

How Long Will it Take to Eliminate the EXCESS yeast?

That is a good question. The time it takes is very individual as it depends upon your level of commitment and whether you have a mild infection or a long term raging fire going on inside, such as a chronic infection and other medical conditions (as was my story).

You can start feeling better right away and a fair number of people notice improvement the first week once they implement a new regime. In two months major clean up can happen.

In my situation of a systemic yeast infection, I also had a pre-cancerous liver to detox, blood that needed major cleansing, digestive issues and severe mineral deficiencies. Once I was on a detoxification program and higher quality foods, I started feeling improvement both physically and mentally in weeks and all just got better and better as I continued over the next 6 months.

To jumpstart the yeast cleansing, consider

- Specific products to immediately begin breaking down and flushing out the over accumulation of yeast
- Restoring the beneficial flora with pre and probiotics
- Making some different food choices – that do not feed yeast

Do read our page [What Can I Do](#) and see what ideas offered there are doable for you. The more changes made, the quicker the results.

Go easy on yourself ~

There is no *“I’ve got to get this perfectly right.”*
You are already in the right place.

The only question to now ask oneself is *“Where Do I Want To Go From Here?”*
Let your intuition guide you.

Read [My Personal Story](#) here.

Remember that we are not practitioners and cannot advise.

However we do suggest that you take the opportunity to explore the useful information offered on this website and share it with your practitioner who can help determine the best path for you.

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