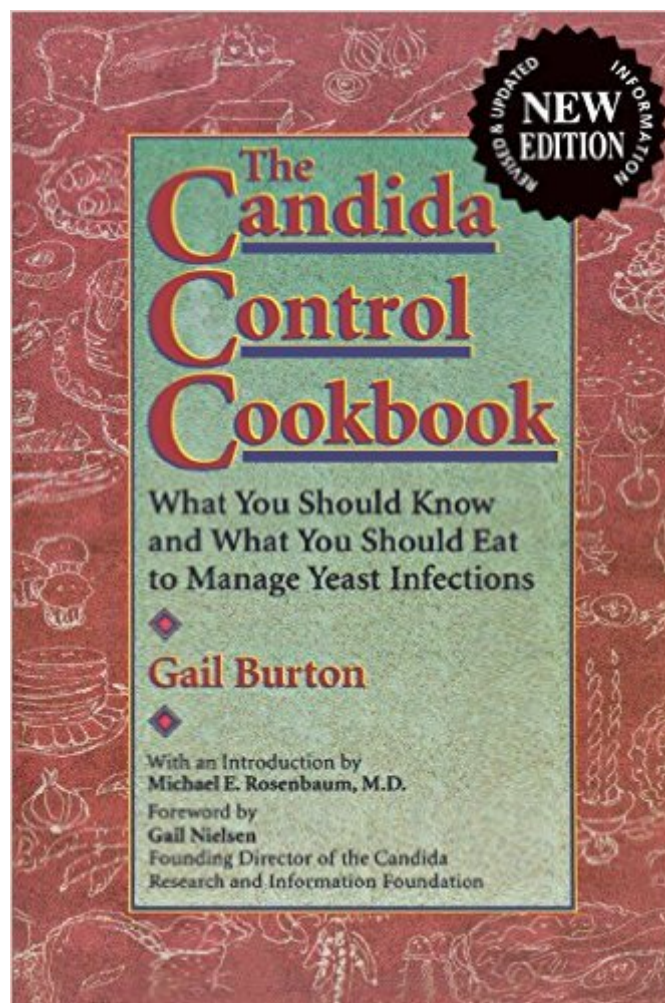


The book was found

The Candida Control Cookbook: What You Should Know And What You Should Eat To Manage Yeast Infections (New Revised & Updated Edition)



Synopsis

Candida is a toxicity syndrome that affects millions of women, but the diet that doctors recommend to patients with this affliction severely restricts many of the foods that make life pleasurable - all sugars, most fresh fruits, milk and milk products, white rice, barley, wheat, most cheeses, all alcohol and fizzy drinks, mushrooms, coffee and most flours. When Gail Burton, a gourmet cook and former food writer from California learned how drastically her medical condition limited her menu options, she wrote the book to help fellow sufferers reintroduce variety and taste into their otherwise bland diets - without sacrificing their health. She includes over 150 yeast-free gourmet recipes from appetizers to desserts, a food chart of problem and permitted foods, a 14-day menu planner, and lists of safe substitute products and sources, including manufacturers.

Book Information

Paperback: 232 pages

Publisher: Aslan Pub; 3 Rev Upd edition (February 16, 2010)

Language: English

ISBN-10: 0944031803

ISBN-13: 978-0944031803

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (26 customer reviews)

Best Sellers Rank: #1,009,415 in Books (See Top 100 in Books) #77 in [Books > Medical Books > Medicine > Internal Medicine > Infectious Disease > Parasitology](#) #11006 in [Books > Cookbooks, Food & Wine > Special Diet](#)

Customer Reviews

I started this diet in 1997 on the advice of my allergist and it lasted 2 years until I started working a 12 a day job when I didn't have time for it any more. Within 5 weeks of starting this diet I no longer had migraines, constantly stuffy head or sneezing, 2 years without a yeast infection or athlete's foot. After about 4 years off of this diet it all started again. I am purchasing this book again so I can feel better again. Pleased to have found it so easily.

This book is informative and gives a good idea of what to eat and not to eat. I appreciate the many recipes showing a variety of ways to prepare the limited foods we are allowed to eat during the die off period.

