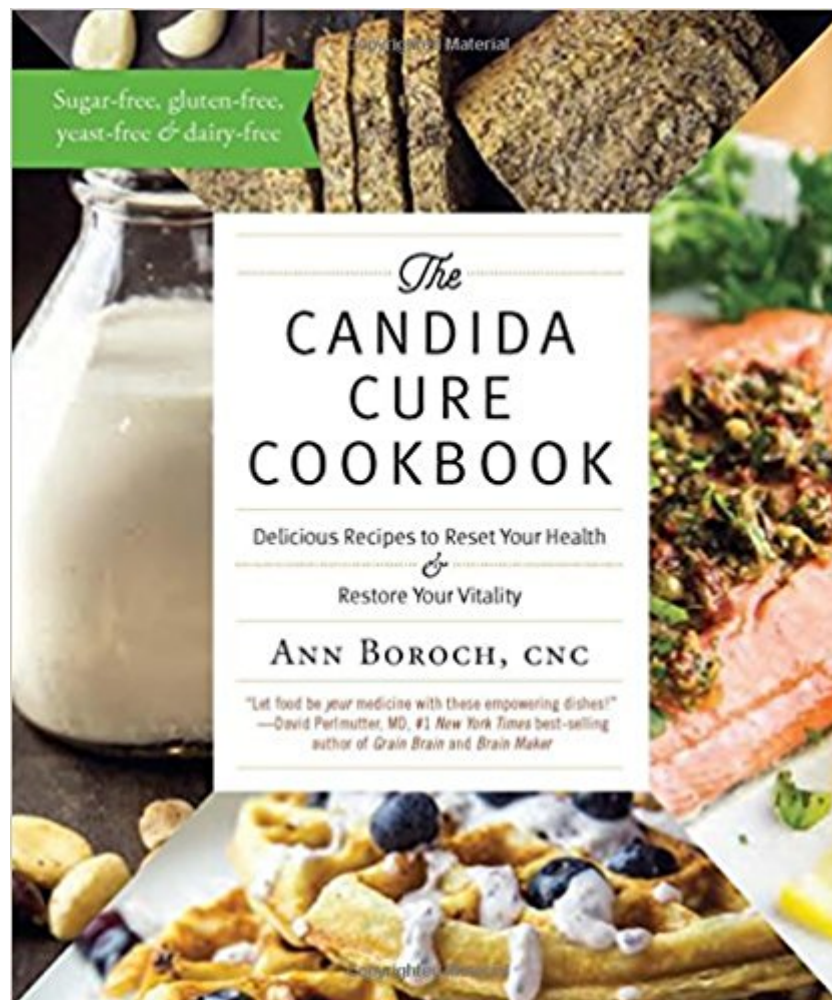




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# The Candida Cure Cookbook: Delicious Recipes To Reset Your Health And Restore Your Vitality



## Synopsis

Give your body and your taste buds a boost with these nutritious and delicious recipes—all sugar-free, gluten-free, yeast-free, and dairy-free. The Candida Cure Cookbook is filled with the recipes, resources, and tips you need to take control of one of the most important yet overlooked obstacles to optimal health: candida, or yeast, overgrowth. Candida overgrowth, says award-winning author and candida expert Ann Boroch, is the hidden cause of a wide range of health conditions that plague us today—from allergies, fatigue, leaky gut, bloating, irritable bowel syndrome, and sinusitis to eczema, anxiety, depression, brain fog, and autoimmune disease. Eating the right kinds of foods—ones that don't feed yeast and fungus or create inflammation—can help control candida, reset your body's balance, and restore your vitality. If you've tried different approaches to healing a persistent health issue without success, or if you just can't seem to lose weight or don't have enough energy to get through the day, the candida-cure diet could be the answer for you. Learn about the underlying causes, symptoms, and solutions to candida overgrowth and take the candida questionnaire. Work with Ann's easy-to-follow four-week menu plan that makes sticking to a healthy diet easy. Discover which foods to eat and avoid, recommended products and equipment, and helpful tips for preparing nutrient-rich food and stocking your pantry. Savor the more than 140 recipes for wholesome and tasty candida-free breakfasts, main dishes, sides, dressings and dips, soups and salads, snacks, breads, beverages—and, last but not least, guilt-free desserts! Whether you're looking for ways to create nutritious meals your family will love, get your child's allergies under control, make all-natural pick-me-ups without a lot of fuss (or sugar), or simply break away from bad or boring eating habits, you'll find an array of fresh ideas and ingredients to get your own creative juices flowing. Ann Boroch is a certified nutritional consultant, naturopath, and the author of the popular books *The Candida Cure: Yeast, Fungus, and Your Health*, *The 90-Day Program to Beat Candida* and *Restore Vibrant Health and Healing Multiple Sclerosis*. She developed her breakthrough candida-cure program after healing herself of MS. She is now passionate about helping others achieve vibrant health.

