

Submitted by Michael Roberts

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In 2000 I wrote to Karen to tell her that, by chance, I had found an alternative cure for Candida through Traditional Chinese Medicine [TCM]. My full story is shown on Page 37 of her Guestbook. Eleven years later I am still fully cured having not had any re-occurrence whatsoever.

In short, among other treatments, TCM includes an infusion of herbs. Using these herbs as prescribed by a Mainland China trained and qualified Chinese Doctor – and I stress a Mainland China trained and qualified Chinese Doctor - should work. It did for me. Within ten days I was eating bread and within a month – twenty days to be exact - I was 100% cured albeit I was put on general wellbeing TCM capsules for a further two weeks. Candida is a well accepted clinical condition in China and is completely curable.

TCM works on an individual basis and the herbs which were prescribed for me would, no doubt, be different to those prescribed for someone else: to my knowledge (but I could be wrong) it does not necessarily work from afar. Also it was not too expensive: in 2000 I spent around £120 for my cure.

I still use TCM today and have great faith in it – it has been going for over 2000 years.

I am not trying to 'plug' her and there is nothing in it for me but the Chinese doctor who now treats me generally and in whom I have 100% faith (who incidentally has assured me she is able to treat others' Candida) is: Dr Junqing Yao, Beijing Acupuncture Clinic, 50 Seaside Road, Eastbourne, East Sussex, BN21 3PB, United Kingdom: UK Telephone Number 01323 642410; Mobile 07747 682878. E-mail address: jyao8080@gmail.com.

Before opening her own practice, Dr Yao had worked with and had the same training as my previous Chinese doctor Dr Yi Zhu who cured me of Candida but is no longer contactable believed to have returned to China. Neither now is the Eastbourne Chinese Medicine Centre where Dr Yao like Dr Zhu practiced TCM.

Original Guestbook Entry, June 16, 2000

LIKE KAREN I BEAT CANDIDA – THIS IS WHAT HAPPENED TO ME

Two days into the Millennium I had a bad bout of influenza that developed into bronchitis. My doctor put me on a course of steroids. Tests later showed I had Candida. I religiously followed the recommended diet which was hard going and although I felt a little better I did not feel I was being cured. In utter despair I went to the Chinese Medical Centre which had just opened in the town in which I live in the UK. Its doctors are qualified in both western and traditional Chinese medicine from the Guang An Men hospital which is an affiliated hospital of the China Academy of Traditional Chinese Medicine. I asked one if she could do anything for Candida and was told that in China drinking the infusion from Chinese herbs treats it. Following a consultation on my symptoms and taking a series of pulses, the doctor prescribed a mixture of herbs: they were awkward to prepare and, at first, obnoxious to drink – after two weeks these were thankfully changed to capsule form.

At the end of the first week I was allowed to moderately re-introduce all the forbidden foods including white bread. Halfway through the second week I started to feel different and knew I was being cured. In a further ten days – 18 May 2000 - I was re-tested for Candida. I was not only 100% clear but all my previous food intolerances had gone - my readings on everything were perfect. What also amazed me was that although I have been allergic for many years to every type of shellfish all but lobster and crayfish have disappeared. I can now eat anything

except these without ill-effect: I have eaten mushrooms several times with no problem. A friend who has both Candida and Fibromyalgia starts a course of treatment on 24 May 2000: I will post the result.

The doctor I saw was Dr Yi Zhu (MD). The clinic which also operates a postal service for dispatching herbs is the Chinese Medicine Centre at 19 Terminus Road, Eastbourne, East Sussex, BN21 3QL, United Kingdom: telephone number (0)1323 749868. Although the clinic is not yet on-line the doctor's personal E-mail address is: zhuyi@breathe.com.

My thanks to Karen for permission to post my alternative cure for Candida on her Guestbook. My E-mail address is: mcavity@btconnect.com.