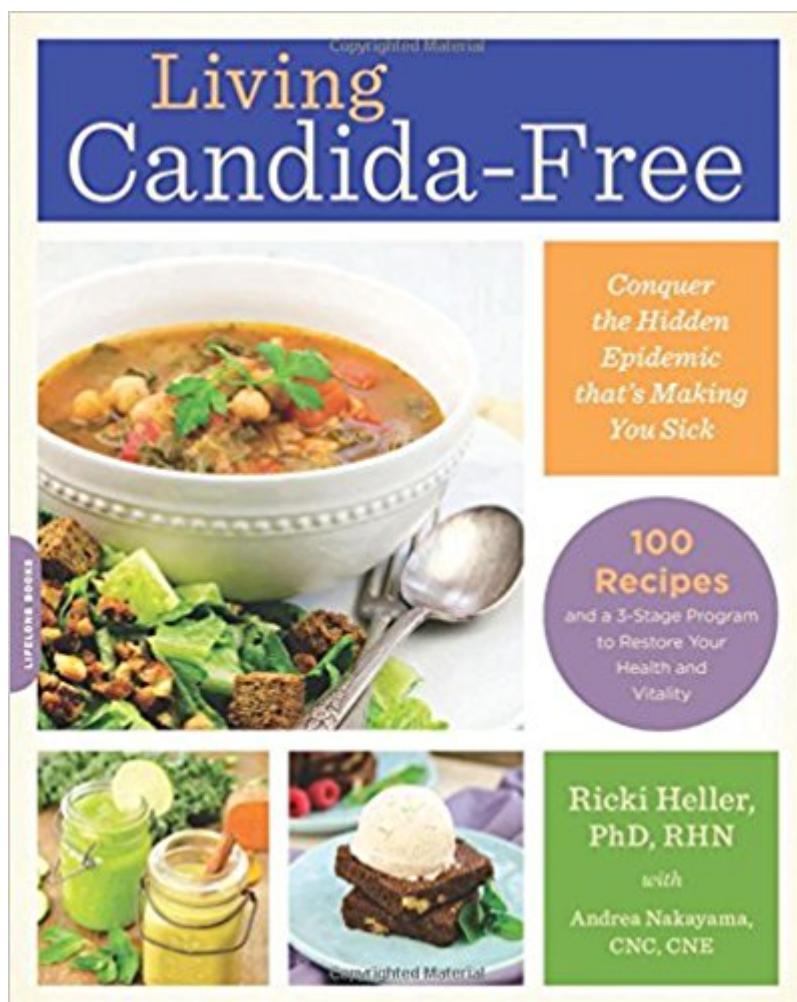


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# Living Candida-Free: 100 Recipes And A 3-Stage Program To Restore Your Health And Vitality



## **Synopsis**

From a popular health and wellness blogger and author, an expansive, programmatic approach to following an anti-candida diet--in three stages and 100 recipes. Candida is a type of yeast that grows in the human body. An overgrowth of it has been found to be at the root of health problems, from chronic fatigue and digestion disorders to skin conditions and allergies; health professionals are calling it a hidden epidemic. One of the main instigators of candida overgrowth is sugar, which the average American consumes at the rate of more than 70 pounds per year. Living Candida-Free offers a complete exploration of this condition and an expansive approach for anyone wishing to follow an anti-candida diet. A comprehensive guidebook filled with practical, realistic strategies for living a life free of refined sugar, Living Candida-Free includes a three-stage program; tips on how to transition to eating the anti-candida way; information on herbal supplements and treatments; a full list of ingredient substitutions; and delicious, satisfying recipes that anyone can prepare.

