



The Everything Candida Diet Book: Improve Your Immunity by Restoring Your Body's Natural Balance

Jeffrey McCombs

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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!

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From reader reviews:

Walter McBride:

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Allison Price:

The reason? Because this *The Everything Candida Diet Book: Improve Your Immunity by Restoring Your Body's Natural Balance* is an extraordinary book that the inside of the e-book is waiting for you to snap this but later it will jolt you with the secret the item inside. Reading this book alongside it was a fantastic author who all write the book in such an awesome way makes the content inside easier to understand, an entertaining method but still conveys the meaning totally. So, it is good for you for not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of advantages than the other book possesses such as help improving your talent and your critical thinking method. So, still want to delay having that book? If I were being you I will go to the guide store hurriedly.

Richard Mills:

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