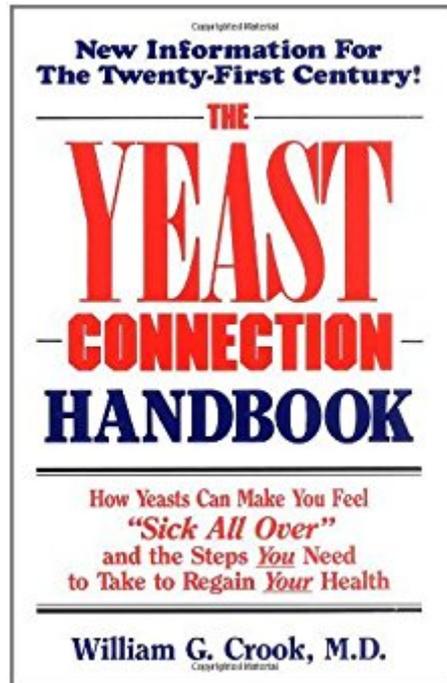


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# The Yeast Connection Handbook



## Synopsis

Dr. William G. Crook's research has shown that many health disorders in both men and women can be traced to an overgrowth in the body of common yeast, *Candida albicans*. This revised edition of his popular handbook on the subject contains 25 percent new information, including data on health problems in children, interstitial cystitis, endometriosis, multiple sclerosis, alternative medicine, and non-prescription anti-yeast medications.

## Book Information

File Size: 4405 KB

Print Length: 275 pages

Publisher: Professional Books; 2nd edition (January 31, 1999)

Publication Date: December 31, 1996

Language: English

ASIN: B00352KZD2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #956,406 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #72

inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #1260 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Special Conditions #5906 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments

## Customer Reviews

Read Dr. Crook's book, if you have taken repeated doses of antibiotics, suffer from chronic yeast infections, or have any of the new modern diseases, CFS, FMS, even ADD. Candida effects both men and women. You can give Dr. Crook's book to your physician. Tell your physician that you want to get tested for yeast imbalance, and then hand him or her the "The Yeast Connection Handbook". Appendix A, "A Special Message To The Physician", has information directed toward skeptical doctors. My physician knew about candida problems and treatment. She prescribed a yeast-sensitivity panel for me (available from Great Smokies Diagnostic Laboratory - see pages 200-205, Lab #10 on page 205), so my gut candida could be killed with the right medications. Retake a yeast-sensitivity panel every so often. You may have several strains of yeast that develop

in your gut, those that grow will be ones that have a pre-existing or newly-developed immunity to your anti-candida medication. If you eat sugar while you take your anti-candida medication, immune candida may thrive in your gut. If that happens, you will need to test again and cycle through another round of anti-candida treatment. In Chapter 9 of "The Yeast Connection Handbook", Dr. Crook offers his recommendations for dietary and lifestyle changes to include along with your anti-candida medical treatment. Follow his recommendations. You may also read the book "Yeast Connection Success Stories", to grasp what people have done to keep their candida under control after their medical treatment was over. You will understand how important lifestyle changes are to staying symptom-free.

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