



# **Cure Candida Cookbook: Over 40 Recipes That Will Help You Cure Candida Fast! Candida Diet, Candida Cookbook, Candida Cure**

*Alexa Frank*

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Start feeling happier and healthier in only a few weeks!

If you often feel exhausted, have an inability to focus, have poor memory problems, have digestive problems such as gas or bloating, skin problems such as fungi or eczema, yeast infections, urinary tract infections, and/or allergies, it could be due to an overgrowth of candida in your system.

With this simple diet plan, you will start to experience those symptoms less and less and feel more and more energetic and generally healthier, and all it takes is a few small sacrifices, hard work, and discipline.

In this book, you will learn the following:

What is candida

What are the causes and symptoms of candida overgrowth

What problems are caused by having candida overgrowth

What foods to avoid

What foods you can have

Additionally, you will get great recipes for breakfast, lunch, dinner, snacks, desserts, smoothies, shakes, and other beverages – 40 in total! Imagine hosting a Game Day party with a healthier version of buffalo chicken wings and turkey chili, or showing up at your kids' bake sale with sugar-free chocolate brownies that are still just as delicious as the regular kind, but much healthier! Don't forget those family sit-down meals with entrees like yeast-free spaghetti with meat sauce or healthy black bean and sweet potato hamburger patties (on yeast-free bread using the recipe included in this collection).

Don't delay working on a healthier, happier you! Grab your copy today by clicking on BUY NOW at the top of this page!

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