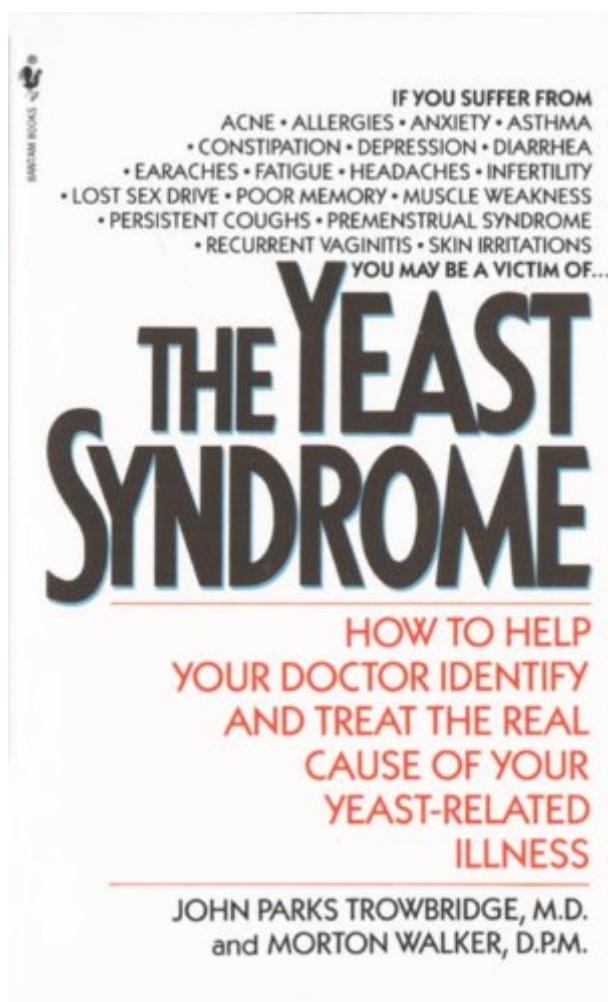


The book was found

The Yeast Syndrome: How To Help Your Doctor Identify & Treat The Real Cause Of Your Yeast-Related Illness



Synopsis

The most complete and up-to-date book on the epidemic affecting 80 million American men, women, and children. How to recognize the symptoms, why many doctors do not diagnose yeast infections, and how to bring it to your doctor's attention. Eleven questionnaires to determine your risk of a yeast-related disorder. The many causes of the yeast syndrome -- and how to avoid them. The most up-to-date laboratory diagnostic tests and anti-yeast therapies. The yeast-control diet -- recommended foods, and a complete seven-day menu. Plus, how anti-yeast treatments help patients with multiple sclerosis, arthritis, lupus, hypoglycemia, and other "untreatable" illnesses. From the Paperback edition.

Book Information

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Customer Reviews

Naturopathic Doctor recommended I read this. Came in handy. Interesting read.

Old book. Somewhat outdated info.

I recommend this to EVERYONE who wants to stay healthy or improve their health. Dr. Trowbridge discusses a mostly-unknown epidemic that is responsible for so many illnesses A through Z and is causing havoc in people's lives. Death begins in the colon when the good bacteria gets out of balance and then disease (all of kinds) begins and then one can experience multiorgan malfunction. Health can be restored if proper lifestyle changes are made. Sugar in any form to the chronically ill is the killer, this includes breads, pasta, etc. This book has opened my eyes and I am trying to make adjustments to improved my health, being addicted to sugar is a difficult habit to break unless and until you choose to live rather than die consuming sugar.

As a caregiver who had to educate herself about candida overgrowth in order to help her father with systemic candida, I can vouch for this particular reference above all the others out there. The diet works, the supplement info is accurate, specific products named (toothpaste, gargle, natural antifungals)-all truly are correct and do work. I have most of the other candida books and cookbooks, but many of them contain inaccurate material. This one volume is a treasure. Yes, you have to study for yourself, and yes, you have to change shopping and food prep habits, but it is all worth it!(I followed the diet myself while dealing with my father's, and I felt well-fed and full of energy). Every internist out there needs to read and study this book.

An old book but still very applicable today. Full of great info and it helped me make sense of some unusual things that were going on.

This explained so many problems I'd been having . Helped me on this wellness journey...A book all need to read...

This is my second copy of this book. With this book, a person can totally understand, treat themselves, and heal their bodies.

This has lots of information on the yeast syndrome--it was recommended by a friend of mine. It is somewhat intimidating in it's layout, there is so much information it almost feels overwhelming when you're just looking for a simple list of foods to avoid and how to get started without completely throwing out all of the food you currently have in the house. However, I must admit I have not read the entire book--I skipped around through the chapters. I think I will read it cover to cover and

possibly update my review at a later time.

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