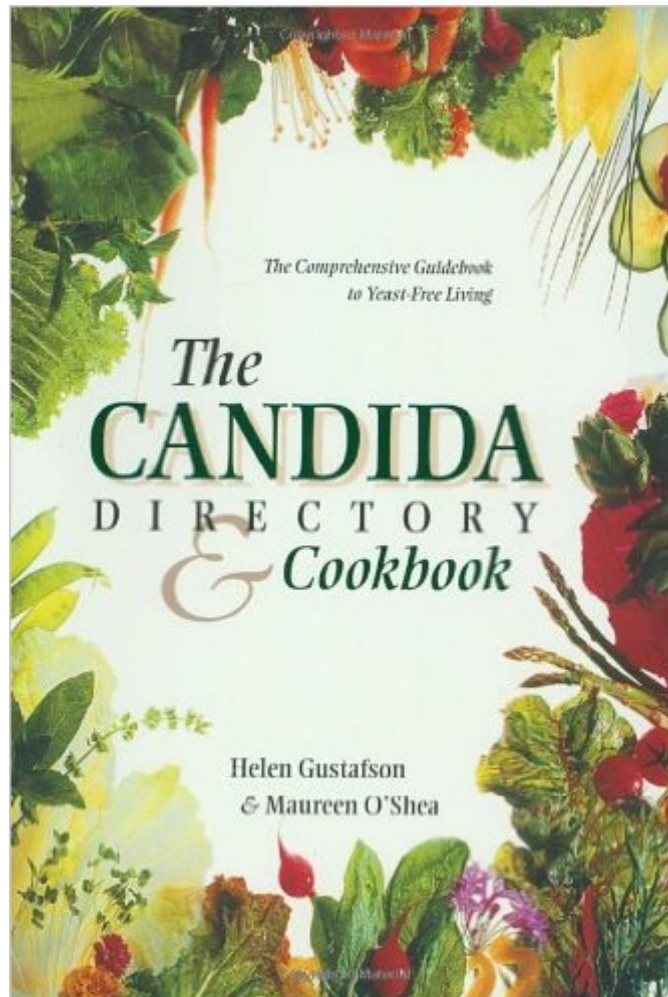


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# The Candida Directory: The Comprehensive Guidebook To Yeast-Free Living



## 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 tailored 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

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## 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.

There are many columns and lists of foods that are either good or bad but the layout often makes it difficult to interpret and some of the lists need far more clarification. Many of the recipes were just not things the average person needing to make a dietary transition would want to try. I found the Complete Candida Yeast Guidebook to be far more readable, user friendly, informative and a better bang for the buck.

This book arrived quickly, it's been years now, but I wanted to write to say that this book was key in clearing up my skin from horrible cystic acne which plagued my face for most of my youth and well into my early 20's. I am thirty now, my skin is free of those red bumps and I keep white flour and sugar at a minimum. The only thing I do not agree with, is the perpetuation by the author of the misconception that yoga helps clear acne skin. Yoga is sun worship, it can lead to demonic oppression, it is dangerous and I became suicidal. What use is it to have clear skin, if you won't enjoy it because you feel like crap most of the time? Any healthy level of physical activity will help release toxins out of your body. The diet advice is great, but the religious stuff no thanks. If you want to be at peace say the Lord's Prayer that's my religious advice

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.

This book is very helpful when learning about candidas. It contains information to change your lifestyle to cope. It also has some recipes.

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 information I have Candida and am always looking for information on how to deal with this issue

Very helpful in understanding Candida, it's effects on your health, and how to deal with it.

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