



# The Candida Directory: The Comprehensive Guidebook to Yeast-Free Living

*Helen Gustafson, Maureen O'Shea*

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*Candida albicans*, in its benign state, lives quietly within our bodies. But when confronted with wide-spectrum antibiotics, birth control pills, steroids, and a sugar-rich diet, this yeast can proliferate, causing a variety of medical problems. Depression, anxiety, tiredness, allergies, and migraine headaches are some of the symptoms. In the past, besides medication, this disease has been treated with a strict carbohydrate-free diet that not only starved the Candida, but also starved the patient.

Former Candida sufferer Helen Gustafson and nutritional consultant Maureen O'Shea join forces to create this user-friendly manual for coping with Candida. A symptom chart leads you through the three stages of a specially tailored diet.

With over 60 recipes contributed by such well-known chefs as Marion Cunningham, Nasari David, Wolfgang Puck, and Alice Waters, each stage is a veritable feast of possibilities.

This innovative collection of exciting dishes would not be complete without an alphabetical listing of different foods and when they are allowed on the diet. Meal plans and sources for nutritional supplements and anti fungal preparations are presented in an easy-to-use format. The Candida Directory is indeed the most effective tool you can use to put yourself back on the road to recovery and optimum health.

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