

Title:

Candida Natural Cure

Word Count:

361

Summary:

Candida is a fungus which habitant the digestion system. It appears almost from birth, and its

Keywords:

candida treatment,natural cure for candida, candida natural remedy,candida diet,candida remedi

Article Body:

Candida is a fungus which habitant the digestion system. It appears almost from birth, and its

Candida overgrow take place when it has the following conditions: white sugar, yeast, and mois

In average Candida is responsible for about 100 different toxins. This leads to a large number

- Digestion ~ swollen stomach, diarrhea, and feeling very tired post meals.
- Skin ~ Appearance of fungus and itchy red skin.
- Nerves ~ Sensitiveness to certain smells, no ability to concentrate or remember, and d
- Immunity ~ Allergies, swollen lymph glands and catching a cold.
- Hormones ~ decrease in fertility.
- Skeleton ~ Difficulties in basic exercises, joint pains, and muscle pain.

The basic treatment for Candida is changing your diet. Stages of treatment:

1. Change your nutrition ~ A suitable nutrition will change the body's ecology, the diges
2. Balance the good germs - Balance the good germs in your digestion system.
3. Strengthening the immunity system - To increase the vital force, enabling the body to
4. Avoid Candida strengthening ~ Avoid using antibiotic, pregnancy prevention pills, suga
5. Clean toxins from the liver ~ The liver is the most important organ in the body which
6. Reduce tensions - Adding vitamins C and B and nutritious plants. Combining it with re

Candida is very common these days due to wrong nutrition, the healing process requires to bala

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