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Complete Candida Yeast Guidebook provides a holistic approach to preventing and overcoming Candida yeast problems. Because diet is crucial to yeast management, Jeanne Marie Martin supplies a thorough, complete, and enjoyable eating plan, plus more than 200 delicious recipes.

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Jeanne Marie Martin, C.I.N., is a clinical nutritionist who has more than 25 years of experience in the nutrition field and is the author of numerous books, including For the Love of Food and All Natural Allergy Cookbook. She lectures internationally on natural foods and holistic lifestyles.

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Discusses the causes and symptoms of Candida yeast overgrowth, offers diagnostic tests and descriptions of treatments, and includes an eating plan with more than two hundred recipes.

Is Candida Yeast Ruining Your Good Health? Have you been told your health problems are all in your head? Do you suffer from low energy, depression, digestive problems, and/or excessive skin irritation? If so, you may have an overgrowth of a common yeast, Candida albicans. Fueled by everything from diet to medication to environmental factors, this hidden epidemic affects as many as 90 percent of Americans and Canadians—men, women, and children alike. Now there are effective alternatives to your suffering. This eye-opening guide will help you conquer Candida and achieve optimal mental, physical, and emotional health. Inside, you will discover: • Holistic, natural, herbal, and vitamin supplements that combat Candida Yeast • Innovative tips for improving your lifestyle and maintaining a healthy mind and body • Wholesome diet and menu options that taste delicious • New medical and nutritional guidelines for asthma, cancer, diabetes, and more • Important help for overcoming: - Frequent headaches - Chronic fatigue - Digestive problems - Weight problems - Depression - Yeast Infections - PMS - Anxiety - Allergies "This comprehensive book will help the countless number of people who have searched in vain for answers." —William G. Crook, M.D., author, The Yeast Connection Handbook "Jeanne Marie Martin and Zoltan Rona, M.D., do a marvelous job of making a complex health concern understandable and preventable." —Ann Louise Gittleman, M.S., C.N.S., author, The Living Beauty Detox Program "The most comprehensive book on Candida ever written." —From the foreword by Carolyn DeMarco, M.D., author of Take Charge of Your Body

More and more North Americans have been moving away from a meat-centred diet, for health, ideological, environmental and/or economic reasons. This latest book by Jeanne Marie Martin, an internationally known natural food writer, is a complete guide to the new lifestyle. There are more than 120 recipes for mouth-watering and guilt-free appetizers, soups, salads, entrees and more - all of them free of refined foods and artificial additives, many of them dairy- and wheat-free. The book includes a guide to reducing red meat in the diet, food combining tips, and helpful pointers on selecting and storing poultry and seafood. And there are some great surprises: why the much-maligned egg is really one of nature's perfect health foods, how to make Chicken Kiev without any red meat-and yes, you can serve a delicious, low-fat tempura at your next dinner party!

Yummy fare that's good for you - perfect for all vegetarians, including vegans (people who eat no animal products at all), and for anyone moving toward a healthier lifestyle. Appetizers to desserts, with tips on whole grains, cooking oils (how cold is cold-pressed?), sweeteners, egg substitutes, proteins, and everything else the beginner or the expert needs to know.

One of the two most powerful states in the world, China continues to be seen as a mystery even after decades of an open door. How does China work, what does it want, why does it want it, and what does its rise to global power mean for the rest of the world? As the twenty-first century looks set to be the stage for a battle about competing geopolitical ideals, these are urgent questions for everyone with an interest in what the future might bring. Epic in scope, this is the story of how China became the state it is today and how its worldview is based on what has gone before. Weaving together inspirations, ideas, wars and dreams to reveal the heart of what it means to be Chinese and how the past impacts on the present. Despite decades of a relatively open door relationship with the rest of the world, China is still a mystery to many outside it. A world of its own, China is both a microcosm and an amplification of questions and events in the wider world. China's story offers us an opportunity to hold a mirror to ourselves: to our own assumptions, to our values, and to our ideas about the most important question of all: what it means to be human in the world of the state.

There's never been a better time to "be prepared." Matthew Stein's comprehensive primer on sustainable living skills—from food and water to shelter and energy to first-aid and crisis-management skills—prepares you to embark on the path toward sustainability. But unlike any other book, Stein not only shows you how to live "green" in seemingly stable times, but to live in the face of potential disasters, lasting days or years, coming in the form of social upheaval, economic meltdown, or environmental catastrophe. *When Technology Fails* covers the gamut. You'll learn how to start a fire and keep warm if you've been left temporarily homeless, as well as the basics of installing a renewable energy system for your home or business. You'll learn how to find and sterilize water in the face of utility failure, as well as practical information for dealing with water-quality issues even when the public tap water is still flowing. You'll learn alternative techniques for healing equally suited to an era of profit-driven malpractice as to situations of social calamity. Each chapter (a survey of the risks to the status quo; supplies and preparation for short- and long-term emergencies; emergency measures for survival; water; food; shelter; clothing; first aid, low-tech medicine, and healing; energy, heat, and power; metalworking; utensils and storage; low-tech chemistry; and engineering, machines, and materials) offers the same approach, describing skills for self-reliance in good times and bad. Fully revised and expanded—the first edition was written pre-9/11 and pre-Katrina, when few Americans took the risk of social disruption seriously—*When Technology Fails* ends on a positive, proactive note with a new chapter on "Making the Shift to Sustainability," which offers practical suggestions for changing our world on personal, community and global levels.

For Dorothy Martin, a widowed American who's moved to the England she so loves, the Christmas service is painful enough. It is her first holiday without Frank. And stumbling over the body of Canon Billings does nothing to improve her mood. Of course, she does get to meet Chief Constable Alan Nesbitt, and a good mystery on a chilly English night does have some appeal . . .

Wholesome and filling, yet low in calories and cholesterol, these tempting soups and stews are made with a cornucopia of fresh vegetables, whole grains, legumes, and zesty herbs and spices. There are recipes for hot soups, chilled soups and hearty stews, all made with vegetarian soup stocks so delicious you'll never miss the meat. There's a complete shopping guide, an ingredient substitution chart and lists of tasty alternatives to meat, dairy products and wheat, for allergies or special diets.

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