



Yeast Infection No More™

Cure Candida Infection Holistically



**A Unique Step By Step Holistic System
Guaranteed To Eliminate Your Yeast
Infection From The Inside Out Giving You
Lasting Candida Infection Freedom**

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**A Unique Step-By-Step Holistic Yeast Infection System
Guaranteed to Eliminate Your Yeast Infection From the
Inside Out, Giving You Permanent Candida Freedom**

By Linda Allen

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Chapter 1 – Introduction

Welcome

Dear Yeast Infection Sufferer,

Regardless of your age or gender, whether you have severe yeast infection or just a mild case, or no matter how your yeast infection condition manifests itself, the methods contained within the Yeast Infection No More™ System are the only practical answer. These methods are the only way that you will rid yourself of all types of yeast infection in all levels of severity.



Although three out of every four women will develop yeast infection at some point in their lifetime, this annoying and extremely irritating condition that can appear suddenly and may become recurrent for a very long time is, understandably enough, seldom discussed.

Like you I have suffered from severe yeast infection, and just like you I have tried just about all the conventional medicines and over-the-counters that deal mostly with the symptoms (and often aggravate the root cause) but had little to no success. And just like you, something kept me searching, believing that there must be a permanent cure for yeast infection, not just a temporary relief.

It's imperative that you understand your yeast infection didn't just happen. There was a cause, and if you follow the right path eliminating the root cause, you can be rid of it forever. In fact, there is a natural, safe, cheap and highly effective path to cure yeast infection.

This book contains that path.

The information you will discover in this book is the result of 7 years of searching, trial-and-error and experimentation. It's the result of trying just about everything, keeping what works and discarding what doesn't.

The “yeast infection puzzle” was pieced together from the information I learned from countless naturopaths, authors and healers, and from working with and interviewing many alternative practitioners and nutritionists.

I just want to assure you that you made the right decision when you ordered the Yeast infection No More™ package. Regardless of what Western medicine followers may have told you, yeast infection can be cured – naturally and permanently.

In this book I’m going to share the Yeast infection No More™ System, the only system based on 7 years of research, that will help you cure your yeast infection for good! I’ll explain exactly what a yeast infection is, the symptoms of yeast infection, diagnosis, primary and secondary factors that cause yeast infection and the conventional vs. natural holistic approach to curing yeast infection. Most importantly, I will go over the exact steps you should take to cure your yeast infection permanently, not just alleviating the symptoms, and how to prevent yeast infection from ever taking control over your body and health.

By educating yourself about yeast infection, you open the door to a lifetime of improved well being and better health without the pain, annoyance, frustration and costs associated with living and treating the yeast infection condition.

My only goal in writing this book was to help you reach your goals – to eliminate your yeast infection permanently and clear up all your confusion about the steps you are required to take to achieve that goal. If this book helps you succeed in eliminating your yeast infection, then this book is a success with or without the accolades.

By following the Yeast infection No More™ System, the vicious and destructive cycle of drugs, creams, over-the-counters and futile costs is stopped. Now is the time and your natural right to open the door to a yeast-free life.

Ten Facts About The Yeast Infection No More™ System

Before we get into the heart of the program and reveal my personal story, let me share with you the ten reasons as to why this system might just be the most powerful yeast infection system ever developed.

Yeast Infection No More™ provides you with a tested step-by-step plan to success.

It's a fact that no other yeast infection system will provide you with the exact steps you need to follow in order to be yeast infection-free. Most yeast infection programs will merely give you vague guidelines of what needs to be done. With the Yeast Infection No More™ System, you get all the specifics. You are told exactly what to do, exactly how to do it and exactly when to do it and why.

Yeast Infection No More™ was written by a real yeast infection sufferer.

This program was not written by some science geek who never had yeast infection in his life. Instead, it was written with the blood and sweat of a real person who suffered from this irritating condition for years, and it's the result of thousands of dollars spent on trial and error and more than 7 years of extensive research.

Yeast Infection No More™ is based on real world results.

This system is based on real world results, not textbooks or classroom lectures. Thousands of yeast infection sufferers have already cured themselves completely using the same principles within this program, including the author herself.

