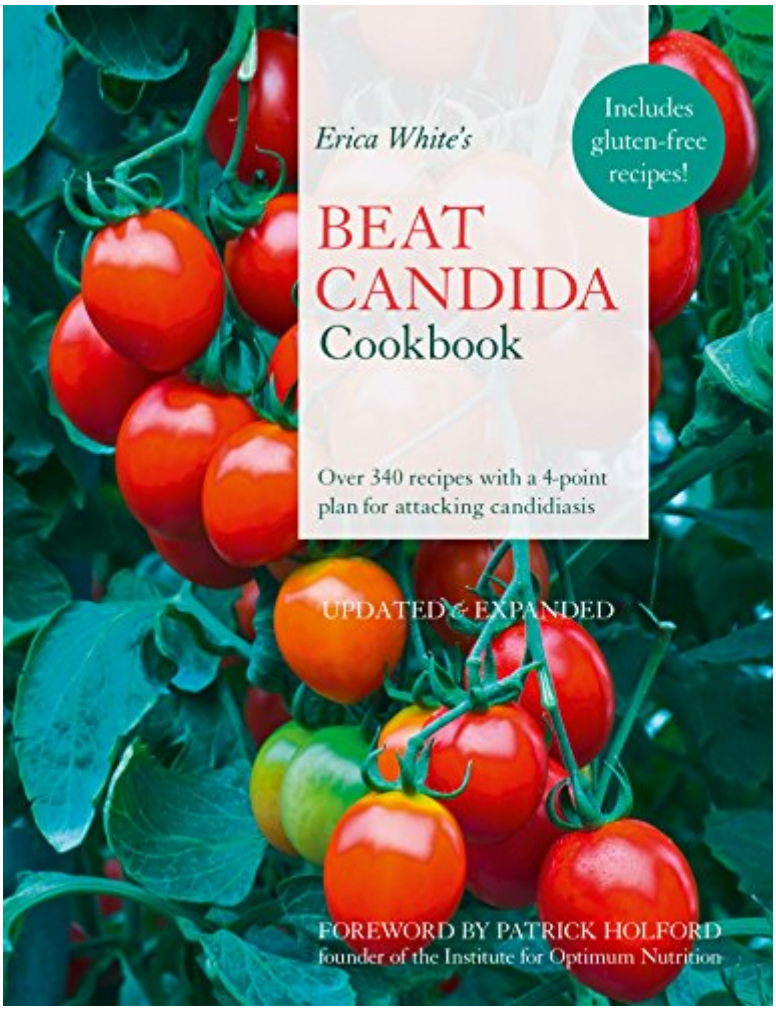
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# Erica WhiteÃ¢â‚¬â„¢s Beat Candida Cookbook: Over 340 Recipes With A 4-point Plan For Attacking Candidiasis




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## Synopsis

The bestseller that has transformed the lives of thousands Ã¢â ¬â œ this new edition is thoroughly updated with full factual revisions according to the latest research.From Erica White, nutritionist and one-time candida sufferer, this is the definitive guide to the anti-candida diet, with easy-to-make recipes that will cure you for good.Candida albicans can be the root of many health problems, from low energy levels to a chronically poor immune system, aching joints and even food intolerances.Erica White cured her own candida and ME with this plan, and now offers over 340 nutritionally-tested and specially designed recipes, many of which are gluten-free, that will balance the levels of bacteria in your system, boost your resistance to disease and cure your condition through diet alone.The Beat Candida Cookbook also explains:Ã¢â ¬Â¢ How to identify your specific symptoms through a unique questionnaireÃ¢â ¬Â¢ How to choose which foods to eat and which to avoidÃ¢â ¬Â¢ How to boost your immune system for good with a simple 4-point planWith this book it is simple to free yourself from candida and its effects. Begin your own journey now!

## Book Information

File Size: 1858 KB

Print Length: 160 pages

Publisher: Thorsons (June 9, 2011)

Publication Date: June 9, 2011

Sold by:Ã Â HarperCollins Publishers

Language: English

ASIN: B0054J9CM4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #998,096 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #68 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #1278 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions #1673 inÃ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Healthy

## Customer Reviews

The book is definitely of little use to me.I have a severe case of Candida, everytime I eat carbohydrates of any kind. i.e. Potatoes, whole wheat, oats, my Candida flares up.The book is completely FULL OF WHEAT AND CARBOHYDRATE recipes. You will be surprissed!

The book's last four pages were eaten through and stuck together by a fuzzy mold, no attempts to even remove the mold before selling the book. The book also smells musty. (Funny that). The book content looks good though it is hard to read because of the smell, picturing mold particles making their way up my nose.

Way helpful and informative. Easy read.

This book is amazing. I have suffered from candida overload for 20 years (I had tried diet and alternative medicine many times) and it had developed into chronic fatigue - I was struggling to get to work each day. After reading her book, I hired a nutritionist from Ms. White's business (we converse via e-mail - ... and took the supplements recommended and carefully followed her four point plan and diet. I am, at only one month, feeling great - out of bed and on the move! All my pains are gone, my sinuses and acne are clearing up, I have lost 20 pounds, even my fungal toenails are clearing up. I still have to stay on the diet a year at least, but it is very much worth it. None of the other methods have worked as well as this. This thorough and complete program really works and I can't recommend this book and her program enough.

The author, herself, says that many of the Candida cures she has seen through the years are not strict enough and the patient is never totally cured, or, they are too stringent, and the patient is unable to hold out long enough to be totally cured. I firmly believe that Erica White has found that middle way. In addition, she uses modern methods, enabling her to help hundreds of patients from around the world via phone consultations, mail testing, and consultaion, and, of course, email. In this way, you take the information in her book, plus the individual follow-up she offers and your chances of getting cured, if motivated, are extremely high.

Con un lenguaje sencillo y agradable se explica como la candida puede afectar una persona y quÃƒÂ© hacer para vencerla. Encuentro que las recomendaciones son muy utiles. No dudes en comprarlo.

As someone who is new to the candida world the information provided was extremely useful. The recipes on the other hand left much to be desired. I am an avid cook and had to ammend the recipes I tried in order to make them somewhat palattable. Some like the baking, were unfixable and had to be discarded. Some of the combinations suggested are absolutely unthinkable. If you are looking for good background information on candida this is a great book. If you are looking for great recipes, try something else.

A lot of Christian tosh interspersed with some useful information about practical steps to take to get Candida under control. The recipes are useless for people following food-combining or gluten-free diets. Overall, I wish I never bought it.

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