

"Definitely describes the magnitude of the candida problem—its causes and cures. Ann Boroch's firsthand personal experience coupled with extensive research offers hope to countless undiagnosed and inappropriately treated candida patients."  
—Dr. David Perlmutter

# THE CANDIDA CURE

Yeast, Fungus & Your Health

The 90-Day Program  
to Beat Candida  
and Restore Vibrant Health

ANN BOROCH, C.N.C.

Foreword by David Perlmutter, MD, FACN, ABIM  
Author of *The Better Brain Book*

## The candida cure

*Ann Boroch*

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## **The candida cure** Ann Boroch

Many of the most common symptoms and illnesses that plague us today - anything from fatigue, bloating, and weight gain to prostate problems, arthritis, allergies, depression and multiple sclerosis - can be traced back to a surprising source. Yeast. Yeast and fungal overgrowth - called candida - is pandemic and affects millions. One out of three people suffer from candida overgrowth, which is associated with asthma, allergies, hypoglycemia/diabetes, hypothyroid, prostatitis, weight gain, brain fog and anxiety/depression. In a chronic state yeast overgrowth can also lead to conditions such as lupus, MS, fibromyalgia, chronic fatigue syndrome, autism, and even cancer. The Candida Cure is the most current and concise book on this subject, designed to help millions understand and overcome candida overgrowth. This practical and revealing work describes what candida is and how it can become out of balance as a result of using antibiotics, steroids, hormone replacement therapy, and chemotherapy as well as unmanaged stress levels and diets filled with sugar (white flour, dairy, refined sugar, and alcohol). The first three chapters describe what candida is, how disease starts in the gastrointestinal tract, and how poor nutrition adversely affects candida overgrowth. It also includes a candida health questionnaire. The remaining chapters lay out a 90-day program for beating candida and restoring vibrant health. Diet, detoxification, and supplementation are covered in detail. User-friendly charts, recipes, meal ideas, and sample menus are included to make the program simple and effective.

## **The candida cure Details**

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# From Reader Review The candida cure for online ebook

## Guy says

To me Ann Boroch made very clear, and convincingly, the link between our typical high sugar and carbohydrate diet, and physical and emotional disease. I found it powerful and useful just how Ann made clear that the process of eating is the path towards health. Food is medicine and food is poison. She honours the intelligence and strength and resilience of the body and its capacity to heal itself if we are not beating the crap out of it by feeding it crap. It has an almost infinite capacity to heal itself when we take the time to honour it.

For example, Ann talks about her diagnosis of MS when she was twenty-four, western medicine's lackadaisical response to it and the quip that, on the bright side, she didn't have cancer. She decided that instead of resigning herself to the wheelchair her expert said was her fate that she would use diet to cure herself of MS. in three years it was 'cured' but came back shortly thereafter when she went back to a 'bad' diet. She has since returning to the Candida Cure diet been more than twenty years clean of MS.

I would have loved to have had an index in the book, but I'm not knocking it down a star for the lack because the book is far more succinct than the 200 pages it has in ostensible length. And it is very well organized, with some repetition that is not, unusually, annoying because Ann builds up the knowledge in kind of helical layers. The overlap may occur in large part because everything is connected and interwoven. Also, Ann includes diet plans for the 90 day that she recommends to do the diet, as well as a large number of recipes and how and when to take the various supplements. She includes what kinds of symptoms you may experience as the candida begins to die off, which is useful when they actual show up.

I have been on the diet since Mar 15, 2016. I have been strictly following the plan, with many of the supplements she has recommended. I'm not taking all of them because I was in close to excellent health, or so I thought, before beginning the candida cleanse: I'd largely stopped sugar and wheat, and no coffee or alcohol since 2014. After a week of strong sugar cravings, and a couple of days of brain fog, I've been largely symptom free. Only a hint of cravings now and then, mostly when I've allowed myself to get hungry at the wrong times, and when I wasn't eating enough protein. Part of the process is finding the balance for my body's unique requirements, *listening* to the body and disentangling the emotional links we may have to stuffing stuff into our mouths.

So, what has changed with me and my body? My skin feels **FANTASTIC**, like I don't ever remember it ever feeling. And I had good skin before the diet, as suggested by the odd reality that I've been complemented several times on the quality and texture of my skin before the diet. And, delightfully, the steady stream of pimples I used to get on my head, shoulders and arms has stopped. I've had three in five weeks, when I would have that in three of four days.

Tiredness and sleep has changed. When I go to bed at night I am ready for bed, but rarely feel 'dog' tired like I used to feel. I sleep immediately, which isn't a change for me, but when I wake six hours later (yes, only six!) I am **awake**, alert, clear minded and ready to begin the day. That is absolutely new to me! In the days before the diet it would take an hour of me moving around before my brain would begin to get into gear.

