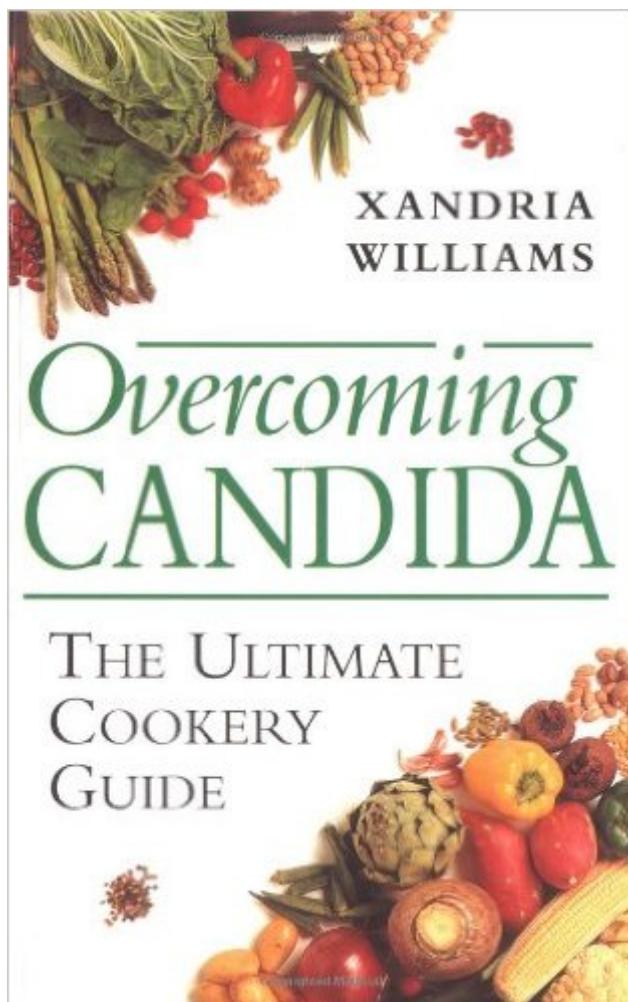


The book was found

Overcoming Candida: The Ultimate Cookery Guide



Synopsis

Nearly a third of the population eventually will contract candida at some point in their lives. This hard-to-cure yeast infection produces a confusing mix of symptoms, starting with an uncomfortable thrush infection in the mouth and genitals, and leading to digestive and bowel problems, and even mood swings, mental confusion, and failing memory. While your doctor might tell you what foods to avoid, here are a naturopathic expert's recipes for what you can eat to bring healing and prevention. Select from a tasty menu of breakfasts, light lunches, main meals, snacks, and drinks, including alternative ingredients for lactose intolerance and other allergies. Inspirational, authoritative advice about healthy lifestyles accompanies the recipes to make your recovery a time of discovery.

Book Information

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Average Customer Review: 3.0 out of 5 starsÂ [See all reviewsÂ \(4 customer reviews\)](#)

Best Sellers Rank: #1,694,935 in Books (See Top 100 in Books) #75 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #113 inÂ Books > Medical Books > Medicine > Internal Medicine > Infectious Disease > Parasitology #7151 inÂ Books > Health, Fitness & Dieting > Women's Health

Customer Reviews

For most people, being diagnosed with candidiasis is like receiving a "sentence" of impending doom to eat bland, flavorless, monotonous foods in order to rid our bodies of the overgrowth of the naturally-occurring bacteria called candida albicans, which many doctors believe is the root cause of many debilitating diseases. For many years, it seems, one would need to endure 6 weeks to 6 months of this monotonous diet in order to regain proper balance between these "bad" bacteria and the "good" bacteria in our intestines - and eventually regain our health and stamina. There has always been a need for recipes to enhance the variety and enjoyment of eating that so many of us desire in order to inspire us to stay on any new diet. Xandria Williams not ONLY provides us with a potpourri of these recipes, but gives a very concise and accurate description of the "Yeast

Syndrome", what causes it, what the known symptoms are, and what to do to prevent it in the future. Her writing includes many clinical descriptions, however, she makes all of it VERY easy to understand. The lists of foods to avoid, as well as alternatives to those foods was a huge help for me. Many books just list foods to avoid.....with no "alternatives" that would closely replace those foods in our daily diet. I recommend this book to anyone who needs to know more about coping with candidiasis and loves to cook.

While I understand that this is an old book, I was hoping to at least find it captivating enough that I would finish reading it. Sadly, I wasted not only my money, but my time as well on this one. No nutritional value and no pictures for the recipes were some of the biggest turn offs for me. No, I would not recommend such a boring book to anyone

This book is not what I thought it was, It does have recipes but it is more for educating someone about the infection. I was looking more for a cookbook for this issue.

Useful, BUT it took a month to arrive, by then my wife was cured. It could help, but not as useful as the Yeast Connection Cookbook.

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