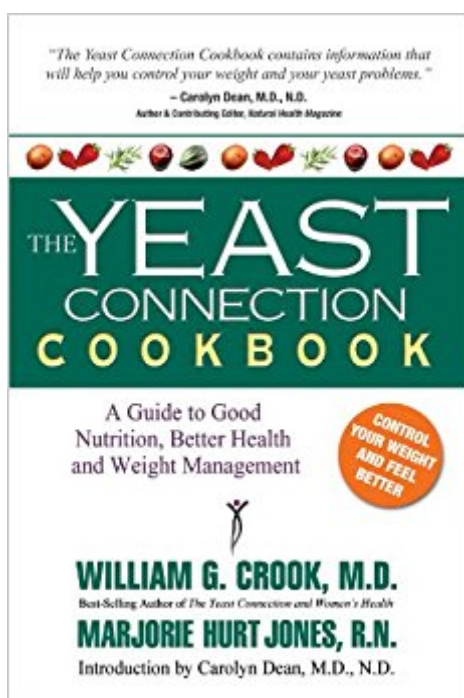


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# The Yeast Connection Cookbook: A Guide To Good Nutrition, Better Health And Weight Management (The Yeast Connection Series)



## Synopsis

What can you eat if you have a yeast-related problem? The Yeast Connection Cookbook provides general information on the effects that some common foods can have on yeast sufferers, and crucial instructions on detecting the specific foods to which you are particularly sensitive or allergic. The authors then present over 225 recipes – for breads, soups, entrées, desserts, and more – that eliminate most common food allergens while providing a diet that is healthful and satisfying.

## Book Information

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## Customer Reviews

"This book makes a compelling case for how a basic excess of yeast in the human body is systemically destroying our chances at healthier lives." – (Natural Cures Newsletter)

Marjorie Hurt Jones, RN, received her BS in biology from Illinois Wesleyan University in Bloomington, Illinois, and her nursing education at the Northwestern Memorial Hospital in Chicago, Illinois. William G. Crook, MD, received his medical education at the University of Virginia, the Pennsylvania Hospital, Vanderbilt, and Johns Hopkins. He is the author of over a dozen books and numerous articles in medical and lay literature.

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)!

I read this book and followed it's guidelines closely. I cut out all artificial ingredients, gluten and sugar. This meant I was preparing most of my meals at home from scratch, but it is worth it! I became very good at preparing big pots of bean and split pea soups, I would make a big batch that would last me for a week! I started this diet because I was experiencing a lot of fatigue. I also took some supplement and enzymes. Pleasant and surprising benefits occurred... I started losing weight without trying! I was NOT going hungry. I got down to my high school weight. Some of my allergies also improved greatly; previously I had to use hypo-allergenic face washes, soaps, detergent, shampoo, make-up, etc. or I would break out in a rash. This went away. I can now use most regular soaps and makeup. I highly recommend this way of eating to ANYONE. It is a little more work, but it is probably the healthiest way you could possibly eat. The only thing that I disagree with is this book states to stay away from coconut oil. Research has overturned the belief that coconut oil is bad for you... it is now considered the healthiest oil on the planet!

Thank God for this book. Back a year ago, I had been diagnosed with an intestinal yeast infection and also had suddenly started suffering from multiple food allergies. It seemed that I had a problem with just about everything and there was practically nothing left that I could safely eat. When I got to the point where I could no longer even eat quinoa, I knew I was in trouble and was desperate. This

book explained what was going on and explained the dangers of repetitious eating (which I was guilty of, since there were so few things I felt I could eat. You just end up eating the same few things over and over). This book helped me learn about grain alternatives such as amaranth, buckwheat and millet, so that I didn't eat only quinoa and rice. I also learned about going on a rotational diet, which helps you to identify the problem foods and also forces you to vary what you eat. I have enjoyed the recipes. I've been making amaranth waffles, which my husband likes as much as I do. Buckwheat banana bread is another winner. I find I keep going back and discovering new recipes too. In the beginning, there were so few things I could eat that I had to rule out a lot of the recipes. As I have improved, I am finding I can go back and try out recipes that I previously could use. I also like the flexibility of the recipes. Many times they are not so much a rigid recipe as a kind of a guideline for an idea. For a soup or a stew, she may give you the instructions to use a protein (chicken, duck, cornish game hen), some vegetables (whichever ones you want) and then add seasonings. While it may not seem like much of a recipe, it's good because different people have reactions to different kinds of foods, so this allows each of us to improvise and use the ingredients that we can tolerate. A year later and I have now kicked the yeast infection, but still have a lot of the food allergies. I am continuing to use this book because I just feel better when I eat this way. I am very grateful that I found this book when I did and grateful to Marjorie Hurt Jones for her recipes and Dr. William Crook for the very useful information.

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