Yeast Infection No More™ is truthful and unbiased.

I've devoted the last 7 years of my life to helping yeast infection sufferers win the war against deceptive advertising, false claims and other marketing scams in the yeast infection industry. The Yeast infection No More™ program is straightforward, providing you with the facts on how to eliminate yeast infection with honesty and integrity. I have never been involved with any skincare, beauty or supplement magazine, and I am not affiliated with any of them.

Yeast Infection No More™ is not just about alleviating the symptoms; it's about your health and inner balance.

Clearing yeast infection from the root can never be achieved as long as your body is in a state of imbalance. Yeast infection is not a vaginal disease or a problem with your skin, no matter what your doctor tells you. It's about taking responsibility for your body and about restoring it back into a state of balance where *no* disease can exist, not only yeast infection.

Yeast Infection No More™ is not just a special nutrition program.

It merges nutrition with a comprehensive cleansing program. It aims to rebuild your organs of elimination and, combined with dietary, supplementation, mental and lifestyle plans, should bring your body back into balance. In short, it's the perfect holistic yeast infection solution.

Yeast Infection No More™ doesn't confuse yeast infection symptoms with yeast infection cure.

Taking care of your yeast infection externally and fixing the root cause of your yeast infection are completely different things. Yes, treating the symptoms of Candida is obligatory if you have yeast infection simply because it can be an extremely irritating condition. Yeast infection No More™ handles all the symptoms of yeast infection using a unique 12-hour treatment that works for almost all types of yeast infections. However, in order to permanently cure yeast infection, you must neutralize the "yeast infection environment" (more

on that later). The Yeast infection No More™ System ensures this yeast infection environment will cease to exist in your system.

Yeast Infection No More™ is not a temporary quick fix.

It offers a permanent solution and one that you can maintain as a lifestyle. The whole concept of curing yeast infection by masking the yeast infection symptoms is flawed. The whole concept of curing yeast infection using various skin treatments is also flawed. When you say that you're going to treat your yeast infection, the implication is that it's temporary and that at some point (when your yeast infection symptoms are temporarily gone and you feel some relief) you will continue with your bad nutritional and destructive lifestyle habits. The truth is that the only way you'll ever get rid of your yeast infection permanently is to adopt new habits and keep them. It may feel a bit uncomfortable in the beginning, but it will soon become entrenched into your daily routine and become easy, natural and highly rewarding.

Yeast Infection No More™ is simple.

With the information overload provided by the Internet, it's only natural that you'll feel overwhelmed with conflicting theories and mind-boggling misinformation. My goal in creating this program was to clear up the confusion and make the process as simple as possible. The simpler the strategies are, the easier you will find it to apply them, and the greater your results will be.

Yeast Infection No More™ offers 24-hour FREE e-mail counseling.

Yeast infection No More™ is the only yeast infection program that comes with this exclusive 24-hour quality counseling. I challenge you to find similar offers on the Net. The Yeast infection No More™ program is the perfect solution for yeast infection, but the real value of the program comes from the personal guidance and support that I offer my customers. I am devoted to your success, and I will do anything within my power and knowledge so that you eliminate your yeast infection in the least amount of time and trouble and that

it will also suit your individual needs and personal limitations. Most of my customers who chose to exploit this exclusive offer are in constant daily correspondence with me. It takes time and energy to answer all those e-mails on a daily basis. That is why I chose to provide this service only to people who bought the program. If you ordered the Yeast infection No More™, I urge you to use this service too. I would love to hear from you.

My Story

My name is Linda Allen. Since childhood I was always extremely proud of my overall health, vigor, energy and well-being. I was leading a very active life with no health complaints up until my early 30s. At that time I suddenly started experiencing a variety of unfamiliar symptoms, which worsened as time passed. They were most annoying and embarrassing, to say the least. I started suffering from severe vaginal yeast infections in addition to constant fatigue, heartburn, stomach cramps and brain fog.

It was only when I started suffering from rashes and frequent sinus and upper respiratory infections, accompanied by constant nasal drainage, that I realized something was internally wrong with my system, and I decided I must do something.

