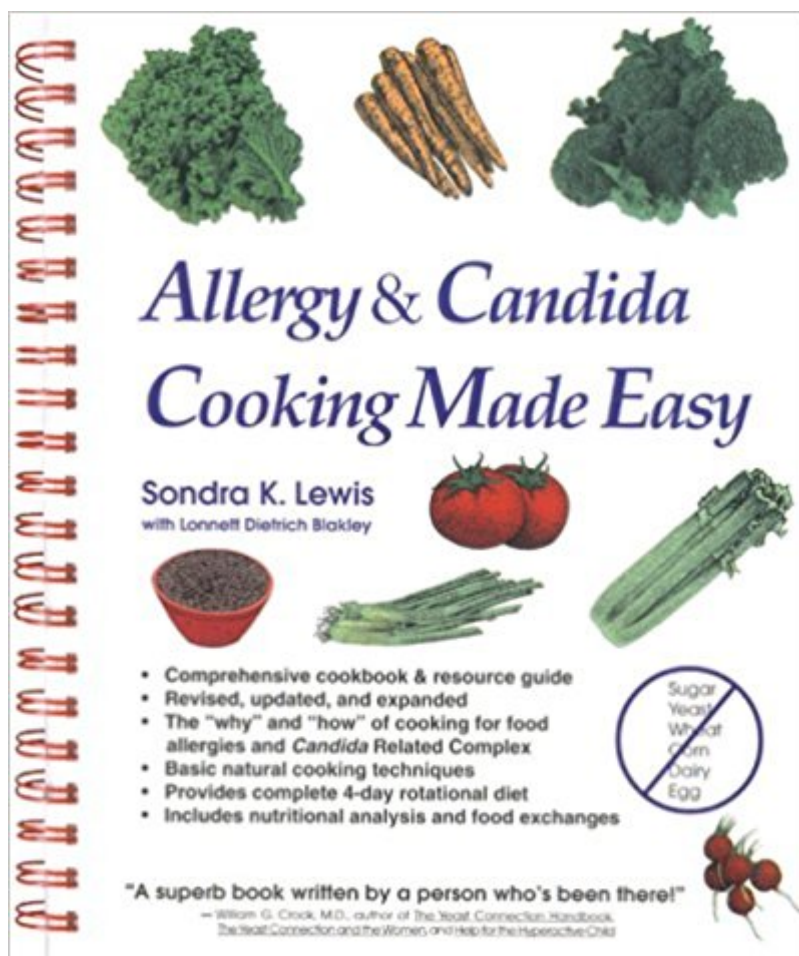


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# Allergy & Candida Cooking Made Easy



## Synopsis

Allergy and Candida Cooking Made Easy is out of print. Why pay over the original retail price for a 1996 copyright and outdated information? But instead purchase the book's third edition, Allergy and Candida Cooking by Sondra Lewis with Dorie Fink, 2005 copyright.

## Book Information

Spiral-bound: 288 pages

Publisher: Canary Connect Publications; 1st edition (November 1996)

Language: English

ISBN-10: 0964346214

ISBN-13: 978-0964346215

Package Dimensions: 11.4 x 9.5 x 1.1 inches

Shipping Weight: 1.7 pounds

Average Customer Review: 4.7 out of 5 stars 9 customer reviews

Best Sellers Rank: #1,282,611 in Books (See Top 100 in Books) #48 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #206 in Books > Health, Fitness & Dieting > Nutrition > Food Allergies #5318 in Books > Health, Fitness & Dieting > Women's Health

## Customer Reviews

A superb book written by a person who's been there! This book should serve as an invaluable resource for any person with yeast-related health problems. I especially recommend it for those who continue to experience problems even though they take antifungal medication, avoid chemical pollutants, and take nutritional supplements. -- William G. Crook, M.D., author of The Yeast Connection Handbook  
Finally, a complete guide for my patients and myself. I refer to it all the time. -- B Schiltz, Nutritionist  
If you were to gather a few books together for a library covering natural foods preparation, this book by Sondra Lewis would be one of the best to add to your shelf. Many books have been written covering the field, however this book occupies a unique place because of its ease of use, helpfulness and applicability, and good basic coverage over a wide range of topics. It is especially valuable because it was developed through the personal needs and hands-on experience of the author. The thoughts and concepts were gathered and developed from a wide range of references, with the references fully documented. Highly recommended from beginner to expert! -- L Hendershot, consultant  
Sondra Lewis' knowledge of Candidiasis and the treatments for it is very impressive. In Allergy and Candida Cooking Made Easy she gives the medical background for problems related to Candidiasis and food allergies as well as providing useful techniques to help

individuals affected by them feel better. I highly recommend this book to anyone with Candidiasis and/or food allergies who is eager to actually get well by putting some much-needed effort into improving their diet while enjoying what they eat. -- Nicolette M. Dumke, author of Allergy Cooking with Ease

The "Helpful Hints" are full of ideas to make the special diet easier to follow. I often use the substitution tables for grains, thickeners, and eggs to adapt family recipes. Sondra gives detailed instructions on making tortillas and crackers from many types of grains and grain alternatives. The "Specialty Foods" section has fun stories of where different grains come from and explains how to use them. Love using the Resources section to order organic foods I cannot purchase locally. My 8-year-old son uses the rotations with ease. He simply turns to the list of foods for Day 1 (or 2, 3, or 4) and finds out what to eat for breakfast. He has even taken the book to school to explain his rotational diet to his teacher. It took the mystery out of it for the class. -- Judy J., IA

This is the best cookbook I have seen on the subject of Allergy and Candida. Compared to other cookbooks, it is much more detailed and has a larger variety of foods and recipes. I like the idea of the four day meal planning and recipes with a wide variety of foods. It makes meal planning much easier to follow. The spiral binding allows the book to lay flat so that it is easier to read when following the recipes. Thank you for a much needed book on Allergy and Candida. -- Ross R., WI

The publisher has an updated third edition book in print called, Allergy and Candida Cooking by Sondra Lewis with Dorie Fink, 2005 copyright.

