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### The Fungus Link To Weight

#### The Fungus Link to Weight Loss - Doug Kaufmann's Know the ...

The Link Between Your Body Weight and Fungal Infections Korean researchers have discovered a fascinating fact. If you gain weight, you are likelier to develop a toenail infection. This was an extremely large-scale study.

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Best The Fungus Link Diet Reviews. Compare All the Best Weight Loss Programs. Find the Right Plan for You! Safe & Effective. Is it best to follow strict rules or not? Read on to get 34+ tips for successful weight loss. The Fungus Link Diet Reviews

Phase one lasts approximately 30 days and is designed to starve fungus. Dieters following the Phase One diet cut out all added sugar and use stevia and other alternative sweeteners. Phase One calls for eating lean meat such as beef, poultry, lamb, turkey and fish, most fresh vegetables, except mushrooms, corn and potatoes, and low-sugar fruits such as berries.

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#### Doug Kaufmann Fungus Link Book Collection - LONG LIFE ...

##### Phase One of the Anti-Fungal Diet | Healthfully

Remember, antibiotics are fungal derivatives and they have now taken residence in your body. Since the parasitic fungus needs carbohydrates to survive, it manipulates your body and causes you to crave sugary and starchy foods. Now you have a pantry stocked with foods that continue to fuel the fungus while you progressively gain weight.

Kaufmann theorizes that a link exists between the epidemic of modern diseases, such as obesity and Type 2 diabetes, and a diet high in refined carbohydrates and processed foods. He postulates that a diet high in sugary foods promotes the growth of harmful bacteria and fungus.

click to view dougs book: the fungus link to weight loss If you've ever been on antibiotics, you likely have damaged the internal flora consisting of beneficial bacteria in the gut . These colonies of microbes perform a number of vital functions for health, but among their roles is that they keep the numbers of pathogenic fungi and yeasts in the gut in check.

#### The Fungus Link to Weight Loss - Longlife Unlimited

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Incredibly practical, The Fungus Link To Weight Loss will be your companion on your journey to perfect weight. And as always, Doug Kaufmann's Kaufmann 1 Diet, Fungal Quotient at-home questionnaire, supplement discussions and recipes are included.

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#### The Fungus Link to Weight Loss by Doug A. Kaufmann

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The Kaufmann Anti-Fungal Diet. The Kaufman Anti-Fungal Diet claims to help you rid your body of fungal parasites that can cause diseases such as chronic sinusitis, liver disease or high cholesterol. Doug Kaufman, an American independent nutritional researcher and author of seven books, including "The Fungus Link: An Introduction to Fungal Disease,...

The Fungus Link to Weight Loss teaches the reader that even in the absence of fatty foods in their diet, we can continue to add pounds. Could it be that the antibiotics you took years ago, or the alcohol or moldy grains in the American diet CAUSE weight gain decades later?

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