This book saved my husband's life - Really! He had tons of gastric intestinal issues that medical doctors wanted to treat with the purple pill. So, he tried the purple pill. This led to side effects and worse troubles. I did some research to discover his problems may stem from candida. Desperate, he was willing to try anything. After just a couple days, he felt better on this diet. He stayed on it for a few months and pounds fell off of him, and he no longer has the gastric intestinal issues. Praise God, and thank you Gail Burton. You are here.

The information is outdated. It says "new", but the last copyright was 1995. Many foods/food ingredients were ones that are not allowed in the current book, the Complete Candida Yeast Guidebook, 2000 that came with the three-book suggested combination. Still, there are recipes the I can use or try to adapt.

There are some good recipes in this book. Especially, the sauces and dressings. When your doctor tells you to go on this diet, the first thing you say is, "Well, What CAN I eat?" It seems like there aren't any food groups left. Don't panic and don't starve, just pick up this book and skim thru it, you will see that there are things you can eat and be satisfied with.

Just starting out my struggle with fighting back at Candida Albicans overgrowth for years and years, I was so bummed at such limited dietary options that were "safe" for me. This cookbook has lots of recipes- some good, some bad, and some great. Salad dressing options are wonderful! I have tried 4 of the "cookie" recipes and would only repeat one of them (pecans one). The stuffed salmon is something delicious enough my boyfriend loves it and will eat with me (otherwise, when I make boring food he makes his own meals). There are several recipes that get you thinking how you can change the way you cook things and switch it up- free-style with what you're allowed to have to make everything more tasty. You don't have to come to hate food while battling Candida and this cookbook is something I use DAILY and have for weeks. Without this I would be having plain meat and veggies only still.

I like the information in this book, but most of the recipes don't work well if you follow them as outlined in the instructions. There are either missing steps, such as tenderizing chicken, or instructions that are just plain wrong, such as making sauces (you need some liquid!) or reheating a dish that has "homemade mayonnaise". I don't think many of these recipes were actually tested. If

you are new to cooking, don't buy this book because you'll be frustrated when things don't turn out.

The forward part of the book was one of the most concise and understandable description of the candida issue and what is required to help cure it. The recipes were not that innovative nor useful for families with young children. One of the biggest challenges I have with my clients is that they need to have food to replace some of the things they have been addicted to to get over the "hump" of the diet. I mostly work with children who have learning issues and candida is a big issue for some of them. I am looking for more "kid friendly" recipes and things that can be packed for school lunches. These recipes might be more interesting for adults who like different ways to cook adult foods.

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

The Candida Control Cookbook: What You Should Know and What You Should Eat to Manage Yeast Infections (New Revised & Updated Edition) Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac) Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac, lyme) Candida: the two minute Candida cure:: new details added April '16 about the unique probiotic Candida is very sensitive to 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?) Feast Without Yeast: 4 Stages to Better Health : A Complete Guide to Implementing Yeast Free, Wheat (Gluten) Free and Milk (Casein) Free Living Candida Albicans: Could Yeast Be Your Problem? The Doctors Book of Food Remedies: The Latest Findings on the Power of Food to Treat and Prevent Health Problems - From Aging and Diabetes to Ulcers and Yeast Infections The Candida Cure The 90-Day Program to Beat Candida & Restore Vibrant Health The Easy Candida Cure: Effective, All-Natural Solutions to Overcome Candida Infection within 30 Days Conquering Yeast Infections: The Non-Drug Solution for Men and Women Virus Infections of Rodents and Lagomorphs: Virus Infections of Vertebrates Series, 1e (Machine Intelligence and Pattern Recognition) Virus Infections of Birds: Virus Infections of Vertebrates Series, 1e Dr. Earl Mindell's What You Should Know About Fiber and Digestion (What You Should Know Health Management Series) Jokes Every Man Should Know (Stuff You Should Know) Dirty Jokes Every Man Should Know (Stuff You Should Know) Stuff Every Husband Should Know (Stuff You Should Know) Quotes Every Man Should Know (Stuff You Should Know) 100 Things Sharks Fans Should Know and Do Before They Die (100 Things...Fans Should Know) 42 Guitar Chords

Everyone Should Know: A Complete Step-By-Step Guide To Mastering 42 Of The Most Important
Guitar Chords (Everyone Should Know Books)

[Dmca](#)