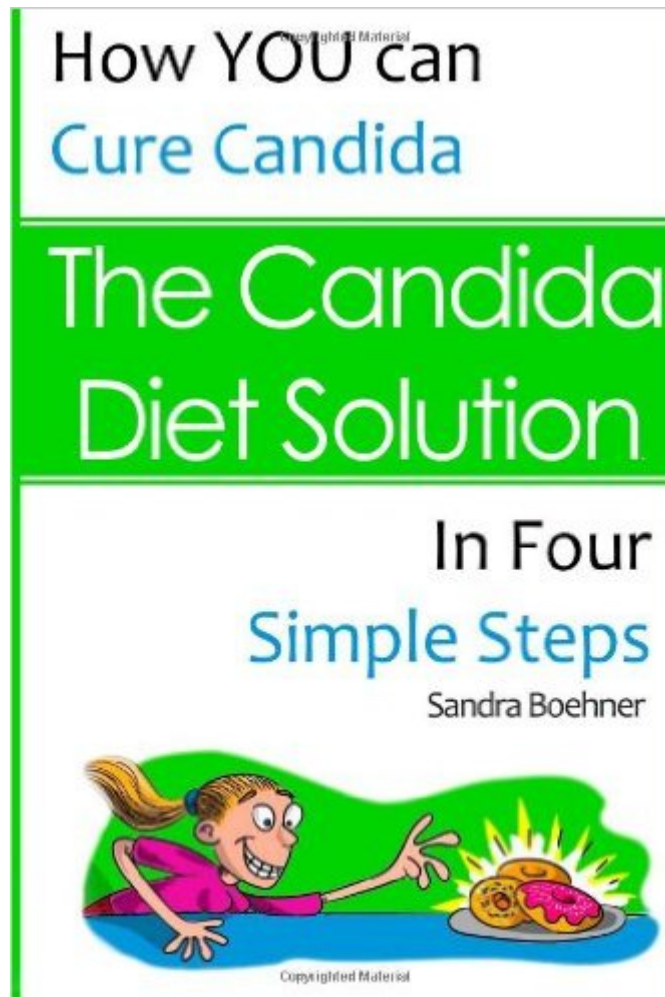


The book was found

The Candida Diet Solution: How You Can Cure Candida In Four Simple Steps



Synopsis

Cure Candida in Four Simple Steps Written by a former Candida sufferer, Sandra Boehner gives you a down-to-earth, honest account of what it's like to battle Candida and what you need to do to overcome it. This book contains the key messages from the author's blog, www.candidadietplan.com, in an easy to read format. Have you ever felt completely confused by all the information surrounding the Candida diet? Well, you're not alone! This book has been described as invaluable and that it's like having a pal who's already gone through the phases of the diet who you can go to for genuine advice. • It has consistently been regarded as the easiest plan to follow to beat Candida with the most practical instructions. • Sandra has also been praised for her personal, caring approach • and her encouraging, positive spin on the diet. • Readers have described her story as inspirational • and the information she gives in her book as essential in clearing up confusion from conflicting info about what to eat and what not to eat -- and why. • Even readers who have heavily researched Candida (and how to cure it) have given her kudos for providing direction in shaping their new diets. Sandra will help you cure Candida and transition from your current diet to a healthier, sugar- and gluten-free lifestyle. Imagine being able to:

- Heal Candida
- Boost your immune system
- Reverse food intolerances
- Heal your digestive system and other health problems
- Feel more radiant and full of energy

These are the very things you'll be able to achieve after following this guide! Following this simple four-step plan, Sandra walks you through each of the stages needed to get you a clean bill of health. This is a tried and tested approach that nearly 1,000 people have already successfully followed! It is not an overnight Candida cure because there is no such thing. This is the exact road-map that Sandra and many others have followed to lead them back to a healthy and normal life. Although this e-book doesn't contain any robust, elaborate recipes, it does link to all the latest recipes on the author's website, www.candidadietplan.com. These are free recipes that are updated regularly, so you'll always be in for a treat! Seeing what Sandra experienced as she transitioned through each phase of the diet will enable you to avoid the mistakes she made and benefit from her extensive experience -- plus that of her blog community. Now you can stop worrying about what to do and start focusing on healing!

Book Information

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Customer Reviews

This is a simple, but perfect book for Candida, but also has applications for stuff like weight loss, overcoming sugar cravings and healing recurring sinuses, skin and yeast infections. Plus, you can really boost your immune system by following this wholesome low-carb diet! Give it a try! The sooner you start, the better.

This book is informative , easy to read and full of insight and useful diet tips and ways to over come emotional cravings. Excellent

Both my husband and I actually loved reading this ebook. It was relatively easy to read and absorb information, granted we've already read a lot about Candida so we're not newcomers but I felt like this was a lot easier to read than other ebooks I've read. Again the book is fantastic and we really enjoyed reading it! We practically read it in one sitting! That is an amazing feat for my husband because he has ADD.

I appreciated way Sandra mapped out her recommendations for a candida diet. Based on other material I've read there doesn't appear to be a unified philosophy on when to eat yogurt and fruit such as green apples and berries. Some guidelines suggest eating plain homemade yogurt from the beginning of the diet is okay.

Great book, I have had bad stomach problems which related to candida. This book is very helpful and giving you the information you need to get candida out of your body and maintaining a healthy lifestyle. Love it!

Honest to good helpful book!!! First time I learn what was going on... The diet tip is super helpful I never knew all that info but my only advice don't go into the diet so fast do it gradually and build ur body to be stronger step by step. Buy this book if ur a women and u have prob down there!!

I have been struggling with an over growth of yeast in my digestive tract for over six months so I know the basics of treating this disease, but it was good to get some extra tips for treating with antifungals, probiotics, and different food additives to avoid. I also love her website which has some practical recipes to actually eat food instead of always guessing. I love it! If you already know the basic causes of candida and foods to avoid, her website is candidadietplan.com

I really liked the easy reading & food lists to print for the different stages of diet. The convenience of downloading kindle version was great & quite encouraging to be able start program right away! I would recommend to anyone who needs more information on dealing with Candida albicans.

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