



## Candida: The Ultimate Cookbook That Will Help You Cure Candida (Paperback)

By George Walton

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Candida is easy to discover as it alerts you with numerous symptoms. This book is for, if you have skin and nail fungal infections are feeling tired and worn down have digestive issues have a hard time concentrating have skin issues like eczema and rashes are experiencing irritability, mood swings, depression or anxiety have strong sugar cravings One of the most effective ways to relieve and eliminate candida is through the candida diet. The candida diet is crafted for the specific purpose of eliminating candida and the symptoms that candida entails. By making small changes, like removing simple sugars from your diet or going on a cleanse, you will be able to drastically relieve or eliminate the candida symptoms you are experiencing. The sole purpose of this book is to help you eliminate candida for good. This book will not only cover everything from what candida is to how to get rid of it, but it will also provide you with 60 recipes! Just some of the topics that are included in this book include: What is candida? Candida and food How does your diet affect candida? 5 breakfast recipes for cleansing 5 snack recipes...



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