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Get rid of candida permanently with The Candida Free Cookbook.

Candida is a dangerous yeast that can take an incredible toll on your system, leading to fatigue, pain, and weight gain. Recent studies have proven that candida infections can be cured permanently through diet changes alone. The Candida Free Cookbook will help you get rid of candida forever and take your health back. The Candida Free Cookbook includes useful information on the symptoms and risks associated with candida, a step-by-step guide to a healthy candida cleanse, and over 125 simple, delicious recipes that will help you remove yeast from your diet, so that you finally live candida-free.

The Candida Free Cookbook offers everything you need for long-term relief, with:

- 14-day full-body cleanse to beat candida
- Over 125 easy and healthy recipes to detox your body of yeast
- 10 quick diet tips for relieving the symptoms of candida
- A handy candida-free shopping guide
- Useful explanation of the causes and symptoms of candida infections

The Candida Free Cookbook will help you conquer your infection with healthy changes so that you can get rid of candida once and for all.

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- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .51" w x 5.98" l, .72 pounds
- Binding: Paperback
- 240 pages

Most helpful customer reviews

34 of 34 people found the following review helpful.

Amazing results!

By Lina911

The Candida Free Cookbook is a way back to being healthy. Once I realized that candida health issues were greatly affected by diet, I knew a significant change was necessary. As with any diet, this task was a daunting one. However, this book proved to be an amazing road map to better health! Not only does the book teach you about the diet itself, it educates you about the causes of candida and how to finally win the battle against it.

Cutting so many "regular" things out of my normal diet was surprisingly easy with the recipes in this book.

I'm not only enjoying the foods, but feeling so much better!

51 of 54 people found the following review helpful.

GOD SEND!!!!!!

By kim grant

I am in the strict phase of the candida diet and I have spent hours looking for recipes and trying to educate myself. This book was FANTASTIC! I was beginning to feel a bit blue trying to figure out what I could eat... this book gave me ENCOURAGEMENT AND HOPE! It has some simple to understand education at the beginning and then is full of wonderful recipes including diet plans for the cleanse and maintenance phase. The recipes have me EXCITED TO EAT AGAIN! While it does require a totally new way of eating and combining foods... and new products I'm not used to buying... like coconut oil... it offers such a VARIETY to help with boredom. Including desserts, crunchy foods like chips and dips. I enjoyed reading it and made my grocery list from it. I like the HANDS ON APPROACH FROM A BOOK RATHER THAN SPENDING HOURS SEARCHING ONLINE FOR RECIPES. THE GREATEST THING ABOUT THIS BOOK... IS IT SHOWS YOU EXACTLY HOW/ AND WHAT TO EAT FOR THE CLEANSE AND MAINTENANCE PHASES. SO GREATFUL FOR THIS BOOK!!! :)

38 of 39 people found the following review helpful.

Concise Candida Cure?

By Turdylan4

I like the way this book has broken down the way candida functions or over functions in the body and how food can be used to combat it. It seems that its overproduction can be responsible for a lot of symptoms. This book includes a helpful and concise explanation of the problem, as well as a simple categorized list of what can be eaten and what should not with some explanation as to why or why not. There are quite a few recipes that are simple and healthy, with the addition of being edible in this book. I also appreciate the range of food types included from broccoli soup to coconut bread there are plenty of options to see one through the elimination of excess candida from one's body.

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