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If you have been suffering from Candida for a while, you already know how difficult it is to find reliable information. The Internet is full of conflicting statements, lists of foods that don't match, and wildly different strategies and approaches to beating Candida. That's why, in 2012, I decided to develop and write a new kind of Candida treatment plan. The ultimate Candida Diet Program is a comprehensive treatment program for the Candida Related Complex. It is based on the latest research in Candida overgrowth and bowel dysbacteriosis. The program has 5 simple steps to give you relief from Candida symptoms within 60 days. It goes into more detail than any other Candida program that you've seen, and contains a lot of information that will improve your immune system, digestive health, energy levels, and more. Most recently, I updated the program in collaboration with an experienced naturopath named Dr. Eric Wood. He has extensive experience in treating chronic diseases such as adrenal fatigue and bowel-related problems such as Candida Related Complex. As a co-author, his contribution to the latest version of the program was invaluable and made him even more effective. Some details about the Ultimate Candida Diet Program are unique in several different ways. First of all, it is much more detailed and up to date than any other Candida program. It is based on countless scientific reports in Candida and related conditions, as well as Dr. Wood's considerable clinical experience. It includes all the information you will ever need about the causes, symptoms, diagnosis and treatment of Candida. Second, it answers most of the questions I get from my readers about their Candida treatment. I am often asked questions such as: How long should I stay on this stage? or Can I eat this food? In this program we have included the most comprehensive list of products that you will find anywhere. And there are also visual timelines that will make the program much easier to understand and follow. Thirdly, we have tried to make this program as practical as possible. So it includes printed shopping lists that you can take to your local store, workbooks to help you through your treatment, and practical tips all the way through each of the included books. I also designed this program with your budget in mind, so there are a lot of money saving tips throughout the book. Here are some of the parts of this program that I'm most proud of: A simple chronology that guides you through each stage of the programThe 10-part email course that comes with your treatmentPrintable shopping lists you can take to the storeThe 8 factors that could cause your Candida (and how to fix them) money saving tips on reducing the cost of your treatmentTwo questionnaires to help you diagnose your CandidaThe ultimate guide to using probiotics and prebiotics in your treatment Over 100 delicious recipes to eat at each stage of the programWhat you get with Ultimate Ultimate Diet ProgramThe Ultimate Candida Diet Program contains everything you need to beat your Candida. Here's what you get when you download the program: Ultimate Candida Diet Program PDF ebookThe Ultimate Candida Diet Recipe Guide PDF e-book (with more than 100 recipes)Stress Handbook for Candida Suffering PDF ebookA 10-part ebookA ebookA ebookA ebookA ebookA ebook Digestive problems or fatigue? Take the first step towards beating up your Candida and download the Ultimate Candida Diet Program. TwitterFacebookPinterestEmail Filed according to: About Candida, Diet Tips If You're Looking for a More Comprehensive Candida Treatment Plan, check out the Ultimate Candida Diet Program, written by Lisa Richards and Dr. Eric Wood. This plan is based on the latest research in Candida Related Complex, and contains everything you need to know to beat your Candida sprawl. Order now spend 10 minutes looking online and you will find countless websites promoting treatments for Candida. The only problem is that 99% of these sites are pushing outdated, ineffective remedies that can even do you more harm than good! The wrong plan can worsen bowel dysbacteriosis and make your recovery much more difficult than it should be. So why is this Candida treatment plan different? The ultimate Candida diet is based on years of detailed Candida research. There has been a lot of scientific and medical research conducted in Candida albicans, many of which reflect the most recent scientific thinking. Of course, I would encourage you to go and do your own research at Candida too. But if you don't have time to wade through hundreds of scientific papers, we've included everything you need to know in this treatment plan. Our plan consists of five unique stages. Each stage is clearly described and set out in detail. In each chapter, Dr. Eric Wood and I explained exactly what you need to do to beat your Candida sprawl. But that is not all... we also explained why exactly you should follow these steps, and we have included scientific studies that support this. Sometimes, different steps in terms of Candida treatment can be misleading. So we've also added a simple timeline schedule, making it absolutely clear what you need to do (and when). There are over 100 delicious recipes to get you started, a list of our top 28 Candida-fighting products, and detailed shopping lists that you can print out and take to the store with you. We have done our best to make your Candida treatment as simple and easy to understand as possible. Page 2 Continues Ultimate Candida Diet e-book No.4 bonus book has been added to the shopping cart. Do you know how to cook delicious recipes use sugar, processed foods or any other ingredients that can make your Candida worse? Lisa's new Candida Candida The recipe for the e-book will help. It contains an extra 60 of her favorite recipes that are low in sugar, full of healthy food and very easy to cook. And there's even a separate 14-day meal planner included to help you plan your diet. Here are just a few of the 60 recipes included: Almond Cakes with Coconut Dip, Zucchini Muffins, Rutabaga Pie with Coconut Crust, Smoked Poblano Chili, Key Lime and Basil Pudding, and spicy almond bread. Add to the basket No thanks, I'm ready for the box office

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