



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

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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.

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Date : Published by MediaTriton

ISBN : 9780970341853

Author : Doug Kaufmann

Format : Plastic Comb 288 pages

Genre :

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