

The book was found

Healthful Eating: A Cookbook For Those With Candida, Celiac Disease & Diabetes



Synopsis

America has become a fast society. Fast food, fast medical fixes with antibiotics and fast paced living with little to no exercise. The result is more people with Candida and Celiac disease, expanding waistlines and Diabetes on the increase. Eating to control these diseases has been a lifetime of blandness followed by bouts of cheating for some variety and taste. No longer. This cookbook features over 200 recipes full of taste and variety that meet those dietary needs. Gourmet cooking is a passion of Lynette Hall. She studied America's great cooks and developed dishes from soups to nuts with everything in between. Her diagnosis with Candida started the development of this book. These recipes fit a busy lifestyle, the diet restrictions and are easy to prepare, most in 30-40 minutes. Variety abounds from American favorites to ethnic cuisine and a section devoted to condiments. Create your own catsup, mayonnaise and more!"Ms. Hall's book is a giant leap forward for families who know diet is health. Lynette's wheat free, dairy free, stevia sweetened recipes are unique and healthful for all of us, yeast infections or not. We will enjoy these recipes for years to come."-Dr. Conrad Maulfair, D.O.

Book Information

Paperback: 179 pages

Publisher: iUniverse, Inc. (August 1, 2006)

Language: English

ISBN-10: 0595400558

ISBN-13: 978-0595400553

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #653,817 in Books (See Top 100 in Books) #42 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida](#) #566 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#) #3208 in [Books > Health, Fitness & Dieting > Women's Health](#)

Customer Reviews

My alternative care physican, Dr. Maulfair (who wrote a blurb about the Lynette Hall on the back cover of this book) diagnosed me with Candida. He recommended this book to me and I am now Candida free thanks to the delicious recipes Lynette has created. I think it's wonderful that a doctor points his patients to getting to the root of a problem nutritionally. Thank you Lynette and Dr. Maulfair!

I really love the recipes but I don't know what I am supposed to not eat in the beginning. Some statements say these are for maintenance times but I am not sure when I am in what period. I do like the book and would recommend it to those who already are getting rid of yeast problems and are "in the know" on what to do first. Good easy meals and great tasting.

This book addresses two problems that I have. Orders from my doctor to stay away from gluten and sugar. I am only allowed Stevia. (and not the kind that has added fillers). This book is very helpful.LD

The recipes in this cookbook are absolutely perfect for my medical conditions: candida overgrowth, diabetic, and celiac disease. I am hoping to have great benefits from using these recipes.

[Download to continue reading...](#)

Healthful Eating: A Cookbook for Those with Candida, Celiac Disease & Diabetes
Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes)
Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac)
Candida: Cleanse Your Body And Cure Candida Forever (Candida, Yeast, Fungi, Gluten Free, Gluten Intolerance, Wheat Free, Wheat, Belly, Grain, Brain, autoimmune, Atkins, celiac, Lyme)
TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes)
Diabetes Diet: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure)
Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1)
Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes)
The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1)
Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar)
Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate

Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: The Most Effective Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar, Diabetes free, Diabetes Cure, Reversing Diabetes) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Candida: the two minute Candida cure:: new details added April '16 about the unique probiotic Candida is very sensitive to Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Diabetes Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1) Diabetes: Reverse Diabetes With Proven Step By Step Methods And Superior Strategies (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes)

[Dmca](#)