

# Candida Symptoms Explained And How To Cure Candida In 90 Days With Diet And Supplements

## What is Candida?

Candida is a type of yeast that lives in the human body. In small amounts, candida is harmless. However, when candida overgrows, it can cause a variety of health problems, including fatigue, digestive problems, and skin infections.



## Candida Cure Simplified: Candida Symptoms Explained and How to Cure Candida in 90 Days with Diet and Natural Treatments (Candida Diet, Candida free)

★★★★☆ 4.2 out of 5

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Candida overgrowth can occur for a number of reasons, including:

\* Taking antibiotics \* Using birth control pills \* Having a weakened immune system \* Eating a diet high in sugar and processed foods

## Symptoms of Candida Overgrowth

The symptoms of candida overgrowth can vary depending on the individual. However, some common symptoms include:

\* Fatigue \* Digestive problems (such as bloating, gas, and diarrhea) \* Skin infections (such as athlete's foot and ringworm) \* Vaginal yeast infections \* Oral thrush \* Sinus infections \* Ear infections \* Brain fog \* Mood swings

## How to Cure Candida Naturally

There are a number of natural ways to cure candida overgrowth. These include:

\* **Following a candida diet:** A candida diet is a diet that is low in sugar and processed foods and high in fiber and probiotics. This type of diet can help to starve candida and promote the growth of healthy bacteria in the gut. \*

\* **Taking candida supplements:** There are a number of supplements that can help to kill candida and support the immune system. Some of these supplements include caprylic acid, oregano oil, and garlic. \* **Using essential oils:** Essential oils can be used to kill candida and promote healing. Some of the most effective essential oils for candida include tea tree oil, lavender oil, and oregano oil.

## 90-Day Candida Cure Plan

The following is a 90-day plan for curing candida naturally:

### Weeks 1-4:

\* Follow a strict candida diet. \* Take candida supplements. \* Use essential oils to kill candida and promote healing.

## Weeks 5-8:

\* Continue to follow the candida diet. \* Reduce the dosage of candida supplements. \* Continue to use essential oils.

## Weeks 9-12:

\* Gradually reintroduce foods that were eliminated during the first 8 weeks.  
\* Continue to take candida supplements and use essential oils as needed.

Following this plan can help to cure candida overgrowth and improve your overall health.

Candida overgrowth is a common problem that can cause a variety of health problems. However, there are a number of natural ways to cure candida overgrowth. By following a candida diet, taking candida supplements, and using essential oils, you can kill candida and improve your overall health.



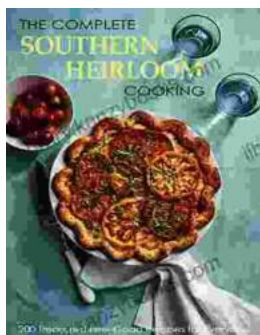
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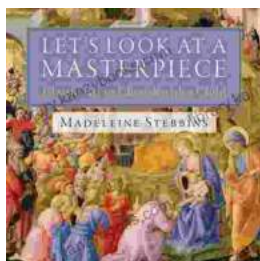
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