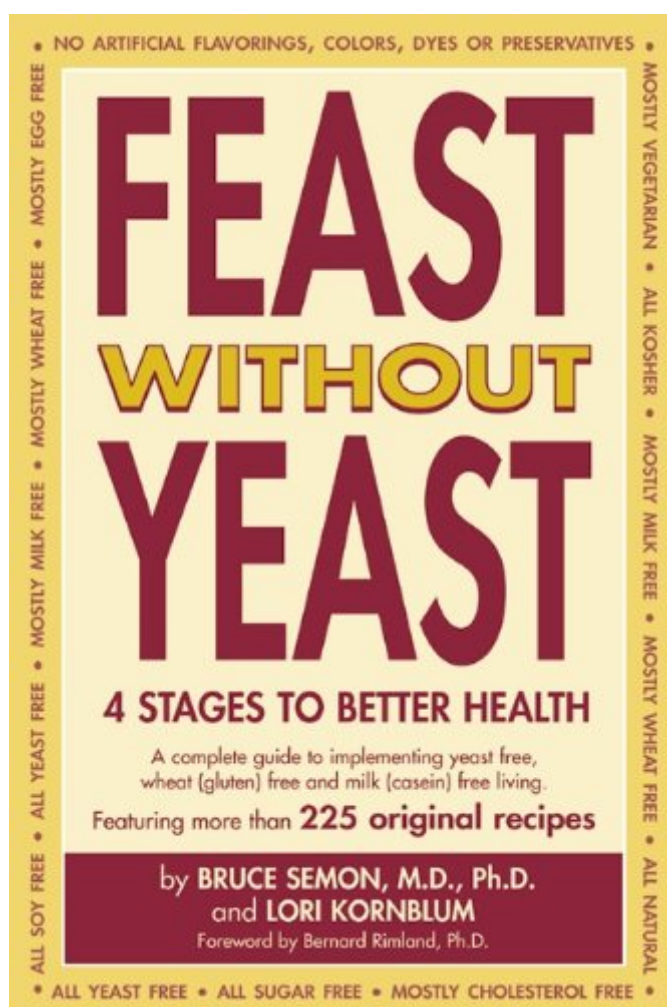


The book was found

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

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.

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.

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!

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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