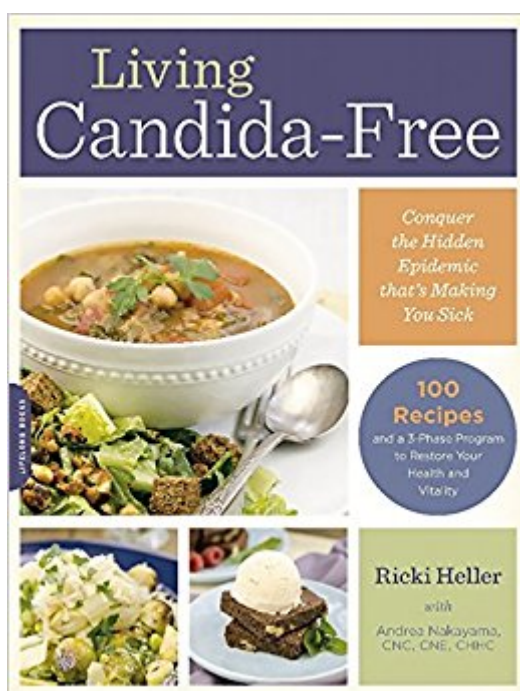


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# Living Candida-Free: 100 Recipes And A 3-Stage Program To Restore Your Health And Vitality



## Synopsis

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.

## Book Information

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## Customer Reviews

"Savvy Vegetarian, 1/24/15" I recommend Living Candida Free for everybody, healthy or not, vegan or not. If you don't have candida, this book will keep you from ever getting it. If you have just a bit of candida, it will help you restore balance and avoid a lot of misery. If you do have full on candida, this book, Living Candida Free, could help save your life." Vegan Culinary Crusade, 2/2/15 "Ricki's talent for recipe development is astounding. She works within all of the parameters necessary to live candida-free yet offers a delicious array of recipes for every stage of the ACD [anti-candida diet]

plan . . . this book is patient and honest and full of answers. It is everything you need when you want to stop suffering but know it is a journey to get to health." Zsu's Vegan Pantry, 2/12/15; Groundbreaking; This is an excellent book to assess just how much candida has grown in our bodies and how to treat it before it gets out of control; More than just a cookbook, it is a guide to improved health. — YumUniverse, 2/17/15; Takes a very complicated, sometimes overwhelming topic, and dials it in to an explanation that will empower readers immediately. — Fork and Beans, 2/17/15; If you have Candida or simply need to reduce your sugar intake, you NEED this book; It arms readers with everything they need to retake control of their lives and their health; Ricki Heller truly has a natural talent for making a restrictive diet seem doable and taste great. — Choosing Raw, 2/28/15; Ricki makes it look easy to create food that is hearty, tasteful, and evokes everyone's favorite meals (pancakes, casseroles, wonderful desserts) while also being health-oriented and mindful of special diets, including food sensitivities; [A] wonderful cookbook; That Ricki has created 100 recipes that are both anti-candida diet friendly and also delicious; recipes that anyone would love to eat; is a testament to her unique blend of culinary experience and health awareness. — Cooking Quinoa, 2/26/15; If you even think you might have a problem with Candida, this book is [a] MUST have. — We Love Fine Foods, 1/14/15; If you know you are eating too much sugar, do yourself a favour and buy this book. — InfoDad, 1/22/15; People who have been told to watch out for candida, or those who have had candida infections, will surely want to give this book at least a once-over; Heller deserves credit for not only providing recipes but also showing readers how they ought to look when followed. — Hallie Klecker, Daily Bites, 1/30/15; Ricki's low-sugar recipes are nowhere near lackluster. Flip through the 100 plant-rich, vegan recipes in Living Candida-Free and you'll quickly be inspired to grab your apron and get busy. Regardless of whether you have candida or not, I'd recommend this book for anyone seeking to heal and nourish by following a low-sugar lifestyle; If you're trying to cut sugar out of your diet, overcome candida, or simply love low-sugar and nutrient-dense food like me, Living Candida-Free needs to be in your life. — Vegan Culinary Crusade, 2/5/15; A comprehensive guide to restoring your health in the most delicious way imaginable. This is an incredible resource for anyone out there who thinks (or knows) they may have issues with candida; Ricki's talent for recipe development is astounding. She works within all of the parameters necessary to live candida-free yet offers a delicious array of recipes; This book is patient and honest and full of answers. It is everything you need when you want to stop suffering but know it is a journey to get to health. — The

Seasonal Diet, 1/28/15; This book is so good I read it in two days! Ricki does a great job of making candida (CRC) management less of a chore and more of a journey you want to embark on.