And the afternoon energy drop has become far far less. Sometimes I don't feel one at all. It seems to be related to when I eat, and maybe what I eat for brunch. I'm eating breakfast very late, these days. I've begun to notice that if I eat eggs with my brunch my energy stays up, but if I eat fruit and nuts instead, there is a bit

of a drop. Not bad, but there.

Finally, the congestion in my sinuses, the symptom of a fungal infection misdiagnosed and mistreated years ago, is very much improved. And I am even hopeful for the first time in a dozen years that with this diet, and other natural treatments, I may be cured of it in the next three or four years. The more I remove from my system pathogens, the side effects of candida toxicity, that my body needs to fight, the greater will it be able to fight the pathogens growing in my sinuses. We'll see, with fingers crossed and dietary commitment.

This diet is powerful in many ways. It is a powerful affirmation of our body's innate intelligence and 'desire' to serve us well. And it is a powerful indictment of both our popular diets, especially the popular 'healthy' diets, and the medical profession's unconscious collusion to deny the absolute central importance of diet to health by pushing medical solutions to treat the symptoms of bad eating and physical exercise practices.

This is a powerful book. And relatively simple: take 90 days of an ostensibly bizarre diet and see if you feel better at the end of it. What is there to lose? Some additional money for the organic foods and supplements, but the rewards have the very good chance of being an astonishing improvement in health and sense of personal empowerment and strength.

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## **Melissa says**

Fantastic book especially for anyone just beginning the journey of educating themselves on this topic in their quest to find answers to dis-ease in the body. A problem of chronic illness which far too frequently goes undiagnosed!! The many many symptoms that plague most people (I tend to think all in some form or another) are directly related to what we eat, inhale in the form of household cleaners, environmental pollution, what we put on our skin from moisturizers to soaps etc etc that are filled with toxic chemicals. All of which have a mild to severe consequence to the body and sometimes....sadly if gone unchecked and neglected for too long, deadly consequences.

I could go on about this subject for quite awhile as it's one I've been a fierce advocate on since I was 16 years old and knowing without question that the chronic systemic conditions I've endured began well before that age. I got off track from avoiding the foods that yeast doesn't thrive off of and I'm paying a critical price for it. The myriad of symptoms is far too great to list while typing on a little keyboard, however I know from first hand and second hand experience that Candida overgrowth in the body 'is' one of the number one contributing factors to the vast myriad of ills that most of us face. The gut brain reaction is one of the major players in this fight and as they say "we are what we eat" should be said more if our lifestyles are poor than the answer is high probability that "we suffer 'from' what we eat". My wish is to get this out to as many people who've been told by the countless doctors and tests (tests which often come up as negative even though the hidden danger this book is about lurks inside us and may very well be your answer.....highly probable), that there 'are' answers to healing and even better, to prevention.

The book itself is fantastic!! It is highly related to the "bible" of all books on this topic by William G. Crook as the Author of this book by not only pulled a wealth of information from the yeast connection, but she also worked with William Crook making this book one that very much mirrors the other, however it's an easier and quicker read so you can begin your journey to wellness without delay.

This is 'not' a woman's only issue. It is a highly recommended book and path to wellness for men and woman as well as children. What mother eats while pregnant immediately sets the stage for baby to begin life with

the effects and as I said above, gone neglected allowing the yeast the perfect environment to grow and grow until it's out of control can have mild to chronic dis-ease to deadly consequences for all. Do you want to 'live' or 'exist' through life.

I recommend this book and "the yeast connection" to absolutely everyone!!

Part One:

The Hidden Cause of Many Illness

Chapters:

1. The Candida Epidemic
2. The digestive system and the origin of disease
3. The Candida solution: A two-pronged strategy
4. Poor diet: Trash in = Trash Out

Part Two:

Creating your 90-Day program to beat Candida

Chapters:

5. The Candida-Cure Diet (detox)
6. Recipes
7. Your 90-Day Program
8. I Feel Great-How Do I Maintain?

Notes and resources at the end of the book are fantastic as well.

I urge everyone to take a long look at your health and from the mildest symptoms to the very severe give this a try. A full dedicated try and see how you feel. My daughter took so many foods out of her daily foods because she never felt well and when I spoke to her about this topic she stopped eating all the foods that yeast thrives on in the body.....then one day she was an entirely different person inside and out. When she reverted back to some of the foods that initiated her original symptoms they all started coming back, then she stopped them again and, as I've been through first hand and know so well, she's without those many symptoms once again. Our bodies are 'not' meant for all the toxic crap every single one of us is exposed to every single day!!

God, I could go on forever and I would love if this review were typed out more fluently, however auto-correct is hitting my last nerve so for now I'll leave it at that, but please know the inflammation this causes in the body is one of the highest contributing factors into so so many ailments I urge everyone to give it a try. I'd LOVE to hear feedback from those who do try it.

