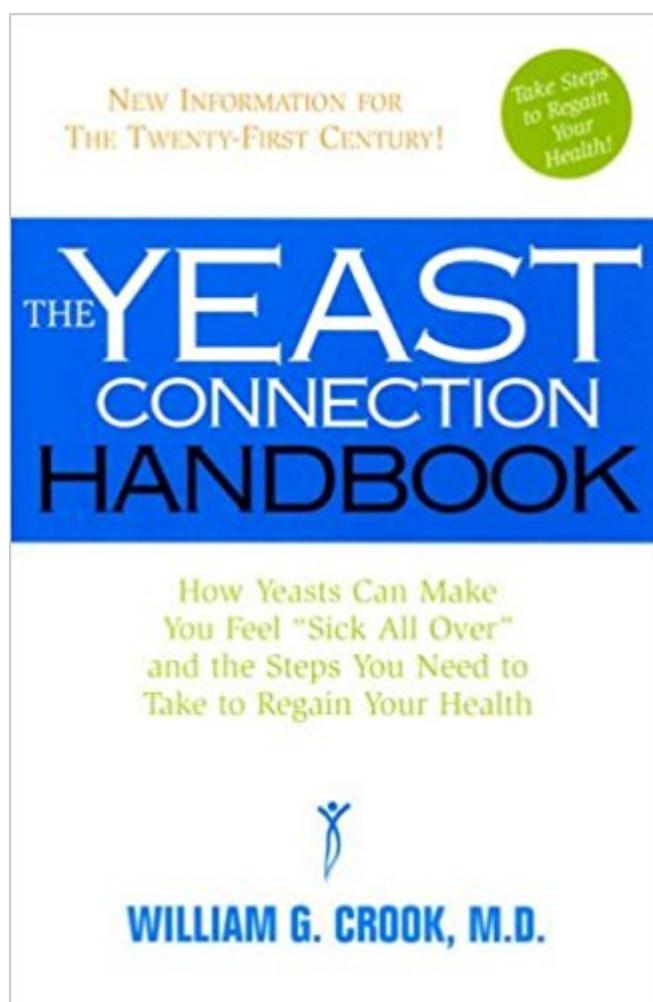


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The Yeast Connection Handbook: How Yeasts Can Make You Feel "Sick All Over" And The Steps You Need To Take To Regain Your Health (The Yeast Connection Series)





Synopsis

What can you eat if you have a yeast-related problem? The Yeast Connection Handbook 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)

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.

When a friend of mine told me about candida i was skeptical. After mulling some things over I got this book and things fell into place. I know the American diet is pure trash and this helped answer

some of my questions. This book and others like it will help you too if you need info on the effects fungus in the body.

I got this book upon the recommendation of a natural nutritionist and an alternative care physician (holistic practitioner). Thank goodness! It helped me figure out everything the "regular" doctors told me was "in my head" and I am well today in part because of Dr. Crook's book!

gave as a gift they love it

good

This is such a helpful book for candida issues as well as food allergies. Got me on the road to a healthier, less allergic way of life!

I have the older version of this and bought it for my son. Was great then and still great now.

Condition as stated. Very pleased!

I was lucky enough to find a physician to test me for Candidiasis after suffering from it for 15 years! However, he had no idea how to treat it so was open to my suggestions. I brought this book in with passages highlighted and he was willing to try the treatment exactly as outlined in your book! This was very recent so at this point in time, I am suffering from the initial die-off symptoms, but that gives me hope that it's actually working!

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