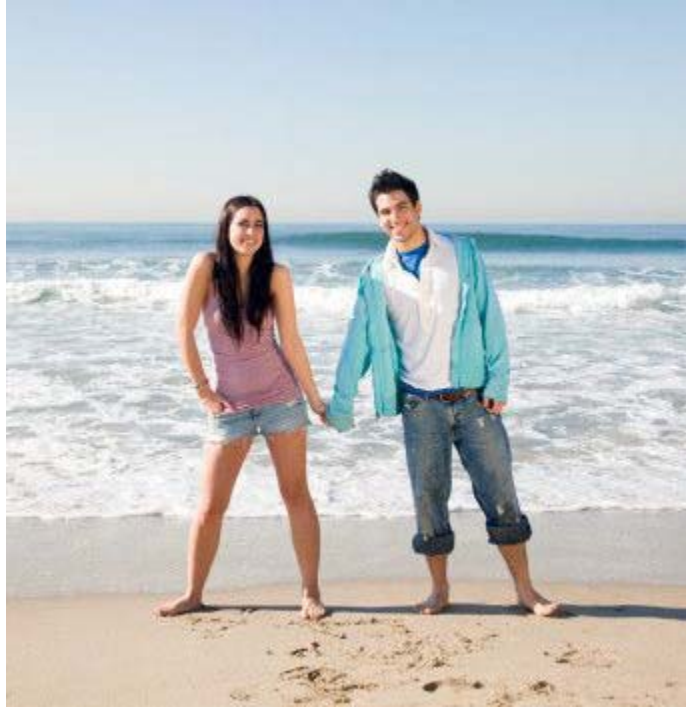


How to Cure Candida



The 5 Part Mini-Series

Written By:

The How to Cure Candida & Yeast Infections Team

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Introduction

The How to Cure Candida Team has written a 5 Part Mini-Series on Candida.

Part 1 of 5 of the Mini-Series

Welcome to Part 2 of the Mini-Series on **How to Cure Candida Permanently**. In this segment we will uncover some myths regarding supplements.

Free Survey

An estimated 80% of the population suffers from Candida and as much as 90% aren't even aware of it. We highly recommend you take our Candida Survey by clicking [HERE](#) to determine if you even have Candida.

Did you know that there are 5 MAJOR steps a person must take in order to NEVER experience Candida and Yeast Infection related symptoms again?

Step One is cleaning up your diet, removing toxic foods and making the right lifestyle changes to heal your body. **Step Two** involves using specific supplements to drastically eliminate the Candida and yeast infection populations in your body.

This is where most, if not all natural therapies end. **Big mistake.**

At this point, your Candida will only appear to be eliminated. In our experience, about 90% of people will redevelop Candida after they treat it using the methods above unless they ALSO implement **3 more steps**. Only then can they entirely eliminate Candida.

We realize that there are many people out there who have lots of advice regarding natural treatments which will definitely help, but only temporarily. Your Candida will come back again and you will have to start from scratch. The reality of the situation is that most people using natural therapies to treat Candida still **haven't addressed the deepest level of the cause**.

Holistic Natural Healing is based on the concept of going to the deepest level of the problem and resolving it so all the levels above are healed as a result. The use of supplements, such as anti-fungals, in an effort to permanently eradicate Candida is futile as it is still not addressing the root problem.

If you want to learn the secret behind **How to Cure Candida Permanently**, click [HERE](#).

Part 2 of the Mini-Series

Welcome to Part 2 of the Mini-Series on **How to Cure Candida Permanently**. In Part 2 we will be discussing the difference between Candida and Yeast Infections.

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The Difference

A yeast infection is a symptom of a deeper underlying problem in your body called Candidiasis or Candida for short. Candida manifests from an internal overgrowth of the fungus in your body known as *Candida Albicans*. Unfortunately, when you have a yeast infection in a specific region it means that you have it elsewhere as well. This is why a full approach that deals with the entire body is crucial to full recovery. Aside from localized infections, Candida affects digestion, breathing, weight, and your skin among other things.

How Does Candida Overgrowth Occur?

Candida overgrowth occurs in the intestinal tract where the majority of bacteria inside you thrive. When the healthy population of the fungus *Candida Albicans* is disrupted, it multiplies quickly and spreads out to other areas, including the vagina, which then causes a yeast infection.

