

CANDIDA-YEAST

HOW TO FLATTEN YOUR TUMMY AND END FOOD CRAVINGS EFFORTLESSLY

And lose up to 90 pounds! By [Kelley Eidem](#)

Despite any experience you might have had previously, it is possible to EFFORTLESSLY end food cravings and flatten your tummy. I'll tell you how right now. Almost everyone is dealing with this challenge, but the solution seems to be elusive. (a) it works, and (b) I'm not selling anything. Let's keep the daisy chain of help going forever until everyone's tummy is flat! :-)

The first bit of good news for you is that the solution to your food cravings does not require any will power whatsoever. "No will power??" You're probably not believing that just yet. So at this point I'm just going to ask you not to make any decisions yet...just hang in here with me.

Your cravings aren't your fault! The other good news is that you can stop beating yourself up for having cravings because they are not your fault. Your cravings are actually an inner wisdom to keep your brain alive. I'll explain why shortly. I promise you I'm not going to try to sell you any juice, or get you to enroll in a business opportunity. There will be some products you'll need to buy but you can purchase them anywhere you'd like.

Even if you've failed many times before... This past Wednesday, a customer at my store came in because her friend, Laura, (not her real name) had lost 90 pounds and was able to wear a slinky black dress by doing what I had suggested she do. So I want you to know this stuff works. She had failed too many times to count previously. She succeeded this time because she was getting to the root of her weight gain.

Another customer who probably weighed 300 pounds admitted to me that she used to eat "six heavy meals a day" but she still felt empty. But after she followed my advice, she naturally cut back to one or two meals a day without using an ounce of will power.

Another thing, the second woman 'Carly' (not her real name) used to be a really hostile person. Not any more. Now, she's as lively and as fun as can be. Carly didn't take a course in being sweet and fun...that's just her natural, healthy personality. Yes, those cravings can make you feel incredibly stressed out. But when they vanish...which they will automatically...your stress is going to go way down, too!

My cravings went poof! Oh, then there is me. I used to eat a half gallon of ice cream in 24 hours twice a week. Only my shame and embarrassment kept me from eating a lot more. I used to think about the food I was going to eat while I was at work. The ice cream aisle was my favorite hangout in the grocery store. Sometimes I'd eat ice cream instead of dinner. You're probably getting the picture. But today, you could hand me a bowl of Breyers or Haagen Daz ice cream and I wouldn't want it.

Let me tell you, that is not will power, because I have none. The difference is that I know the secret. In a moment, I'm going to tell you all the secrets. You won't have to buy anything from me. Nothing. Your cravings could be almost anything...

Now let me just say, your cravings might be a lot different than mine were. That's okay...this works for any sweet or carb craving you might have, including fried chicken (it's the breading!), french fries, cookies, pasta, cake, candy, pizza, chocolate, sub sandwiches, chips, beer, and so on.

Before we get to the things you need to do, first you'll want to understand why they work. Once you know that, it'll empower you like Helen Reddy's "I am woman!" on steroids.

This works for men, too! By the way, this works for men big time. Men get yeast problems even though it might not be as obvious. They just drink beer to cover it up, instead. ;-)

Remember when I said this isn't your fault? I meant it. The cause of food cravings is caused almost 100% of the time by medications that have killed off your friendly bacteria in your intestines.

Blame your doctor, not you... It might have started when you were two years old when your mom took you to the doctor for a stuffy nose. The doctor, prescribed an antibiotic, and you were on the slow road to food cravings. In many cases, your mom had to return because your stuffy nose returned. Antibiotics have a tendency to do that... cause a rebound many weeks later. So, you got another antibiotic. Or it might have been birth control pills, or steroid medications. Those drugs and probably others, kill our friendly bacteria.

Big deal, right? Eat a little yogurt and everything is okay again. At least that is what you were told. But it's not true. The antibiotics will kill the friendly bacteria in the yogurt even if you eat it 12 hours apart. Secondly, by the time you stop taking the antibiotics, the yeast in the intestines has spread and grown roots and it's not going to leave no matter how much yogurt you eat. Picture, if you will, once friendly yeast that has grown tentacles.