• If Your Body Could Talk, 1/28/15; I'm so excited about this book; [Heller] has given hope (and better yet; hundreds of delicious recipes) to vegetarians and vegans around the world who want to eliminate candida but don't want to turn away from their plant-based diet. Thanks to Ricki and her co-author Andrea Nakayama, this book is packed with easy-to-understand information about candida, comprehensive worksheets to help you determine your own level of candida overgrowth, and 100 delicious plant-based recipes that will help you rebalance your system and heal.

• The Savvy Vegetarian, 1/30/15; Living Candida Free is both a breath of fresh air and a beacon of hope. It's different from the usual run of candida books because it's based on a whole food vegan diet; Wherever you fall on the dietary spectrum, or whether or not you actually have candida (it's a safe bet that most of us do), I promise that Living Candida Free will help you. Ricki and Andrea are excellent teachers, full of knowledge, compassion and humor, each with long years of experience studying and battling candida, and helping others to overcome it.

• Spabettie, 1/22/15; Important and life changing! Living Candida Free has 100 recipes, but it is so much more than a cookbook. Ricki shares her vast knowledge of the anti-candida diet, including sample menus, detailed information and a plan about acceptable foods and foods to avoid, detoxification and restoring digestion, stages to reintroduce foods, pantry lists and so much more; Ricki's flavor packed techniques are also good for those wanting to reduce sugars in their diet, and is the first all vegan anti candida guide. Vegan, sugar free, gluten free; there are recipes for everyone!

• The Blender Girl, 2/25/15; The recipes are so incredibly delicious you won't even realize you're following an elimination diet!... The star of this book is the meal plans and recipes. Ricki is one of the most talented gluten-free, vegan recipe developers out there. Her recipes are always delicious and nutritious, and really simple.

• Canned-Time, 2/24/15; Ricki has a wonderful journey to tell about her long road down the Vegetarian, Vegan and Anti-Candida diet trails; You'll love Ricki's book.

• Heather Nicholds, 2/20/15; [Heller] is the go-to gal for info and recipes to help beat candida as a vegan.

• Taste for Life, March 2015; Learn how to obtain a proper diagnosis; detoxify your body and environment; repopulate your gut's good bacteria; and adapt to an anticandida diet.

• A Dash of Compassion, 3/2/15; Offers practical and realistic strategies for anyone wishing to follow an anti-candida diet, as well as more than 100 recipes that anyone; on a special diet or not; can enjoy.

• Gluten-Free School, 3/3/15; Ricki is a genius in the kitchen as well as equally brilliant on the topic of

healing candida. This new book (which is well worth purchasing) has over 100 new recipes that will not leave you hungry or feeling deprived! One of the biggest pluses about the book is that it walks you through the process of getting diagnosed with candida and then provides you with everything you'd need to know about tackling this health problem from a nutritional standpoint. If you need a plan and clear directions on how to finally kick candida's butt, Living Candida Free is hands-down a fantastic place to start.

– Jennifer Weinberg, MD, 3/5/15; A resource for naturally and holistically addressing health imbalances with real food approaches; Living Candida-Free is easy to understand yet provides a powerful strategy for living and eating without sugar, dairy, gluten, eggs and other potentially imbalancing ingredients. Food truly is medicine and Ricki Heller outlines a powerful and customizable plan for individuals dealing with candida and other digestive issues or those simply wanting nourishing, delicious and easy-to-prepare options! The book is packed with a range of delicious recipes.

– The Blissful Chef, 3/11/15; If you are sugar-free, gluten-free, corn-free, or any other free you must get Living Candida-Free!

– Bite Sized Thoughts, 1/20/15; Ricki manages to create delicious dishes and wonderful desserts; The range of dishes on offer is fantastic, with breakfast, lunch, dinner, snacks and desserts all well covered.

– Marfigs' Munchies, 1/19/15; Ricki's book truly takes the sting out of Candida by providing a realistic and flexible plan of action, meal plans, and some truly delicious recipes that aren't only for when the president comes to visit, but also for the busy weekday evening when you just want to eat your dinner in pajamas but still feel grand. Living Candida-Free is vegan-friendly (yay!) and really uses wonderful, everyday ingredients that won't take a chunk out of your wallet like most healthy living cookbooks do.

– Kelli's Vegan Kitchen, 2/16/15; So much more than a cookbook... Ricki has given a wealth of information.

– The Food Duo, 2/15/15; Ricki is an anti-candida superhero!... [There are] so many recipes that it's hard to say there's nothing I can eat. It's a great way to kickstart your journey toward optimal health.

