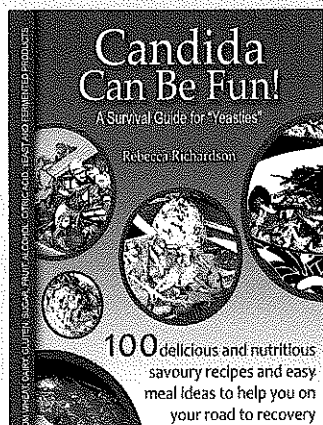


Candida Can Be Fun by Rebecca Richardson

Book review by Susannah Fraser



"Candida Can Be Fun" is essentially a cookbook aimed at sufferers of systemic candida. The author, Rebecca Richardson, also experienced symptoms of interstitial cystitis while suffering from yeast infection and was in fact, diagnosed with the condition in 2004. She is also gluten intolerant.

The book contains a number of imaginative and tasty recipes which are suitable for sufferers of candida. They can also be tailored to suit sufferers of bladder pain.

In chapter 6, the author gives an articulate account of her symptoms and battle with candida. She states that if she follows the candida diet her IC symptoms subside and she is able to cope with them. Before commencing the candida diet, she had been in constant pain and was unable to go anywhere "without planning ahead on where the nearest toilet was going to be."

Chapter 7 is written by Katherine Dempsey, Nutritional Consultant and Reflexologist. It contains useful information on supplements in addition to information on problems for candida sufferers such as leaky gut syndrome.

I found this book interesting and the recipes do look exciting. If you suspect that candida may be responsible for some of your bladder symptoms, it is certainly well worth a read. COB has a copy available in its lending library. If you would like to borrow it, please send a cheque for £4.00 to the COB Office to cover postage and administration.

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- Have belonged to the forums for at least 6 months
- Have the ability to research questions and answer respectfully towards others opinions
- Have patience and empathy with bladder illness sufferers

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