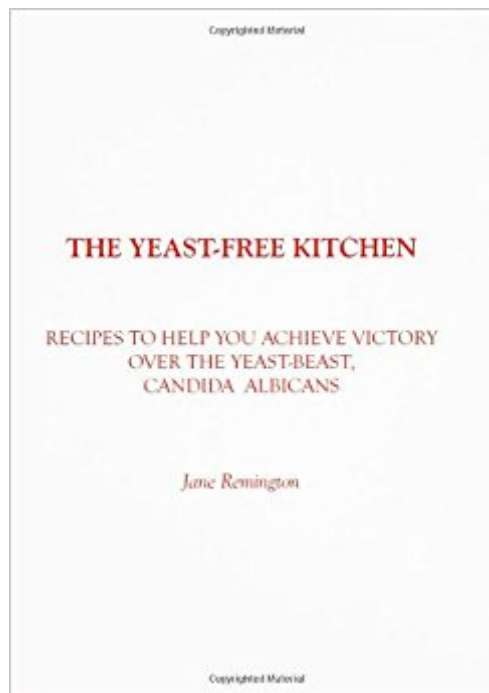




The book was found

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



## Synopsis

Book by Remington, Jane

## Book Information

Spiral-bound: 166 pages

Publisher: Trafford (March 2004)

Language: English

ISBN-10: 1412007976

ISBN-13: 978-1412007979

Product Dimensions: 0.5 x 7.2 x 8.8 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 3.8 out of 5 stars 11 customer reviews

Best Sellers Rank: #547,018 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida](#) #2400 in [Books > Health, Fitness & Dieting > Women's Health](#) #6478 in [Books > Cookbooks, Food & Wine > Special Diet](#)

## 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 boo, 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 your self \$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 hydrolized 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.

[Download to continue reading...](#)

The Yeast-Free Kitchen: Recipes to Help You Achieve Victory over the Yeast-Beast, Candida Albicans Yeast Infections: Yeast Infections Guide To Treating Yeast Infections And Curing Yeast Infections With Candida Diet Strategies, Candida Recipes And Candida ... Guide To Yeast Infections No More) The Candida Albicans Yeast-Free Cookbook The Candida Free Cookbook: 125 Recipes to Beat Candida and Live Yeast Free (Paperback) - Common Candida Albicans (Non-Drug Approach to the Treatment of Candida Infection) The Candida Albican Yeast-Free Cookbook : How Good Nutrition Can Help Fight the Epidemic of Yeast-Related Diseases Candida Albican Yeast-Free Cookbook, The: How Good Nutrition Can Help Fight the Epidemic of Yeast-Related Diseases Candida Albicans: Natural Remedies for Yeast Infection Candida Albicans: Could Yeast Be Your Problem? Candida Cleanse Natural Cure: A Step-By-Step Guide to Candida Treating and Detox in 21 Days (Concerned about gluten free diets, wheat belly and yeast infection?) Feast Without Yeast: 4 Stages to Better Health : A Complete Guide to Implementing Yeast Free, Wheat (Gluten) Free and Milk (Casein) Free Living The Candida Cure: Yeast, Fungus & Your Health - The 90-Day Program to Beat Candida & Restore Vibrant Health Beyond the Yeast Connection: A How-To Guide to Curing Candida and Other Yeast-Related Conditions Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Candida Albicans: Methods and Protocols (Methods in Molecular Biology) Candida Albicans: The Quiet Epidemic The Yeast Connection Handbook: How Yeasts Can Make You Feel "Sick All Over" and the Steps You Need to Take to Regain Your Health (The Yeast Connection Series) Gluten-free, Sugar-free Cooking: Over 200 Delicious Recipes to Help You Live a Healthier, Allergy-Free Life Wheat Belly Cookbook Bundle: The Best-Of The Essential Kitchen Series Wheat Belly Recipes: Over 100 Delicious Grain-Free Recipes to Help You Lose Weight and Feel Great Wheat Free: Diet for Beginners - Lose Weight Quickly, Achieve Optimal Health & Feel Energized with Gluten Free Recipes for Celiac Disease & Paleo Free ... diet, natural weight loss, baking recipes)

Contact Us

DMCA

Privacy

FAQ & Help