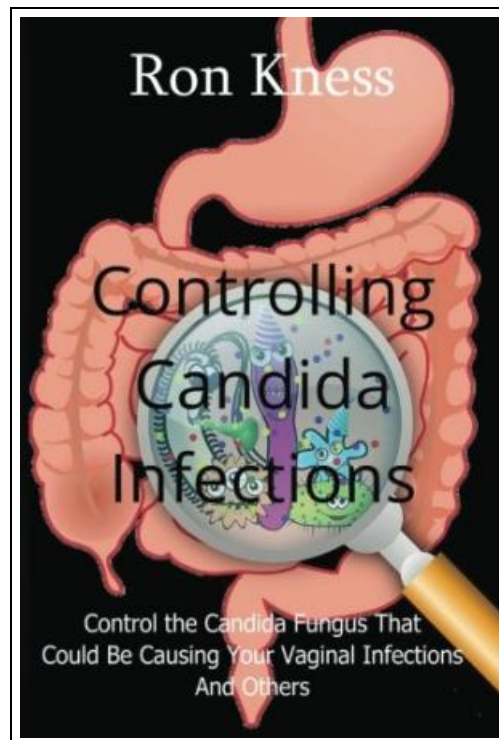


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Anyone who has ever suffered the misery of a Candida infection will know that the best solution to the problem is to prevent it from happening in the first place. Starving Candida, that is, depriving it of the conditions in which it will flourish, is quick and easy once you know how. Candida is a form of yeast that lives in the body. There are 20 different species of Candida. However, the most common, and the main one that can result in health issues, is Candida albicans. An overgrowth of Candida, a condition referred to as candidiasis, can affect these areas of the body, leading to a range of symptoms in the: -Mouth -Throat -Genitourinary tract -Skin -Nails -Intestines -Blood Candida may sound horrible and something you want to get rid of completely, but in fact, it is actually a normal part of the gut flora, that is, micro-organisms that live in our digestive tract. Candida is a specialized yeast playing an important role in our health. It recognizes and destroy harmful bacteria in the gut. When a person is healthy, Candida numbers remain in balance, regulated by other helpful bacteria in the gut. However, if something causes the gut flora to become imbalanced, Candida can proliferate and change from a yeast to a fungus. In the mouth and throat, it is known as thrush. In the genitourinary tract, especially women, it is referred to as a yeast infection. If it invades the blood stream, it is known as invasive Candida. On a baby s bottom, it is known as diaper rash. In this guide, you will learn what Candida is, what its symptoms are, and which other conditions are linked...



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