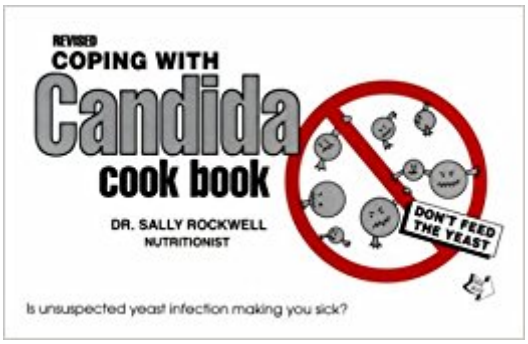
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Coping With Candida Cookbook



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Synopsis

Tasty, low-carbohydrate recipes and menu plans free of major allergens, sugar and yeast. Answers common questions, describes symptoms and offers solutions on how to treat with anti-fungals, improve your diet, replant good bacteria and lighten up!

Book Information

Spiral-bound: 192 pages

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Product Dimensions: 0.5 x 5 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,081,473 in Books (See Top 100 in Books) #38 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #1798 inÃ Â Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference #4540 inÃ Â Books > Health, Fitness & Dieting > Women's Health

Customer Reviews

Your work is certainly making an impact...keep up the great work! --Jeffrey Bland, Ph.D.

Dr. Sally Rockwell, Nutritionist, has over 30 years of personal and clinical experience working with chronic yeast infections and food allergies.

This book was recommended by someone so I bought it. It's okay but it offers recipes and meals mostly for a family of four, not for one or two people. Also, the recipes were a bit more complicated with more ingredients than I as a busy person would have time to shop for and even if I did get them, I'd end up with waste which I don't like. I think I got more information from doing a search for candida diets on-line and just reading the information on the web-sites that came up and that was free.

The book was pictures with a spiral spine. That is not what arrived. So, it has a cheaper spine that is subject to falling apart. That is why I bought when i saw the spiral spine because I had a copy that

had fallen apart. Disappointed that they are not selling what is pictured.

I honestly had high hopes for this book based on some of the reviews. However, the recipes in the book are not ones I would use. There are a few - but not many. The educational part of the book is helpful, but I found the Candida Albicans Yeast-Free Cookbook to have better and more recipes to use. I think all of the diets go overboard. Not one doc can seem to agree exactly HOW much to avoid and what to avoid. Some docs do not even believe it is possible to have systemic yeast overgrowth. After being on the diet now for 3 weeks - I can see a difference in how I am feeling. Maybe it is just all the fresh veggies, meat, lack of sugar and junk, no bread that is making me feel a bit better - but whatever it is... I'll take it ;-)If you want to get the book for nutrition info and educational purposes, this IS a good book for that (although I feel a tad strict) - recipes??? Not so much, at least not for us... Plain, bland, and unappetizing

I have been on an anti-candida diet for 5 months so far. I have purchased 4 different cookbooks on the subject and find that this book is the one I go to the most often for ideas, info and recipes. Dr. Rockwell has written a most versatile book, offering creative ideas that I can work into my own lifestyle and not just "her rules" or strict guidelines as other cookbooks do. She has menu plan suggestions, "brown bag" & snack ideas, as well as food allergy info. When you are ready to add grains back into your diet, she tells you which order to add them back in from the least to the most allergy-producing types. She also offers her newsletter at the end of the book which keeps one updated about the Candida problem. In addition to her web site she refers one to sources for special foods which are not easily found at the local grocery store. Second to her book, I would recommend Gail Burton's book, The Candida Control Cookbook. I have lost 20 lbs. since starting this diet and am feeling much better! Whatever cookbook one uses, consistency with the diet is the key to ridding your body of too much yeast!

This is an excellent book about Candida, a Must read and very informative type of book on the subject!

Good simple recipes for Candida sufferers

I have known and recommended this book for more years than I care to remember. It gives a clear system for fighting systemic yeast infection, often associated with food allergies, using food.

Great things come in small packages thank you so very much this book was so helpful and I have been able to lend it out to several people.

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