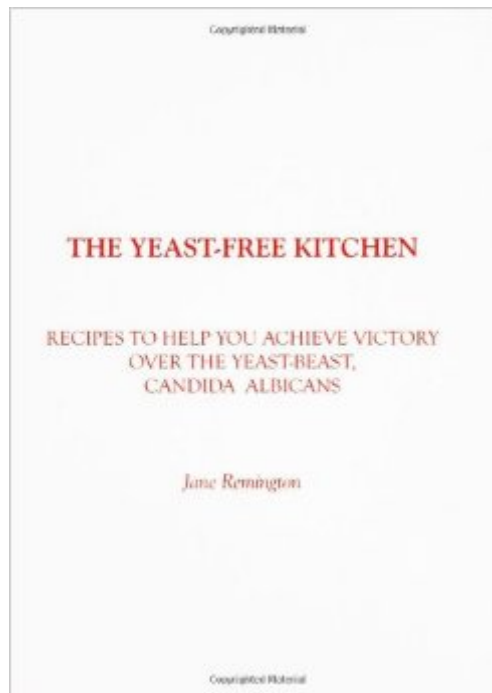


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# The Yeast-Free Kitchen: Recipes To Help You Achieve Victory Over The Yeast-Beast, Candida Albicans



## Synopsis

Book by Remington, Jane

## Book Information

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## Customer Reviews

This one of the only yeast-free recipe books out there, and it is a must have for those that are doing the yeast free diet, or are living yeast free! Jane Remington's recipes are simple to make, and complex in taste. My family loves the recipes I have made so far, and more than anything, I am grateful to have an easy-to-use guide. I highly recommend this book, even if you are not doing yeast-free living!

The recipies contained in this book include white flour--need I say more? The author also recommends store bought soy and rice milks--hasn't she read the labels of these? They usually contain refined sugars. I realize that the presence and the elimination of candida is scientifically debated, and generally poo-pooed by the medical world. Still, I believe that in the world of alternative and natural health it is widely accepted that to eliminate candida the first things to go are wheat flour and sugar. The title and kindle sample are misleading to the buyer. I will think twice before purchasing another kindle book. Can I have my money back?

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.

The recipes in this book are delicious!! My husband and I are both fighting off the result of antibiotics, steroids and bad diet habits over the years that have resulted in systemic candida problems. The information in the beginning of the book was really helpful and explained a lot of what causes what and how to help treat symptoms. I have had friends ask for some of the recipes and I would highly recommend this book to those who are fighting with candida problems. Diet plays a huge part in recovering and maintaining a healthy body.

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.

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.

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