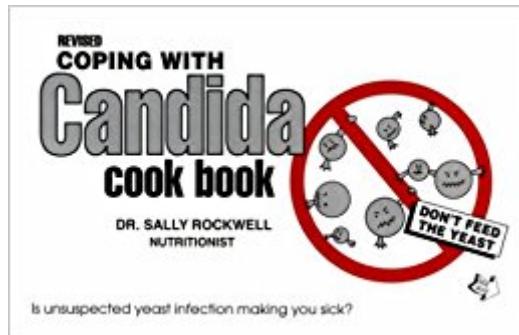


The book was found

# Coping With Candida Cookbook



## **Synopsis**

Tasty, low-carbohydrate recipes and menu plans free of major allergens, sugar and yeast. Answers common questions, describes symptoms and offers solutions on how to treat with anti-fungals, improve your diet, replant good bacteria and lighten up!

## **Book Information**

Spiral-bound: 192 pages

Publisher: Diet Design; Revised edition (June 1, 2008)

Language: English

ISBN-10: 0916575004

ISBN-13: 978-0916575007

Product Dimensions: 0.5 x 5 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,081,473 in Books (See Top 100 in Books) #38 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #1798 in Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference #4540 in Books > Health, Fitness & Dieting > Women's Health

## **Customer Reviews**

Your work is certainly making an impact...keep up the great work! --Jeffrey Bland, Ph.D.

Dr. Sally Rockwell, Nutritionist, has over 30 years of personal and clinical experience working with chronic yeast infections and food allergies.

This book was recommended by someone so I bought it. It's okay but it offers recipes and meals mostly for a family of four, not for one or two people. Also, the recipes were a bit more complicated with more ingredients than I as a busy person would have time to shop for and even if I did get them, I'd end up with waste which I don't like. I think I got more information from doing a search for candida diets on-line and just reading the information on the web-sites that came up and that was free.

The book was pictures with a spiral spine. That is not what arrived. So, it has a cheaper spine that is subject to falling apart. That is why I bought when i saw the spiral spine because I had a copy that

had fallen apart. Disappointed that they are not selling what is pictured.

I honestly had high hopes for this book based on some of the reviews. However, the recipes in the book are not ones I would use. There are a few - but not many. The educational part of the book is helpful, but I found the Candida Albicans Yeast-Free Cookbook to have better and more recipes to use. I think all of the diets go overboard. Not one doc can seem to agree exactly HOW much to avoid and what to avoid. Some docs do not even believe it is possible to have systemic yeast overgrowth. After being on the diet now for 3 weeks - I can see a difference in how I am feeling. Maybe it is just all the fresh veggies, meat, lack of sugar and junk, no bread that is making me feel a bit better - but whatever it is... I'll take it ;-). If you want to get the book for nutrition info and educational purposes, this IS a good book for that (although I feel a tad strict) - recipes??? Not so much, at least not for us... Plain, bland, and unappetizing

I have been on an anti-candida diet for 5 months so far. I have purchased 4 different cookbooks on the subject and find that this book is the one I go to the most often for ideas, info and recipes. Dr. Rockwell has written a most versatile book, offering creative ideas that I can work into my own lifestyle and not just "her rules" or strict guidelines as other cookbooks do. She has menu plan suggestions, "brown bag" & snack ideas, as well as food allergy info. When you are ready to add grains back into your diet, she tells you which order to add them back in from the least to the most allergy-producing types. She also offers her newsletter at the end of the book which keeps one updated about the Candida problem. In addition to her web site she refers one to sources for special foods which are not easily found at the local grocery store. Second to her book, I would recommend Gail Burton's book, The Candida Control Cookbook. I have lost 20 lbs. since starting this diet and am feeling much better! Whatever cookbook one uses, consistency with the diet is the key to ridding your body of too much yeast!

This is an excellent book about Candida, a Must read and very informative type of book on the subject!

Good simple recipes for Candida sufferers

I have known and recommended this book for more years than I care to remember. It gives a clear system for fighting systemic yeast infection, often associated with food allergies, using food.

Great things come in small packages thank you so very much this book was so helpful and I have been able to lend it out to several people.

[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 Free Cookbook: 125 Recipes to Beat Candida and Live Yeast Free (Paperback) - Common Coping With Candida Cookbook Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) The Candida Cure: Yeast, Fungus & Your Health - The 90-Day Program to Beat Candida & Restore Vibrant Health 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?) 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 The Candida Diet Solution: How You Can Cure Candida in Four Simple Steps Beyond Candida: Breakthrough Solutions for Candida, Yeasts, Dysbiosis and More Candida Albicans (Non-Drug Approach to the Treatment of Candida Infection) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Coping with an Organ Transplant: A Practical Guide (Coping With Series) The Weight Loss Surgery Coping Companion: A Practical Guide for Coping with Post-Surgery Emotions The Weight Loss Surgery Coping Companion: A Practical Guide to Coping with Post-Surgery Emotions Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger The Ultimate Candida Guide and Cookbook The Candida Albican Yeast-Free Cookbook : How Good Nutrition Can Help Fight the Epidemic of Yeast-Related Diseases

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help