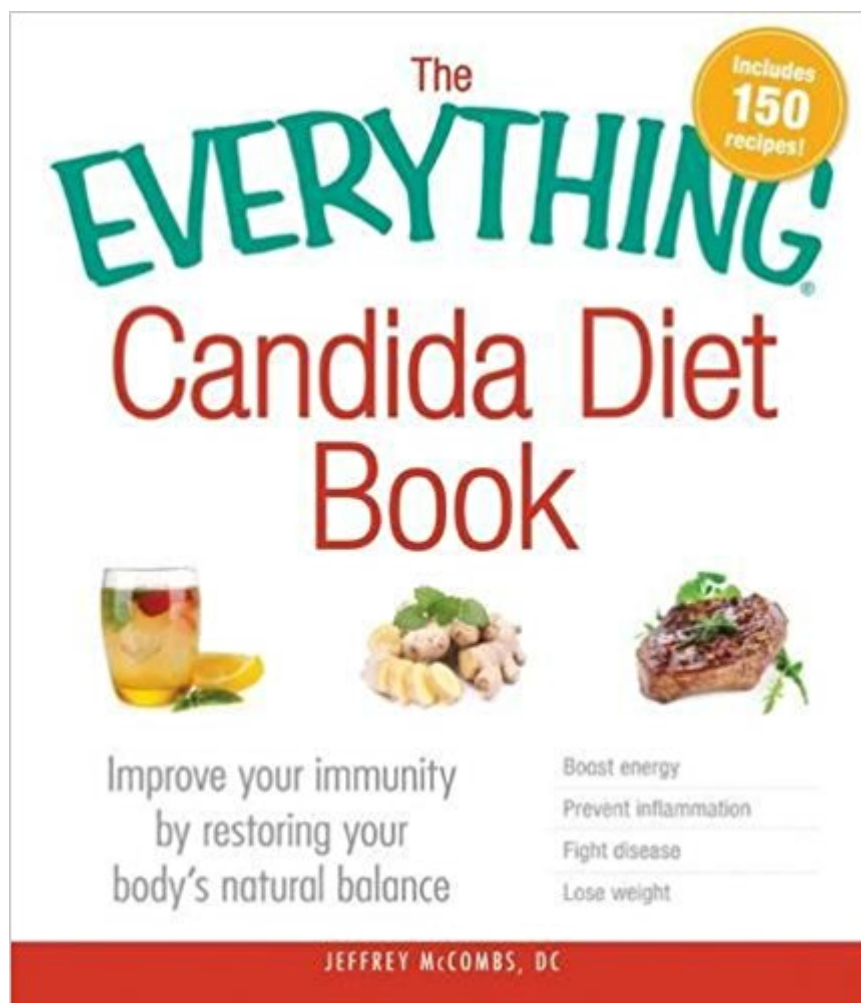




The book was found

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

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Customer Reviews

Jeffrey McCombs, DC, is the founder of the Candida Library, a free educational resource about candida and its effects on the body. In his twenty-eight years of experience, he has worked with Olympic and professional athletes, dancers, CEOs, and people from all walks of life. Visit his website at www.candidaplan.com. He lives in Ventura, CA.

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

This is the best book for Candida that I have found. It offers a sensible and doable plan. It is for vegetarians and meat eaters. Dr. McCombs offers encouragement and guidance that is very valuable.

Nice book for beginners, all the essential information in a great summary

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!

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

Good book. Read other peoples reviews n glad I purchased.

Great information- Very helpful, full of common sense

Good book to read. Has some good healthy recipes

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