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Candida Cleanse: The 21-Day Diet to Beat Yeast and Feel Your Best

Sondra Forsyth

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Candida Cleanse: The 21-Day Diet to Beat Yeast and Feel Your Best Sondra Forsyth
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Follow the powerful detox in this book and you'll be rejuvenated in no time. By quickly killing the excessive candida inside your body, this cleanse ends the pain, tiredness, bloating and other health problems caused by the fungus. The 21-day program completely avoids the foods that allow candida to grow inside you, starving the fungus without starving you! After three short weeks, you'll experience a revolutionary transformation in how you feel and look. With the *Candida Cleanse*, you will:
•Lose weight
•Increase energy
•revitalize your skin
•Improve digestion

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