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The Candida Free Cookbook and Action Plan: 28 Days to Fight Yeast and Candida (Paperback)

By Sondi Bruner

Sonoma Press, 2016. Paperback. Condition: New. Language: English . Brand New Book. Nutritionist Sondi Bruner shows you how to rid candida overgrowth, improve your digestion, and nourish gut-friendly bacteria. When author and holistic nutritionist Sondi Bruner was diagnosed with candida- the freeloadng fungus that invades the body and causes a multitude of health issues- it set her on the path toward better health. Bruner discovered that there is a solution to ridding candida from your system- and it can be found on your plate. In The Candida Free Cookbook and Action Plan, she shares her knowledge with you. Bruner offers a detox-focused, 28-day candida diet plan providing the structure and tools you need to rid candida from your body and live a healthier life. Discover how this candida cookbook will aid you on your candida-cleansing journey, with: -101 delicious and satisfying recipes to rebuild good bacteria -Guidelines on how to incorporate probiotics -An in-depth look at candida die-off -plus strategies for coping through this period -Step-by-step meal plans for every phase of the candida-free diet -Overviews of common candida causes and symptoms - Candida dos and don ts to make the most of your diet The Candida Free Cookbook and Action Plan...



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