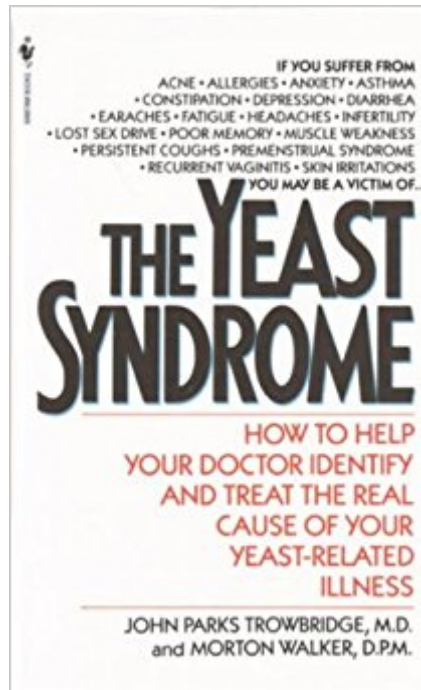




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The Yeast Syndrome



Synopsis

Yeast SyndromeSize : BOOKPack of : 1Product Selling Unit : each

Book Information

Paperback

Publisher: Bantam Books; Reissue edition (1986)

Language: English

ISBN-10: 0553277510

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Product Dimensions: 6 x 6 x 6 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

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Customer Reviews

Yeast SyndromeSize : BOOKPack of : 1Product Selling Unit : each

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 Somewhat outdated info.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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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) The Yeast Connection Cookbook: A Guide to Good Nutrition, Better Health and Weight Management (The Yeast Connection Series) The Yeast Connection Cookbook: A Guide to Good Nutrition and Better Health The Yeast Connection Coo The Candida Albican Yeast-Free Cookbook : How Good Nutrition Can Help Fight the Epidemic of Yeast-Related Diseases Beyond the Yeast Connection: A How-To Guide to Curing Candida and Other Yeast-Related Conditions Tired--So Tired! and the Yeast Connection (The Yeast Connection Series) The Yeast-Free Kitchen: Recipes to Help You Achieve Victory over the Yeast-Beast, Candida Albicans Candida Albican Yeast-Free Cookbook, The: How Good Nutrition Can Help Fight the Epidemic of Yeast-Related Diseases Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) The Yeast Syndrome Chronic Fatigue Syndrome and the Yeast Connection: A Get-Well Guide for People With This Often Misunderstood Illness--And Those Who Care for Them The Candida-Yeast Syndrome Fine Motor Skills for Children with Down Syndrome: A Guide for Parents and Professionals (Topics in Down Syndrome) by Maryanne Bruni (2006-04-10) Teaching Reading to Children With Down Syndrome: A Guide for Parents and Teachers (Topics in Down Syndrome) by Patricia Logan Oelwein (1995-02-01) Paperback

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