

NEWS LETTER NO.1

CANDIDA HOUSE NEWS LETTER

Hi candida people this is the first newsletter and has a small circulation so I will keep this one brief and cover what I hope to achieve with it.

INFORMATION

As the number of people under taking the candida control plan increases there will be a large information base of foods and recipes that are allowable, at the moment I am working on foods from Australia and it will be helpful to have input from over seas as people email me with new products I will add it in the newsletter.

SUPPORT

Support is very important and this newsletter will allow helpful hints and encouragement from myself and other participants, I will be able to give answers to questions that come up and share contacts.

Soon there will be a forum so people can share info directly.

Sandra and I fist completed a similar diet plan to this one over ten years ago which began the long road to the candidahouse web site we are going to do our three yearly clean up with a couple of months on the candidahouse diet , bacteria's and Homoeopathic's this just gives the body a chance to re assert its resistance to re infection also a general clean up and some weight loss, we enjoy the experience and because the results are long term you don't mind putting the work in, a big part of this plan is to learn new eating habits that will last a lifetime.

This control plan is so much easier now than back in the early days we couldn't eat half the foods you can now and there are so many products now available.

Well that's about it for the first newsletter feel free to contact me for any advice.

Stay well Marc Lambert DNSN