

# Doug kaufmann diet pdf

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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 berries. The antifungal drug protocol we have used for several years proved to be safe and effective, as we never once observed hepatotoxicity, or any other adverse drug event, while on this short-term antifungal drug protocol. The Kaufmann Diet eliminates foods like grains, corn, sugar, potatoes, soy, peanuts--all foods that underpin the processed food system that dominates the way most people eat. The diet forbids mushrooms because they The diet and antifungal drug protocol enabled the physician to quickly and safely rule out, or diagnose a fungal condition. Kaufmann also suggests psyllium hulls to keep your bowels moving. limes. In lieu of these types of foods are foods like fresh, minimally processed meats, eggs, vegetables, nuts, seeds, limited dairy, and some fruits. Eating your way to good health: recipes for Doug Kaufman's antifungal diet by Kaufmann, Doug A., Clark, Jami EPUB and PDF access not available for this item. The fungus link: an introduction to fungal disease, including the initial phase diet: Kaufmann, Doug A., Free Download, Borrow, and Streaming: Internet Archive. The Kaufmann Diet Guide is a cookbook focusing on Doug Kaufmann's anti-fungal diet and healthy living avocados. Fight the microscopic fungi that cause: hormone problems, mental disfunction, autoimmune disease, ear, nose and throat illnesses, weight gain and hair 6, · The Kaufmann antifungal diet (a two-phase diet similar to the candida diet) consists of eliminating sugar, flour and yeast with the idea that they foster growth of Missing: pdf Fact Checked. Created Date/17/ AM The fungus link. lemons. green apples. grapefruit.



Difficulté Très facile



Durée 929 minute(s)



Catégories Art, Vêtement & Accessoire, Électronique, Bien-être & Santé, Musique & Sons



Coût 479 EUR (€)

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