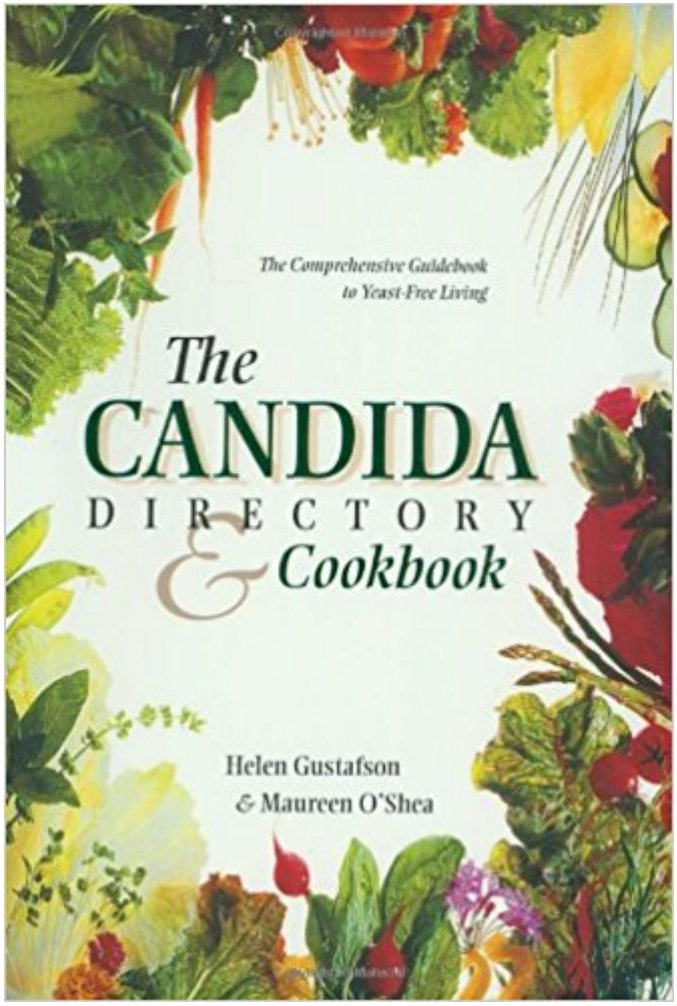
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The Candida Directory: The Comprehensive Guidebook To Yeast-Free Living



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Synopsis

Candida albicans, in its benign state, lives quietly within our bodies. But when confronted with wide-spectrum antibiotics, birth control pills, steroids, and a sugar-rich diet, this yeast can proliferate, causing a variety of medical problems. Depression, anxiety, tiredness, allergies, and migraine headaches are some of the symptoms. In the past, besides medication, this disease has been treated with a strict carbohydrate-free diet that not only starved the Candida, but also starved the patient.Former Candida sufferer Helen Gustafson and nutritional consultant Maureen O'Shea join forces to create this user-friendly manual for coping with Candida. A symptom chart leads you through the three stages of a specially taliored diet.With over 60 recipes contributed by such well-known chefs as Marion Cunningham, Nasari David, Wolfgang Puck, and Alice Waters, each stage is a veritable feast of possibilities.This innovative collection of exciting dishes would not be complete without an alphabetical listing of different foods and when they are allowed on the diet. Meal plans and sources for nutritional supplements and anti fungal preparations are presented in an easy-to-use format. The Candida Directory is indeed the most effective tool you can use to put yourself back on the road to recovery and optimum health.

Book Information

Paperback: 216 pages
Publisher: Celestial Arts; 1st Printing edition (December 15, 1994)
Language: English
ISBN-10: 0890877149
ISBN-13: 978-0890877142
Product Dimensions: 6 x 0.6 x 9 inches
Shipping Weight: 8.8 ounces (View shipping rates and policies)
Average Customer Review: 3.9 out of 5 stars 12 customer reviews
Best Sellers Rank: #1,370,240 in Books (See Top 100 in Books) #53 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #455 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #718 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

I've read many books on this subject. The best thing about this book is that it gives you hope. 3 stages to this diet and easily explained with common sense and science. The recipes are easy and wonderful. There are appropriate lists of foods that help you see how to plan. This is not a "fad

book" but brilliantly put together by women who know the subject and have lived the misery. There is simply not one negative I could say about this. It is the only book I've seen that gives a person a complete understanding of what is going on within the body, the consequences, and a way out that leaves you with a positive outlook. Gone are the absolutes of a bland menu. The ideas are new and undated. Everyone has their own version of things, as is said, but this is a plan that is possible to follow and also enjoy at the same time. Not kidding. The recipes are good enough for someone not suffering the condition also. Good for guys too. We can get this imbalance also. You can't lose.

Excellent product with lots of helpful information. Looking forward to a much healthier year. This comprehensive cookbook offers quite a variety with plain simplicity for those seeking basics up into an advance stage of healthy eating habits. You cannot go wrong with this Directory for starters.

Good for Candida sufferers but some recipes are quite complex

Purchase was as described and delivery was as promised. Did not find the info in the directory as helpful as I thought it would be.

good yeast allergy informationI have Candida and am always looking for information on how to deal with this issue

This book show us the complete approach for Candida therapy, including nutrition, herbs, and pharmaceuticals. The Diet is comprehensive and useful, as the recipies.

I bought this for my mom and since she's only picked it up once since she's gotten it I'm thinking it either does not hold the info she needed/wanted/expected or it's just plain boring.

When I am looking for a book the first place I go is . The description of the condition of The Candida Directory, used in good condition, was exactly as described.In fact it looked like new. I was very pleased.

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