



The Candida Diet Solution: How You Can Cure Candida in Four Simple Steps

Miss Sandra Bohner

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Cure Candida in Four Simple Steps Written by a former Candida sufferer, Sandra Boehner gives you a down-to-earth, honest account of what it's like to battle Candida and what you need to do to overcome it. This book contains the key messages from the author's blog, www.candidadietplan.com, in an easy to read format. Have you ever felt completely confused by all the information surrounding the Candida diet? Well, you're not alone! This book has been described as invaluable and that it's "like having a pal who's already gone through the phases of the diet who you can go to for genuine advice." It has consistently been regarded as "the easiest plan to follow to beat Candida with the most practical instructions." Sandra has also been praised for her "personal, caring approach" and her "encouraging, positive spin on the diet." Readers have described her story as "inspirational" and the information she gives in her book as "essential in clearing up confusion from conflicting info about what to eat and what not to eat -- and why." Even readers who have heavily researched Candida (and how to cure it) have given her kudos for providing direction in shaping their new diets. Sandra will help you cure Candida and transition from your current diet to a healthier, sugar- and gluten-free lifestyle. Imagine being able to: • Heal Candida • Boost your immune system • Reverse food intolerances • Heal your digestive system and other health problems • Feel more radiant and full of energy These are the very things you'll be able to achieve after following this guide! Following this simple four-step plan, Sandra walks you through each of the stages needed to get you a clean bill of health. This is a tried and tested approach that nearly 1,000 people have already successfully followed! It is not an overnight Candida cure because there is no such thing. This is the exact road-map that Sandra and many others have followed to lead them back to a healthy and normal life. Although this e-book doesn't contain any robust, elaborate recipes, it does link to all the latest recipes on the author's website, www.candidadietplan.com. These are free recipes that are updated regularly, so you'll always be in for a treat! Seeing what Sandra experienced as she transitioned through each phase of the diet will enable you to avoid the mistakes she made and benefit from her extensive experience -- plus that of her blog community. Now you can stop worrying about what to do and start focusing on healing!

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