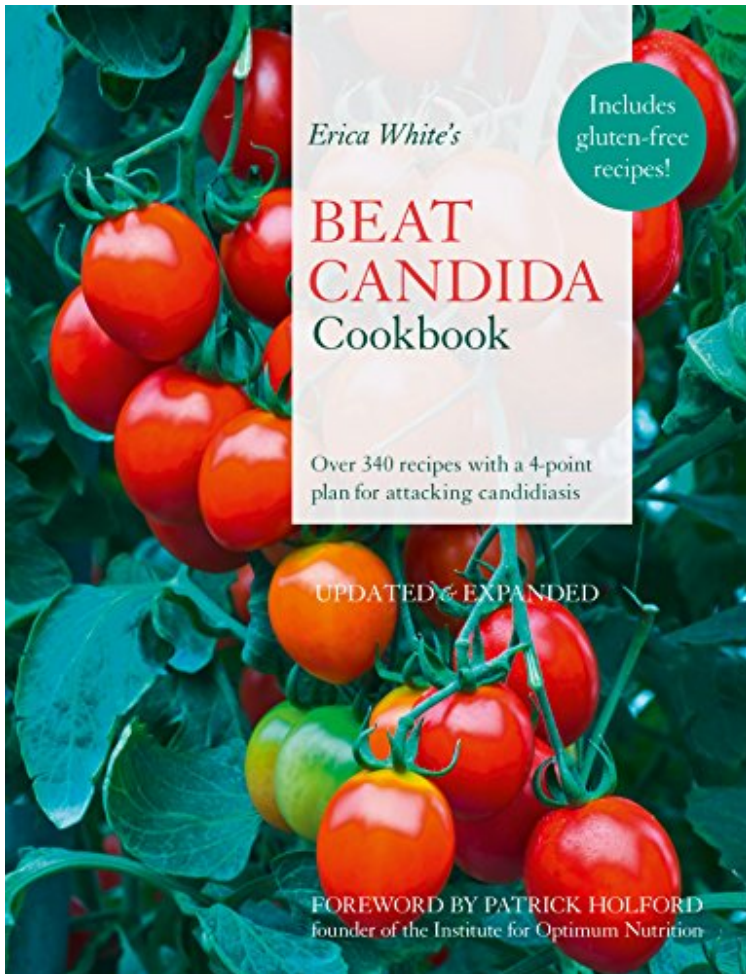


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# Erica Whites Beat Candida Cookbook: Over 340 recipes with a 4-point plan for attacking candidiasis



Par Erica White  
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## Description :

Prsentation de l'diteurThe bestseller that has transformed the lives of thousands this new edition is thoroughly updated with full factual revisions according to the latest research.From Erica White, nutritionist and one-time candida sufferer, this is the definitive guide to the anti-candida diet, with easy-to-make recipes that will cure you for good.Candida albicans can be the root of many health problems, from low energy levels to a chronically poor immune system, aching joints and even food intolerances.Erica White cured her own candida and ME with this plan, and now offers over 340 nutritionally-tested and specially designed recipes, many of which are gluten-free, that will balance the levels of bacteria in your system, boost your resistance to disease and cure your condition through diet alone.The Beat Candida Cookbook also explains: How to identify your specific symptoms through a unique questionnaire How to choose which foods to eat

and which to avoid How to boost your immune system for good with a simple 4-point plan With this book it is simple to free yourself from candida and its effects. Begin your own journey now! Prsentation de l'diteur The bestseller that has transformed the lives of thousands this new edition is thoroughly updated with full factual revisions according to the latest research. From Erica White, nutritionist and one-time candida sufferer, this is the definitive guide to the anti-candida diet, with easy-to-make recipes that will cure you for good. Candida albicans can be the root of many health problems, from low energy levels to a chronically poor immune system, aching joints and even food intolerances. Erica White cured her own candida and ME with this plan, and now offers over 340 nutritionally-tested and specially designed recipes, many of which are gluten-free, that will balance the levels of bacteria in your system, boost your resistance to disease and cure your condition through diet alone. The Beat Candida Cookbook also explains: How to identify your specific symptoms through a unique questionnaire How to choose which foods to eat and which to avoid How to boost your immune system for good with a simple 4-point plan With this book it is simple to free yourself from candida and its effects. Begin your own journey now! Biographie de l'auteur Trained at the Institute for Optimum Nutrition in London, Erica White is a qualified Nutrition Consultant with a very busy practice in Leigh-on-Sea, Essex. She began working on digestive problems after being diagnosed as having candidiasis - transforming her health and her life with her '4-point plan' which is detailed in Erica White's Beat Candida Cookbook. She lectures all over the World. She has also written another book, M.E.: Sailing Free.