For my heartburn I took Tums, Pepto Bismol, tomato juice, baking soda with water and raw honey. I had only temporary mild relief. I applied several brand-name anti-inflammatory creams for my rashes, but again the results were very short-lived. As soon as I stopped using these creams, the rashes came back with a vengeance. Pills and over-the-counters that were supposed to deal with my respiratory infections showed the same poor results.

I have taken every prescription, drug, ointment or vaginal yeast infection lotion known to western medicine. I have taken Diflucan, Nizoral and Gynazole, applied Monistat and many more prescription medications and over-the-counters that I can remember with the same familiar scenario: It worked in the short term.

I finally decided to have a thorough medical checkup. Surprisingly enough, the doctor found I was in good health; my heart was in good shape; my lungs were working fine; blood pressure was normal; blood sugar level was normal and so on. The doctor asked me if I had suffered from any particular problems. I mentioned the vaginal yeast infection, the heartburn, the digestive problems, the rashes and the frequent nasal drainage.

My doctor claimed that most people in their 30s start to experience these symptoms and that I shouldn't worry since small dietary changes (avoiding milk) accompanied by taking Pepto Bismol, anti-inflammatory and antifungal creams should work. When I told him I had already used most of what he recommended with no success, he claimed I hadn't used them with persistence. He failed to explain why these symptoms occurred in the first place and neglected to warn me of how these conditions could develop into more serious health problems if left untreated.

Several weeks after the medical checkup, I noticed that my vaginal yeast infection, including the heartburn and digestion problems, got significantly worse as the antifungal creams only alleviated the problem.

I was failing to realize that all the while toxins and yeast were building up inside my intestines. It was only later that I had been diagnosed as having Candida fungal overgrowth and that my vaginal yeast infection, oral thrush, nasal drainage, aggravated heartburn and the "floaters" in my eyes were nothing but symptoms for this seemingly uncontrollable yeast condition.

When Western medicine failed to help me, I kept trying different kinds of anti-Candida diets, took the famous ThreeLac treatment, tried various types of nutritional approaches, HSOs (soil organisms), colloidal silver, homeopathic therapies and reflexology. Some of these methods did have a positive effect on my yeast infection symptoms, but again, it was only for a short term. It seemed as if my Candida overgrowth and all its related symptoms were there to stay.

As I started researching into holistic approaches to healing, the first thing I realized was that there was never a single cause for a disease, and there were definitely no magic pills or quick fixes. I soon figured out the conventional approach does not and will not ever offer a genuine cure for my condition. At best, conventional medicine offers temporary relief since it's designed to deal with the symptoms of the disease and not the disease itself.

As there are many underlying factors contributing to each disease, the solution must always be multi-dimensional, meaning it must tackle all underlying factors and not just one cause. The holistic approach is the only permanent solution for all types of yeast infections and their symptoms.

After more than 7 years of research, I had finally put together all the pieces of the Candida puzzle and created a complete 100%-natural holistic yeast infection program aimed at tackling the root cause of vaginal yeast infection, including all the annoying and painful Candida-related symptoms.

Within the first few weeks of applying the principles in my program, I started experiencing more energy and vitality. The fatigue, bloating, vaginal yeast infection, heartburn and rashes were quickly eliminated. I witnessed a dramatic change in my complexion. My sight significantly improved, and the nasal drainage, brain fogs and mood swings were completely gone. I was finally free.

Success Is Yours

The solution I offer in my book is an intelligent, holistic, scientifically proven and all natural approach that tackles the root cause of Candida and completely eliminates its symptoms. It subsequently overcomes the vaginal yeast infection fatigue, bloating, heartburn and other related symptoms and ensures you will never experience these painful, annoying and embarrassing symptoms again.

A significant amount of individuals who either read this book or are associated with me and have implemented the methods outlined in the book are living proof that yeast infection can be permanently banished. They are proof that getting rid of yeast infection, even highly severe cases, is not science fiction. It doesn't have to cost thousands of dollars or involve swallowing enormous amounts of pills or vitamins. You don't need to spend unrealistic amounts of dollars on all sorts of lotions and ointments that only mask the symptoms. Yeast infection is in fact a manifestation of an internal problem. Yeast infection

is a very annoying and sometimes painful condition, but not an untreatable or uncontrollable one.

