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Download Book # The Candida Directory: The Comprehensive ...

Overview Candida albicans, in its benign state, lives quietly within our bodies. But when confronted with wide-spectrum antibiotics, birth control pills, steroids, and a sugar-rich diet, this yeast can proliferate, causing a variety of medical problems. Depression, anxiety, tiredness, allergies, and migraine headaches are some of the symptoms.

Candida albicans, in its benign state, lives quietly within our bodies. But when confronted with wide-spectrum antibiotics, birth control pills, steroids, and a sugar-rich diet, this yeast can proliferate, causing a variety of medical problems. Depression, anxiety, tiredness, allergies, and migraine headaches are some of the symptoms. In the past, besides medication, this disease has been treated with a strict carbohydrate-free diet that not only starved the Candida, but also starved the patient. Former Candida sufferer Helen Gustafson and nutritional consultant Maureen O'Shea join forces to create this user-friendly manual for coping with Candida. A symptom chart leads you through the three stages of a specially tailored diet. With over 60 recipes contributed by such well-known chefs as Marion Cunningham, Nasari David, Wolfgang Puck, and Alice Waters, each stage is a veritable feast of possibilities. This innovative collection of exciting dishes would not be complete without an alphabetical listing of different foods and when they are allowed on the diet. Meal plans and sources for nutritional supplements and anti fungal preparations are presented in an easy-to-use format. The Candida Directory is indeed the most effective tool you can use to put yourself back on the road to recovery and optimum health.

This reference for lay readers and health care professionals presents information on disorders affecting fewer than 200,000 people in the U.S. at any one time. Each of the more than 1,100 entries describes the characteristics, causes, and symptoms of a particular disorder. The extensively cross-referenced volume also features profiles of 680 disease specific organizations as well as 629 umbrella organizations and 77 government agencies. Annotation copyrighted by Book News, Inc., Portland, OR

An expansive, programmatic approach to following an anti-candida diet, featuring practical and realistic strategies and 100 vegan recipes. A type of yeast that grows in the human body, candida's overgrowth is at the root of health problems, from chronic fatigue and digestion disorders to skin conditions and allergies; health professionals are calling it a hidden epidemic. Living Candida-Free offers a complete exploration of this condition and an expansive approach for anyone wishing to follow an anti-candida diet. A comprehensive guidebook filled with practical, realistic strategies for living a life free of refined sugar, Living Candida-Free includes: A three-stage program Tips on how to transition to eating the anti-candida way Information on herbal supplements and treatments A full list of ingredient substitutions 100 delicious, satisfying recipes that anyone can prepare

COMPLETE CANDIDA DIET FOOD LIST: Effective Foods That Will Make You Recover Your Health And Rebuild Your Immunity - All You Need To Know Regarding The Prevention And Treatment Candida sufferers should pay attention to what they eat. Food is the first place to investigate if you have a suspicion your gut is out of balance. Conversely, you can fight such symptoms by eating the right meals. Once you have read this book, you'll learn how to follow a low-carb, anti-inflammatory diet to begin restoring your stomach when it is finished. In order to make Candida diet foods simple for everyone, we've organized them into a few different types based on dietary requirements. Additionally, the book provides more details about the various types of foods. Click the "BUY NOW" button to get your copy!

If you're someone that appreciates high quality foods over inferior industrial foods that lacks nutrition and flavour, then you will love these sets of super foods. If you're also looking for foods that are highly nutritious and delicious then the foods in this book are for you. These sets of super foods are extremely heart healthy, power packed and disease resistant. They will help you to feel energized and satisfied all day long. This book will guide you through the best super foods in the world and how to use them to make delicious recipes, smoothies, and lots more. From inexpensive fruits and veggies, to exotic and potent super food powders that will deliver a bang for your buck, this book will teach you all need to be able to add use these foods in your next meal. These super foods are filled with heart healthy fibre and fats Essential vitamins, probiotics High concentration of nutrients And antioxidants... The best part about them is that you don't even need to empty your wallet to start incorporating them into your diet. These super foods are Easily accessible - every recipe with an expensive or hard to find ingredient also offers a more cheaper or available substitution. Super Comprehensive - From super fruits, to super greens, to super herbs, you will have a list of super foods at your disposal This book offers a broad approach for anyone that wishes to follow the candida detox diet. It's a guidebook that is filled with realistic and practical ways to live a life that is free of refined sugar. The book offers tips on how to transition to a candida free life with information on herbal treatments and supplements . It's a list that is full of satisfying recipes, ingredients substitutions that anyone can prepare. This book offers everything that you need to be able to eliminate candida from your body and get your health back.

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