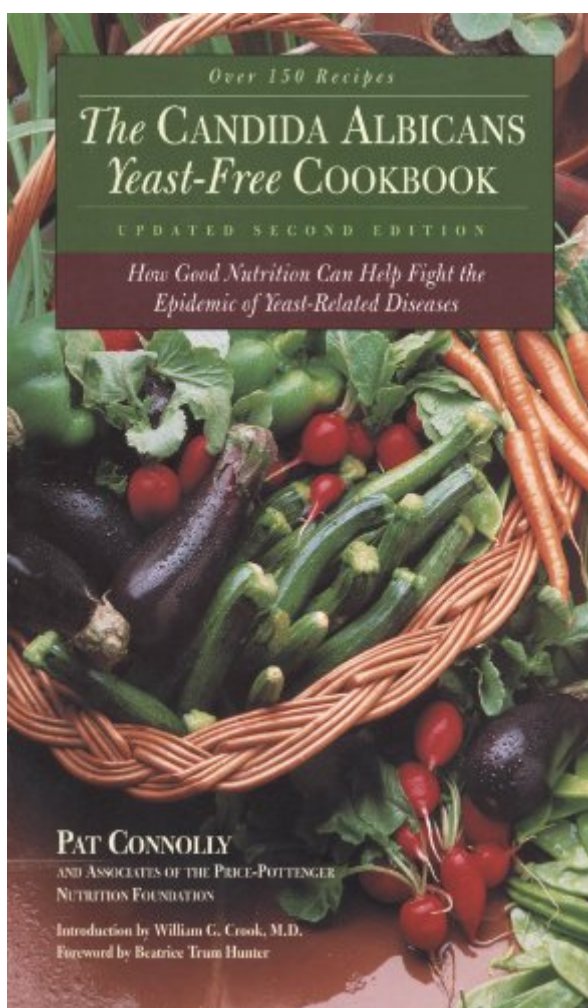


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# Candida Albican Yeast-Free Cookbook, The: How Good Nutrition Can Help Fight The Epidemic Of Yeast-Related Diseases



## Synopsis

This is the complete, authoritative guide that shows how nutrition can fight the epidemic of yeast- and fungus-related diseases and disorders including asthma, bronchitis, depression, fatigue, and memory loss. Fully updated, this second edition includes dozens of new recipes utilizing 12 foods that contain the antiseptic enzymes researchers have discovered will eradicate yeast and fungus.

## Book Information

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## Customer Reviews

I tried really hard to like this cookbook; this diet was recommended by my naturopath. In the end, it was too much of a change for us, and it didn't work out -- we now just apply the Rainbow eating plan to meals we already make, which include grains and other foods not allowed in this diet. We don't have a Candida problem and were trying this out because it's so healthy. But it excludes too many foods we know are healthy and eat regularly (such as fruit, fermented foods, and sprouted nuts/seeds), and with small children it was a stretch. Also we live in a climate with extreme seasonal changes, and in the winter it's necessary to cook fresh seasonal produce longer (such as baking)

than is allowed for in this book. So I only rate this book low for personal preference reasons. On the plus side, the recipes are very easy to prepare, and many are quite quick after the veggie prep time. This is a big, BIG paradigm shift if you're not needing to eliminate Candida.

I am so disappointed. I ordered this on the recommendation in *The Candida Cure* (Ann Boroch). The recipes sound boring and very unappealing, and most of them do not adhere to the Boroch diet. So I'm back to inventing my own.

This book is not user friendly. The rainbow diet is not an easy lifestyle. I don't know many people that would stay on it. I bought another candida book along with this one, and the "Candida Bible" is far superior. This book is boring, not easy to follow and unappealing in every way. I haven't tried any of the recipes as I am satisfied with the other book and websites I've found with a lot better info.

The one thing it did not include with each recipe was a nutritional label, i.e. carbs and per serving. Also, it would have been nice to know how many acid and how many alkaline are in each serving.

This cookbook is very outdated. Not as many recipes as I thought there would be. kinda disappointed..

Needed a book on going yeast-free. Not sure how I will do it, but wanted to know more.

What needs to come out about this subject is that sometimes Microbiologist and Companies have another agenda [not related to this book] is that they say that those with Candida Albicans have something that is a sexually transmitted disease. This is not true.

This book is okay, but many of the recipes seem difficult. I was hoping for a book that would tell what I need to cut from my diet or what foods I need to substitute. This really isn't that book.

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