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The Yeast Connection And Women's Health (The Yeast Connection Series)

"A 21st century women's health classic."

— ANN LOUISE GITTLEMAN, Ph.D., C.N.S.
author of *The Fat Flush Plan* and *Before the Change*



COMPLETELY UPDATED.
DISCOVER THE STARTLING
CONNECTION BETWEEN
YEAST AND OBESITY!



WILLIAM G. CROOK, M.D.

WITH CAROLYN DEAN, M.D., N.D.
AND ELIZABETH B. CROOK



Synopsis

A growing number of women suffer from chronic health disorders that seem to defy treatment, with problems ranging from vaginitis to migraines and depression. Now, hope is at hand in the completely revised and updated *The Yeast Connection and Women's Health*. Included is vital information on prescription and nonprescription antifungals, lifestyle changes, dietary modifications, and nutritional supplements—all presented in easy-to-understand language with real examples of women who restored vibrant health to their lives.

Book Information

File Size: 3086 KB

Print Length: 304 pages

Publisher: Square One; Reprint edition (April 24, 2013)

Publication Date: April 24, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00CJCHKHS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #224,240 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #463

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Health #654 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition

Customer Reviews

Learning to conquer the devastating effects of yeast overgrowth has saved my health/life.

Traditional medicine doesn't seem to be totally on board with this issue. Learning how to recognize and control yeast infections is of major importance. This book and others on the same subject are of GREAT value.

The Yeast Connection and Women's Health Has given me more information for tackle this on going problem was very helpful

Helpful book to go along with "Tired - So Tired!" also by Dr. Crook. Has really helped me turn my life around just by the elimination of about 8-10 foods and then one by one introducing them back in to figure out which was causing me problems. I feel like a new person after years of doctors visits that produced nothing!

This is a must have book if you struggle with yeast overgrowth! My mom has this book and I have borrowed it several times; as a natural/holistic doctor I definately recommend this book! Lots of great information to help you understand the issuse more and be able to over come it! I finally bought myself my own copy! :)

Great information in this book! Confirms what I learned in school. As a certified ND, it is validation that the MD's finally catch up to what we have known for years!!!

good

I read this book and my kindle is changed! I saw myself!! Now I'm getting to work on the new me!

Good info book per our daughter.

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