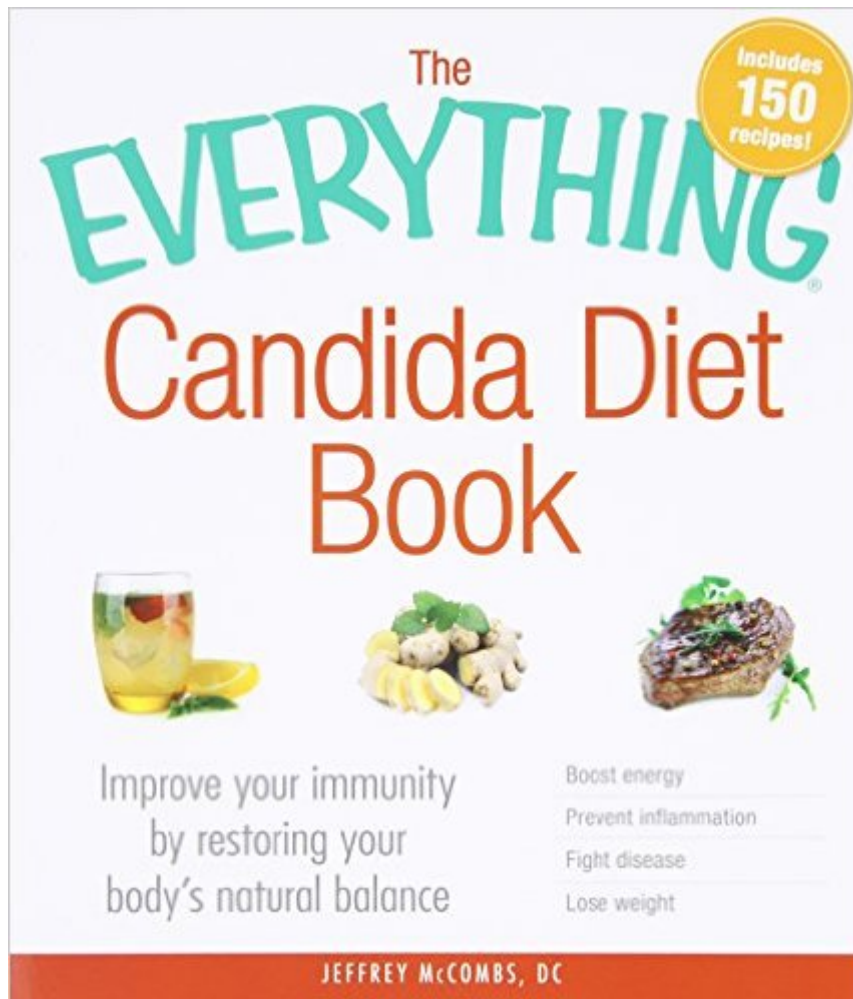


The book was found

The Everything Candida Diet Book: Improve Your Immunity By Restoring Your Body's Natural Balance



Synopsis

Change your diet and improve your health! You normally have a mix of good and bad bacteria in your digestive tract that, when kept balanced, helps you ward off infection and disease. But when this balance is thrown off kilter, candida, a naturally occurring yeast, is allowed to overgrow. This can result in headaches, intestinal and abdominal distress, skin rashes, or even memory loss. If you're experiencing trouble with candida, The Everything Candida Diet Book can help you restore a healthy balance. With expert medical advice, readers learn: The causes of candida overgrowth. The effects of too much candida and how to control it. How to build a healthy immune system. Foods to avoid to keep your digestive system in balance. The key to taking back digestive control is a healthy diet. With 150 recipes for healthy and flavorful meals, The Everything Candida Diet Book can help you get your health back on track in no time!

Book Information

Series: Everything®

Paperback: 304 pages

Publisher: Adams Media; 1 edition (July 11, 2014)

Language: English

ISBN-10: 1440575231

ISBN-13: 978-1440575235

Product Dimensions: 8 x 0.6 x 9.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars See all reviews (11 customer reviews)

Best Sellers Rank: #962,797 in Books (See Top 100 in Books) #50 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #65 in Books > Medical Books > Medicine > Internal Medicine > Infectious Disease > Parasitology #4299 in Books > Health, Fitness & Dieting > Women's Health

Customer Reviews

I appreciated all the content I learned while reading this book! This book provides the background to help understand the effects candida has on the body and ways to address it in a healthy way. This is packed full of beneficial information about candida from the history to recipes you can make that are easy and delicious. This is one of those books you can keep referencing for health tips; I know I will. Everyone can benefit in some way from reading this. I highly recommend checking this book out!

Contains good information about candida, but diet instructions are sketchy at best. There is a "yes foods" list, that seemingly includes everything, but the book mentions the "no foods" list, which is nowhere to be found. Only by reading the recipes do you find that certain foods can be added back into the diet on week 9, or week 15, etc., but nowhere is there a protocol for what you can eat on which weeks and why. I still don't know what's wrong with canned tomatoes before week 9, or if they are only wrong in a certain recipe. I would have to guess that Dr. Jeffrey McCombs was in a huge hurry to get to press.

I returned this book as it doesn't contain a step by step cleansing process or different phases of the diet as all other Candida diets do. I actually learned more for free on the internet than in this book.

I bought this book for the recipes, and it has a lot that look really good. However, I found one (page 189) that has cinnamon in the directions but not in the ingredient list. If anyone knows how much cinnamon is supposed to be in the Blanca's Spicy Cauli-Rice recipe, please post it somewhere! Thanks :)

Its a good idea to always follow this protocol, the diet guideline makes good common sense.

I like the recipes provided in the book as well as the useful information on fighting the condition.

[Download to continue reading...](#)

The Everything Candida Diet Book: Improve Your Immunity by Restoring Your Body's Natural Balance
The Body Ecology Diet: Recovering Your Health and Rebuilding Your Immunity
The Candida Diet Solution: How You Can Cure Candida in Four Simple Steps
Bone Broth: Bone Broth Diet Cookbook: Bone Broth Recipes and Guide to Lose Up 15 Pounds, Firm up Your Skin, Reverse Grey Hair and Improve Health in 21 ... Broth, Bone Broth Diet, Bone Broth Recipes)
The Rest of God: Restoring Your Soul by Restoring Sabbath
The Candida Cure: Yeast, Fungus & Your Health - The 90-Day Program to Beat Candida & Restore Vibrant Health
Complete Candida Yeast Guidebook, Revised 2nd Edition: Everything You Need to Know About Prevention, Treatment & Diet
Beyond Candida: Breakthrough Solutions for Candida, Yeasts, Dysbiosis and More
Super Immunity: A Breakthrough Program to Boost the Body's Defenses and Stay Healthy All Year Round
Natural Gas Trading: From Natural Gas Stocks to Natural Gas Futures- Your Complete, Step-by-Step Guide to Natural Gas Trading
Natures Own Candida Cure (Natural Health Guide)

(Alive Natural Health Guides) DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Balance and Calm: Adult Coloring Book Art Therapy for Grownups (Adult Coloring Books, Balance Coloring Book, Calm Coloring Book) (Volume 1) Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Improve Your HDR Photography (Improve Your Photography Book 2) Focus: Best Ways to Improve Your Concentration and Improve Your Learning Improve Your Sight-Reading! Piano: Level 1 / Early Elementary (Faber Edition: Improve Your Sight-Reading)

[Dmca](#)