

## What is Candida?

Candida overgrowth in your body will cause you to suffer from sugar cravings. Candida yeast loves sugar just as much as you do, and its love of this empty, non-nutritional food causes you to want it more.

\* According to a study done at Rice University, "70% of American's are living daily with an overgrowth of yeast and bacteria."

\* Signs of yeast overgrowth include:

- nasal congestion and discharge
- nasal itching
- blisters in the mouth
- sore or dry throat
- abdominal pain
- belching, bloating, heartburn - constipation, diarrhea
- rectal burning or itching
- vaginal discharge
- vaginal itching or burning
- worsening symptoms of PMS - impotence
- frequent urination
- burning on urination
- bladder infections

\* People do well on this plan because they are eliminating dairy, gluten, wheat, sugar, caffeine and alcohol which are all known to feed Candida yeast. And they are repopulating their intestines with friendly bacteria, which help the body fight off the Candida, and strengthen the immune system.