



# The Candida Cure Cookbook: Delicious Recipes to Reset Your Health and Restore Your Vitality

*Ann Borch*

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## **The Candida Cure Cookbook: Delicious Recipes to Reset Your Health and Restore Your Vitality** Ann Boroch

Designed to help you beat candida (yeast) overgrowth, get healthy, and lose weight, the delicious and nutritious recipes in this easy-to-use cookbook are all sugar-free, dairy-free, gluten-free, and yeast-free. Candida overgrowth, says award-winning author Ann Boroch, is the hidden cause of many health conditions, from allergies, bloating, IBS, sinusitis, and fatigue to eczema, anxiety, depression, brain fog, and autoimmune disease. A certified nutritional consultant and naturopath, she developed her effective candida-cure program after healing herself of MS. Today, one out of three people suffers from candida overgrowth, most without ever realizing it. One of the causes of this out-of-balance condition is a poor diet. Eating the right kinds of foods, ones that don't create inflammation or feed yeast and fungus in the body, can help control candida, reset the body's balance, and bring back your energy. If you've tried different approaches to heal a nagging health problem without success, or if you just can't seem to lose weight or don't have enough energy, Ann Boroch's candida-cure diet could be the answer for you. The wholesome recipes in this official companion to her popular book "The Candida Cure" can help anyone eat clean and feel great, and they make sticking to a candida program easy. Ann Boroch collaborated with chef Alison Charbonneau to create the wide variety of irresistible recipes you'll find here, from breakfasts, beverages, breads, and snacks to main dishes, salads, side dishes, dressings, dips, and desserts, all made without gluten, sugar, dairy, or yeast. Along with the more than 140 recipes and beautiful color photographs, "The Candida Cure Cookbook" provides an introduction to the causes and symptoms of candida overgrowth and the health problems it can create, a questionnaire to determine if candida is a problem for you, an easy-to-follow four-week menu plan, lists of foods to eat and avoid, recommended products and equipment, and handy tips for meal prep, shopping, and stocking your pantry. With all these tips, guidelines, and recipes, "The Candida Cure Cookbook" will help you nourish your body, add variety to your meals, and discover that eating healthy can taste great. Anyone who wants to eat clean, whole foods, experience more energy, lose weight, and stay energetic and healthy, even as they age, will benefit from this book.

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