



## Candida Control Cookbook (Paperback)

By Gail Burton

Aslan Publishing, U.S., United States, 2002. Paperback. Condition: New. Revised edition. Language: English . Brand New Book. 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.



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