

What is the best way to 'cure' leaky gut / gastrointestinal Candida Albicans / candidiasis? Why are there so many different ways? Should one just pick a method and stick to it?



A Recipe for Edible Soap! Yes, you heard me, correctly!

I don't know if this is the best way. Nor do I know if this method is permanent (it probably isn't). But the results are immediate. Sleep on it and you may be 'cured' by morning for a mere 24-hour period until you may need to perform this routine the following evening and every evening thereafter? To wit ...

1. Make your own refrigerator pickles without salt merely using vinegar to soak the peeled conventional pickles, or non-peeled organically grown pickles, which have been quartered into one inch or half-inch or quarter-inch slices, plus whatever else you fancy to include in glass (Mason, or other types of) jars. I like to include small sweet (mini-)peppers. The vinegar could be non-diluted. Most recipes call for diluting the vinegar with water for a 50%/50% mixture of water and vinegar. But undiluted vinegar may be best?
2. Have your pickles at suppertime along with ...
3. A thorough sprinkling of borax¹ onto your other food eaten with these homemade pickles, and ...
4. Try to minimize your salt intake to prevent the two forms of sodium from competing with each other so as to maximize your borax intake. For instance, don't eat conventional pickles, nor salty snack-food (such as, potato or tortilla chips, etc). I couldn't find any salt-free pickles, anywhere. So, I decided to make my own. How hard can this be?

I find it difficult to ingest borax. It isn't toxic. In fact, its toxicity is listed on Internet webpages as being less than that of baking soda.

But borax is highly alkaline and very effective at killing off fungi. This alkalinity is why (I think) it is difficult to ingest due to its bitter taste. So, by combining it with vinegar at the same meal, it becomes easy to ingest since vinegar is very acidic and this is the opposite pH to that of borax.

I don't know why there are so many different ways. Maybe nobody knows what they're doing? Or, maybe there are a gazillion different ways of killing off a fungi?

Yes; stick to it. Natural methods tend to be non-permanent and, thus, are also non-traumatic requiring a change in life-style rather than depending upon some sort of miracle which could ignore the alteration of our unnatural life-style. We can't change all of the elements of our life-style since we live in a toxic environment. At least we can endeavor to make improvements to our inner environment.

It took a few nights to figure out to increase my ingestion of borax. But once I took it to the max, the result was immediate relief.

¹ [Buy Borax - Granular \(soapgoods.com\)](http://www.soapgoods.com)