

## ANTI FUNGAL DIET PHASE 1%0A

Download PDF Ebook and Read OnlineAnti Fungal Diet Phase 1%0A. Get **Anti Fungal Diet Phase 1%0A Phase One of the Anti Fungal Diet Healthfully**

Doug Kaufmann, author of "The Fungus Link," created the anti-fungal diet to minimize what he calls "fungal foods." These foods can throw off the delicate balance of good bacteria and promote the growth of bad bacteria and other pathogens, such as fungus, according to Kaufmann. His "fungal" theory is controversial and, as of 2014, there is no evidence to support the idea that diet leads to fungal overgrowth throughout the body.

<http://hbsradio.co.uk/Phase-One-of-the-Anti-Fungal-Diet-Healthfully.pdf>

### **The Kaufmann Anti Fungal Diet Livestrong com**

Kaufman's Anti-Fungal Diet is comprised of two phases. During phase 1, you eliminate all sugar, artificial sweeteners, grains, breaded meats, coffee and tea from your diet. You also abstain from consuming pistachios, peanuts and peanut-containing products, green olives, salad dressings and yeast-containing products. Avoid potatoes, legumes, yams or butter-substitute products, such as margarine.

<http://hbsradio.co.uk/The-Kaufmann-Anti-Fungal-Diet-Livestrong-com.pdf>

### **Phase 1 Antifungal Diet healthhearty com**

The phase 1 antifungal diet is a natural way to make your body immune to fungal infections, and it also helps in quick recovery. The foods incorporated in this diet plan are capable of cleansing your body from toxins and harmful substances that are released by the fungi.

<http://hbsradio.co.uk/Phase-1-Antifungal-Diet-healthhearty-com.pdf>

### **Getting Started The Kaufmann Diet**

The Kaufmann Diet is still evolving, and while we like to keep the diet open to new information that comes out about any and all foods (especially whether or not those foods may be suitable for an anti-fungal diet) the most recent versions of The Kaufmann Diet exclude most dairy, including cheese and cream.

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### **Anti Fungal Diet Experts Plan For A Natural Safe**

Anti Fungal Diet Phase Three Week 2-4 : Add anti fungal foods and herbs. Objective: Help the body to naturally fight the fungal infection. Antifungal foods should be introduced into your anti fungal diet gradually, so you can learn how your body responds to them.

<http://hbsradio.co.uk/Anti-Fungal-Diet-Experts-Plan-For-A-Natural-Safe--.pdf>

### **What Is the Doug Kaufmann Phase One Diet Healthfully**

The Phase One diet is based on a controversial theory that the typical diet, which is high in sugar, promotes fungal overgrowth in the body. Currently, evidence to support this theory is lacking. The goal of the Phase One diet is to eliminate foods high in sugar, particularly added sugar and what Kaufmann considers "fungal" foods, according to his book "The Fungus Link" published in 2001. Kaufmann claims doing so will improve your health.

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### **Anti Fungal Phase One Recipes Diet Recipes**

Anti Fungal Diet. Check out the latest Phase One/Phase Two recipes from Doug Kaufmann, Denni Dunham and Kristin Kons! Check out the latest Phase One/Phase Two recipes from Doug Kaufmann, Denni Dunham and Kristin Kons!

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### **The Anti Candida Diet 11 Simple Rules to Follow**

The anti-Candida diet is a very important part of preventing or reversing a Candida overgrowth. By avoiding sugary foods, eliminating foods that cause inflammation, and eating foods with probiotic or antifungal properties, you can go a long way towards recovering your gut health.

<http://hbsradio.co.uk/The-Anti-Candida-Diet--11-Simple-Rules-to-Follow.pdf>

### **What is the Phase 1 Lifestyle Eating with Purpose**

Cocoa/cacao is not officially phase 1, but I used it while on a strict phase 1 diet with amazing results. It is a superfood with the highest antioxidant ratings (ORAC) of any food on the planet. Antioxidants are antifungal. It s always good to get a quality brand and raw is always better. No food is right for everyone, so pay attention to how it makes you feel.

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