The Candida Diet Handbook

The Candida Diet Principles

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Candida Diet Food List (grocery list)

Foods to Avoid and their Candida Diet Alternatives

- Processed Foods
- Beverages
- Dairy
- Gluten, Grains & Wheat
- Alcohol
- Mold, Fungi & Yeast
- Foods that are Hard to Digest

Diet Guidelines

- Avoid Bad Food Combinations
- Match your Candida Diet Plan to Your Individual Needs
- Avoid Overeating
- You’re Not You When You’re Hungry

Recommended Further Reading

- Recommended candida supplements
- Candida die off symptoms
- Candida and yeast infection treatment
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