Healthy bacteria in your body under normal conditions can fight off pathogenic organisms such as Candida. But under certain conditions, such as a weak immune system, your body's ability to defend itself is compromised. This allows Candida spiral out of control and overtake your body.

You Must Address the Cause Not the Symptoms

When women experience yeast infections and they only treat it locally. Candidiasis, the root of the problem is never addressed. As mentioned in Part 1, supplements alone cannot eliminate Candida either. The root cause of Candidiasis is what needs to be attacked to bring your body to a pristine state of health.

If you want to learn the secret behind **How to Cure Candida Permanently**, click [HERE](#).

Part 3 of 5 of the Mini-Series

Welcome to Part 3 of the Mini-Series on **How to Cure Candida Permanently**. We will be discussing the myth behind drugs, why a natural method must be utilized and tips for eliminating your yeast infection right away.

Free Survey

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Drugs Are Bad

With an endless list of side effects and unknowns surrounding their use, it's a constant risk anytime you're use a drug for anything. Ironically, many pharmaceutical drugs actually cause Candida. Antibiotics, birth control pills, steroids and most prescription pills will all kill off the healthy bacteria in your body and allow the fungal overgrowth of Candida. If you have used any of these in the past 2 years you are most likely to have Candida.

Another reason why you cannot use drugs to treat Candida is because they actually make the strains in your body more resilient. The next time your body wants to fight them off its going to have to work harder. So not only so drugs cause Candida, but they weaken your body in the fight against it. Also, drugs do not address the underlying causes of Candida. The only alternative to drugs is a natural holistic approach that attacks the underlying cause.

Tips for Yeast Infection Relief

- Apply unsweetened yogurt directly onto the vagina, or smear yogurt on a tampon and insert this into the vagina. Within hours you will get relief from your vaginal yeast infection.
- Place a garlic clove up into your vagina before bed and take it out in the morning. Be sure not to nick the surface of the clove or it will sting your vagina.
- For men and women, pour 1-2 cups of apple cider vinegar into a warm bath and soak for at least 30 minutes. This will bring instant relief.
- Take a probiotic with acidophilus everyday in doses of at least 50 billion live bacteria.
- Eliminate your intake of sugar and alcohol for the next 7 days, a minimum if you are serious about getting rid of your infection for good.
- Wear 100% cotton underwear, if any at all! Oxygen kills yeast infection bacterium.

If you want to learn the secret behind **How to Cure Candida Permanently**, click [HERE](#).

Part 4 of 5 of the Mini-Series

Welcome to Part 4 of the Mini-Series on **How to Cure Candida Permanently**. In Part 2 we will be covering the important of a proper Anti-Candida Diet.

Free Survey

But first, an estimated 80% of the population suffers from Candida and as much as 90% aren't even aware of it. We highly recommend you take our Candida Survey by clicking [HERE](#) to determine if you even have Candida.

The Anti-Candida Diet

Your diet is one of the major keys to permanently eliminating Candida. Dairy, alcohol, sugar, yeast, processed foods, fast foods all need to be eliminated from your diet ASAP if you are serious about eliminating Candida for life.



Would you rather suffer from Candida for the rest of your life, or make a few changes to your diet. Put things in the right perspective. Life is a gift, and there is no need to suffer going through it.

White flour and starchy foods will also convert to sugar in your body and feed the Candida growth and should be avoided. Sugar is far worse than most people are even aware of. It makes you wonder how healthy something like sugar must be when it feeds organisms like fungus and parasites.

Wheat is another food to watch out for. Glutinous foods such as wheat make your bowels sticky and encourage an environment where Candida can grow.

The type of food you should be focused on eating is natural unprocessed foods that are sugar free. Raw fruits and vegetables are great for you. Nothing compares to biting into a juicy slice of watermelon. You can also replace wheat with organic brown rice, quinoa, millet, buckwheat and amaranth. If you have never heard of these, it's time to experiment in the kitchen and incorporate them into your diet.

Remember, the Anti-Candida Diet is not about restrictions. It's about helping you shape your diet, and in turn life, so that you can get back to a state of pristine health and do whatever you want to do.

If you want to learn the secret behind **How to Cure Candida Permanently**, click [HERE](#).

