



Candida Cleanse Diet: How to Cure Candida and Restore Your Health Naturally

Brittany Samons

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A candida cleanse diet is a diet plan that is meant to reduce the number of Candida albicans in the body, namely in the gut. Cleansing is the first step in flushing out Candida which is an opportunistic yeast that causes terrible medical conditions in the body. A candida cleanse diet will prepare the body in removing significant amounts of Candida albicans and help to restore the healthy population of normal flora in the gut.

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