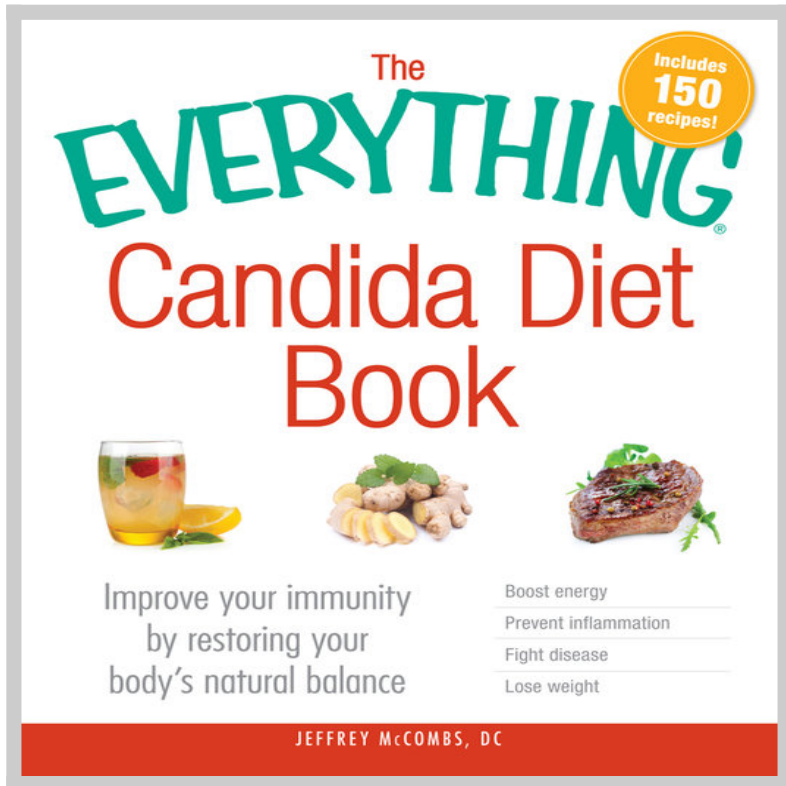


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The Everything Candida Diet Book Book Preview

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!