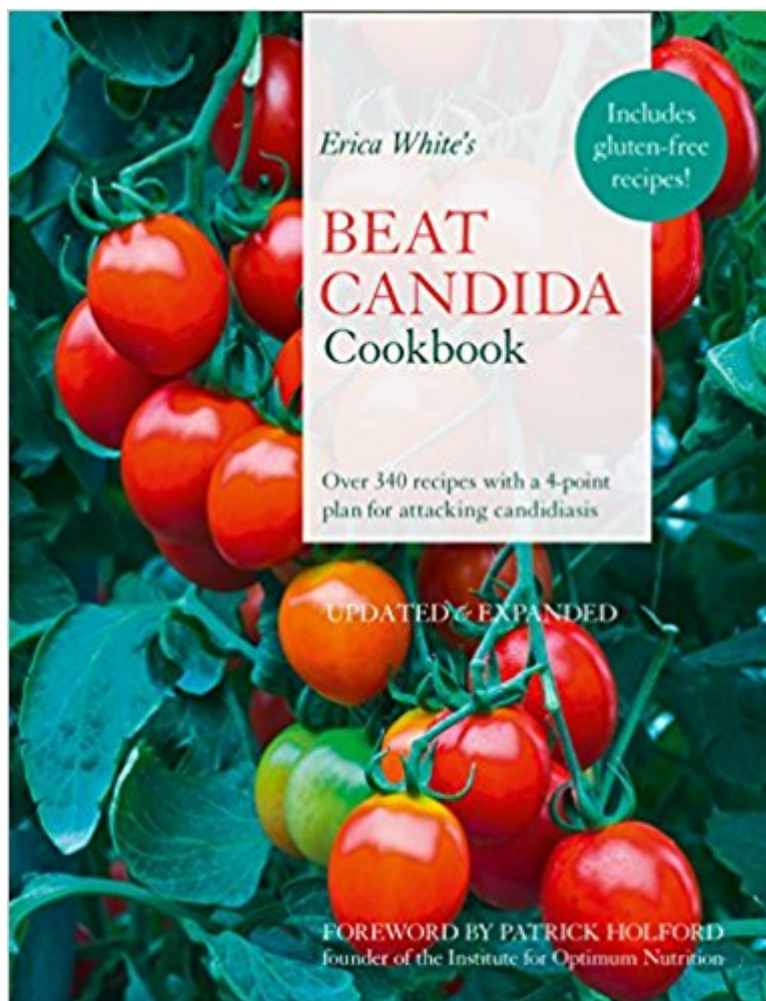


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# Erica White's Beat Candida Cookbook



## Synopsis

Suffering from both candidiasis and chronic fatigue syndrome, Erica White embarked on a self help diet and supplement plan to free herself from illness.

## Book Information

Paperback: 160 pages

Publisher: Thorsons (November 25, 1999)

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Average Customer Review: 3.2 out of 5 stars 9 customer reviews

Best Sellers Rank: #1,770,722 in Books (See Top 100 in Books) #69 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida](#) #7182 in [Books > Health, Fitness & Dieting > Women's Health](#) #10558 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

'Erica White is a woman on a mission. She makes the battle logical and achievable.' Healthy Eating

Trained at the Institute for Optimum Nutrition in London, Erica White is a qualified nutrition consultant. She began working on digestive problems after being diagnosed as having candidiasis - transforming her health and her life with her '4-point plan'. She has lectured all over the world, and is also the author of Erica White's Beat Fatigue Handbook and Doughnuts and Temples: Be Nice to the Body God Gave You.

The book is definitely of little use to me. I have a severe case of Candida, everytime I eat carbohydrates of any kind. i.e. Potatoes, whole wheat, oats, my Candida flares up. The book is completely FULL OF WHEAT AND CARBOHYDRATE recipes. You will be surprised!

The book's last four pages were eaten through and stuck together by a fuzzy mold, no attempts to even remove the mold before selling the book. The book also smells musty. (Funny that). The book content looks good though it is hard to read because of the smell, picturing mold particles making

their way up my nose.

Way helpful and informative. Easy read.

This book is amazing. I have suffered from candida overload for 20 years (I had tried diet and alternative medicine many times) and it had developed into chronic fatigue - I was struggling to get to work each day. After reading her book, I hired a nutritionist from Ms. White's business (we converse via e-mail - ... and took the supplements recommended and carefully followed her four point plan and diet. I am, at only one month, feeling great - out of bed and on the move! All my pains are gone, my sinuses and acne are clearing up, I have lost 20 pounds, even my fungal toenails are clearing up. I still have to stay on the diet a year at least, but it is very much worth it. None of the other methods have worked as well as this. This thorough and complete program really works and I can't recommend this book and her program enough.

The author, herself, says that many of the Candida cures she has seen through the years are not strict enough and the patient is never totally cured, or, they are too stringent, and the patient is unable to hold out long enough to be totally cured. I firmly believe that Erica White has found that middle way. In addition, she uses modern methods, enabling her to help hundreds of patients from around the world via phone consultations, mail testing, and consultaion, and, of course, email. In this way, you take the information in her book, plus the individual follow-up she offers and your chances of getting cured, if motivated, are extremely high.

Con un lenguaje sencillo y agradable se explica como la candida puede afectar una persona y qu  f    hacer para vencerla. Encuentro que las recomendaciones son muy utiles. No dudes en comprarlo.

As someone who is new to the candida world the information provided was extremely useful. The recipes on the other hand left much to be desired. I am an avid cook and had to ammend the recipes I tried in order to make them somewhat palattable. Some like the baking, were unfixable and had to be discarded. Some of the combinations suggested are absolutely unthinkable. If you are looking for good background information on candida this is a great book. If you are looking for great recipes, try something else.

A lot of Christian tosh interspersed with some useful information about practical steps to take to get Candida under control. The recipes are useless for people following food-combining or gluten-free diets. Overall, I wish I never bought it.

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