

The Candida Directory The Comprehensive Guidebook To Yeast Free Living

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Overview Candida albicans, in its benign state, lives quietly within our bodies. But when confronted with wide-spectrum antibiotics, birth control pills, steroids, and a sugar-rich diet, this yeast can proliferate, causing a variety of medical problems. Depression, anxiety, tiredness, allergies, and migraine headaches are some of the symptoms.

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