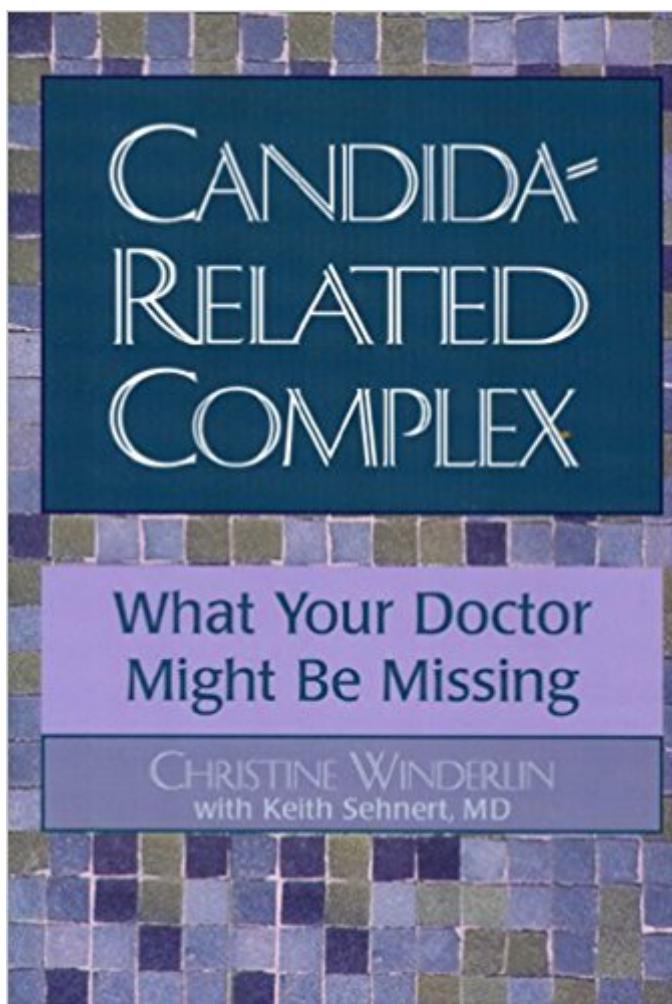


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# Candida-Related Complex: What Your Doctor Might Be Missing



## **Synopsis**

As much as 30% of the nation's population suffers from this misunderstood condition. Questions of concerned readers are answered: included is advice on living with it long-term, proper nutrition, traditional treatments and medication, alternative therapy, and more. This book includes a national listing of support groups, a suggested reading list, and a national registry of physicians who treat CRC.

## **Book Information**

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## **Customer Reviews**

Candida-Related Complex (CRC) is a condition that occurs when *Candida albicans*, an organism found in all humans, multiplies out of control. Hundreds of possible symptoms may appear in many different combinations. Because of the confusing symptoms, CRC is difficult to diagnose, and because CRC is not yet fully understood, many medical professionals are skeptical about its existence and thus unlikely to diagnose and treat it. Winderlin, a health writer whose sister was diagnosed with CRC in 1992, and Sehnert, who has treated nearly 4000 CRC patients, have produced an excellent resource. Sehnert's introduction discusses some of the difficulties patients often have in convincing their doctors that they may have CRC (or that CRC even exists) and also gives an historical perspective on the discovery and slow acceptance of CRC as a valid diagnosis. The book is well organized, clearly and concisely written, and full of useful information. The writing style is neither too difficult for the lay reader to understand nor so simple that it insults the reader's intelligence. The lists of support groups and organizations, food and product sources, and (especially) physicians who treat CRC are particularly useful. Recommended for all consumer

health collections.?Stacey Hathaway, Wright State Univ. Lib., Dayton, OhioCopyright 1996 Reed Business Information, Inc.

