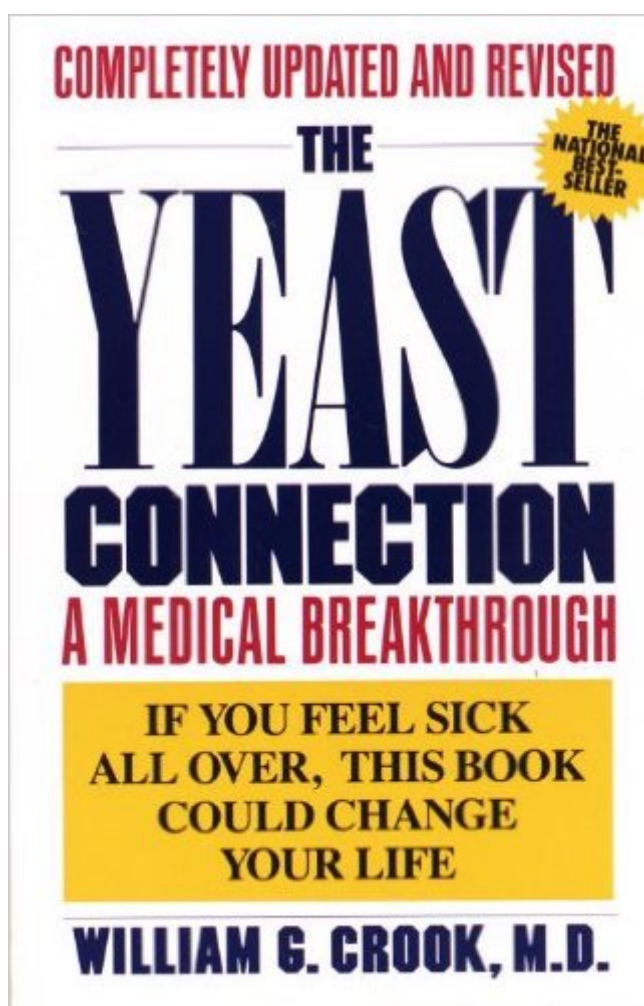


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# The Yeast Connection: A Medical Breakthrough



## Synopsis

An in-depth guide to those health problems in people of all ages and sexes that can be traced to sensitivity to the yeast germ candida albicans.

## Book Information

Paperback: 434 pages

Publisher: Vintage Books; Upd Rev Su edition (September 12, 1986)

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (112 customer reviews)

Best Sellers Rank: #53,151 in Books (See Top 100 in Books) #4 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida](#) #18 in [Books > Health, Fitness & Dieting > Nutrition > Food Allergies](#) #24 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies](#)

## Customer Reviews

This book and it's companion cookbook literally saved my life, after years of getting no help ~ or getting sicker ~ from the established "medical profession." I changed my diet and in three days the pain disappeared, and a week later I tossed away my cane and bounded up the stairs. I couldn't believe it, it was a miracle. I still can't believe it; all because of changing the foods I ate. Now, years later, when I go off the no-sugar, no yeast diet, the pain and stiffness and depression returns and I have to stop and think... ahhh, I've been eating sugar = candida yeast infection! So back I go and all is well. This change in eating habits has saved untold thousands of people like me from suffering and pain and "given us our lives back." Why don't doctors tell us? I will never understand this. How did I hear about this book & the problem of candida yeast infection? Three friends, from different parts of the country, told me about it, and I visited a nutritionist who backed up everything Dr. Crook says in the book. Et Voila! I was cured. It is very hard at times not to feel great bitterness towards the "regular doctors" who wasted my time and money, and left me suffering for so many years, yet who have little or no training in basic nutrition. It is not this way in Europe; here they seem to know only how to prescribe surgery or useless medications, some of which made me sicker, but I have to continue to remind myself that this is the training of the AMA. I hope things change, and soon. In the

meantime, a note of importance: I developed the initial candida yeast infection while drinking "100% pure fruit juice." I drank it all day or night long, for three years, sitting in front of my computer working. I was a computer programmer at the time.

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