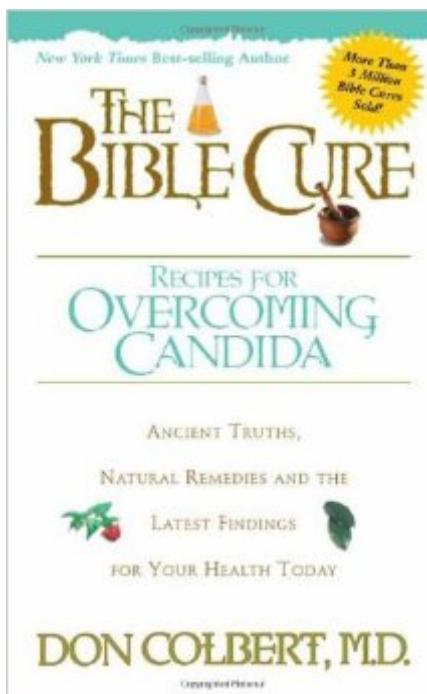


The book was found

The Bible Cure Recipes For Overcoming Candida: Ancient Truths, Natural Remedies And The Latest Findings For Your Health Today (New Bible Cure (Siloam))



Synopsis

Â Delicious, healing menu selections you'll love!Â This easy-to-read book by Dr. Don Colbert is power-packed with irresistible recipes, nutritional facts and cooking tips to help heal and restore your body's delicate balance. An overgrowth of yeast can cause fatigue, memory loss, irritability, headaches, anxiety, depression and more. Here's good news: renewal and restoration are available for you. You'll discover: Self-tests to help you determine if you have candidiasis Immune system boosters to energize your body Breakfasts that you'll love waking up to Healing dinners that satisfy Choices, selections, special treats-all designed to please your palate You want to be healthy. God wants you to be healthy. At last, here's a source of information that will help you live in health-body, mind and spirit.

Book Information

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Customer Reviews

This is a tiny book that has some good information about candida and has information about the diet if you need it. I've been on the diet for a while, and was a little disappointed by the recipes...some use processed foods like tomato juice, which is hard to find without citric acid. It doesn't use too many hard-to-find ingredients though, so it's great for a family that is just starting to make the transition from the standard American diet to the candida diet. The Bible Cure Overcoming Candida (Bible Cure (Siloam))

I love Dr. Colbert, and I know he genuinely cares about his patients. His advice is sound. This book, though, is kinda disappointing. There aren't that many recipes and some of the ones there are consist of something like steaming vegetables and using various herbs and seasonings on them. Most cooks don't require a recipe for that. I was looking for something a bit more substantial, like some creative ways to get through having the same food over and over. I have found some other recipes online, but I kinda wish I hadn't spent the money for this book. The best thing it has going for it is that Dr. Colbert throws in a lot of encouragement. That is useful.

This book has a good section for evaluating whether you have candida and should consider treating it by diet and a section talking about how to think about doing this diet emotionally etc so you can succeed. The treatment for candida has changed since the book was published so many of the recipes contain food items that I am not allowed on my candida diet. I think the best thing to do is to take recipes you already like and modify them to fit your diet requirements.

This book was very easy to read and understand the subject. I also liked the recipes it has. Easy to make compared to some of the other books on dealing with yeast issues. I would recommend this book if your trying to get rid of yeast from your body.

Was shipped very quickly, it has some healthy advice for one who is on the journey to overcoming a candida overgrowth/problem, and needs to learn more about candida and or ones condition. That is what i got it for. I read several other books on candida so i could cross reference my research (I have found this is some what a overlooked or ignored medical topic and is not often diagnosed) and this book has a good perspective on the condition, it also suggest other factors to take into consideration, but i do think that it is missing some information on taking care of the condition. But this book was a quick read and can really help point one in the right direction to get educated on this topic.

This is a great, quick, reliable, and sound read. I chose this book in order to find out what natural remedies existed to cure especially sinus infections. I was pleased at his instructions and advisement to consult your own medical professional before taking certain supplements. I like the balance of scripture and sound medical advice. I highly recommend this book!

What a wonderful book full of all the information needed to fight candida from a spiritual point of view.

So many yummy recipes included to make this transition easier and more delicious!!!

At first, I was surprised at the "bible" part of it. You see a lot of reference guides with the word "bible" in it, but the contents are not religious, i.e. "Football Coach's Bible". This however has a lot of biblical references that I skimmed over. I bought this book with another candida book, and this one is far superior. It's short, full of facts, good recipes, and easy to use. The recipes tell you at what stage you can use them. I've made at least a dozen of the recipes so far, and only the hummus and lemon pecan cookies were not very good. You could carry this in your purse or pocket. I will probably use this for life!

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