

The Garden within

Acidophilus - Candida Connection

By Keith W. Sehnert, M.D.

\$3.95

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Anthony James Degidio

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The Body Ecology Diet Donna Gates,Linda Schatz,2011-06-15 If you re experiencing discomfort fatigue or other symptoms that won t go away no matter what you do or how many doctors you see chances are you re one of the millions unknowingly suffering from a systemic fungal yeast infection the hidden invader The result of an imbalance starting in your internal ecosystem this can be a key factor in headaches joint and muscle pain depression cancer food allergies digestive problems autism and other immune related disorders The Body Ecology Diet reveals how to restore and maintain the inner ecology your body needs to function properly and eliminate or control the symptoms that rob you of the joy of living Tens of thousands of people have already benefited from the Body Ecology way of life Donna Gates shows you step by step how to eat your way to better health and well being deliciously easily and inexpensively In this book you will learn how to use seven basic universal principles as tools to gain mastery over every health challenge you may encounter focus on your inner ecology to create ideal digestive balance conquer cravings with strategies for satisfying snacking and for dining away from home and plan meals with dozens of delectable recipes an array of menus and detailed shopping lists

Probiotics Earl Mindell,2004 To the surprise of many people several pounds of good bacteria populate our digestive tract help us maintain normal digestion and protect us against stomach flus candida overgrowth and many other types of infection In this concise book internationally recognised nutrition expert Dr Earl Mindell explains the many health benefits of probiotics and how to use them to enhance health

Your Health... Your Choice M. T. Morter,2009 A unique summary of how foods affect the way you feel why some types of everyday foods can lead to disease and methods to adjust your diet slowly to get frequently missed ingredients INSIDE THESE PAGES YOU WILL DISCOVER THAT The food you ate in the past determines how healthy you will be in the future Age is no excuse for disease aches or pains You can evaluate your health before symptoms of disease appear Too much protein is hazardous to your health Healing is automatic if you give your body a chance

Forthcoming Books Rose Arny,1995 *Doctor Yourself (Volume 2 of 2) (EasyRead Super Large 24pt Edition)* , **Doctor Yourself (Volume 2 of 2) (EasyRead Super Large 20pt Edition)** , *Challenging Children* Linda Vettrus,Mary Topero,Lisa C.

Ragsdale,1999 Presents methods used by the Whole Child Institute to help children who manifest out of control or hyperactive behavior These include diet modification allergy desensitization and structured environment

Doctor Yourself Andrew W. Saul,2003 Don t bother looking in the history books for what has killed the most Americans Look instead at your dinner table We eat too much of the wrong foods and not enough of the right foods Scientific research continually indicates nationwide vitamin and mineral deficiencies in our country and we spend over a trillion dollars each year on disease care Is it any surprise that doctors consistently place among the very highest incomes Andrew Saul has seen enough of this situation and in Doctor Yourself he gives you the power you need to change it Citing numerous scientific evidence as well as case studies from his decades of practice Dr Saul explodes the myth that an army of medical specialists and pharmaceutical drugs

are necessary to maintain our health. The human body evolved to live well and fight off disease on a supply of only a dozen or so essential nutrients. Unfortunately modern meat laden high sugar diets provide catastrophically inadequate levels of those nutrients. Using the guidelines and protocols for diet and vitamin megadosing laid out in *Doctor Yourself* you can not only prevent disease from getting a foothold in the first place but also literally cure yourself of illnesses already in progress without resorting to drugs or surgery. One of the most comprehensive guides to nutritional therapy ever published *Doctor Yourself* provides proven methods for combating almost every possible health condition from asthma and Alzheimer's disease to cancer depression heart disease and more all presented in Dr Saul's unforgettable style. Whether he's delivering commonsense tips on subjects such as weight loss and longevity or praising the healthy glow of a carotene tan Dr Saul takes the starch out of healthcare and makes taking charge of your family's health an experience both valuable and fun.

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