The treatment offered in this book is the result of more than 7 years of intensive holistic research, backed by thousands of hours of nutritional expertise and is based on my own personal experience as well as that of many readers who gracefully volunteered to give their own feedback and comments. Getting rid of yeast infection and its painful and embarrassing symptoms is something that can be naturally achieved. It can be accomplished, but like anything worthwhile, it requires some level of dedication, persistence and patience.

My personal research yielded the Yeast infection No More™ System, which is the heart of this book. If there was one important thing that I learned in regard to yeast infection, it's that it cannot be cured using a single-dimension protocol. A long-term solution for yeast infection would have to be a certain combination of steps that together lead to its elimination and ultimate prevention.

The Yeast Infection No More™ System is simple to comprehend and consists of several methods and approaches you may have heard of before, but the key lies in how to conduct each step in the right order and combination of steps. The program is simple, yet it's revolutionary. Great things often come in simple forms.

Following the Yeast infection No More™ System with persistence will eliminate all Candida-related symptoms regardless of the type of yeast infection you have or the severity of your yeast infection. Moreover, many of my customers report a dramatic, positive impact over their mental and emotional well-being as well. I sincerely hope and encourage you to become one of those people. I invite you to give my method a chance so that I could offer you a better life, a yeast infection-free life.

How To Get The Most From The Book

This book offers a comprehensive natural approach to the treatment of Candida yeast infection. It's aimed at you, my fellow yeast infection sufferer, who has tried and is fed up with conventional treatments and their unpleasant side effects and is willing to try a natural, long-term and practical way to get rid of yeast infection.

This book is aimed at people with all types of yeast infections with all levels of severity. It's aimed at individuals who wish to eliminate the cause of Candida yeast infection rather than deal with the symptoms. It's aimed at people who wish to reclaim control over their inner system and health and thus dramatically improve their overall health, the appearance of their skin and to look and feel younger and more vibrant.

This book will take you on a voyage that leads to yeast infection freedom through a holistic approach by treating the body as a whole and having it cleansed and re-balanced from the inside, thus neutralizing the environment that encourages Candida overgrowth.

I truly believe this book will change your life. If you are reading these lines, you are blessed beyond belief.

By following the Yeast infection No More™ System to the letter, you'll not only eliminate all symptoms related to Candida, including vaginal yeast infection, migraines, backache, respiratory infections, rashes, heartburn and fatigue, you'll also feel younger, healthier and more vibrant. You'll be able to overcome many illnesses and dysfunctions you may have had before the treatment such as constipation and obesity. You will achieve all that without the horrible side effects. The Yeast infection No More™ System eliminates the root factors leading to yeast infection, thus achieving real long-term success.

I spent more than 7 years researching, probing and analyzing information concerning yeast infection as well as experimenting with every available natural solution. During this time I have eliminated what didn't work and

retained what was effective. I later combined all the knowledge I learned with other holistic methods for the purpose of building the complete Yeast infection No More™ System.

As mentioned earlier, treating yeast infection is not a short process. It requires persistence and patience. Results may appear after 4 or even 6 weeks. Moreover, each person is unique in the way he or she adapts and reacts to the treatments. Results may vary among different people with different types and levels of yeast infection severity and sensitivity to certain foods. Keep in mind that it takes time for the body to heal itself and some level of maintenance to keep things in control.

Persistence and belief are vital if you wish to achieve success in eliminating your Candida yeast infection. You must understand that following each step alone will only yield short-term results. The combination of all the steps in the Yeast infection No More™ System is the only key to lasting yeast infection freedom.

This book is divided into 6 chapters and 4 appendices.

Chapter 2 is the general section of the book aimed at building a foundation of knowledge regarding yeast infection and the holistic approach. This is where I reveal the true nature of Candida yeast infection, the true causes of yeast infection, types of yeast infections, common symptoms, complications of Candida yeast infection, the pros and cons of conventional yeast infection medications and over-the-counters and the crucial differences between conventional and holistic medicine.

Chapter 3 discusses the most effective ways to diagnose Candida yeast infection.