Part 5 of 5 of the Mini-Series

Welcome to Part 5, the last part of the Mini-Series on **How to Cure Candida Permanently**. In this last part we will be giving suggestions for the things that you must do now that you have discovered that you have Candida.

Free Survey

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I Have Candida. Now What?

Eliminate Sugar. Sugar feeds Candida and causes fermentation in your body. Sugar allows Candida to thrive within your intestinal tract; as a result you can never eliminate Candida until Sugar is completely removed.

Take Probiotics. Acidophilus is our recommended probiotic. You will want to consume high strength ones that have about 40-50 billion live bacteria count strength. Supplement a minimum of 2 per day.

Take Garlic and Oil of Oregano Supplements. These are two of the best anti-fungals you will find. You will need to supplement at least 1000mg worth of Garlic per day and about 10+ drops in divided doses for the Oil of Oregano for any real changes to occur.

Eat a diet of about 50% leafy green and non starchy vegetables. These foods work to create an environment that is unfavorable to Candida by increasing the alkalinity of your body, and reduces fermentation within the bowels.

Make a fiber shake every day with at least 15-25 grams of fiber. Use hemp, flax, psyllium or chia seeds in them. Make sure they're ground up into a powder. This helps to sweep the bowel clear and prevent Candida overgrowth in the intestine. If this is followed routinely, bowel function improves tremendously and you will have a much easier time eliminating your Candida.

These are easy to follow directions that will bring you HUGE results in eliminating Candida. As mentioned on our site there are 5 steps that must be done to completely eliminate Candida. The above suggestions are fragments of information Steps 1 and 2. Steps 3, 4 and 5 are needed to eliminate the root causes of Candida and ensure you never experience Candida symptoms again!

If you want to learn the secret behind **How to Cure Candida Permanently**, click [HERE](#).

Customer Testimonials

Success Story #1

“It just came back again and again... now I NEVER GET infections!”

Hi my name is Jane. I WAS a long time sufferer of chronic yeast infections. Every month it would all start with an itch and then the next thing I know it's burning and the nastiness begins!

I put into effect some of the recommended solutions that I found online and in some help books. It would get rid of the infection... but the problem was it just came back again and again. So I started looking for a solution, I came across this book and never looked back.

I followed their 5 step protocol and now I NEVER get infections PERIOD!

Jane
Vancouver, BC

Click [HERE](#) To Read More Customer Testimonials

Success Story #2

“For most of my life I've continually felt sick... How to Cure Candida really gave me my life back”

Hi my name is Brian and I just wanted to thank you guys so VERY, VERY MUCH! For most of my life I've continually felt sick, almost like I always had the common cold, doctors couldn't help me, they prescribed drugs which many times only made me feel worse. I was allergic to everything or so I thought, I began researching different possible causes.

I noticed I had many of the symptoms related to Candida, including severe allergies, asthma, immune dysfunction, digestive problems. I was a basket case.

In my search for a cure for Candida I actually came across quite a few different books. When I finally bought this one I was amazed at the information I read about that I hadn't found anywhere else! I immediately began using some of the alternative therapies like MMS and following through the entire 5 step protocol.

After just 2 weeks many of my cold like symptoms were disappearing and I can happily say now after about 3 months I am virtually symptom free. I've been feeling sick for at

least 15 years of my life, so to have such a drastic improvement in such a short time is unreal!

THANK YOU FOR GIVING ME MY LIFE BACK!

Brian
London, UK
I can't thank you guys enough!

Click [HERE](#) To Read More Customer Testimonials

Success Story #3

“Doctors kept prescribing me drugs with no help. I tried just one of your remedies and it took care of the problem”

I had no idea that my migraines, mood swings, depression and anxiety were related to the yeast infections I was getting! The medical authorities obviously didn't know what the cause of my problems were either, as the doctors would just pump me full of drugs.

After I put into effect your 5 step protocol everything changed, I just stopped taking the drugs that were making me toxic anyway and I had more improvement with my emotional problems than I EVER had with the drugs.

I don't get yeast infections anymore and now I feel like I can take care of any health issues that come my way, Goodbye DOC!

Diana
New Zealand, Auckland
Your 5 Step protocol is simply amazing...Thank You!

Click [HERE](#) To Read More Customer Testimonials

Sincerely,
www.HowToCureCandida.com

The How to Cure Candida & Yeast Infections Team