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Candida: Treating It Successfully



Synopsis

This book is a short, to the point treatment of systemic candidiasis (yeast infection). It relates how the author, a Doctor of Naturopathy treats and has treated systemic candida for the past twenty-five years, successfully, with periodic updates over the years. All remedies mentioned are natural and specific. Diet and a few recipes are included.

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Customer Reviews

I think many of Dr Blinzler's recommendations are amazing. I called his office and he spoke with me for a while offering kind advice. As with any intestinal issue, one size does not fit all. For me drinking organic bone broth, eating cultured vegetables and cooked greens really helped. Bio trust Pro X 10 probiotic, Perma clear and SF 722 by Thorne , Biociden, Tricyclen and olive leaf also helped greatly. Renew Life IBS formula and slippery elm supplements have cleared my constipation. GI Sustain rice protein powder by metagenics offered me huge improvement for leaky gut. Drinking peppermint chamomile fennel and licorice teas with meals also calmed my digestion greatly. That is just me. I have completely removed wheat, agave, wine, beer, aged spirits and white sugar from my diet. I do allow some organic coconut date honey maple fruit and insulin sugars in moderation. I drink clear

liquor only on occasion mixed with sparkling water. It took me almost a year to get to the point where I can have these things. Everyone is different and Dr Blinzler's advice help me get some insight. I disagree with a few things on his list : artificial sweeteners, wheat of any kind, cheese (at least in the first two months), triscuits, breads, vegetable oil are all very inflammatory avoid anything that causes inflammation. Take cinnamon leaf, turmeric, peppermint, fennel to help with this. All disease is caused by some type of inflammatory response so supplements which address this really help too. Also CHEW your food! It's funny and simple but our stomachs don't have teeth and well chewed food can greatly improve your digestive health not to mention enjoyment! Be well!

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