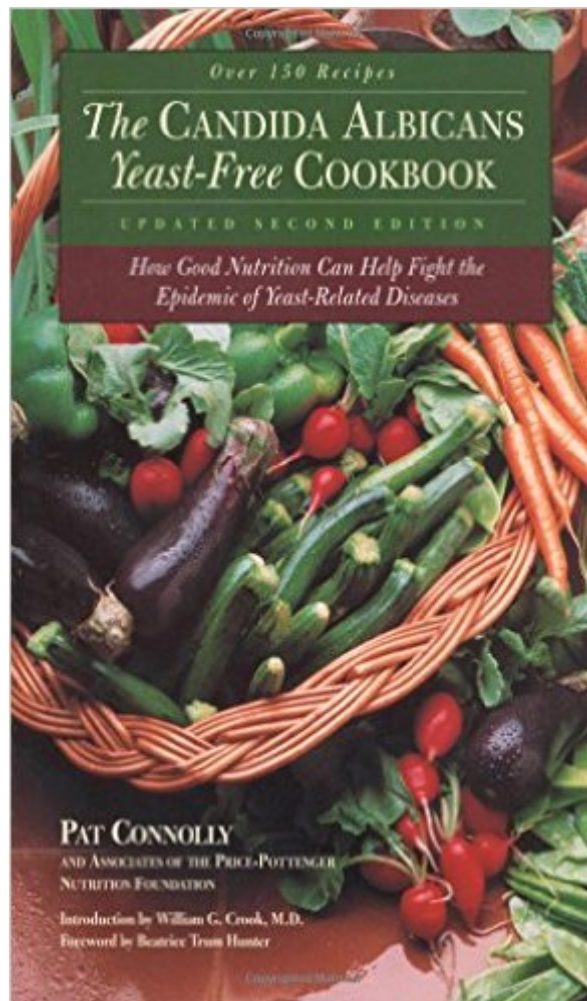


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# The Candida Albican Yeast-Free Cookbook : How Good Nutrition Can Help Fight The Epidemic Of Yeast-Related Diseases



## Synopsis

This is the complete, authoritative guide that shows how nutrition can fight the epidemic of yeast- and fungus-related diseases and disorders including asthma, bronchitis, depression, fatigue, and memory loss. Fully updated, this second edition includes dozens of new recipes utilizing 12 foods that contain the antiseptic enzymes researchers have discovered will eradicate yeast and fungus.

## Book Information

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## Customer Reviews

I found this book very helpful in the battle with yeast. The recipes are healthy, made from common ingredients, and quick and easy to prepare. They are also very flavorful. By avoiding the foods which promote the growth of Candida Albicans yeast, your body's natural immune defense can re-establish a healthy balance of micro-organisms for optimum health. Following the diets in this book, I noticed a difference immediately, and was completely free of symptoms in two weeks. (I also used herbs to help fight the candida)

Now in a thoroughly updated and expanded second edition, Pat Connolly's *The Candida Albicans Yeast-Free Cookbook* continues to offer the best and clearest explanation of the role good nutrition plays in helping to deal with yeast-related diseases and allergies. From Crowned Eggplant, Mint-Pea Salad, and Sweet Potato Souffle, to Fish in Butter-Ginger Sauce, Minestrone Soup, and A One-Pot Rainbow Meal, Connolly offers more than 150 delicious recipes for the yeast intolerant diner. Of special note are chapters devoted to "Eating Out"; "A Menu Sampler"; "Candida Folk

Wisdom"; "Foods for the Yeast-Sensitive to Avoid"; and "Carbohydrates and Calories". The Candida Albicans Yeast-Free Cookbook is an essential, core title for the kitchen cookbook collection of any family with a yeast intolerant family member.

I thought this book was very helpful. What I liked most was the "rainbow meal plan" which listed the vegetables and meat combinations you could have on this diet at every meal. Because there are so many vegetables/meat combinations to choose from you shouldn't get bored. The plan also recommends steaming for all your food so it's easy to prepare - all you need is water, a pot and a steamer. The downside is you do have to chop a lot of veggies - however, it's worth it! I also had a hard time with another recipe which called for "Homemade Potassium Baking Powder" pg.83. In the recipe the book says to use potassium bicarbonate which can be ordered from a pharmacy. However, when I went to pick up my bicarbonate it had a skull and cross bone on the bottle and was rated somewhat toxic. When I talked to the pharmacist he said I needed to know what percentage of the potassium bicarbonate was called for because potassium bicarbonate is a strong base. Anyway I had no way to get that information so I skipped that recipe. So obviously the book should be more detailed about things like that. Yet even with this snaffoo I thought the book was helpful and still use most recipes.

Years ago, on the advice of a holistic doctor, I went on a yeast-free, sugar-free diet for 6 weeks. I successfully eliminated excess candida from my body and my health improved vastly.

Unfortunately, in those days the only cookbook available was Dr. William Crook's The Yeast Connection Cookbook, which, while essential, was difficult to follow. This time around, I looked for a cookbook that was more up-to-date, varied, and easy to use. I found it in Candida Albican Yeast-Free Cookbook. Its Rainbow Food Plan is not only easier to follow, but it makes a pretty, well balanced meal as well. I especially liked the Oat-Bran Sweet Potato Muffins, zucchini soup (most of their soups are easy to make), Fish in Butter-Ginger Sauce, and Beef Rutabaga Stew (made without the rutabaga, and it was fine). Many of the recipes are for 2 servings only because one is not supposed to have leftovers since it tends to encourage mold growth (those sensitive to yeast also tend to be sensitive to molds). I went ahead and doubled the recipes since I was making it for my daughter (who was also on the diet) and husband (who wasn't). Everyone seemed to agree that the recipes were tasty and satisfying. Oh, by the way, I lost 8 lbs. in 6 weeks, and feel great. And I still plan to make the muffins, some of the soups and the dips.

For those of you who know about Candida, I am currently on the 'strict diet' which is the part where you actually kill off the candida overgrowth (and the part that takes the longest) and as we know, the part where you cannot have any sugars, even natural ones such as those found in sweet vegetables and fruit. I bought this book to inspire me during this dull phase, and to help me to make my meals more interesting. I was very disappointed to see that the person who wrote this clearly has no idea about candida. A lot of the recipes contain tomatoes, carrots, squash, red bell pepper, and even potato. All of these are forbidden while actually trying to cure the candida. This book does contain some nice, healthy recipes, but the majority are only useful if you have already cured your candida. The title should just be 'a yeast-free cookbook' and should have no claim to understanding candida albicans. Don't waste your money!

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