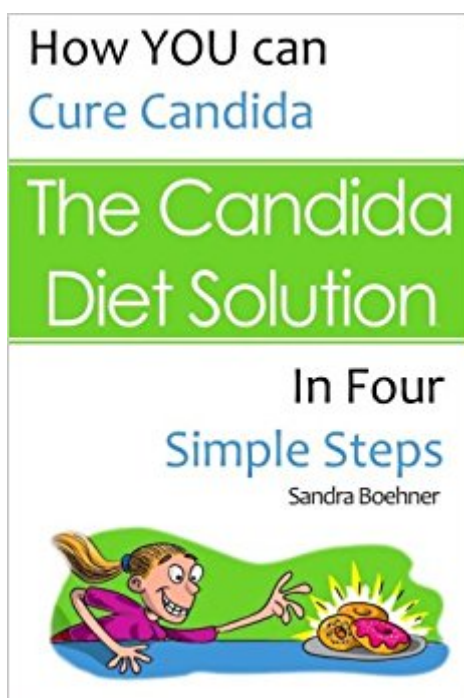


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# The Candida Diet Solution: How You Can Cure Candida In Four Simple Steps



## Synopsis

Cure Candida in Four Simple Steps Written by a former Candida sufferer, Sandra Boehner gives you a down-to-earth, honest account of what it's like to battle Candida and what you need to do to overcome it. This book contains the key messages from the author's blog, [www.candidadietplan.com](http://www.candidadietplan.com), in an easy to read format. Have you ever felt completely confused by all the information surrounding the Candida diet? Well, you're not alone! This book has been described as invaluable and that it's "like having a pal who's already gone through the phases of the diet who you can go to for genuine advice." It has consistently been regarded as "the easiest plan to follow to beat Candida with the most practical instructions." Sandra has also been praised for her "personal, caring approach" and her "encouraging, positive spin on the diet." Readers have described her story as "inspirational" and the information she gives in her book as "essential in clearing up confusion from conflicting info about what to eat and what not to eat -- and why." Even readers who have heavily researched Candida (and how to cure it) have given her kudos for providing direction in shaping their new diets. Sandra will help you cure Candida and transition from your current diet to a healthier, sugar- and gluten-free lifestyle. Imagine being able to:

- ✓ Heal Candida
- ✓ Boost your immune system
- ✓ Reverse food intolerances
- ✓ Heal your digestive system and other health problems
- ✓ Feel more radiant and full of energy

These are the very things you'll be able to achieve after following this guide! Following this simple four-step plan, Sandra walks you through each of the stages needed to get you a clean bill of health. This is a tried and tested approach that nearly 1,000 people have already successfully followed! It is not an overnight Candida cure because there is no such thing. This is the exact road-map that Sandra and many others have followed to lead them back to a healthy and normal life. Although this e-book doesn't contain any robust, elaborate recipes, it does link to all the latest recipes on the author's website, [www.candidadietplan.com](http://www.candidadietplan.com). These are free recipes that are updated regularly, so you'll always be in for a treat! Seeing what Sandra experienced as she transitioned through each phase of the diet will enable you to avoid the mistakes she made and benefit from her extensive experience -- plus that of her blog community. Now you can stop worrying about what to do and start focusing on healing!

## Book Information

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## Customer Reviews

When first diagnosed with a Candida and gluten intolerance, Sandra Boehner started creating sugar and gluten-free foods that helped her manage her health problems. Through diet and natural treatments, she overcame Candida, eczema, thyroidism, depression, sinus infections and recurring yeast infections, amongst other health conditions. At one point, Sandra suffered from eczema and allergies so severe that 90 percent of her body was covered with severe inflammation that could have been mistaken for third degree burns. The Candida diet plan helped her heal all the infections and sensitivities in her body. During this period, she started [www.candidadietplan.com](http://www.candidadietplan.com), a blog devoted to helping people reverse their food allergies and Candida-inflicted health conditions. She now lives in Cornwall (UK) with her partner, Johnny.

This is a simple, but perfect book for Candida, but also has applications for stuff like weight loss, overcoming sugar cravings and healing recurring sinuses, skin and yeast infections. Plus, you can really boost your immune system by following this wholesome low-carb diet! Give it a try! The sooner you start, the better.

I appreciated way Sandra mapped out her recommendations for a candida diet. Based on other material I've read there doesn't appear to be a unified philosophy on when to eat yogurt and fruit such as green apples and berries. Some guidelines suggest eating plain homemade yogurt from the beginning of the diet is okay.

Honest to good helpful book!!! First time I learn what was going on... The diet tip is super helpful I never knew all that info but my only advice don't go into the diet so fast do it gradually and build ur

body to be stronger step by step. Buy this book if ur a women and u have prob down there!!

I have been struggling with an over growth of yeast in my digestive tract for over six months so I know the basics of treating this disease, but it was good to get some extra tips for treating with antifungals, probiotics, and different food additives to avoid. I also love her website which has some practical recipes to actually eat food instead of always guessing. I love it! If you already know the basic causes of candida and foods to avoid, her website is [candidadietplan.com](http://candidadietplan.com)

It was kinda helpful. Unfortunately, I can find most of the info online. However, if I didn't do the research myself I do recommend purchasing this ebook to read. It will save you time.

did not contain realistic information.

Great book, I have had bad stomach problems which related to candida. This book is very helpful and giving you the information you need to get candida out of your body and maintaining a healthy lifestyle. Love it!

This is a great book if you are interested in gut health and how to remedy the issues candida can cause. We don't have to be sick! The cure is in our control!

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