



# 5 Life-Saving Books That You Need To Have At Home: It Can Happen To You, So Why Not Learn About It?

*Mary Brown*

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**Ailments like candida and herpes are quite common, but not everyone knows how to deal with them. Here's your Bible to stay well informed and avoid any kind of panic.**

The set includes:

**1. Candida Cure: Prevent, Manage And Cure This Common Condition Today -**  
<http://www.amazon.com/gp/product/B00N4JV436>

Understand that while there is stigma surrounding this condition, it doesn't have to be as bad as you think it is. And this guidebook explains everything you need to know about it and how to manage it.

**2. Natural Fatty Liver Cure: A Guide To Managing And Preventing This Lifestyle Condition -**  
<http://www.amazon.com/gp/product/B00N4KJ7YS>

Fatty liver, which is also known as a steatosis, refers to the accumulation of fats in the liver. There are very few symptoms, but it can lead to more serious diseases and complications. Fortunately, this condition is a reversible condition. Prevention is always better than a cure and here's the guidebook that will explain everything you need to know about it.

**3. Stop Hypothyroidism: Understanding The Risks And Managing The Condition -**  
<http://www.amazon.com/gp/product/B00N4752M2>

Low thyroid hormones can make you feel exhausted and increase your cholesterol levels, and if left untreated, can do a lot more to harm the body. This guidebook will help you understand how your thyroid works and what you can do to manage it.

**4. Leptin Resistance For Beginners: Managing Your Hormones for Weight And Appetite Control -**  
<http://www.amazon.com/gp/product/B00N47503I>

This guidebook talks about how we can learn to control the signals from the leptin hormone so that we are able to control our appetite. Read on to find out how you can better understand leptin resistance and how it can potentially impact your health.

**5. The Miracle Cure For Herpes: Preventing, Managing, And Understanding This Common Ailment - <http://www.amazon.com/gp/product/B00OC2WY6U>**

Typically spread through sexual contact, the social stigma attached to how to prevent, manage and cure the condition is shrouded in this impression that it is not something that can be openly talked about, when in fact, this condition is no more than a simple viral infection that can be easily treated.

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#### **Kimberly Wheatley:**

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