



## **C. Difficile: A bite size guide to clostridium difficile infection and 10 top tips to help speed your recovery from c diff**

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## **C. Difficile: A bite size guide to clostridium difficile infection and 10 top tips to help speed your recovery from c diff** Sharmell Day

This book contains useful information that will help you to quickly learn about C. difficile and has 10 proven steps and strategies on how to overcome the infection, based on the author's own personal experiences. Incidences of the potentially deadly bacterial infection known as Clostridium Difficile are on the increase and it is linked to some 14,000 deaths each year in the United States alone. While suffering from a C. difficile infection it is therefore very important to educate yourself about your condition and learn what to avoid, so that you do not unknowingly make your symptoms worse and prolong your illness. Most importantly sufferers need to learn quickly what works for them and the simple steps that can be taken to help speed recovery.

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