



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

*Ricki Heller, Andrea Nakayama*

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**Living Candida-Free: 100 Recipes and a 3-Stage Program to Restore Your Health and Vitality** Ricki Heller, Andrea Nakayama

From a popular health and wellness blogger and author, an expansive, programmatic approach to following an anti-candida diet--in three stages and 100 recipes.

Candida is a type of yeast that grows in the human body. An overgrowth of it has been found to be at the root of health problems, from chronic fatigue and digestion disorders to skin conditions and allergies; health professionals are calling it a hidden epidemic. One of the main instigators of candida overgrowth is sugar, which the average American consumes at the rate of more than 70 pounds per year.

*Living Candida-Free* offers a complete exploration of this condition and an expansive approach for anyone wishing to follow an anti-candida diet. A comprehensive guidebook filled with practical, realistic strategies for living a life free of refined sugar, *Living Candida-Free* includes a three-stage program; tips on how to transition to eating the anti-candida way; information on herbal supplements and treatments; a full list of ingredient substitutions; and delicious, satisfying recipes that anyone can prepare.

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