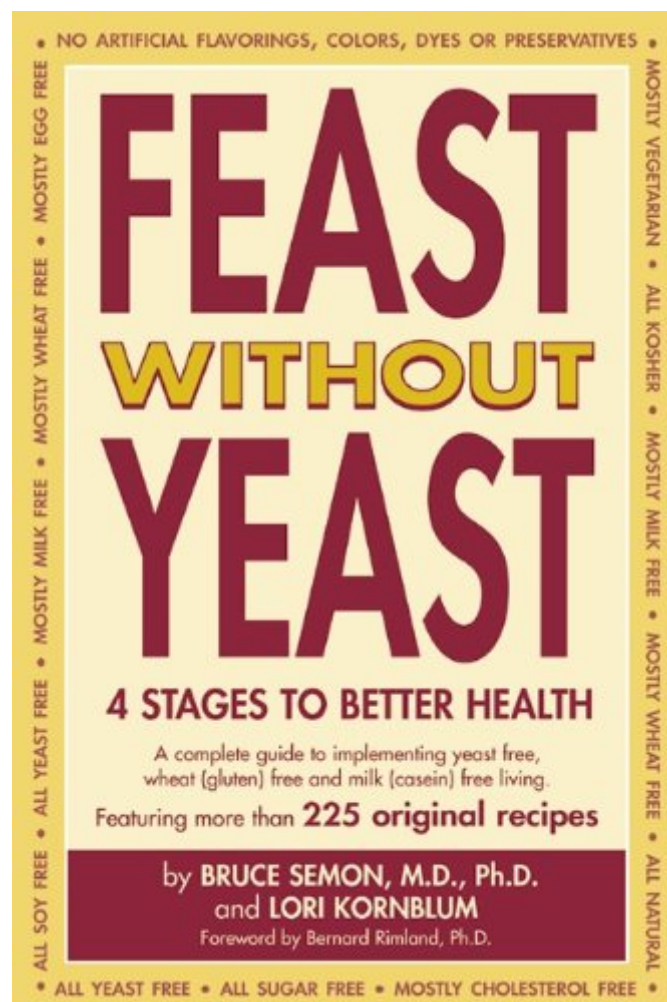




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Feast Without Yeast: 4 Stages To Better Health : A Complete Guide To Implementing Yeast Free, Wheat (Gluten) Free And Milk (Casein) Free Living





Synopsis

This new, original cookbook is completely free of yeast and fermented foods, and mostly free of milk, wheat, eggs and other common food allergens such as corn, soy, rye, nuts and peanuts. All of the recipes are kosher; all are sugar free, and most are cholesterol free and vegetarian. There are more than 225 original recipes, as well as a complete, simple, 4 stage program for changing to a healthier diet. The authors have included a chapter helping parents change their childrens' diets, including lists of kid-tested recipes and pointers for picky eaters.

Book Information

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Customer Reviews

We are blessed to live near Milwaukee and thus Dr. Bruce Semon's practice. The difference in our our 5 year old grandson with autism is beyond words to express. Within 6 weeks following the start of this diet his speech has gone from occasional one word commands to 4-5 word sentences and much greater vocalization (even if we can't understand it all). We are discovering that our grandson has so many food and chemical sensitivities that the diet must be strictly followed. It is amazing how maladaptive behaviors can be predicted simply by tracking his food intake. This diet is not a cure, and the road is still a difficult one at times, but I want to scream from the rooftops a HUGE thank you for this book and treatment!

This book is an absolute treasure if you have food allergies. I developed a milk allergy many years ago and recently I've become allergic to nuts, vinegar and gluten. This book has made my life so much better.

With all the preservatives in our foods no wonder we have so many allergies...This book was so informative on the foods we are eating and drinking. no wonderWe are a generation of hypertension, fatigue, IBS, and depression.

I have a rare condition called Pemphigus Vulgaris. Back in 2009 the first of many symptoms appeared. In the year 2010 I was finally diagnosed through a biopsy from my dermatologist. I tried so many alternative remedies because I did not want to go on Prednisone. I did raw foods, vitamins, homeopathic treatments etc. and my condition slowly got worse. (I spent a lot time and money for a natural remedies). By the summer of 2011, my condition spread and I had so many lesions. At this point I was begging for it all to stop. As a last resort I began Prednisone. Then I started 1 month of Retuxin. This drug is Chemo infusion. This has helped many people with my condition. Within a few months my condition improved. And for the next few months, after being weaned off the Prednisone, I had very little blistering and lesions. My body was in remission. Then it happened again! The year 2015. I had more lesions and gum issues and I could tell I was going down that dark road again. I went on Prednisone and I was told by my Doctor that if it happens again, then I would be doing another round of Retuxin and more Prednisone. It was Feb. 2016, and I was almost ready to pick up the phone and set my appointment for my treatments, when I decided to read your book, *Feast Without Yeast*. Your book was given to me by a cousin who has had much success with your diet. So, once again I decided since there have been others with auto-immune conditions and they have been successful, it is worth a shot. Within 2 weeks my gums started to heal! My blisters started to go away! I was tested for Candida Albicans, and I was prescribed Nystatin. This was in the pill form. I could not get the powder. So I was doing the *Feast Without Yeast* diet along with Nystatin. It has been over year, and I am still going strong! I don't have lesions and I have very few blisters in my mouth. My gums are strong and pink, not red and soft. Even after my treatment of Retuxin, back in 2011, never was I at this point in my healing process. I can cheat. I can eat some yeast bread, and some sugar treats, but I go back on the diet because I know it works for me. I gave up cultured vegetables and apple cider vinegar. These were perhaps feeding my candida. At some point I would like to reintroduce good probiotics. But for now, knowing how good I feel, why ruin a good thing!!!! Much appreciation to my cousin who introduced me to your book! And a big thank you Dr. Semon!!!!

You are a lifesaver for me and for many others as well!!!!

I would not be without this book! The recipes alone are worth the purchase. A must in my opinion for a tool toward better health.

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