Side note: Please always take into consideration 'you' and what your body can/cannot handle, any medications you're taking, if you have 'any' major health issues I urge to be careful during any cleanse/detox and for those in my case if you're underweight be extremely careful. I'm personally at a weight where I have virtually zero body fat (that's not by choice) so I have to be extra careful to make sure I don't lose more weight as that's when the body begins attacking the organs in the absence of body fat your organs are where your body will take from for energy. There is absolutely no better way to WELLness than this as I've seen and documented for more than half my life, just be wise and if you need to start slow, than start slow. This book will touch on everything I want to say, but haven't touched on.

~\*In Wellness to Everyone\*~

P.S. Apologies for all typos, grammatical errors, missed punctuation etc etc. Small keypad. I will be back to clean up this review asap because this subject is one I take extremely serious in hopes of helping others.

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### **Mandy says**

Millions of Americans suffer from a host of afflictions, never realizing that what they eat could be the cause. After struggling with cutting numerous allergens from my diet in order to heal many of the problems afflicting me, a naturopath suggested going on a yeast cleanse. Suddenly, after just a week, I could feel a change. When looking for a book to read more, I came across Ann Boroch's The Candida Cure: Yeast, Fungus & Your Health: The 90-Day Program to Beat Candida & Restore Vibrant Health. The information in this book was eye-opening, and it is one I will definitely recommend to others.

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### **Jenn says**

Very helpful with teaching the candida diet.

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### **Mischenko says**

This is an excellent book. What's crazy about yeast is that you can have an overgrowth of it without any real symptoms while it's wreaking havoc on your body and immune system. Interesting that the author cured her MS! Yes, it's possible! Read this book if you have an autoimmune disorder and learn that you can control your disease with proper diet...

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### **Jodell says**

When I tell my Dr. that Flonase, and steroid inhaler's she tries to give me contributes to Candida she refuses to believe me. This book re-instates the facts I already thought I knew. It has given me a lot of useful information.

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### **Nicolle says**

informative, lots of helpful information and suggestions, great recipes in the back too

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### **Colleen Fahy says**

Everyone should read this. Candida is a yeast/fungal overgrowth in your body... mostly in the digestive system. 1 in 3 Americans have a problem with this due to years of poor dieting (too much sugar; bread, pasta, candy, alcohol) any use of antibiotics, steroids, radiation, chemotherapy, birth control, hormone replacement therapy, stress, and so much more. I've come to realize my sweet tooth was doing so much more damage than I every thought possible. If you suffer from fatigue, weight gain/lose, bloating, constipation, headaches, poor immune system, acne, depression, anxiety, brain fog... (the list goes on and on) then you should really read this book or do some research on candida. This yeast overgrowth causes a severe imbalance in your gut. All the bad yeast grows rapidly feeding off of the sugar you keep eating while it kills the good yeast. You can naturally cure yourself by eliminating sugar from your diet and taking anti-fungals and probiotics for a period of time. Most serious diseases stem from candida or any imbalance in the body. So educate yourself and heal yourself before the damage becomes irreversible.

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### **Nathalia Rojas. says**

Informational, good list of items, and some recipe ideas. Let's see if this works.

It really needed information on being an athlete and going on this diet as well as specifics on candida and thrush.

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### **Adria says**

In my quest to cure myself of annoying candida (read: yeast infections and sinusitis) I must deprive myself of all wheat, yeast, gluten, sugar, and alcohol for 90 days. We'll see how I hold up as it gets closer to holiday time...

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### **Lori Smart says**

When it comes to Candida, a carb is a carb. The diet plan in here recommends a full 30% of macros from while grains and fruit. I've only ever gotten Candida under control keeping carbs to under 5% macros. This won't work!

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### **LeeTravelGoddess says**

Wonderful book about the microbiome that is your gut. Great recipes, options and information... I love food & I want it to make me feel my best ???

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### **Justin says**

This book is a mixed bag. The author talks about how antibiotics can kill good bacteria causing Candida and then recommends broad spectrum herbals. The author also doesn't seem to like most proteins (against both meat and beans). Proteins are the macronutrient least likely to feed candida so I would assume that at least fish and poultry would be a good idea. I understand his case against beans, but am a bit confused why it doesn't also apply to all grains. I think there are good ideas here but think something like Fast Tract Digestion Heartburn: Clinically Proven Diet Solution to Treat and Prevent Acid Reflux and GERD without Drugs would be a better solution for candida (that book has its own issues just less than this book does)

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### **Nic says**

This book is absolutely amazing. Everything in it just makes sense. I will admit that I was a little overwhelmed when I looked at some of the menu suggestions but now into my 4th week on this plan, and seeing and feeling the results... This book has been a game changer for me!

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### **Katie says**

The book started strong with great self-evaluations and an overview of how and why Candida exists. However, by the halfway mark, I started to become skeptical of the food and supplement lists that endorsed things like sweet potatoes.

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