Chapter 4 shows the basic steps you should take to get rid of these annoying and irritating on-the-surface symptoms of yeast infection naturally in as little as 12 hours.

Chapter 5 introduces The Quick Results Mini-Program. It's designed especially for busy folks that don't have much time on their hands but wish to **see results ASAP** and for people with very light yeast infection. It's not a quick fix approach, but it's practical and extremely easy to follow.

Chapter 6 – The complete step-by-step holistic solution to yeast infection – the Yeast infection No More™ System. This chapter reveals the general blueprint of the program as well as the specifics of each step of the Yeast Infection No More™ System outlined in a chronological manner with all the nitty gritty details of why, when and how to successfully accomplish each individual step. It also outlines the **exact principles you need to follow to prevent the reoccurrence of yeast infection and maintain a Candida-free environment.**

Appendix 1 outlines several complementary treatments for yeast infection.

Appendix 2 offers an example of a 2-day detox diet – a short preliminary internal cleansing protocol.

Appendix 3 provides vital information on how to conduct a moderate detox program based on the Ayurveda.

Appendix 4 shows exactly how to maintain liver function – an important part of the yeast infection maintenance plan.

The Yeast infection No More™ System book also contains lots of theoretical as well as practical information as a means to provide the reader with the clearest, sharpest and most coherent picture of the disease and what needs to be done to eliminate its symptoms. By doing so, you'll become more "yeast infection educated," more motivational and more focused on nothing but achieving your goal, which is eliminating the factors leading to yeast infection formation and achieving Candida freedom with all its positive implications.

Be patient at the beginning. All the information in early chapters will come together in the end. As you begin reading, you may feel overwhelmed

by the amount of information. Don't be. The chapters were built in that order for a reason. That is why I urge you to read the book in its entirety first before you start acting on the plan. This way you'll gain a complete solid picture of things as they slowly fall into place and finally fit together in the end. It will ensure you won't get too confused (as to why you're required to do this or that and in that certain order) or miss essential information required to successfully complete the plan and achieve your goals.

Much has been done to keep this book as straightforward, simple and direct as possible. Whenever I could, I kept words to a minimum, and I strived to use as much conversational language and layman terms as I could to make reading easier, fun and understandable. Also, the book contains many links to other parts inside the book as well as to useful resources; so stay connected to the Internet while reading.

It's important that you commit to take action and add a deadline to your goals if you wish to succeed. Without the will, a deadline and a proper motivation and dedication to eliminate your yeast infection, you'll only achieve poor or short-term results. It's advisable to adhere to the Yeast Infection No More™ System as it was especially designed to make your Candida yeast infection a part of your history.

Get Rid Of Yeast Infection Holistically

You really can get rid of yeast infection – naturally and holistically. How?

- By learning what a “yeast infection environment” is
- By learning exactly what conditions are needed for a yeast infection environment to exist and how to neutralize these conditions so that yeast infection be banished forever
- By learning the connection between yeast infection and inner imbalance and how to quickly restore the body back into balance
- By understanding that yeast infection is primarily a Western problem and that there is in fact a tight connection between

Western diet, Western lifestyle and yeast infection in spite of what modern medicine and the media want you to believe. Research has clearly shown that in non-Western societies where people don't eat Western food, they also don't have yeast infections.

- By learning the evident link between stressful lifestyle, inadequate sleep, lack of physical activity and the aggravation of yeast infection.

To get rid of yeast infection permanently, equip yourself with information about toxic elimination, internal cleansing, hormonal balancing, acid-alkaline balance, healthy diet, stress control, the yeast link, antibiotics, probiotics and prebiotics.

The Yeast infection No More™ book will provide you with all of the above invaluable information. This is not just an informational book but rather a complete step-by-step system that will take you from where you are now to where you want to be – to have permanent candida infection freedom.

Everything you need to succeed is contained in these pages. Apply it! Knowledge applied is extremely powerful, but knowledge unused is worthless. Begin using this information immediately. The sooner you start, the quicker you'll see results on your yeast infection condition. So start today. Start now. If you need further assistance, e-mail me: support@yeastinfectionnomore.com. You'll have all my knowledge and expertise by your side.

This is a preview. Please visit the official website to download the full version