Ricki Heller is an author, blogger, and instructor who has worked with food--from running a catering business to teaching cooking classes to writing cookbooks--for over 20 years. Her blog was nominated as a "Best Healthy Living Blog" by TheKitchn in 2013; for SHAPE magazine's "Best Healthy Eating Blog" in 2011 and named one of Saveur.com's "Sites We Love" in 2009. Her articles and recipes have appeared in Clean Eating magazine, Living Without Magazine, Canadian Living Magazine, The Montreal Gazette, The Globe and Mail, Zoomer.com, Tonic Toronto and others. An Associate Editor for the new Simply Gluten-Free magazine (vegan cuisine section), Ricki's work has

also appeared on The Huffington Post and KrisCarr.com. She shares recipes for sugar-free, gluten-free, allergy-friendly whole foods for an anti-candida lifestyle on her website. RickiHeller.com Andrea Nakayama, CNC, CNE, CHHC is a functional nutritionist, health writer, educator, and the founder of Replenish PDX and Holistic Nutrition Lab. replenishpdx.com

Buying Ricki Heller's book Living Candida Free and joining her Sweet Life community was the single best thing I have ever done for my health. After cooking for 4 boys for over 20 years, I was burned out and decided I was going to go the route of very simple meals. Many of those meals were to grab a fast (organic, but still processed) veggie burger or something similar. Recently, I became very sick to the point of lying on the couch and watching a movie was a huge effort! After 5 weeks of being sick, I went to my ND and she diagnosed Candida and suggested I go on the "Anti-Candida Diet". After looking at all the things I couldn't have, I was despondent. Seriously, "This was NOT going to be fun AT ALL", I thought. I went online and looked at the different books on this diet. After reading the reviews on the books, I decided to buy Living Candida Free because many people said it was EASY to understand. (And, it \*definitely\* was!) At the same time, I joined Ricki's group, The Sweet Life. There, I found support not only from Ricki, but also from a group of people that were going through the same process as I was. Best of all, when you join the group you have access to TONS of extra recipes. I started making recipes from the book, followed the diet strictly, and within one week I was feeling AMAZING!!! I could not believe the difference in just one week! Three weeks after starting the diet, I jump out of bed, can't wait to start cooking and have more energy than I have had in years! The biggest thing is that I feel I am eating better than I have in my life with incredible tasting meals! I don't feel I am being deprived of anything at all. In fact, my body is responding so positively to this way of eating, I can't imagine going back to processed foods and sugary desserts. I am slowly making my way through the recipes and OMG are they DELICIOUS!!! Pizza? It's in there. "Chocolate" pudding? It's in there. "Sun dried" tomatoes? Ketchup? Cookies? It's ALL there!!! THANK YOU, Ricki Heller, for writing this book and others, and for your amazing Sweet Life group! You have changed my life for the better!!

This book is PURE GOLD!!! I have done a lot of research on anti candida diets and, in my opinion, Ricki Heller is hands down the top anti candida recipe developer. I initially found her blog back in the day when I had to go through my first strict anti candida diet plus some other restrictions (eggs and dairy) that my immunologist advised at the time. Finding vegan anti candida tasty recipes is always challenging and her blog and books have been a life saver. Dealing now with the aftermath of long

time undetected Lyme disease I have to be very savvy with the amount of sugars I let into my system so that I don't feed bacteria and can function. Doing an anti candida diet is tough when you start, but it makes the world of a difference in the long run, and your tastebuds change and you won't be craving sugars in the future. Now, I am at a maintenance level but go strict anti candida once in a while as a cleanse. So, it is great to get some new ideas and the recipes are so yummy that they just become part of my daily repertoire even during non strict diet days :) I also highly recommend her other books - every time I go through their pages I find a new gem! I'm a baker at heart and this lady is a wizard in producing outstanding healthy gluten free low sugar content vegan treats - I always get compliments and get friends asking for the recipe whenever I bake one of her treats - and this includes people who are not on a special diet!!! ;) I'm now famous in my circle for her no sugar cut out cookies, her almond cookies, her coconut macaroons... :) :) It is also nice to find that her books are loaded with great recipes, unlike the typical specialized cookbooks that give you just a couple of decent ones and fills the rest of the book with so so stuff. Highly recommended - great investment for a healthier life at a very low price!!!

Was disappointed in some of the recipes, but still a good book to find some recipes for the candida diet.

Love this cookbook! Well throughout and Tammy recipes! I've already seen a difference just using it and sticking with it for 3 weeks.

great info and recipes

This book has saved me! You CAN heal while eating plant-based, which gives you a ton of needed micro nutrients. I love the recipes and it has helped answer many questions that come up. It's my go-to book right now!

This has a lot more recipes that I want to make than the original Candida-Free Cookbook by Ricki. I like it!

I can't tell you how much I appreciate this book. I got this to cook with my daughter when she visited who needs to be on this diet. Wonderful yummy satisfying recipes. So grateful to find it.

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