

Review of: "Candida and Long Covid: Mannan Not from Heaven"

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Potential competing interests: No potential competing interests to declare.

This newest version of the review on Candida and Long Covid integrates even more factors that drive dysbiosis and determine chronic disease and degeneration. All of them target the complex immune system and its reactions to pathogens. Resilience against pathogens can be easily restored by nutrition and protective signaling that prevents infection, inflammation, and autoimmune reactions. Highly recommended to everyone working in the field! Solutions are available. Regeneration is feasible.