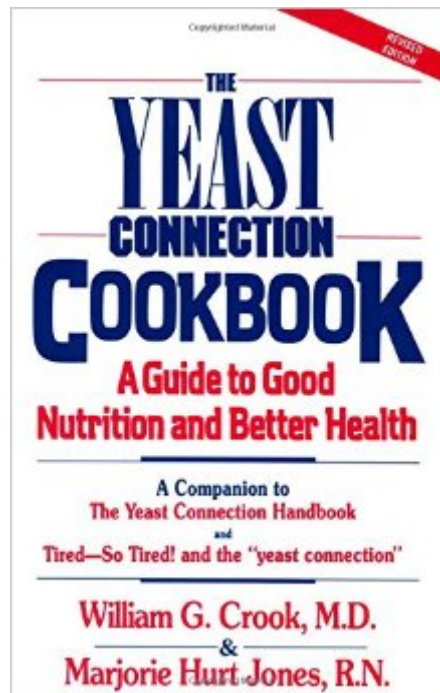


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# The Yeast Connection Cookbook: A Guide To Good Nutrition And Better Health



## Synopsis

This book offers authoritative information on foods that promote good health for everyone, including those who do not have a yeast problem. In addition to 225 family and kitchen-tested recipes, this book discusses food contaminants and provides suggestions for obtaining safe foods. It also gives detailed instructions for detecting and overcoming food allergies.

## Book Information

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## Customer Reviews

There are some - too many - very tasteless recipes in this book. It also has a few too many recipes that have fruits that some people can't tolerate on this anti yeast diet. I asked someone who already had this book to tell me the recipes that she thought were good, and she only named 5 or 6. I recommend signing this book out from your local library if possible and trying recipes or looking for ones that may appeal to you instead of spending money on the book.

Considering my many food allergies, I was thrilled to find this book. Finally, I can safely bake the breads and crackers I crave, instead of eating only plain cooked grains. The authors present a concrete plan to help me diversify my diet. I treasure the section that lists every vegetable I could imagine, how to shop for them, and how to prepare them. People whose taste buds are attuned to modern Western fare may balk at these recipes, but the book is a godsend for a person avoiding and rotating food allergens.

At the onset, the book looks chock-full of great, easy recipes for those working on yeast problems. But to actually make the recipes...I wonder if the authors actually tried them out. Ugh! Maybe their tastebuds are messed up. There are comments such as "Delicious! Satisfying!" Don't think so. Some tasteless things, and one of the breads didn't turn out like it was supposed to...what a mess...and the ingredients were expensive! Even though the directions were followed to a "t", it didn't work. But our dogs enjoyed it. The section about veggies and how to select the right ones was nice. If you are just starting a yeast-free program, be careful...some of these foods you can't have early in the yeast-free eating process. Some what worthwhile as a reference guide. Just keep an open mind that some dishes won't taste the way you would expect them to.

If you want to get a quick course in general information about food, this is a very good reference. It gives a good layman's introduction to yeast related health problems and how to avoid them. It teaches you how to rotate your diet to find out what foods you are potentially sensitive/allergic to. Basic allergy testing doesn't uncover problems for everyone, so this information can be pretty helpful--and it's a lot less expensive than extensive testing that some health practitioners provide. I've lost 40 lbs on the Caveman diet shown in the book and feel better and have more energy than I have in a while. My dermatologist actually prescribed it for 6 months: the diet is legit. It's not easy nor is it delicious, and it takes discipline and a completely different way of looking at food: as fuel rather than comfort/security, entertainment, pleasure, social bonding, etc. Like other reviewers, I can't eat a lot of the recipes in the book. I agree that the recipes are the least helpful part of this manual. The part of the book I really like is the reference section on vegetables. There is a quick paragraph about each veggie along with the family it comes from (did you know that white potatoes are in the nightshade family?) There are great tips for buying and preparing veggies, including some veggies I've never heard of before. That section is a must-read for people who don't know a lot about vegetables and want to start eating more of them. The other part of the book I liked was the part about poisons and chemicals in the food supply. It's a pretty realistic look at what's happening to fish, meat, and poultry without being so scary that you choose to avoid these foods altogether. If you are looking for a cookbook, you might want to look around. If you are trying to learn about yeast related illness and the cure, this one is worth a look.

I have really enjoyed this book. I understand why the other reviewers rated it as they did though. I also have to stick to a much more restricted diet than the average person on a yeast-free & food allergy plan, however I found it easy to substitute items I could not have with those that I could. My

favorite parts of this book are the section on selecting and preparing vegetables and the baked recipes (for which I do a great deal of substitutions). It may be a book for more advanced cooks and bakers, which I am, but it's been a great asset to me and I appreciate having it as a resource.

My son was bouncing off the walls. Within two days of changing his diet based on what I learned in this book, he is a completely different child! I also changed my diet and have experienced increased energy levels, increased focus and mental awareness, and I no longer have high blood pressure. I read some of the other reviews about the "blandness" of the recipes. Yes, if you don't add any organic spices the food can taste quite bland. But, that depends on your taste buds. I learned many years ago that we often drown our foods in sauces, spices, butter and oils. This results in our inability to appreciate the natural flavors that many foods offer. However, our bodies are magnificent in that they adapt quite easily to change. If you give your taste buds a chance, they will adjust and actually begin to enjoy the natural goodness of these foods without aid. However, if you still prefer a little "kick" - add some organic spices, lemon juice, lime juice, garlic, ginger, vanilla extract, almond extract, jalapenos, peppers, etc. You'd be surprised at how tasty all of her recipes can be. This is an extraordinary book, and if you are truly committed to eliminating destructive foreign agents that wreck havoc on your body, then don't feel that you have to dispel all of the great information in this book and be trapped in your present dietary conditions. You can enjoy the benefits of great health without begrudgingly suffering through terrible tasting meals to achieve it. Be creative! There is always a way to be successful in what you are trying to achieve (when it's good for you)!

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