To educate physicians and their clients alike about the modern epidemic of candida infections on account of antibiotic overuse and abuse, Sehnert and Winderlin have created a comprehensive manual describing candida-related complex (CRC), the candida organism, and candida's impact, especially on the immune system. They first establish that CRC is a real illness that will eventually be fully recognized by the general medical community, but many doctors have not been trained to detect it. They point out that the complex, caused by a normally harmless yeast organism, produces symptoms that vary from individual to individual and include fatigue, food intolerances, depression, anxiety, headaches, and memory impairment. A separate section on treatment covers the basics of recovery: a limited carbohydrate diet, prescribed antifungal medications, probiotics (i.e., "friendly" bacteria), and substances that naturally boost the immune system, such as vitamins A, C, and E. Appendixes list suggested readings, support groups, physicians treating CRC, and more. Whitney Scott

Great book, and it arrived ahead of schedule!

Finally a book that addresses all the issues surrounding CRC. Very well written and organized. Explains what the disease is and how to cope with it. Also, excellent chapters on immunology and wellness. Great reading for those who have CRC or a loved one with CRC. Highly recommend this book.

Very good book. It covers the ins and outs. But it's the tip of the iceberg. I could add: Your immune system is the problem. Candida is an effect of something else, not a cause. Their key lies in your Adrenals. If they are damaged, there goes your immune system's ability to fight Candida. Candida is like a cold. It's not really an illness in itself, rather, a way in which your body warns you to slow down. Your body warns you by stages. Candida could be considered stage 2. Don't let yourself get so immuno-compromized that you get to stage 3 (because it could be Crohn's or Cancer). A lot of people think they go on this diet for a year or two, and then all is well and we can dive right back into the world of McDonald's, ice-cream and booze. It's like a cocaine addict saying "I'll get clean for a year or two." The fact is: Your body didn't like the ice-cream, fast food and booze because it was NEVER MEANT to have it. If your car needs 93 octane and you give it 80 it will work at first, then it

will start to knock, and eventually you'll damage it. And if you give it 100 octane, you'll burn it. Same goes for your body, pal. If you can no longer tolerate Candida (plain old yeast), it means that YOU NEVER WILL AGAIN (and you never really did, so it was just a matter of time before something went wrong). That is what this book fails to tell you. You have been consuming yeast and refined sugar all your life and you never should have. Simultaneously you have been damaging your adrenals all your life with caffeine and what-not and you shouldn't have. You've been taking fermented junk (like vinegar and wine and raisins) and you shouldn't have. THE BIG QUESTION: WHY ME?????It's genetics. That's what you and I got handed. So let's deal with it.Recommended: Buy this book.Buy Eat Right For Your Type by D'Adamo, so you can know what your blood type and race are (and are not) supposed to eat.Get an ELISA/ACT allergy test (nothing damages your immune system more than every day eating something you are allergic to).Stop all sugars (including fruit) for two years (after two years, you can have two pieces of fruit every day, three is pushing it).Discontinue all fermented food like cheese, vinegar and alcohol FOREVER. Fermented is equal to septic. (As far as YOUR body is concerned). Remember the 80 octane scenario...Buy an ozone generator (to get rid of mold in your house, because if you have Candidiasis, you are allergic to mold, period).Consume VAST amounts of probiotics (Acidophilus and Bifidus BOTH).Have vitamin B complex and magnesium (spread out the Magnesium and watch it, because too much equals diarrhea).Keep a perfect routine. (of meals and rest).Check yourself for Gluten intollerance (wheat, oats, etc...).Once you get yourself balanced, you'll feel better than you ever did (because for the first time in your life, you'll be eating the way Nature meant you to).WAKE UP!!!!!!!!!!!!!! Certain aspects of modern society have failed us miserably. Our diet is one of them.

I read this book from cover to cover recently and found it very helpful. Most of the books out there on Candida are written by doctors and they write about what they know NOT what you need to know. The authors spent a lot of time including the tidbits of knowledge that you won't find anywhere else and the book is truly geared toward helping solve the entire problem. I have read all of the other books on this topic and this one is much more helpful and resourceful. Thanks.

This is one of the most comprehensive books on candida I've read. Covers everything from defining what it is, how it can get out of control, risk factors and symptoms. Clearly presents information on the various treatments including dietary and lifestyle changes, herbals, prescriptions meds and supplements. A good, general education on candida-related complex.

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