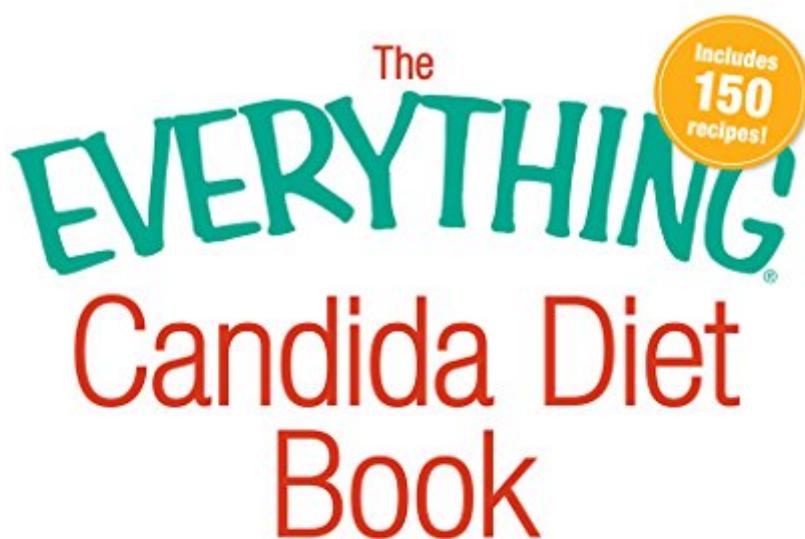


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The Everything Candida Diet Book: Improve Your Immunity By Restoring Your Body's Natural Balance (Everything®)



Improve your immunity
by restoring your
body's natural balance

Boost energy
Prevent inflammation
Fight disease
Lose weight

JEFFREY McCOMBS, DC



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

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!

Contains good information about candida, but diet instructions are sketchy at best. There is a "yes foods" list, that seemingly includes everything, but the book mentions the "no foods" list, which is nowhere to be found. Only by reading the recipes do you find that certain foods can be added back into the diet on week 9, or week 15, etc., but nowhere is there a protocol for what you can eat on which weeks and why. I still don't know what's wrong with canned tomatoes before week 9, or if they are only wrong in a certain recipe. I would have to guess that Dr. Jeffrey McCombs was in a huge hurry to get to press.

I returned this book as it doesn't contain a step by step cleansing process or different phases of the diet as all other Candida diets do. I actually learned more for free on the internet than in this book.

I bought this book for the recipes, and it has a lot that look really good. However, I found one (page 189) that has cinnamon in the directions but not in the ingredient list. If anyone knows how much cinnamon is supposed to be in the Blanca's Spicy Cauli-Rice recipe, please post it somewhere! Thanks :)

Its 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.

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