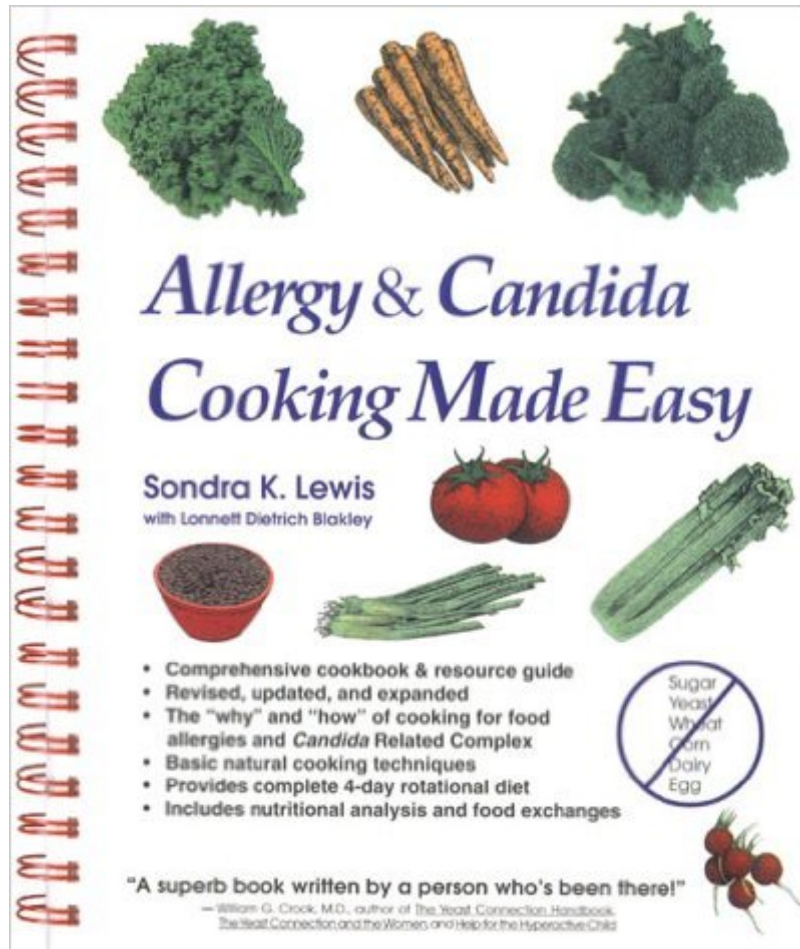


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# Allergy & Candida Cooking Made Easy



## Synopsis

Allergy and Candida Cooking Made Easy is out of print. Why pay over the original retail price for a 1996 copyright and outdated information? But instead purchase the book's third edition, Allergy and Candida Cooking by Sondra Lewis with Dorie Fink, 2005 copyright.

## Book Information

Spiral-bound: 288 pages

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Product Dimensions: 11.4 x 9.5 x 1.1 inches

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #849,114 in Books (See Top 100 in Books) #43 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida](#) #160 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #3838 in [Books > Health, Fitness & Dieting > Women's Health](#)

## Customer Reviews

I recently found by default that I am suffering from Candida Overgrowth and set out to find all the information on it that I could. I found a lot of books that told me what I needed to do and eat; however, I had trouble with finding any that had recipes of the kinds of meals or foods that I like to eat. Then I found this cookbook! It explained about Candida and gave a list of possible symptoms, and then it gave a list of what a Candida sufferer should and should not eat, and gave some information on some of the ingredients that it uses in the recipes. It explained the connection between Allergies and Candida, as well. I hadn't really made the connection. I love this cookbook. Now, I can watch what ingredients go into the meals that I eat and I can really enjoy eating them (instead of choking them down) when they have been prepared! I waste less food and fewer ingredients! It contains recipes that are free of Sugar, Yeast, Wheat, Corn, Dairy and Egg. Other books that I have really gotten good use out of are "The Body Ecology Diet", "Allergies and Candida with the Physicist's Rapid Solution", and "Complete Candida Yeast Guidebook". "Allergy and Candida Cooking Made Easy" has a wonderful baked chicken recipe that I thought was wonderful! "Complete Candida Yeast Guidebook" has a Guacamole recipe that is absolutely delicious! I didn't consider that I would be able to eat anything like those again! I could go on and on; but the best way

to know the simple (almost back to "meat and potatoes") recipes is to try this cookbook. The guidelines have REALLY WORKED FOR ME!

This book was useful for a number of things - easy cooking directions, lots of recipes, and information on how to set up a rotational diet. Additionally it includes basic instruction for those of us (me!) who don't cook. It did seem to introduce sugar a bit soon to the diet as compared to other books and it did not incorporate other good nutritional theory as a base (such as food combining, acid/alkaline theory, blood type theory, etc.). I used much of the information in this book, but modified it to incorporate things that work for me, such as not combining carbs and protein in one meal, limiting certain foods like tomatoes, using vegetable glycerin for a sweetener, and etc. Other very good references are The Body Ecology Diet (Gates), the Complete Candida Yeast Guidebook (Martin), The Candida Control Cookbook by Burton, and The Cure for All Diseases (Dr. Clark). A tip: Go slow & don't overwhelm yourself with all this new information at one time! It's a big change to go from limited time in a kitchen to spending most of your free time cooking. I've found it helps to cut out as many social obligations as you can while you rebuild your immune system and it really helps to pray for the strength to stick with the changes you want to make!

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A few years ago I had to learn how to cook all over again when I discovered that I not only had multiple food allergies but also candida overgrowth. I struggled to adapt recipes, lost way too much

weight, and just generally felt deprived all the time. Then I bought this book. The range and variety of recipes is excellent and almost every one of them that I have tried is tasty. I also appreciate that the author provides multiple alternatives for each recipe. So, you can select from these vegetables, these nuts, these thickeners, etc., to adapt the recipe to your own needs and limitations.

Excellent! By mastering these techniques, I now feel much more comfortable about developing my own recipes based on what's in season and what's in my rotation. When my daughter-in-law recently learned that she, too, has multiple food allergies, I bought her this book. Like me, she loves it. I highly recommend this to anyone struggling with either candida or allergies. My Name is Grace

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