Here's the deal: your friendly bacteria and your yeast compete for space like plants in the forest. The yeast wants to stay put and advance. Now here's the Huge Health Secret you've been

waiting for! (Actually I'm about to spring several more on you, so this is just the first one.)

Yeast lives on sugar...and so does your brain! The yeast in your tummy gets first dibs on almost any sugar you eat. Meanwhile, your brain cells need sugar to live. Your brain is literally screaming at you, "HEY, I'M DYING UP HERE! GET ME SOMETHING TO EAT!" So what is your brain going to do? Well, your brain is the boss, so your brain is going to walk you to the refrigerator and drive you to the store to get some more sugar and/or carbs.

Before going any further, let me remind you of this unfortunate part about yeast. They swell. Since they are in your tummy, they swell your tummy. That is soooooo attractive. Of course, it doesn't help matters that when you eat extra food, you're getting more calories, and probably empty ones at that. Are you getting the picture here. If you have too much yeast, any diet plan is doomed to fail, or your brain will fail if you succeed.

The fungal yeast is in your tummy to stay for decades...

Once you get too much yeast it will not leave on its own. Not in a year, not in ten years, not in your lifetime. And as long as it is there, it's going to win sooner or later. I don't know many people who can use their will power to starve out the yeast, do you? Besides, it's cruel to your brain to do that. Which helps to explain why diets without enough carbs can leave a person feeling depressed... their brain is starving.

Your effortless cure... But don't worry, there is an answer that puts you back in charge. It comes in three parts, and there is often a fourth part.

First, kill the yeast. All this stuff is available at any health food store. To do that, get yourself a combination of **olive leaf extract** and **caprylic acid** and take it for about two months. Or you can get a product called Candistroy that works very well. It'll probably take two boxes to do the job thoroughly.

Second, you need to restore the friendly bacteria. For this, I like a product called "PB-8." Don't skimp on this part. Be sure you get a really excellent multi-strain probiotic. **Primal Defense** is another good one. So is Dr. Ohiras probiotic. You'll want to keep taking a good probiotic, ideally for the rest of your life. That's because unlike 150 years ago, we rarely eat fermented foods any more. As I mentioned above, yeast and friendly bacteria compete for space. If you run low on your bacteria, the yeast can move back in. The PB-8 might result in a quick loss of 5 pounds in the first week.

The third thing is to patch the holes left by the yeast. If you don't patch them, you'll end up with allergies, parasites running amok, and a whole lot more, all of it bad. To do this, get yourself some **glutamine powder**, take a teaspoon in water twice a day. Another excellent alternative, even better than

glutamine by itself is a product called **IntestiNew**. Either one will work. the IntestiNew works a little faster.

The fourth thing you'll probably want is a good multi-enzyme. When yeast is overrunning us, our digestion often gets stressed, and it needs some help. You take those when you eat. They help to prevent bloating and discomfort.

People often ask me which ones they should start with first. **I started with all the products at the same time. They work better when taken together.**

It's economical, too... This whole program will cost less than \$100 the first month, about \$50 to 60 the second month, and only \$20 a month by the third month. You'll end up seeing the doctor a whole lot less, so be sure subtract those costs from the 4 part program. Also be sure to subtract the costs of those expensive treats you just had to have but no longer want. **One less soft drink a day or Starbucks coffee means my program saves you money instead of costing you money.**

Effortless, effortless, effortless... In my experience, what happens is that rather than seeing a gradual lessening of the cravings, you go along for a while, and you wonder is this program going to work? Then one day, it is like a light switch...your cravings completely vanish into thin air. I still recall looking at lowly vegetables in the produce aisle, and thinking, "Wow, those look good!" Meanwhile, I literally would forget to go to the ice cream aisle.

It's your natural heritage to crave the foods that are good for you. But that can only happen if you get your yeast under control. Animals in the forest aren't half as smart as you are, yet they are able to keep to their normal weight without effort. That's because they've never been given antibiotics.:-)

You become "unbloomed"... Your experience might be different than mine. But you will feel so much freer and lighter, and "unbloomed" if that is a word, once you rid yourself of excess yeast and restore your friendly bacteria.

I'd like to know how you do, so please leave a comment to inspire others with your success.

Thank you and the best to you.

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