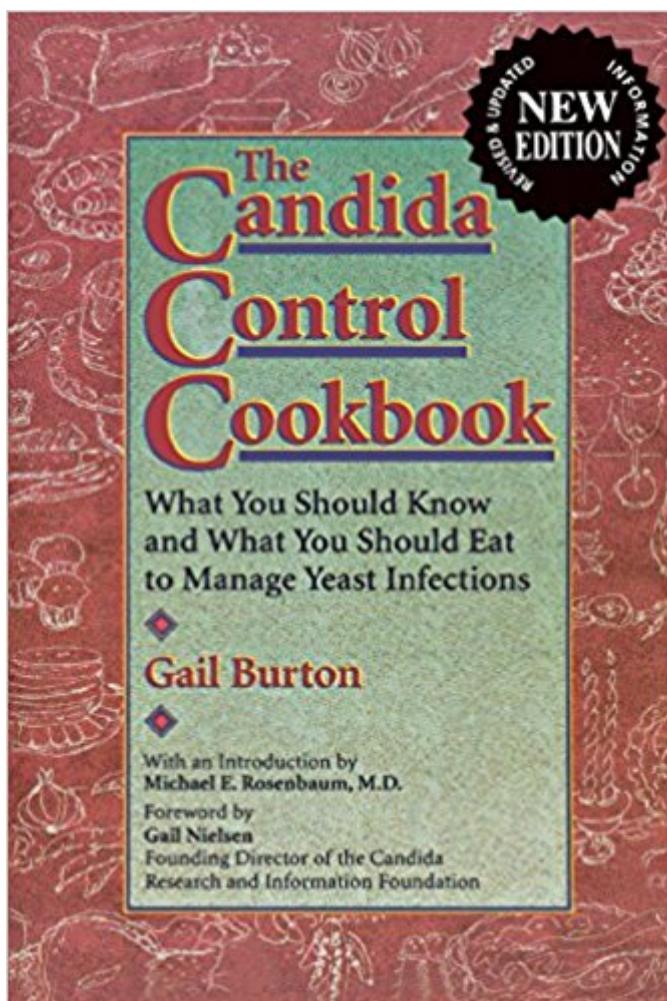


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# The Candida Control Cookbook: What You Should Know And What You Should Eat To Manage Yeast Infections (New Revised & Updated Edition)





## **Synopsis**

Candida is a toxicity syndrome that affects millions of women, but the diet that doctors recommend to patients with this affliction severely restricts many of the foods that make life pleasurable - all sugars, most fresh fruits, milk and milk products, white rice, barley, wheat, most cheeses, all alcohol and fizzy drinks, mushrooms, coffee and most flours. When Gail Burton, a gourmet cook and former food writer from California learned how drastically her medical condition limited her menu options, she wrote the book to help fellow sufferers reintroduce variety and taste into their otherwise bland diets - without sacrificing their health. She includes over 150 yeast-free gourmet recipes from appetizers to desserts, a food chart of problem and permitted foods, a 14-day menu planner, and lists of safe substitute products and sources, including manufacturers.

## **Book Information**

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## **Customer Reviews**

The forward part of the book was one of the most concise and understandable description of the candida issue and what is required to help cure it. The recipes were not that innovative nor useful for families with young children. One of the biggest challenges I have with my clients is that they need to have food to replace some of the things they have been addicted to to get over the "hump" of the diet. I mostly work with children who have learning issues and candida is a big issue for some of them. I am looking for more "kid friendly" recipes and things that can be packed for school lunches. These recipes might be more interesting for adults who like different ways to cook adult foods.

The information is outdated. It says "new", but the last copyright was 1995. Many foods/food ingredients were ones that are not allowed in the current book, the Complete Candida Yeast Guidebook, 2000 that came with the three-book suggested combination. Still, there are recipes the I can use or try to adapt.

This book does present some new information that I haven't seen in other Candida related books. In light of this, it would have been very helpful to have better documentation of the references so that I could more accurately weigh their value against my other information sources. That is, I would like to see footnotes throughout instead of just a reference page in the back. The author advocates a low carbohydrate diet. Regarding this, there is one major flaw in this book (to the best of my knowledge). The author says that vegetable glycerin is an acceptable sweetener to replace sugar, etc., and that it has NO carbohydrates. In fact, vegetable glycerin is 100% carbohydrates. I obtained this information directly from the manufacturer that sells the product in my vicinity. The product does not have sugar grams, however, which still makes it a good sugar substitute. The misunderstanding is probably due to the fact that the product does not have a nutrition label. More complete nutrition information on the recipes would also be helpful. Currently, they only show total carbs.

Lots of recipes. But wish there was a full month or 2 week menu with grocery list included. It would help planning especially for someone just changing their diet.

There are a few good recipes in this book. I am not interested in trying them all but a handful are really nice.

This was a gift so I didn't read it personally. However I have read previous books about Candida.  
Thanks, Liz

I really like this cookbook because the recipes don't call for coconut oil, which I am not fond of.

Great recipe's opened up a whole new world, and I think I will be at the end very soon. Gail gave much information that helped me to find something to eat! Along with another book with recipes for Candida. I thank her for sharing. Nancy

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