



Overcoming Candida: Nutritional and Medical Approaches (Paperback)

By Dr Sarah Brewer

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. OVERCOMING CANDIDA is packed with all the evidence-based advice you need to resolve your symptoms. Dr Sarah Brewer explains how to stop Candida switching from the harmless to the invasive form, and how to boost your immunity against thrush and intestinal symptoms. She reveals the links with irritable bowel syndrome, lactose, gluten and wheat intolerances, and how Candida affects those with ulcerative colitis and Crohn s disease. She covers the 5Rs nutritional approach to treatment and how to follow an elimination diet, alkaline diet and the more traditional anti-Candida diet. After explaining the research behind vitamin, mineral and herbal supplements, and the best doses to take, she gives an overview of medical treatments. CANDIDA ESSENTIALS: Where Candida is found, what triggers yeast overgrowth, risk factors, symptoms and medical tests. NUTRITIONAL APPROACHES: The 5Rs approach: Remove, Reintroduce, Re-inoculate, Repair and Rebalance. Benefits of digestive enzymes, and optimising bile and stomach acid production; How probiotics keep Candida at bay; The role of food intolerance and how to follow an elimination diet, alkaline diet and a traditional anti-Candida diet. Importance of avoiding stress. NUTRITIONAL SUPPLEMENTS:...



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