## **Book Information**

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## **Customer Reviews**

This book is PURE GOLD!!! I have done a lot of research on anti candida diets and, in my opinion, Ricki Heller is hands down the top anti candida recipe developer. I initially found her blog back in the day when I had to go through my first strict anti candida diet plus some other restrictions (eggs and diary) that my immunologist advised at the time. Finding vegan anti candida tasty recipes is always challenging and her blog and books have been a life saver. Dealing now with the aftermath of long time undetected Lyme disease I have to be very savvy with the amount of sugars I let into my

system so that I don't feed bacteria and can function. Doing an anti candida diet is tough when you start, but it makes the world of a difference in the long run, and your tastebuds change and you won't be craving sugars in the future. Now, I am at a maintenance level but go strict anti candida once in a while as a cleanse. So, it is great to get some new ideas and the recipes are so yummy that they just become part of my daily repertoire even during non strict diet days :) I also highly recommend her other books - every time I go through their pages I find a new gem! I'm a baker at heart and this lady is a wizard in producing outstanding healthy gluten free low sugar content vegan treats - I always get compliments and get friends asking for the recipe whenever I bake one of her treats - and this includes people who are not on a special diet!!! ;) I'm now famous in my circle for her no sugar cut out cookies, her almond cookies, her coconut macaroons... :) :) :) It is also nice to find that her books are loaded with great recipes, unlike the typical specialized cookbooks that give you just a couple of decent ones and fills the rest of the book with so so stuff. Highly recommended - great investment for a healthier life at a very low price!!!

Finally! A book about Candida that's easy to understand, easy to follow, AND, doesn't leave you feeling deprived. Ricki Heller's book outline's a customizable, Anti-Candida Diet that really works. Ricki's recipes make food interesting and delicious, without sugar, dairy, wheat, eggs - and without any of the myriad yeast producing foods of the world. Andrea Nakayama's chapter on digestion, candida, and how to heal the gut is simple, straightforward and easy to understand. Best of all, for me, I feel like I'm eating rich, indulgent, decadent food while staying on the diet.

Well this book has certainly been a lifesaver! After being diagnosed with Candida & being advised that it was going to be hard to get rid of and that I needed to eat a specific diet to try and get rid of it, I didn't know where to start. I searched everywhere on the internet and boy was I shocked! All I came across was what I couldn't eat. Which to start with sounded like everything! Plus most of the websites would contradict one another so I didn't know who to believe. I felt rather quite down about it. That's when I stumbled across this book. It's give clear, concise details about what you need to know about the condition & what to do to get rid of it. It has a step by step plan for what to eat & what not to eat and what to take (i.e. antifungal supplements & vitamins). It is written in a friendly yet informative manner and the author certainly sounds like she knows what she is talking about, especially since she has had her own experience with the condition. Ricki really knows what she is talking about and the recipes are addictively delicious! I just want to make EVERYTHING IN THE BOOK!!!!!!

Excellent resource for information about living with Candida. It includes basic information about how Candida infections develop and affect the body as well as how to get Candida diagnosed and how to make lifestyle changes to reduce the effects of Candida. There is a good discussion about various natural treatments, including the 3 stage Anti-Candida Diet. The recipes sound absolutely delicious! In my opinion, the fact that they are vegan are a plus, as this means anyone can use them; if you insist on eating animals (I guess most people call it meat!), you can add it to the recipes. I understand that the restrictions placed on the types of foods (no gluten, sugar or dairy, limited fruits and foods with yeast and mold) will be difficult for many people but are doable, especially given the alternative of continuing to have worsening symptoms from Candida. I would have to adapt almost all of the recipes because I am on an even more restrictive elimination diet due to additional health concerns. I love that Ricki gives substitutions for certain types of ingredients as well as detailed instructions. The photos of the food are beautiful as well!

This book is a life changer. Ricki Heller is amazing and has taken her knowledge and passion and REALLY has life changing information and recipes. Not only is the book exactly what anyone needs that suffers from sugar addiction, or that has compromised health that may be due to candida. Ricki has all the resources concisely put in this book and on her videos' etc. Outstanding book, amazing recipes.

I'm very disappointed with this book. It is terrible if you have soy allergies and/or have a hard time digesting other legumes. There are very few recipes that I can make as written. Good for a vegans - but otherwise not so great. I think most people with candida probably have a compromised digestion system - that would make it hard to digest so many bean products.

Firstly, I belonged to Ricki's blog and liked what I read. Then I got the 'heads-up" that the book was coming. I immediately pounced on it. I am in the throes of my candida cleanse, and this book is going to be my life-saver. I've already tried the recipes. PS: the Cauliflower soup is a-MAZING!!! My son and husband are picky eaters ESPECIALLY when it comes to anything that hints of Vegetarian or Raw - and they loved it.

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