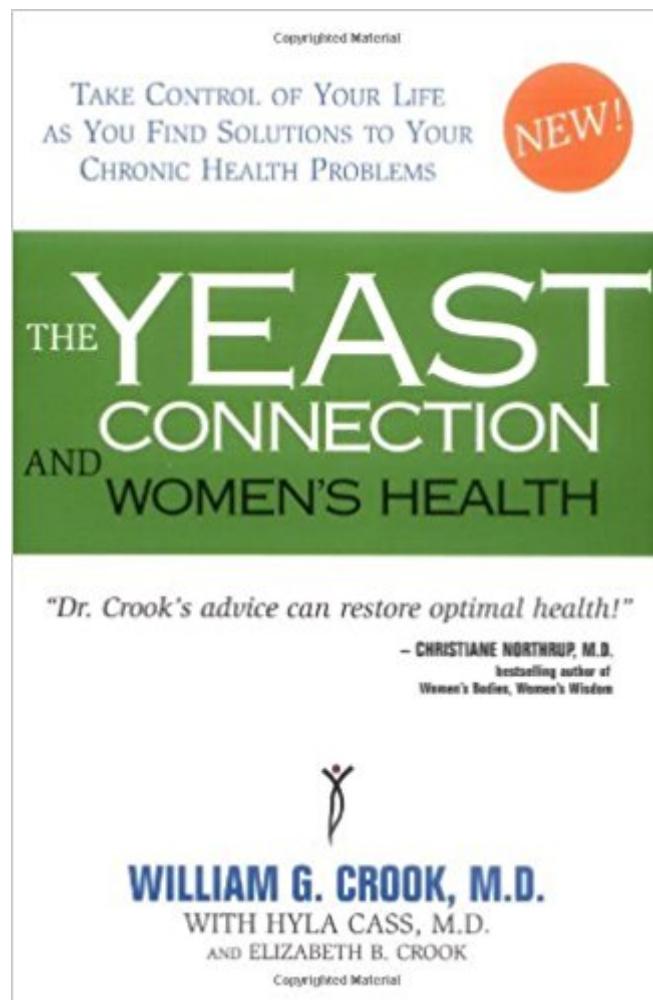


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# The Yeast Connection And Women's Health



## Synopsis

This update of Dr. William Crook's classic *The Yeast Connection* and the Woman includes a groundbreaking new section by Dr. Carolyn Dean focusing on how yeast overgrowth can make you fat -- in addition to causing chronic illness. The 10-step Yeast Fighting Plan described in the book will help you get rid of yeast and be on your way to better health fast.

## Book Information

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Best Sellers Rank: #463,983 in Books (See Top 100 in Books) #26 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #1327 inÂ Books > Health, Fitness & Dieting > Women's Health > General #18513 inÂ Books > Parenting & Relationships

## Customer Reviews

I was extremely disappointed in this book! I bought it because it was the most up-to-date of the Crook books, and was hoping for serious, factual discussions and step-by-step instructions on how to deal with yeast related problems. Instead, I find hundreds of excerpts from letters to the doctor (nice, but tiresome after a while), and broad overviews on important topics with references to other books. Getting to the most (in my opinion) important topic - modifying your diet - there is ONE PARAGRAPH about the initial diet and something like 'in general, you want to eliminate all sugar, yeast, etc...' OK, but how about IN SPECIFIC? This problem was repeated throughout the book - just when you think you're going to get some valuable, specific information, it says 'as discussed in *The Yeast Connection*,' or 'as discussed in *The Yeast Connection Handbook*.' I don't want/need an ad for THOSE books, I would like the information in this one!

I agree, to a point, with the reviewers who didn't find this book to have all the answers, BUT like another reviewer pointed out, this should be just one of the books in your library. I have suffered from candida for more than 20 years. If the reviewer who claimed that candida was invented by the

author had suffered from it, then (s)he would know that it is very real and can be, for some people, debilitating. I suggest you check this book out of the library before you buy it. If you are well versed in this disease, then you might not want to buy it... but if you are just starting your research, you'll find a lot of answers in here.

This book provided me the most insight into what actually has been happening in my body. This book was recommended to me by a friend and has been a godsend. It explains how a person with Candida can use food as a tool to achieve health. Before reading this book, I did not understand how my eating habits were keeping my body in a state of illness. This book also explains why children who grew up being given antibiotics for everything are more at risk for candida. I never thought I would find the topic of bowel flora and intestinal function interesting, but this book put the medical concepts within my grasp.

Due to constant poor health with no cause that any doctor could find, this book was recommended by a family friend when I was 15. Most unfortunately, I did not open it until I was 20. As I looked through it, I was amazed to find the answer I have been looking for for years. Yeast is more than an infection "down there," it can affect your whole life, causing fatigue, depression, weak immune system, irritability and more. This book gives examples of personal experience, which I could finally relate to. It explains how yeast can affect you, why it is there, and what you can do about it- which can be as easy as changing your diet in some cases. This was my saving grace! I took the book to my doctor and had to tell her what was wrong with me, since they never thought to look at yeast. After some testing, it was determined that this was indeed my problem, and now I am doing much better. If you think this may be your problem, read this! It could improve your life tremendously.

This book is one of the best on the subject of Candida because it presents information that many of the others don't have. For example, it lists Stevia and FOS as alternative sweeteners. Most books don't mention those two. I especially found the sections on related illnesses to be very helpful. There are sections on Cystitis and Endometriosis, among many others. This book could use still more information, but it's already very long. Perhaps compiling all of the current data on Candida would make the book too large. This book also has many mini case studies that help you understand what other people have been through with Candida. I recommend this book for any woman who has any chronic physical problem that she can't resolve. You just might find the answer in here.

This book helped me as I am sure that it has helped others. Other reviewers stated that they couldnt find the info that they were looking for or that he advertised other books. You must look closely into this book and you will find your answers. Most people read and get upset when there are not pictures to follow but if you are truly sick you will comb every page looking and finding the answers. He talks about other books and gives other doctors insights because he is trying to give resources to the reader and this sickness is not readily accepted by doctors and he asks you to give a copy to your doctor. He writes from the possible understanding that he must help another doctor see the way to help the better good of patients all over the world. This book is written to patients and doctors. Reviewers look a little closer.

This book has enlightened me so much that I wish I could go to the top of the tallest mountain and shout for everyone to hear. After being told that my problems are all in my head I was fed up with the whole medical community. Finding this book has allowed me to realize that that is true, but not in the way it was originally implied. Having a Candida problem has caused my migraines, sinus problems and general malaise for so many years that I began to believe I was doomed to a life of misery. I am now, with Dr. Crook's help, beginning to see a light at the end of the tunnel. So many things have been explained that it really does seem like this book was written for me, however it is also comforting to know that I am not the only one out there feeling like I do. Unfortunately it means giving up chocolate, but that is a small price to pay for relief. This book is the life-saver I needed to know that I would not have to spend the rest of my life in torment. I now have a reason to smile and I am sure others will too.

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