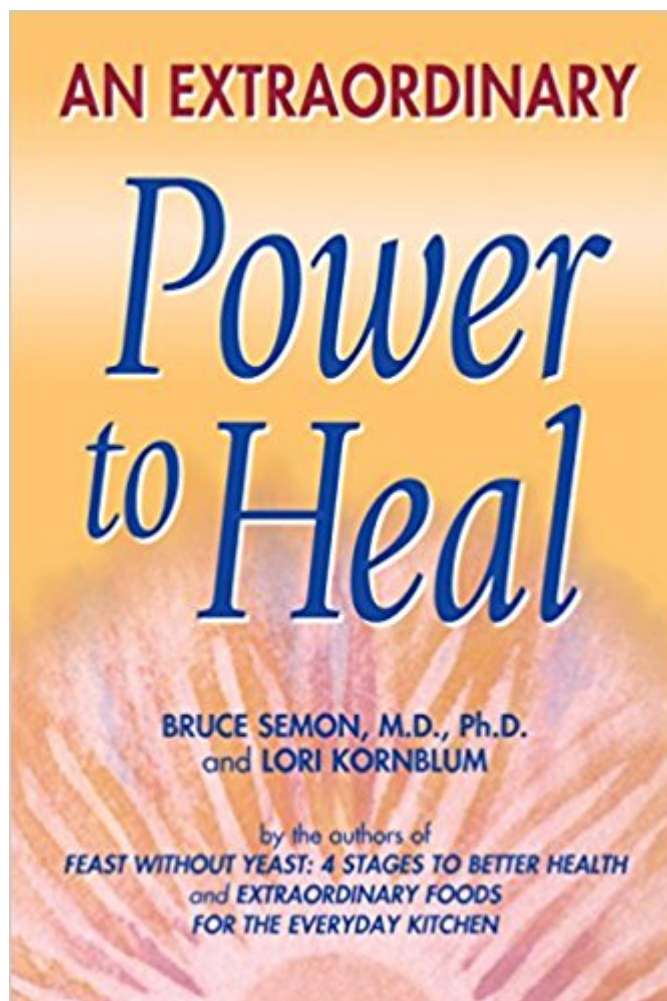




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# An Extraordinary Power To Heal



## 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

Paperback: 384 pages

Publisher: Wisconsin Institute of Nutrition, LLP (September 20, 2003)

Language: English

ISBN-10: 0967005744

ISBN-13: 978-0967005744

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 18 customer reviews

Best Sellers Rank: #900,292 in Books (See Top 100 in Books) #31 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida](#) #2528 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#) #3780 in [Books > Health, Fitness & Dieting > Women's Health](#)

## Customer Reviews

Lori Kornblum and Bruce Semon, M.D., Ph.D., also are the authors of Extraordinary Foods for the Everyday Kitchen and Feast Without Yeast: 4 Stages to Better Health, which has sold thousands of

copies and is available throughout the world. Dr. Bruce Semon is a board certified adult and child psychiatrist and a doctorate-level nutritionist who has studied the relationship between diet and nutrition for two decades. He and Ms. Kornblum devised the 4 Stages diet originally to help their son. This diet has been very effective for many medical conditions. Dr. Semon practices in Milwaukee, Wisconsin, and is available for new patients.

The book is an easy read, with chapter endnotes from peer-reviewed medical journals to share with any skeptic. After teaching graduate-level counseling courses and living with a severe mental illness for nearly two decades I was that skeptic! This book is the key to understanding why certain foods simply make you feel rotten. For some people, the overgrowth of Candida can cause a spectrum of mental illness symptoms (ADD, Anxiety, Depression, Bipolar, Schizophrenia, and even schizoaffective disorder). I use the anti-inflammatory diet outlined and am in the process of completing the antifungal regimens as well. Know that the diet alone will not make a significant difference and the food cravings will be terrible! With antifungal treatments, a person can have complete remission of symptoms. In fact, for the first time in 18 years, after trying more than 37 different combinations of medications and too many hospitalizations/institutionalizations to count, I am now medication free. My need for micronutrition is eliminated because my gut can finally absorb the nutrition from my food without candida competing for nutrition. It is life changing. Finally! A real answer! This protocol produced highly effective symptom relief from schizoaffective disorder-bipolar type without nasty side effects caused by medications. Now am in the process of heal my brain's neurotransmitter receptors. (but that's another story. ;) I'm amazed that the diet and antifungals completely eradicated food cravings. Thank you to Dr Semon and Lori for your tireless efforts in research/documentation to help us learn a better way. Thank you for proving the information in a clear and concise way which allows people without medical background to easily understand the concepts in a way that allows them to communicate it to others. Getting a general practitioner on board is crucial. If I couldn't understand it, I would have never been able to explain it to a doctor in a way that they would take me seriously.

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!

This book is written very choppy.... very repetitive. It needs the help of a book writer....

HOWEVER...this happens to be a topic where there is very limited information available, and this book offers info that simply was not available in the Crook days. To that end, if you feel you suffer from Yeast, its a must read. The authors approach is the most sensible approach to the problem I

have ever read, which I have deduced myself after many years of trial and error. The approach is 3 fold, stop eating foods that feed yeast and force its overgrowth, stop eating foods that kill desirable bacteria and do consume foods that yeast do NOT thrive on and yet friendly bacteria will multiply, or at least not be killed. This premise is the key... while he does promote some drug use, the drugs will not remain effective without the daily control we must implement to keep the condition minimized. I would have liked to have seen how Xylitol sugar is treated by yeast, something often overlooked.....its been suggested that xylitol kills yeast....but since it is a sugar alcohol, this might not be a good thing.... The score I gave the book is 5 for information, and 3 for its choppiness, so I avg. the two....

I have been trying to follow what he says in the book and it has done wonders for my psoriasis and other allergies. When I cheat my body tells me.

Loved this book and found it very beneficial with many recipes for things that are not only without yeast, but very good for you. I would highly recommend this book to not only those who suffer from digestive issues, but for anyone who wants to learn healthier ways of eating.

Our son was a patient of the author. His recommendations clearly helped our Autistic son. He is doing very well now. The extra effort has really paid off.

Great advice to apply natural law in order to heal our body.

Great

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