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# The Everything Candida Diet Book: Improve Your Immunity By Restoring Your Body's Natural Balance (Everything®)

## The **EVERYTHING** Candida Diet Book

Includes  
**150**  
recipes!



Improve your immunity  
by restoring your  
body's natural balance

Boost energy

Prevent inflammation

Fight disease

Lose weight

JEFFREY McCOMBS, DC



## Synopsis

Change your diet and improve your health! You normally have a mix of good and bad bacteria in your digestive tract that, when kept balanced, helps you ward off infection and disease. But when this balance is thrown off kilter, candida, a naturally occurring yeast, is allowed to overgrow. This can result in headaches, intestinal and abdominal distress, skin rashes, or even memory loss. If you're experiencing trouble with candida, The Everything Candida Diet Book can help you restore a healthy balance. With expert medical advice, readers learn: The causes of candida overgrowth. The effects of too much candida and how to control it. How to build a healthy immune system. Foods to avoid to keep your digestive system in balance. The key to taking back digestive control is a healthy diet. With 150 recipes for healthy and flavorful meals, The Everything Candida Diet Book can help you get your health back on track in no time!

## Book Information

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Parasitology

## Customer Reviews

Its a good idea to always follow this protocol, the diet guideline makes good common sense.

This is the best book for Candida that I have found. It offers a sensible and doable plan. It is for vegetarians and meat eaters. Dr. McCombs offers encouragement and guidance that is very valuable.

Nice book for beginners, all the essential information in a great summary

I appreciated all the content I learned while reading this book! This book provides the background to help understand the effects candida has on the body and ways to address it in a healthy way. This is packed full of beneficial information about candida from the history to recipes you can make that are easy and delicious. This is one of those books you can keep referencing for health tips; I know I will. Everyone can benefit in some way from reading this. I highly recommend checking this book out!

I like the recipes provided in the book as well as the useful information on fighting the condition.

Good book. Read other peoples reviews n glad I purchased.

Great information- Very helpful, full of common sense

Good book to read. Has some good heathy recipes

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You Need To Know **\*\*BONUS\*\*** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Alkaline Diet: 2 manuscripts: A Complete Guide For Alkaline Diet, Alkaline Diet Cookbook: Balance Your Acidity Levels & Learn 40 New Amazing Alkaline Diet ... Eating, Optimal Health, Lose Weight Book 3) Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels...: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes, ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) 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 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

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