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# Beat Candida Through Diet: A Complete Dietary Programme for Suffers of Candidiasis

## BEAT CANDIDA THROUGH DIET

*A complete  
dietary programme  
for sufferers of  
candidiasis*

GILL JACOBS  
RECIPES BY JOANNA KJAER

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### Description :

Prsentation de l'diteurLargely dismissed by the medical profession, the increasing incidence of candida-related health problems has been called 'the silent epidemic'. All of us have the yeast organism candida albicans in our bodies. It is only when the production of candida gets out of control that there are problems - recurrent thrush, chronic fatigue, mood swings, headaches, indecisiveness, memory loss, insomnia, muscle ache, abdominal pain, constipation, loss of sexual desire - are just a few of the common symptoms that

indicate that candida overgrowth may be present in the body. Identifying trigger foods is the key to combating the problem. But where do you start? This book includes a complete Candida Maintenance Programme and features delicious and easy recipes from leading cookery writer Michelle Berriedale-Johnson. Largely dismissed by the medical profession, the increasing incidence of candida-related health problems has been called 'the silent epidemic'. All of us have the yeast organism candida albicans in our bodies. It is only when the production of candida gets out of control that there are problems - recurrent thrush, chronic fatigue, mood swings, headaches, indecisiveness, memory loss, insomnia, muscle ache, abdominal pain, constipation, loss of sexual desire - are just a few of the common symptoms that indicate that candida overgrowth may be present in the body. Identifying trigger foods is the key to combating the problem. But where do you start? This book includes a complete Candida Maintenance Programme and features delicious and easy recipes from leading cookery writer Michelle Berriedale-Johnson. Do you suffer from one or more of the following? - recurrent thrush - chronic fatigue - headaches - abdominal pain - constipation - sugar cravings - yeast intolerance - severe PMS - digestive problems - deterioration in health since taking antibiotics, the pill, steroids or HMT. If so, then candida could be your problem. This book provides a practical step-by-step plan for managing your diet and lifestyle to help control candida (yeast) overgrowth in the body. Gill Jacobs takes you through the candida maze, clearly explaining what it is, how it is caused, how to test for it, and why there is often an underlying problem with the way we digest food. The principles of digestion and health are explained, and detailed guidelines are given on all aspects of candida control - probiotics, the latest natural anti-fungals, and supplements to boost immune defences. Containing guidance on which foods will help and which foods won't, this book includes the 3 stage Beat Candida Diet and over 100 recipes for everyday eating and entertaining by Joanna Kjaer, leading expert on special diets.