## Book Information

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## Customer Reviews

Ann has made being on the candida diet so much easier and tastier with this cookbook. I was getting incredibly bored of eating the same stuff every day and tired of goggling "sugar free, dairy free, gluten free" before every recipe search to little avail. I've had the cookbook for only one week now and have already made two breakfast meals, two soups, two entrees, one salad, and one dessert! The recipes are easy to follow and super delicious, and the book is beautiful. I am genuinely grateful to Ann for her dedication to helping others live happily in their healing journeys.

Ann has created a fabulous cookbook for anyone eating a diet to heal themselves from candida. There are a wide variety of recipes that cover every meal, including sauces, dips, bread, and desserts. I have made a soup, 3 main dishes, a veggie side, and 3 desserts and all were delicious and satisfying. I just made a mac n "cheese" dish yesterday. Yum! My husband loved it too. I definitely recommend this cookbook.

What a gift this cookbook is. Since 2000 after a back injury and subsequent stomach problems relating to taking ibuprofen for pain I have dealt with sensitivities to many foods. After seeing an allergist I was told to stay away from sugar, dairy, gluten and soy. I have found that nightshade vegetables (tomatoes, potatoes, peppers and eggplant) cause a great deal of inflammation in my body. Corn is another culprit. Happily, these common food allergens are omitted from the recipes in this cookbook. The meals are delicious and the pictures are beautiful. After cooking a couple dozen of the recipes my husband and I have not found one that we have not liked. For health reasons we are migrating to more of a plant-based diet and this cookbook has many satisfying options. I have tried countless cookbooks since my stomach problems began and this is by far my favorite. Ann Boroch's book "The Candida Cure" has also been very helpful to me. Thank you Ann! I am looking forward to your next cookbook.

I have been eating an anti-candida diet on and off for over a year, and this book has already been so helpful to adding some excitement back into cooking. It is easy to get stuck in a rut and make the same foods over and over, so it's GREAT to be able to flip through recipes and know that you don't have to alter ANYTHING. I also think the drinks, desserts & soups are going to inspire me to finally invest in a Vitamix. Tip: the crab cakes are AMAZING!

Ann's new cookbook is fabulous. Well worth the wait!! It is definitely my new favorite cookbook. It's obviously helpful if you are trying to cure and control candida, but it is a perfect cookbook for anybody who wants to lead a healthier lifestyle. The book includes a wonderful variety of recipes that are actually appealing - I am excited to try them all. In addition to the recipes, there are helpful health tips and resources as to which kinds of food to purchase and trusted brand information. And the pictures are gorgeous - a must for a great cookbook!!

Great recipes and ideas for those who are eliminating sugar from their diet! Beautifully illustrated and great detail. I highly recommend this book to anybody doing the candida diet or eliminating sugar from their diet. Ann Boroch knows what she is talking about - she wrote the best book for people suffering from candida overgrowth called The Candida Cure. After a while on this diet (14 months!) I needed some new ideas for meals. This book is well worth the money.

This is the only book I have found that not only explains all there is to know about healing from candida, but provides delicious recipes to make this journey exciting! I just love all the desserts and look forward trying each and every dish!

Finally a cookbook that will help me succeed in beating candida!!!! Everything looks delicious and I have already started making some of the recipes!! And they are as delicious as they look!! Yummmmm!!! Thank you Ann!!!!

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