This book is very informative. It gives various examples of alternative diets that are very beneficial to a vast number of our population. I was first shown a copy of this book during my allergy testing with my ENT's nurse. I was so impressed by what I was reading I actually went on line and purchased it at for a very reasonable price, and it was in great condition! This was my first purchase from and I was very pleased.

I love this book so much, this is my second copy. I lost my first one that I bought 10+ years ago and just couldn't live without it. Try the griddle cakes, so easy and so good!! I bought a copy for my mother and grandmother. They love it too. And don't be surprised if you start losing weight by default. Enjoy.

i received the book. I have not made anything from it yet but it looks interesting. I will enjoy trying some of the recipes and hope they will help with my condition.

A few years ago I had to learn how to cook all over again when I discovered that I not only had multiple food allergies but also candida overgrowth. I struggled to adapt recipes, lost way too much weight, and just generally felt deprived all the time. Then I bought this book. The range and variety of recipes is excellent and almost every one of them that I have tried is tasty. I also appreciate that the author provides multiple alternatives for each recipe. So, you can select from these vegetables, these nuts, these thickeners, etc., to adapt the recipe to your own needs and limitations.

Excellent! By mastering these techniques, I now feel much more comfortable about developing my own recipes based on what's in season and what's in my rotation. When my daughter-in-law recently learned that she, too, has multiple food allergies, I bought her this book. Like me, she loves it. I highly recommend this to anyone struggling with either candida or allergies. My Name is Grace

I recently found by default that I am suffering from Candida Overgrowth and set out to find all the information on it that I could. I found a lot of books that told me what I needed to do and eat; however, I had trouble with finding any that had recipes of the kinds of meals or foods that I like to eat. Then I found this cookbook! It explained about Candida and gave a list of possible symptoms, and then it gave a list of what a Candida sufferer should and should not eat, and gave some information on some of the ingredients that it uses in the recipes. It explained the connection between Allergies and Candida, as well. I hadn't really made the connection. I love this cookbook. Now, I can watch what ingredients go into the meals that I eat and I can really enjoy eating them (instead of choking them down) when they have been prepared! I waste less food and fewer ingredients! It contains recipes that are free of Sugar, Yeast, Wheat, Corn, Dairy and Egg. Other books that I have really gotten good use out of are "The Body Ecology Diet", "Allergies and Candida with the Physicist's Rapid Solution", and "Complete Candida Yeast Guidebook". "Allergy and Candida Cooking Made Easy" has a wonderful baked chicken recipe that I thought was wonderful! "Complete Candida Yeast Guidebook" has a Guacamole recipe that is absolutely delicious! I didn't consider that I would be able to eat anything like those again! I could go on and on; but the best way to know the simple (almost back to "meat and potatoes") recipes is to try this cookbook. The guidelines have REALLY WORKED FOR ME!

This book was useful for a number of things - easy cooking directions, lots of recipes, and information on how to set up a rotational diet. Additionally it includes basic instruction for those of us (me!) who don't cook. It did seem to introduce sugar a bit soon to the diet as compared to other

books and it did not incorporate other good nutritional theory as a base (such as food combining, acid/alkaline theory, blood type theory, etc.). I used much of the information in this book, but modified it to incorporate things that work for me, such as not combining carbs and protein in one meal, limiting certain foods like tomatoes, using vegetable glycerin for a sweetener, and etc. Other very good references are The Body Ecology Diet (Gates), the Complete Candida Yeast Guidebook (Martin), The Candida Control Cookbook by Burton, and The Cure for All Diseases (Dr. Clark). A tip: Go slow & don't overwhelm yourself with all this new information at one time! It's a big change to go from limited time in a kitchen to spending most of your free time cooking. I've found it helps to cut out as many social obligations as you can while you rebuild your immune system and it really helps to pray for the strength to stick with the changes you want to make!

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that 60 million Americans suffer from some type of allergy. The Candida Cure: Yeast, Fungus & Your Health - The 90-Day Program to Beat Candida & Restore Vibrant Health Candida Cleanse Natural Cure: A Step-By-Step Guide to Candida Treating and Detox in 21 Days (Concerned about gluten free diets, wheat belly and yeast infection?) The Candida Cure The 90-Day Program to Beat Candida & Restore Vibrant Health The Candida Free Cookbook: 125 Recipes to Beat Candida and Live Yeast Free (Paperback) - Common The Candida Diet Solution: How You Can Cure Candida in Four Simple Steps Beyond Candida: Breakthrough Solutions for Candida, Yeasts, Dysbiosis and More Candida Albicans (Non-Drug Approach to the Treatment of Candida Infection) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Easy Korean Cookbook: 50 Unique and Authentic Korean Recipes (Korean Cookbook, Korean Recipes, Korean Food, Korean Cooking, Easy Korean Cookbook, Easy Korean Recipes, Easy Korean Cooking Book 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Allergy-Free and Easy Cooking: 30-Minute Meals without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, and Sesame

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