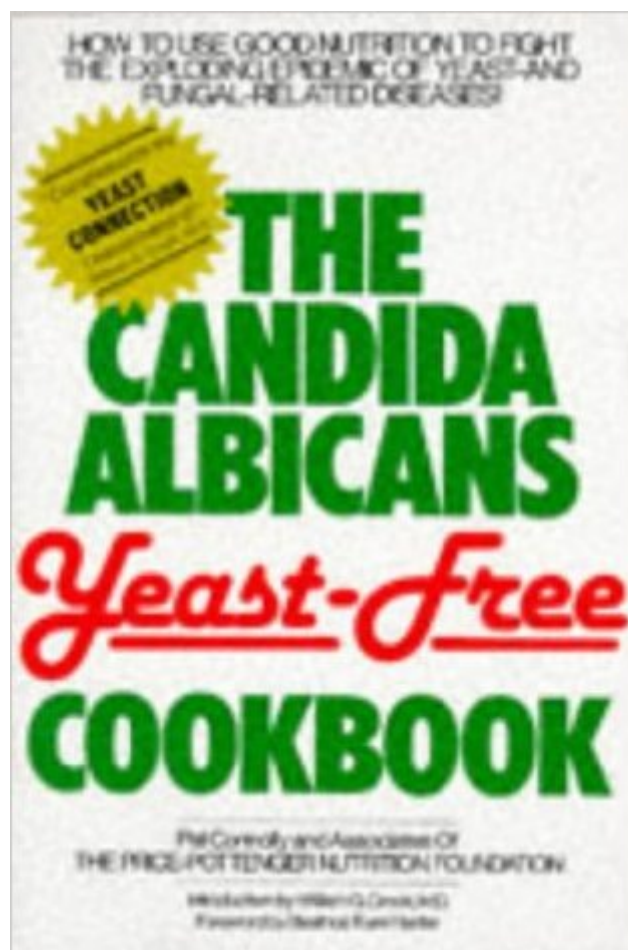


The book was found

The Candida Albicans Yeast-Free Cookbook



Synopsis

Cookbook

Book Information

Paperback: 250 pages

Publisher: Keats Publishing, Inc. (April 1993)

Language: English

ISBN-10: 0879834099

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Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (74 customer reviews)

Best Sellers Rank: #1,173,949 in Books (See Top 100 in Books) #57 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida](#) #205 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #490 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies](#)

Customer Reviews

I reached a point in my life where I was constantly ill. I had never-ending digestive problems, including loud, involuntary stomach rumbling (while in my college classes, how embarrassing), gas, sick stomach, and plenty of fatigue. I was a bit fat and depressed. Fortunately, I found this book. I won't say it cured every single thing in my life--there is no "easy cure-all." But it made such a difference. The book has you eat a wide range of vegetables, some meat/protein, and drink only water. I ate nuts and yeast-free crackers, too. It sounds like a crazy change, and I admit I had a hard time with it. I wasn't always perfect, either. Sometimes I would get depressed because I couldn't eat all the donuts, fruit, dairy, and pasta that I loved. But what a difference in my health! That deprivation was so hard but 110% worth it. I lost weight and that was great, but I also had energy, my horrible, uncontrollable health problems went away, and I was happy again. What price can you put on just being happy and appreciating your appearance and having the energy to do what you want to do? Also on the positive side, I discovered new vegetables that I really enjoy and a whole new way of eating. Also, I want to point out that it was hard to eat this way because I wasn't used to eating all these fresh vegetables instead of my processed, man-made foods and sugars, but the food was actually very good, colorful, varying in taste and texture, and creative. I learned what it was like to feel light and energized after dinner instead of too "full" and weighted down and tired.

And I did go through the expected withdrawal period for 3-7 days at first (while my body was cleaning out yet still craving the toxins), but after that I felt better.

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