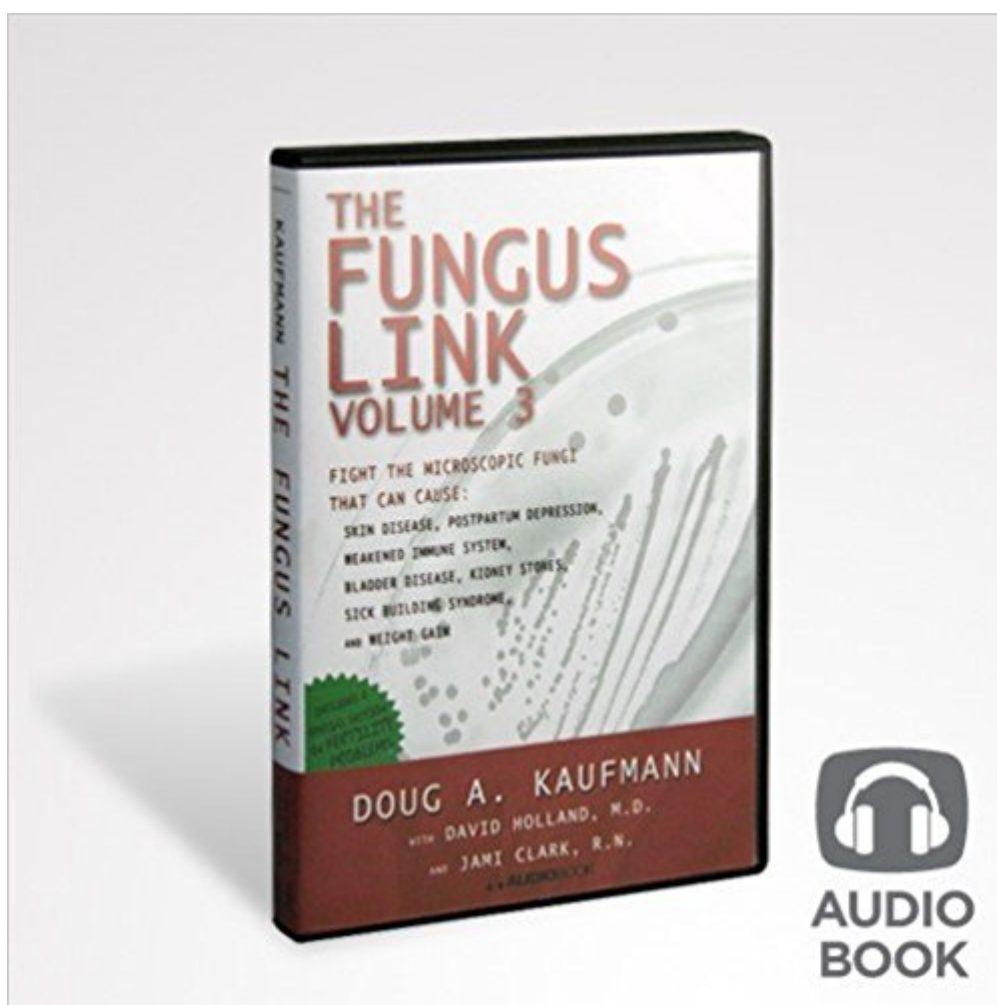


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The Fungus Link Volume 3 Audiobook



Synopsis

Audio book

Book Information

DVD-ROM

ASIN: B00J1ADO0I

Product Dimensions: 6 x 5 x 0.5 inches

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #2,570,343 in Books (See Top 100 in Books) #106 in [Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression](#) #783 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems](#) #10107 in [Books > Health, Fitness & Dieting > Women's Health](#)

Customer Reviews

This was the third of Doug Kaufmann's books I've read and it really gave me some important insights on health problems I have had for years. I grew up on large doses of antibiotics for continual strep infections, and consequently also lots of major food allergies such as eggs, dairy, and gluten. I've also lived in various houses and apartments that had been flooded and had mold problems. After reading Doug's books, I had my doctor prescribe Diflucan and Nystatin and am on his Phase I diet for a month. I also have been taking a lot of natural antifungals all winter during this nasty flu season, and even though surrounded both a home and work by those sick with colds and nasty flu, I caught nothing, which for me is totally amazing. Doug's books and show, Know the Cause, are slowly giving me back my health, and I really think they'd do the same for anyone who read them and gave the program a real try.

Doctors study lots about bacteria and viruses, but unfortunately, they study very little about fungus. Kaufman's research shows that fungus is at the root of many health problems. The dysbiosis in our intestines caused by antibiotics, medications, chemicals and poor nutrition leads to fungal overgrowth. I found great help in following his Phase One diet as well as other suggestions presented in the book and on his TV show, Know the Cause. I highly recommend it.

My naturopathic doctor got me turned onto this diet years ago before I ever bought the book. I just bought the book to have on hand in case I ever need to reference it or pass it on to my kids. I got on this diet when I was 23 years old. Before I got of this diet I was pudgy, my eyes were always red,

and I had terrible acne that covered my whole face. My life was consumed with using proactive, even coming home on lunch break from work to wash my face, and extensive makeup application even though I really grew to Hate makeup. I had tried a couple other diets and every pill, antibiotic, face scrub, and cream I could ever find (except Accutane) and nothing had helped me. Now, at 28 years old, I am completely acne-free and I attribute a large part of that to a lifestyle that revolves around this diet. Thanks to Doug Kauffman, he has made my life so much better.

Doug Kaufman gives a review of the fungus map and why many of the incurable diseases are related to the fungus in our bodies. He claims that every time you take an antibiotic, you give the local fungus a way to grow faster. Dying is giving the fungus a way to take over our body completely. Just a different way to explain the yeast and candida symptoms.

Doug Kaufmann had another hit here. The information is eye opening and I am so thankful to get this into my hands. I have started following the phase one diet, and now that our 3 months are up we will continue on it as both of us are feeling so much better.

Lupus and fibromyalgia seem to be linked to mycotoxins. Interesting concepts and solutions

The best yet!!!! Love all your books though!! Doug Kaufman has taught me so much!! I am his advocate as well as Dr. David Holland and Jami Clark RN!! Thanks to all three of you!! Keeping healthy with all the organic supplements and the Phase Diet.

this is the best book to curing any problems a person may have and what to do with our diet foods to avoid

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