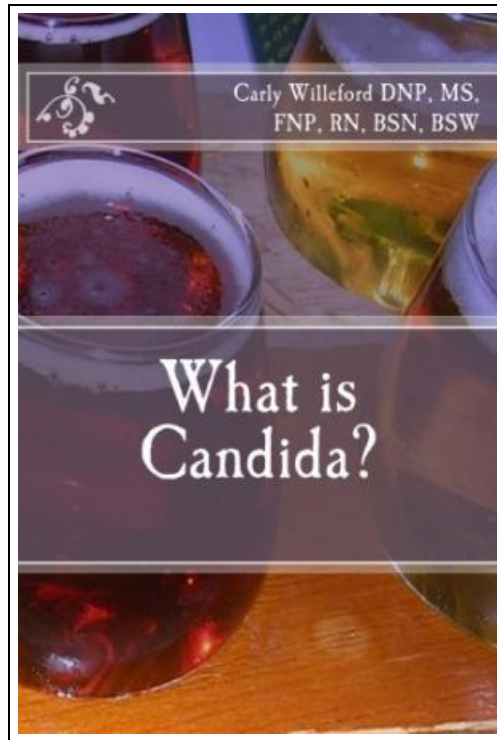


## What Is Candida?



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## WHAT IS CANDIDA?



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Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Many people seek routine medical care complaining of hundreds of annoying symptoms of joint pain, chronic pain, back pain, insomnia, fatigue, poor exercise recovery or general malaise. I have witnessed in my medical career that many of these physical symptoms are related to digestive disorders and most people are never educated on the connection between their symptoms and their digestion. . Candida is yeast and it normally grows in the vaginal and in the intestinal tract in healthy people with a healthy immune system. Under normal conditions, a healthy immune system will keep Candida in check. Certain factors increase the dangerous growth of Candida such as the over-prescribing and use of antibiotics, constant stress, and immunosuppressive drugs like cortisone, hormone pills or hormone replacement therapy, i.e. oral contraceptive and HRT, and don t forget about all the hormones given to animals which end up in meat and every dairy product commercially sold in grocery stores and restaurants. Other sources are viral infections, and heavy metal toxicity. Candida yeast will flourish in your gut if fed a diet of refined carbohydrates like pastries, fermented drinks such as beer or wine, processed food or food additives.



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