Keep Candida in Check!

If Candida has you down, there's something you should know about. It's called Candex™, and it could change your life.

Candida can live only when its cell wall is intact. Candex™ provides enzymes that destroy that cell wall. Thus, it kills yeast fast.

Because Candex™ triggers no die-off reaction, you don't have to feel worse before you feel better. And, because Candida cannot adapt to enzymes, Candex™ will never quit working.

While no product can eliminate yeast completely, Candex™ can help you control it—so that you can begin to enjoy life again.

So, if you're troubled by yeast, try Candex™ today. It's been proven in both laboratory and clinical tests. And, as with all Pure Essence products, it's guaranteed to your complete satisfaction.

By Monica Bhide
Recipes by Fiona Kennedy

THIS LEAFY GREEN'S SOUR FLAVOR IS A SIGN OF STRONG HEALTH BENEFITS

sorrel

A member of the rhubarb family, sorrel is common in France and is only just catching on in American kitchens. "It melts into a sauce; its sour flavor is completely unique—there's really nothing else like it," says Mark Bittman, author of How to Cook Everything.

Sorrel is fittingly known as sour grass. Oxalic acid gives the herb its characteristic sour taste. "Oxalic acid can interfere with iron and calcium absorption," warns Tammy Lakatos Shames, RD, CDN, so if you're deficient in iron and calcium, use sorrel in moderation. On the other hand, this pungent plant does have health benefits: "Sorrel is used orally for inflammation of the nasal passages and respiratory tract, and as an adjunct to antibacterial therapy. Some people use sorrel for its diuretic properties," says Shames.

There are several types of sorrel, but the varieties most used are dock and garden or belleville sorrel. At your market, look for sorrel leaves that are about the size of spinach leaves; they taste best. Rinse the sorrel well before use. To prepare, trim tough stems and ribs with a sharp knife to prevent leaves from bruising. Chop or thinly slice, then add to soups, sprinkle over baked or broiled fish or toss in a salad. A little goes a long way, so start with a tablespoon or two in recipes.
sorrel aioli
Makes 1/2 cups
A delicate, lemony sauce, this aioli goes especially well with fish, but it’s also delicious served with roast chicken and makes an excellent sandwich spread.

1 cup firmly packed sorrel, stems and tough ribs removed
1/2 cup chopped chives
1 egg yolk
3 tsp. lemon juice
1/2 tsp. salt
1 cup canola or grapeseed oil

1. Place all ingredients except oil into blender, and blend until smooth.
2. Continue blending, and slowly add oil through feed tube until mixture thickens, then pour oil in at a faster rate.
3. Scrape mixture out into container, and store in refrigerator for up to 3 days.

PER SERVING: 86 CAL; 0G PROT; 9G TOTAL FAT (1G SAT. FAT); 0G CARB; 2MG CHOL; 7MG SOD; 0G FIBER; 0G SUGARS

sorrel green goddess dressing
Makes 1/2 cups
This is a great alternative to mayonnaise for chicken salad.

1 cup firmly packed sorrel, stems and tough ribs removed
1/4 cup low-fat sour cream
1/4 cup chopped chives
3 Tbs. olive oil
3 anchovies
2 Tbs. lemon juice
1/2 tsp. sugar
1/4 tsp. lemon zest
salt and pepper to taste

Place all ingredients into blender, and blend until smooth. Season to taste with salt and pepper. Store up to 3 days in refrigerator.

PER SERVING: 27 CAL; 1G PROT; 2G TOTAL FAT (1G SAT. FAT); 2G CARB; 3MG CHOL; 75MG SOD; 0G FIBER; 1G SUGARS

Nutrition Facts
Serving: 1/2 cup, raw
Calories: 15
Total Fat: 0.5g
Fiber: 2g
Protein: 1.3g
Carbohydrate: 2.1g
Bonus: Rich in vitamin C and carotenoids, including beta-carotene and lutein; also contains quercetin, an antioxidant.
Availability: Peaks in spring. Available in limited supply year-round.
Storage: Keep in fridge in a plastic bag for up to three days.