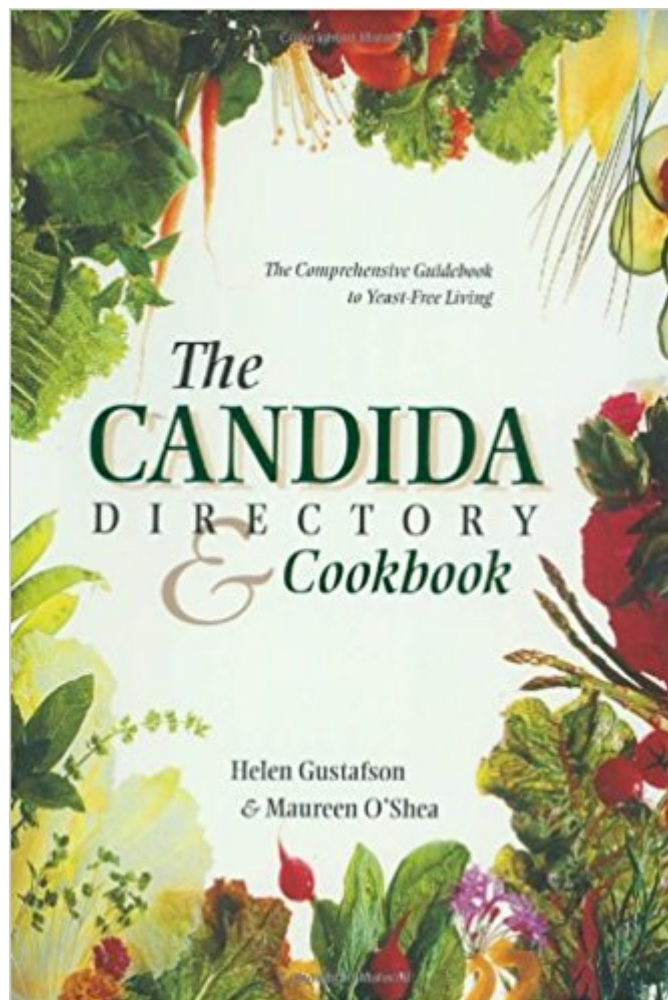




The book was found

# 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

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 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida](#) #455 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free](#) #718 in [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.

[Download to continue reading...](#)

Yeast Infections: Yeast Infections Guide To Treating Yeast Infections And Curing Yeast Infections With Candida Diet Strategies, Candida Recipes And Candida ... Guide To Yeast Infections No More) The Candida Directory: The Comprehensive Guidebook to Yeast-Free Living The Candida

Free Cookbook: 125 Recipes to Beat Candida and Live Yeast Free (Paperback) - Common Feast  
Without Yeast: 4 Stages to Better Health : A Complete Guide to Implementing Yeast Free, Wheat  
(Gluten) Free and Milk (Casein) Free Living The Candida Albican Yeast-Free Cookbook : How  
Good Nutrition Can Help Fight the Epidemic of Yeast-Related Diseases The Yeast-Free Kitchen:  
Recipes to Help You Achieve Victory over the Yeast-Beast, Candida Albicans Candida Albican  
Yeast-Free Cookbook, The: How Good Nutrition Can Help Fight the Epidemic of Yeast-Related  
Diseases Candida Cleanse Natural Cure: A Step-By-Step Guide to Candida Treating and Detox in  
21 Days (Concerned about gluten free diets, wheat belly and yeast infection?) Beyond the Yeast  
Connection: A How-To Guide to Curing Candida and Other Yeast-Related Conditions The Candida  
Cure: Yeast, Fungus & Your Health - The 90-Day Program to Beat Candida & Restore Vibrant  
Health Complete Candida Yeast Guidebook, Revised 2nd Edition: Everything You Need to Know  
About Prevention, Treatment & Diet The Candida Albicans Yeast-Free Cookbook Debt Free for Life:  
The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free  
Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Allergy-free  
Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights 2015 Good Sam RV  
Travel Guide & Campground Directory: The Most Comprehensive RV Resource Ever! (Good Sams  
Rv Travel Guide & Campground Directory) Directory of Business Information Resources, 2016: Print  
Purchase Includes 1 Year Free Online Access (Directory of Business Information Resources) The  
Yeast Connection and Women's Health (The Yeast Connection Series) The Yeast Syndrome: How  
to Help Your Doctor Identify & Treat the Real Cause of Your Yeast-Related Illness The Yeast  
Connection Handbook: How Yeasts Can Make You Feel "Sick All Over" and the Steps You Need to  
Take to Regain Your Health (The Yeast Connection Series) The Yeast Connection Cookbook: A  
Guide to Good Nutrition, Better Health and Weight Management (The Yeast Connection Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)