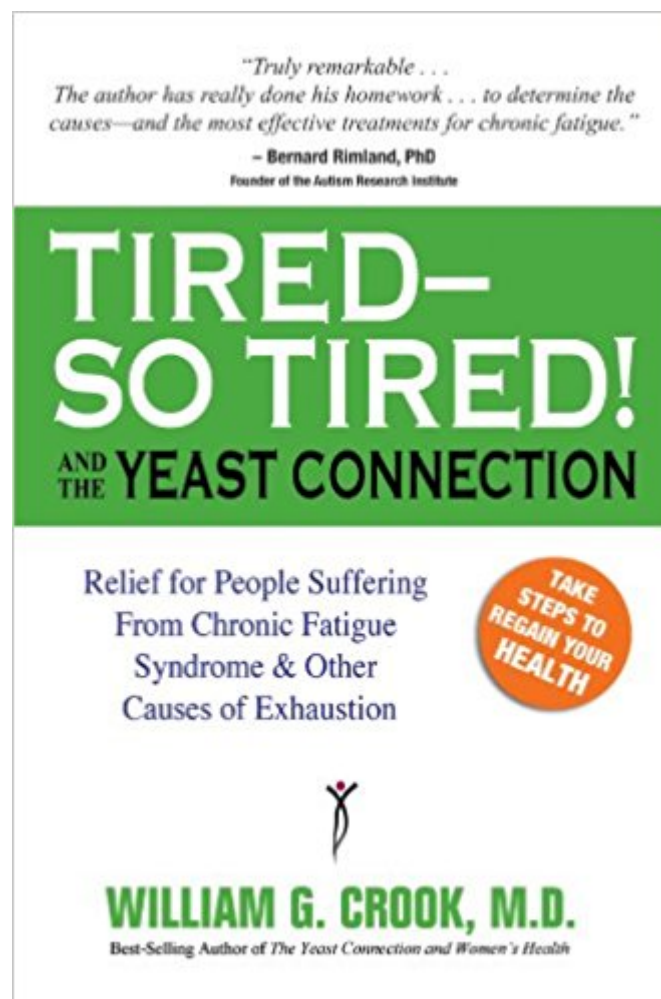




The book was found

Tired--So Tired! And The Yeast Connection (The Yeast Connection Series)



Synopsis

Fatigue is one of the most common problems for which people seek medical attention. Why is it so widespread? Through years of research, Dr. William G. Crook discovered that chronic fatigue is often linked to the consumption of sugar and yeast, along with other foods to which people can develop sensitivities. Certain nutrient deficiencies, too, can lead to fatigue. *Tired • So Tired!* presents the doctor's treatment program as well as his research on this important subject.

Book Information

Series: The Yeast Connection Series

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Customer Reviews

"This book makes a compelling case for how a basic excess of yeast in the human body is systemically destroying our chances at healthier lives." (Natural Cures Newsletter)

William G. Crook, MD, received his medical education at the University of Virginia, the Pennsylvania Hospital, Vanderbilt, and Johns Hopkins. He is the author of over a dozen books and numerous articles in medical and lay literature.

Such a helpful book for anyone struggling with extreme fatigue and feeling as if there is nowhere to turn! It has helped me change my life!

good

I bought this a few years ago looking for help. I noticed lately all the Dr. shows are just now catching up to leaky gut, probiotics. This is worth every cent you spend.

Informative

Excellent. Very informative. Highly recommend this item for people that are simply exhausted all of time & have become very frustrated in finding a solution. Yeast infections in the body can make your life a living hell.

I highly recommend this book. You just won't believe how much you will learn about yourself and your diet and if you have Candida. Read all of William G. Crook's books...some things are repeated, but it is well wrote the read.

I thought the introductory chapters were fairly good, but then it went into the many possible supplements and medications you could use on it. Personally, I think it can be a bit overwhelming for someone who doesn't know much about supplements and medications. Still was worth the purchase for the first few chapters.

Great

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