

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

Doug A. Kaufmann

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



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