



## **Eating Your Way to Good Health: Recipes for Doug Kaufman's Antifungal Diet**

*Doug Kaufmann*

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**Eating Your Way to Good Health: Recipes for Doug Kaufman's Antifungal Diet** Doug Kaufmann  
Most of us unknowingly feed these fungi when we eat pasta, cereals, bread, sugar, potatoes, or alcohol (to name very few). This is a recipe book for avoiding these things in order to improve your overall health.

## **Eating Your Way to Good Health: Recipes for Doug Kaufman's Antifungal Diet Details**

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