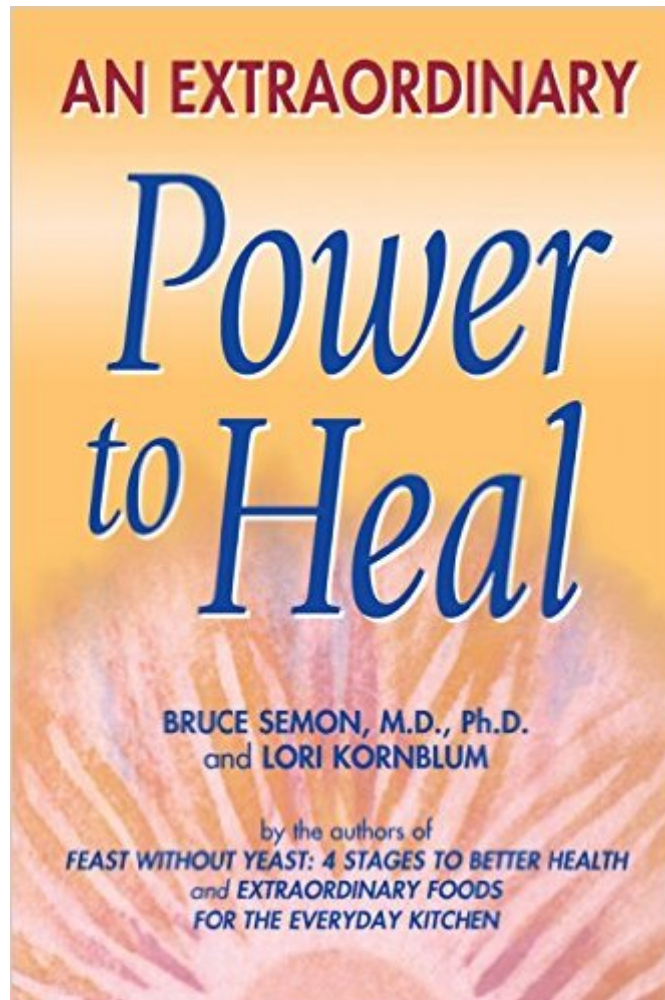


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# An Extraordinary Power To Heal



## Synopsis

An Extraordinary Power to Heal, by Bruce Semon, M.D., Ph.D., and Lori Kornblum, was written for people suffering from supposedly untreatable medical conditions. This book explains why yeast and yeast chemicals from the yeast in your intestines and in your food cause these conditions and how you can change your diet to stop them. An Extraordinary Power to Heal has explanations and case studies about so-called auto-immune conditions, including fibromyalgia, Chronic Fatigue Syndrome, Crohn's Disease and ulcerative colitis, multiple sclerosis, rheumatoid arthritis, and other conditions. An Extraordinary Power to Heal also has explanations and case studies about other medical conditions that respond to anti-yeast treatment, including Autism, ADHD and ADD, Tourette's Syndrome, depression, headaches, seizures, skin problems including eczema and psoriasis, allergies and food addiction. The case studies are of real patients who changed their lives by changing their diet and using anti-yeast therapy. An Extraordinary Power to Heal contains a complete treatment plan, and has comprehensive footnotes referencing medical studies that support the observations, case studies and explanations in the book. The companion cookbook, Extraordinary Foods for the Everyday Kitchen, has more than 125 recipes and more than 60 menus to help you implement the suggestions in An Extraordinary Power to Heal.

## Book Information

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## Customer Reviews

I found this book to be so helpful in understanding the many problems yeast can cause and how to treat it through diet. I was desperate to understand what was going on with my kids and myself and I found the advice on food to be priceless. I saw a marked difference in myself and my kids just within

