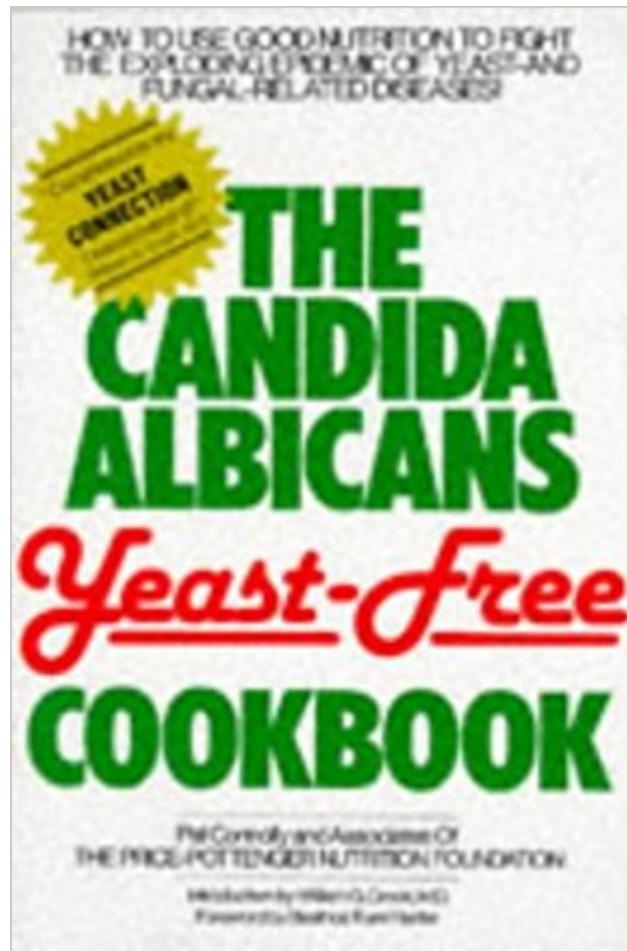




The book was found

The Candida Albicans Yeast-Free Cookbook



Synopsis

Cookbook

Book Information

Paperback: 250 pages

Publisher: Keats Publishing, Inc. (April 1993)

Language: English

ISBN-10: 0879834099

ISBN-13: 978-0879834098

Product Dimensions: 0.8 x 6 x 9.2 inches

Shipping Weight: 7.2 ounces

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (74 customer reviews)

Best Sellers Rank: #1,173,949 in Books (See Top 100 in Books) #57 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida](#) #205 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #490 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies](#)

Customer Reviews

I reached a point in my life where I was constantly ill. I had never-ending digestive problems, including loud, involuntary stomach rumbling (while in my college classes, how embarrassing), gas, sick stomach, and plenty of fatigue. I was a bit fat and depressed. Fortunately, I found this book. I won't say it cured every single thing in my life--there is no "easy cure-all." But it made such a difference. The book has you eat a wide range of vegetables, some meat/protein, and drink only water. I ate nuts and yeast-free crackers, too. It sounds like a crazy change, and I admit I had a hard time with it. I wasn't always perfect, either. Sometimes I would get depressed because I couldn't eat all the donuts, fruit, dairy, and pasta that I loved. But what a difference in my health! That deprivation was so hard but 110% worth it. I lost weight and that was great, but I also had energy, my horrible, uncontrollable health problems went away, and I was happy again. What price can you put on just being happy and appreciating your appearance and having the energy to do what you want to do? Also on the positive side, I discovered new vegetables that I really enjoy and a whole new way of eating. Also, I want to point out that it was hard to eat this way because I wasn't used to eating all these fresh vegetables instead of my processed, man-made foods and sugars, but the food was actually very good, colorful, varying in taste and texture, and creative. I learned what it was like to feel light and energized after dinner instead of too "full" and weighted down and tired.

And I did go through the expected withdrawal period for 3-7 days at first (while my body was cleaning out yet still craving the toxins), but after that I felt better.

[Download to continue reading...](#)

The Yeast-Free Kitchen: Recipes to Help You Achieve Victory over the Yeast-Beast, Candida Albicans The Candida Albicans Yeast-Free Cookbook The Candida Albican Yeast-Free Cookbook : How Good Nutrition Can Help Fight the Epidemic of Yeast-Related Diseases Candida Albicans: Natural Remedies for Yeast Infection Candida Albicans: How to Fight an Exploding Epidemic of Yeast-Related Diseases (Good Health Guides Series) Beyond the Yeast Connection: A How-To Guide to Curing Candida and Other Yeast-Related Conditions The Candida Cure: Yeast, Fungus & Your Health - The 90-Day Program to Beat Candida & Restore Vibrant Health Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) The Candida Directory: The Comprehensive Guidebook to Yeast-Free Living The Yeast Connection Cookbook: A Guide to Good Nutrition, Better Health and Weight Management (The Yeast Connection Series) The Yeast Connection and Women's Health (The Yeast Connection Series) The Yeast Syndrome: How to Help Your Doctor Identify & Treat the Real Cause of Your Yeast-Related Illness The Yeast Connection Handbook: How Yeasts Can Make You Feel "Sick All Over" and the Steps You Need to Take to Regain Your Health (The Yeast Connection Series) Tired--So Tired! and the Yeast Connection (The Yeast Connection Series) Candida: Killing So Sweetly: Proven Home Remedies to Conquer Fungus and Yeast Infection Candida Cleanse: The 21-Day Diet to Beat Yeast and Feel Your Best The Bible Cure for Candida and Yeast Infections: Ancient Truths, Natural Remedies and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) Complete Candida Yeast Guidebook, Revised 2nd Edition: Everything You Need to Know About Prevention, Treatment & Diet How to Heal Yeast Infections Naturally: A Holistic Approach to Curing Candida Overgrowth

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)