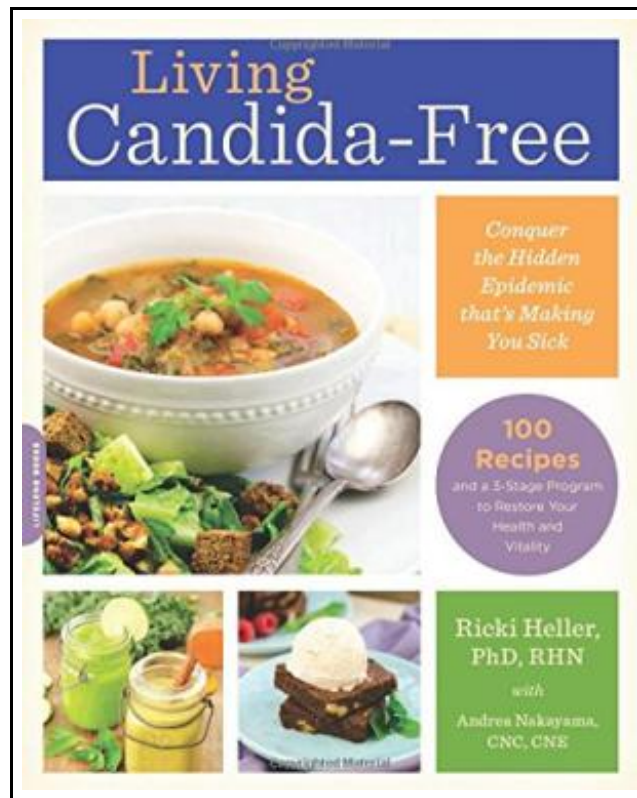


## Living Candida-Free: 100 Recipes and a 3-Stage Program to Restore Your Health and Vitality



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The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Living Candida-Free: 100 Recipes and a 3-Stage Program to Restore Your Health and Vitality, Ricki Heller, Andrea Nakayama, Discover the hidden epidemic that may be making you sick--and a delicious food- based program that can help you heal Candida yeast is a normal part of a healthy digestive tract. But once the body's internal balance of "good" bacteria and other organisms has been upset, candida can grow out of control, resulting in a host of other symptoms from chronic fatigue and digestive disorders to skin conditions and allergies. The good news is that the key to rebalancing that internal environment just may reside in your kitchen. Health and wellness blogger Ricki Heller and functional nutritionist Andrea Nakayama demystify this challenging condition and share a food-based program to help you get your body back on track. A practical, accessible guidebook, Living Candida-Free offers: a customizable three-stage program, with an optional Fast Track plan strategies to transition to eating the anti-candida way with ease tips for stocking your pantry, with lists of key ingredients and substitutions 100 satisfying, plant-based recipes for every meal--including dessert!.



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