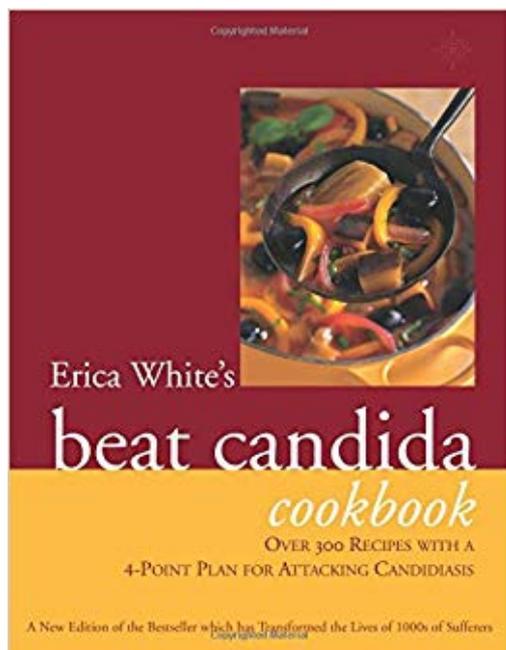


## Erica White's Beat Candida Cookbook *by* Erica White



**ISBN:** 0722538561

**ISBN13:** 978-0722538562

**Author:** Erica White

**Book title:** Erica White's Beat Candida Cookbook

**Pages:** 160 pages

**Publisher:** Thorsons (November 25, 1999)

**Language:** English

**Category:** Diets & Weight Loss

**Size PDF version:** 1290 kb

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Suffering from both candidiasis and chronic fatigue syndrome, Erica White embarked on a self help diet and supplement plan to free herself from illness.



## Reviews of the Erica White's Beat Candida Cookbook *by* Erica White

### **Gashakar**

Way helpful and informative. Easy read.

### **Gholbithris**

The book's last four pages were eaten through and stuck together by a fuzzy mold, no attempts to even remove the mold before selling the book. The book also smells musty. (Funny that). The book content looks good though it is hard to read because of the smell, picturing mold particles making their way up my nose.

### **Binthars**

Good cookbook.

**Gavidor**

Con un lenguaje sencillo y agradable se explica como la candida puede afectar una persona y qué hacer para vencerla. Encuentro que las recomendaciones son muy utiles. No dudes en comprarlo.

**Yananoc**

The author, herself, says that many of the Candida cures she has seen through the years are not strict enough and the patient is never totally cured, or, they are too stringent, and the patient is unable to hold out long enough to be totally cured. I firmly believe that Erica White has found that middle way. In addition, she uses modern methods, enabling her to help hundreds of patients from around the world via phone consultations, mail testing, and consultaion, and, of course, email. In this way, you take the information in her book, plus the individual follow-up she offers and your chances of getting cured, if motivated, are extremely high.

**melody of you**

The book is definitely of little use to me.

I have a severe case of Candida, everytime I eat carbohydrates of any kind. i.e. Potatoes, whole wheat, oats, my Candida flares up.

The book is completely FULL OF WHEAT AND CARBOHYDRATE recipes. You will be surprised!

**Mightsinger**

A lot of Christian tosh interspersed with some useful information about practical steps to take to get Candida under control. The recipes are useless for people following food-combining or gluten-free diets. Overall, I wish I never bought it.

**Related PDF to [Erica White's Beat Candida Cookbook](#) by Erica White**

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[Curing Fatigue: A Step-By-Step Plan to Uncover and Eliminate the Causes of Chronic Fatigue - David Sheffield Bell](#)

[Travels With My Lovers - Erica Miner](#)

[Candida Control Cookbook - Gail Burton](#)

[Pediatric Chronic Fatigue Syndrome - Kenny L.](#)

**Demeirleir,Neil R. Mcgregor,Elke L. S. Van Hoof**

**When Life Gives You O.J. - Erica S. Perl**

**Wellness Piece by Piece: How a Successful Entrepreneur  
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Sullivan**

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