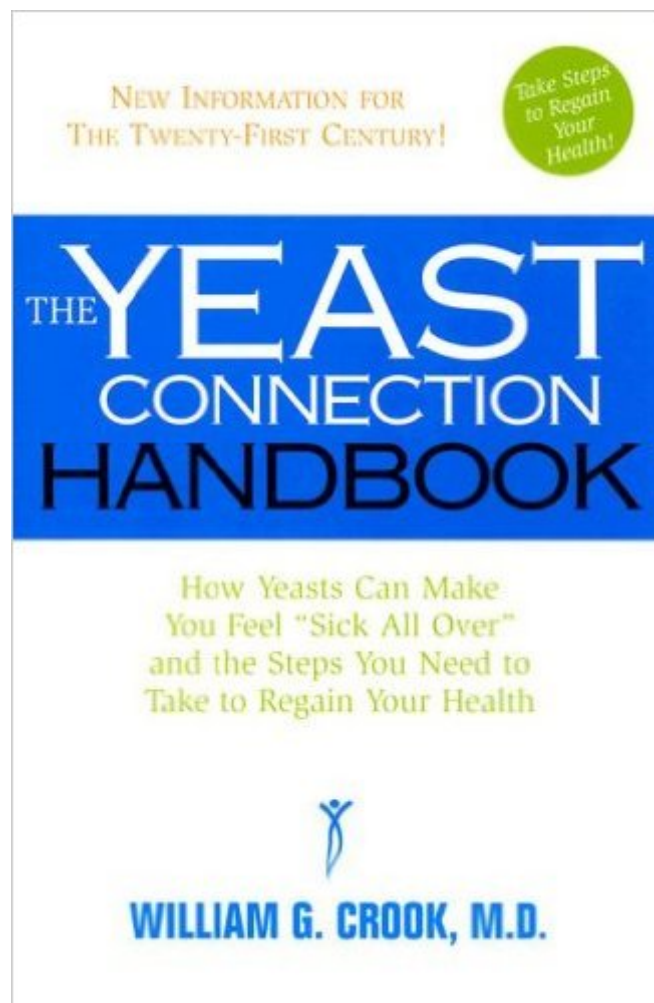


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# **The Yeast Connection Handbook: How Yeasts Can Make You Feel "Sick All Over" And The Steps You Need To Take To Regain Your Health (The Yeast Connection Series)**



## Synopsis

What can you eat if you have a yeast-related problem? The Yeast Connection 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 is one of the most comprehensive books on intestinal yeast and its trauma I have seen to date. Just by taking some of the recommendations: acidophilus, a multi-vitamin, and severely reducing the sugar, yeast and pasta in my diet has made an incredible difference in my symptoms and the way I feel in the past month. I recommend this to anyone with intestinal yeast because the improvement, though not 100% is very drastic! I am feeling better every day!

Dr. Crook's book saved my life. Before his program I suffered from blurred vision, headaches, weight gain, low energy, dizzy spells, depression and a multitude of other ailments. Since January I have lost 30 pounds, have clear thinking, improved vision, a positive outlook on life, and boundless

energy. I am ordering two more copies of this book; one for my daughter and one for my best friend Carole who is in the hospital. The book is an easy read, makes a lot of sense, easy to follow and the recipes are tasty and filling. My husband also is on the program with me. He no longer suffers from heartburn and his cholesterol has dropped over 150 points. This works and we are blessed to have Dr. Crook researching and continuing to assist others. Thank you.

I was disappointed after I read the book. It is loaded with explanations on what candida intolerance is and describe in details the symptoms suffered, but there was nothing there that I did not already know by surfing the internet. I found the part on changing the diet very good. My main reason for buying the book was that I thought there would be more on alternative treatment... Yes, the book does say that you should try the probiotic, caprylic acid, echinacea, Co10Q, etc, but does not offer any type of indication as to what standardized extract should be used, what to look for in a specific product, or how much to take and when, to maximize their effectiveness. Now it's back to the internet to find out...

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. "The Yeast Connection Handbook" contains so much information: instructions

to follow, doctor's statements, case studies, lab names, medication names, and extended references. Reading a few paragraphs in the right chapter could change your life. Browse the table of contents and index. Take careful notes. This book has valuable information on every page. Knowledge of yeast-related diseases truly is new information for the twenty-first century. Dr. Crook shines the light of his knowledge on the subject. His book "The Yeast Connection Handbook" brings valuable information to you and to the mainstream medical community.

Dr. Crook's "The Yeast Connection Handbook" is an easy to read, self-help guide to understanding and treating the problem of yeast disorders. This book I found much more "user friendly" than the original version "the Yeast Connection" because of how it is layed out: content, font-type, chapters, etc. Dr. Crook gives hundreds of references and case studies that can assist the patient when talking with their own physician. This was especially helpful for me and my husband when dealing with an HMO doctor that had little knowledge of the subject or its treatment. This is a valuable book for ANYONE (man, woman and child) that has had various ailments or recurring infections and wants to get healthy! Here's to understanding "the yeast connection" and a better life!

The beginning of the book was good, but the information kept getting repeated over and over again and sometimes you would find the exact same paragraph being repeated later in the book. I didn't really learn anything that I hadn't already researched on various websites on the internet.

I was surprized to find that The Yeast Connection left me feeling disappointed. The lay out of the material is less than "handy" and the overall flow of the information that could be helpful to someone setting up a cleansing program is irratically placed through out the book. I also purchased the Yeast Connection Cookbook and was horrified to find the author supplying alternative meat sources such as hippopotamus, lion and giraffe. What's up with that? Have they lost their minds?

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Santiago: What you need to know beforehand, what you need to take, and what you can leave at home. The Candida Albican Yeast-Free Cookbook : How Good Nutrition Can Help Fight the Epidemic of Yeast-Related Diseases The Yeast Syndrome: How to Help Your Doctor Identify & Treat the Real Cause of Your Yeast-Related Illness The Yeast Connection and Women's Health The Yeast Connection Cookbook: A Guide to Good Nutrition and Better Health Yeast Connection Handbook The Advisor Playbook: Regain liberation and order in your personal and professional life The Yeast-Free Kitchen: Recipes to Help You Achieve Victory over the Yeast-Beast, Candida Albicans Insecure in Love: How Anxious Attachment Can Make You Feel Jealous, Needy, and Worried and What You Can Do About It How to Take Advantage of the People Who Are Trying to Take Advantage of You: 50 Ways to Capitalize on the System (Take the Advantage Book 1) Fungi: Mushrooms, Toadstools, Molds, Yeasts, and Other Fungi (Class of Their Own (Paperback)) Beyond Candida: Breakthrough Solutions for Candida, Yeasts, Dysbiosis and More The Thyroid Connection: Why You Feel Tired, Brain-Fogged, and Overweight -- and How to Get Your Life Back Chronic Fatigue Syndrome and the Yeast Connection: A Get-Well Guide for People With This Often Misunderstood Illness--And Those Who Care for Them

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