the first few days!! I had already tried other candida diets, which did not work. After reading this book, I decided to eliminate all the foods that contain the toxic chemicals similar to yeast by-products which are: malt, vinegar, maple syrup and yeast (ie breads, crackers, etc) and for me- coffee. Malt is tricky because surprisingly most cereals and crackers contain maltodextrin and/or barley malt. A lot of sugar-free products also contain maltodextrin. The hardest thing for my kids was giving up bread and ketchup (vinegar). Now I heat up tomato sauce to replace ketchup, and buy General Mills cereals- none of which contain malt. I think down the road, as we progress we can add wheat bread, which contains yeast, but no barley malt (yeast dies in the baking process, but still can cause a problem as the author explains.) As Dr. Semon explains, you do not have to go through all 4 stages of the diet if you see results in the earlier stages. Additionally, I chose not to follow his Nystatin protocol as it is surely long-term- his patients reported recurrence return whenever they stop Nystatin. Instead, I have been successful using a spore-forming antifungal probiotic, either ThreeLac or Symbion. Where Nystatin kills intestinal yeast- it is not replenishing the GI with healthy, beneficial bacterial flora. A product like Symbion or ThreeLac will crowd out and overtake yeast and repopulate the GI, providing lasting benefit to the user over time. Another good product is Candex, which contains enzymes that break down the cell walls of yeast. Plus Nystatin works optimally when you do not take vitamins, where as probiotics work in harmony with any vitamin supplements you may wish to take. Check out [candidafree.net](http://candidafree.net) for more advice on supplements and vitamins to help fight yeast and boost the immune system. My results seemed better than the correlating case studies provided by Dr. Semon. Within the first week we all had some major break-throughs with our yeast-related problems and our progress continues. I have unknowingly suffered with yeast for a long time, mostly from overuse of antibiotics. I suffered on and off with things like depression, acne, hyperkeratosis on my upper arms, white-coated tongue, blurred vision, insomnia and fatigue. No doctor ever found anything wrong with me. According to them, I was in perfect health, but I've had these problems on and off since my mid-twenties. Within 2 weeks of changing my diet and adding probiotics, I felt great, better than I have in a long, long time. Most noticeably, my vision cleared and my skin problems have resolved. I honestly feel the probiotics make the most difference. I continue to see improvement as time goes on. We take 2-3 Symbion a day. We also drink "green" smoothies everyday that I make with my Blendtec blender to aid with detox and keep things moving so to speak. All the best health!

I'd like to first, thank Dr. Semon for this book. An Extraordinary Power's approach has helped my son incredibly. Before I knew about the 4 stages, I never considered that the food I was preparing

might in fact be harming my children. The book is well-laid out, and it gives a very comprehensive explanation as to why malt and other chemicals commonly found in foods are actually bad for us. My son was identified as mildly ADHD. This diagnosis was made and medication was recommended. Dr. Semon's book made it possible for us to change his diet (something we did very easily) and the difference in his behavior is remarkable! I was skeptical at first, but by following the first stage of the four stage diet, we saw an amazing difference in his ability to focus, and use self-control. Now, whenever we stray from the 1st Stage, we notice a spike in his hyperactivity. We get back to the 1st Stage, and he is once again in control. The book is well laid out and easy to follow. It is written in a language that is easy for anyone to understand and follow, and the chapters are written such that it doesn't need to be read in an exact order. *An Extraordinary Power To Heal* is exactly what it promises, a power to heal. I would highly recommend this book to any person or parent that is seeking help for ADHD or anyone who feels like they would like to improve their eating habits.

*An Extraordinary Power to Heal* is chock-full of information and personal stories about people who were able to make slight changes in their diets and really live a better life. It is very very impressive. But more impressive is that it makes some complicated topics, like the immune system, easy to understand. This is an excellent book to explain why yeast wreaks havoc on the body, and to help heal. The food plan is based on *Feast Without Yeast*, but is much more detailed. This book also has chapters specifically to help your own doctor prescribe nystatin, if you want that. The book is the total "bible" for yeast free living. All that is missing is the cookbook, which I found in *Extraordinary Foods for the Everyday Kitchen* and *Feast Without Yeast*. This is an easy diet to follow, because it is done gradually and only as much as you would need. This book was a lifesaver for me.

Well, I liked so much *Feast Without Yeast*. That's the previous book about *Candida* from the same authors. And I wanted to know more about this beast, on a scientific point of view. So I ordered this one. Well I am disappointed. The book DO have some new material. But most of it is already on the web site. There are two chapters that are more interesting. Chapter 2 describes the toxic effect of *Candida* on our body. Chapter 8 discusses the interaction of *Candida* and our immune system. The final chapters discuss why there is not that much research on the subject, which is a cry of heart from the authors for more involvement from the part of universities and governments. The book has many flaws per se. First and foremost, it has many, did I say it, MANY typos and repetitions all over the book. This means to me that the material has not been well organized and that the book has

been written in a hurry. It also makes me think that the book is much too long for what it really has to say. That's a sad story, given that the first book, Feast Without Yeast, is a very well written and concise book. 3 out of 5.

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