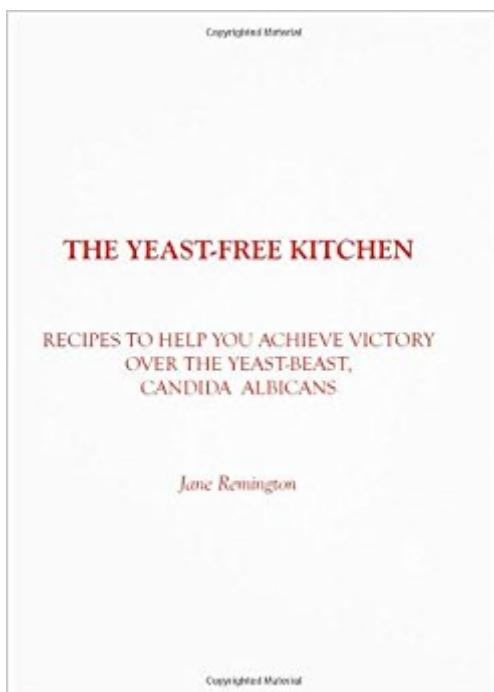


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The Yeast-Free Kitchen: Recipes To Help You Achieve Victory Over The Yeast-Beast, Candida Albicans



Synopsis

Book by Remington, Jane

Book Information

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Customer Reviews

Book by Remington, Jane

After finding out my daughter had thrush through nursing b/c I had an overgrowth of yeast in my body, I went searching online for how to deal with it. I came across this cookbook and after purchasing it and still having questions, I decided to contact the author Jane Remington. To my surprise, within a few days, she wrote me back EAGER to help me on my journey of healing. I had SO many questions, so she told me to just call her so she could answer all my questions directly. I was so touched by her willingness to help me and even allowing me to call her personally! Within a few months of using the recipes in this book, my daughter's thrush went away, and my body was healing. This book empowers you to make positive changes so you can live better. Jane has a heart for helping people live healthy and happy. To the reviewers who give this book low scores, Jane isn't the enemy, the companies who allow products to be on shelves knowing the havoc they can cause yet not caring enough to remove them are the ones who, by their actions, don't care about your health. Jane cares and her mission is to expose truth. Give this book a chance prayerfully.

This is about the fifth copy of this book I've bought, most recently as a gift to a friend suffering from cancer. The guidance for health is wonderful, and among these recipes are my all-time favorites.

Jane is a personal friend, and she is an absolute wonder in the kitchen. Her book RECAGING THE BEAST could well be required reading for anyone interested in optimum health.

For the record, I do not know this author, have never met her and am purely writing on my honest opinion of her work. I would be more than willing to accept a full refund for both the cookbook and re-book by the author or anyone else. Here's the thing, you can't really rate the cook book 'separately' although she's selling it separately, as she states, "This book is actually the second half of my soon to be published book called "Recaging the Beast", the first half of which describes in detail what I term the "yeast beast..." To be fair, the author also states that it took her over 15 years to "collect, convert and adapt", and collect, convert and adapt, she most surely did! I'm giving this book 1 star, because (1) The Yeast Beast is so content-poor, that this book, the Yeast-Free Kitchen, should have been added! (2) For being an Impulsive Ida buying the book, after realizing how bad this cookbook is! The author advises using CRISCO, ORGANIC SHORTENING, highly processed soy products, all-purpose and white flour, canned milk and canned pumpkin, cornstarch, tapioca, Bragg's aminos, cooking with olive oil. And if I want to address an issue with yeast, why would I cook with a malted beverage, like Pero? And I don't recall much, if anything on food combining. **BOTTOM LINE:** It's just plain peculiar that a reference and bibliography list as good as the one for this book yields an end result like the Yeast-Free Kitchen and its alleged predecessor, the Yeast Beast. If content matters at all, simply read books listed above as they are EXCELLENT, with a ton of useful information by people who actually put the effort into creating a useful product. You'll save yourself \$50 (book and cookbook) at the very least, and save disappointment, confusion and frustration in the long run.

This is a great recipe book. The introduction alone was worth buying the book. It's full of lots of tidbits and information on how to deal with the "Yeast Beast". This recipe book is for the rest of us people who are looking for good, home cooking that is simple and down to earth using everyday ingredients that are pronounceable and stuff you probably already have in your pantry.

Nice variety, easy to use with good information. I would recommend it as a companion to the yeast free book by the same author.

I really like this book it gives you something to think about. I am trying to reduce the yeast in my and my families diet. This is not easy as it is in so many things. But I will reduce it as much as I can.

Great book

BUT! Vege-sal has MSG in it! Anything hydrolyzed has MSG. I would have given this book 5 stars except for the MSG. I will find something to replace!

good info on candida and the recipes are very helpful. you soon realize that a yeast free diet is not that difficult to stick to.

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