



The Candida Cure Cookbook: Delicious Recipes to Reset Your Health and Restore Your Vitality

Ann Boroch

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Give your body and your taste buds a boost with these nutritious *and* delicious recipes—all sugar-free, gluten-free, yeast-free, and dairy-free.

The Candida Cure Cookbook is filled with the recipes, resources, and tips you need to take control of one of the most important yet overlooked obstacles to optimal health: candida, or yeast, overgrowth. Candida overgrowth, says award-winning author and candida expert Ann Boroch, is the hidden cause of a wide range of health conditions that plague us today—from allergies, fatigue, leaky gut, bloating, irritable bowel syndrome, and sinusitis to eczema, anxiety, depression, brain fog, and autoimmune disease.

Eating the right kinds of foods—ones that don’t feed yeast and fungus or create inflammation—can help control candida, reset your body’s balance, and restore your vitality. If you’ve tried different approaches to healing a persistent health issue without success, or if you just can’t seem to lose weight or don’t have enough energy to get through the day, the candida-cure diet could be the answer for you.

- Learn about the underlying causes, symptoms, and solutions to candida overgrowth and take the candida questionnaire
- Work with Ann’s easy-to-follow four-week menu plan that makes sticking to a healthy diet easy
- Discover which foods to eat and avoid, recommended products and equipment, and helpful tips for preparing nutrient-rich food and stocking your pantry
- Savor the more than 140 recipes for wholesome and tasty candida-free breakfasts, main dishes, sides, dressings and dips, soups and salads, snacks, breads, beverages—and, last but not least, guilt-free desserts!

Whether you’re looking for ways to create nutritious meals your family will love, get your child’s allergies under control, make all-natural pick-me-ups without a lot of fuss (or sugar), or simply break away from bad or boring eating habits, you’ll find an array of fresh ideas and ingredients to get your own creative juices flowing.

Ann Boroch is a certified nutritional consultant, naturopath, inspirational speaker, and the author of the popular books *The Candida Cure: Yeast, Fungus, and Your Health—The 90-Day Program to Beat Candida and Restore Vibrant Health* and *Healing Multiple Sclerosis*. She developed her breakthrough candida-cure program after healing herself of MS. Ann is now passionate about educating others to achieve vibrant health.



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