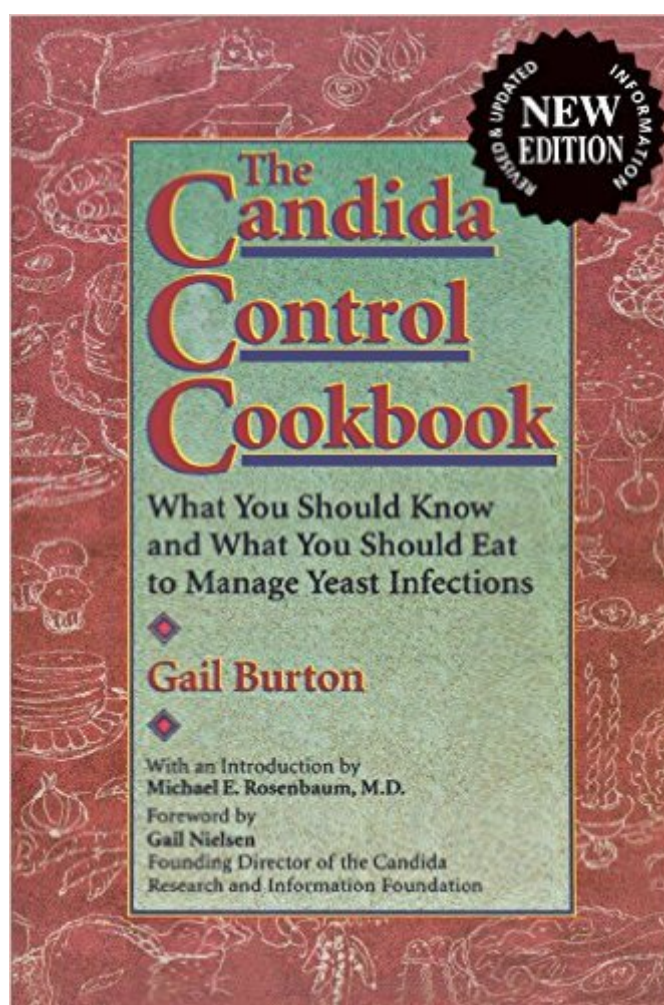


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# The Candida Control Cookbook: What You Should Know And What You Should Eat To Manage Yeast Infections (New Revised & Updated Edition)



## 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

I started this diet in 1997 on the advice of my allergist and it lasted 2 years until I started working a 12 a day job when I didn't have time for it any more. Within 5 weeks of starting this diet I no longer had migraines, constantly stuffy head or sneezing, 2 years without a yeast infection or athlete's foot. After about 4 years off of this diet it all started again. I am purchasing this book again so I can feel better again. Pleased to have found it so easily.

This book is informative and gives a good idea of what to eat and not to eat. I appreciate the many recipes showing a variety of ways to prepare the limited foods we are allowed to eat during the die off period.

This book saved my husband's life - Really! He had tons of gastric intestinal issues that medical doctors wanted to treat with the purple pill. So, he tried the purple pill. This led to side effects and worse troubles. I did some research to discover his problems may stem from candida. Desperate, he was willing to try anything. After just a couple days, he felt better on this diet. He stayed on it for a few months and pounds fell off of him, and he no longer has the gastric intestinal issues. Praise God, and thank you Gail Burton. You are a hero.

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 that I can use or try to adapt.

There are some good recipes in this book. Especially, the sauces and dressings. When your doctor tells you to go on this diet, the first thing you say is, "Well, What CAN I eat?" It seems like there aren't any food groups left. Don't panic and don't starve, just pick up this book and skim thru it, you will see that there are things you can eat and be satisfied with.

Just starting out my struggle with fighting back at Candida Albicans overgrowth for years and years, I was so bummed at such limited dietary options that were "safe" for me. This cookbook has lots of recipes- some good, some bad, and some great. Salad dressing options are wonderful! I have tried 4 of the "cookie" recipes and would only repeat one of them (pecans one). The stuffed salmon is something delicious enough my boyfriend loves it and will eat with me (otherwise, when I make boring food he makes his own meals). There are several recipes that get you thinking how you can change the way you cook things and switch it up- free-style with what you're allowed to have to make everything more tasty. You don't have to come to hate food while battling Candida and this cookbook is something I use DAILY and have for weeks. Without this I would be having plain meat and veggies only still.

I like the information in this book, but most of the recipes don't work well if you follow them as outlined in the instructions. There are either missing steps, such as tenderizing chicken, or instructions that are just plain wrong, such as making sauces (you need some liquid!) or reheating a dish that has "homemade mayonnaise". I don't think many of these recipes were actually tested. If

you are new to cooking, don't buy this book because you'll be frustrated when things don't turn out.

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.

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