



The Yeast Connection: A Medical Breakthrough

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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.

The Yeast Connection: A Medical Breakthrough Details

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Author : William G. Crook

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From Reader Review The Yeast Connection: A Medical Breakthrough for online ebook

Katie says

Even if you think you don't have "candida", which by the way, is one of the most common issues in this country, and most of us probably have it to some degree...it's a great book for anyone who suffers from chronic pain, fatigue, "mystery" symptoms, etc. etc. Nothing very cutting edge, just simple common sense. Easy to understand.

Erlyn Lazaro says

A must read! Cutting-edge and revolutionary, and given that this book was written decades ago, with the dawn of the internet age still forthcoming back then, I imagine this book was a life saver for many who were afflicted by different illnesses caused by candida albicans.

Liaken says

It has some good information, but it also has faulty and contradictory information. And it's not very usable or ... aesthetic.

Julie says

Pros: very thorough. Cons: research is mostly from the 80s and 80s so I wish there was a version of this written in 2013.

Definitely a lot of good food for thought in this book.

S. says

Very good read. Dr. crook discusses a condition that is wide-spread in great detail.

Anna says

Interesting and not difficult to read. I wish I did not now know how bad sugar is for us. I have little bit of a sugar addition that I do my best to keep it under control.

Ansley says

This book is packed with information on yeast overgrowth, symptoms, remedies, and meal plans. I found it very helpful in learning what yeast does to your body, how you develop candida, and how to stop the cycle.

Grandma Judy says

This is a must-read for info on how to prevent yeast infections, athlete's foot, and many more diseases.

T.M. Carper says

The drawings and charts are helpful and fun. There's a lot of personal anecdotes from his patients that give you a look at life with the disease. Some of the material may seem dated, but it's still informative.

Crystal says

This was a silly book. That is to say, the subject matter was serious in tone, especially if all the claims in the book were to be believed. So WHY, oh WHY would you take a serious matter, at least to yourself, and write a book illustrated with hand drawn pictures, and set in constantly alternating styles and sizes of font? It's like editing a documentary to flash like a music video. The presentation was not at all credible, which was sad, because I'm genuinely interested in the topic, and would love to learn more, as to the issue's reality and credibility (or not) and therefore to learn solutions to the problem (or that there's no need for it). I'm going to have to look elsewhere for that information, however. Hopefully I can find some slightly more serious and credible looking presentations on the topic, because this isn't one of them.

Melissa says

screaming to myself I 'finally' type out a clear and full review and I hit the screen just outside of the review box and.....it closed the review box :(Gone.....and all I could do was sit here and watch it disappear. Gah!!

Will try again asap. If not soon enough I just urge everyone to look read, understand, and live this as you begin to feel your body go into what's nothing short of a miracle rebirth. I read it the first time over 25 years ago and it changed my life. Well, I fell off track along with other environmental factors outside of my control and I'm now headed back to this book to do it all over again.

As with 'all' lifestyle changes, 'please' do not do any changes without being well informed on the withdrawal symptoms of ridding your body of the toxins, knowing how it will effect any medications you're on and 'you' as an individual. Everyone is different and will heal that negative gut/brain reaction differently. If you want to live free of all the things far too many are afflicted with and there have been no answers, than 'this' is without question a place to turn for women, men and even for our children's ailments. Worth every dedicated

second.

Ugh!! Bummed that my first review is gone.

~*In Wellness to ALL*~ <3

Fishface says

This is the seminal book that explains the connection between excess Candida albicans in the gut and a multitude of health problems, from menstrual pain to impaired glucose tolerance. Unfortunately, the author basically recommends the frikkin' Atkins Diet to address it, which is pretty lethal in its own right as far as I'm concerned and far too hard for someone who's already sick and in pain. In later books on related subjects the author modifies the approach a lot so you're allowed to eat a more normal range of foods. But a lot of the advice in here is still good.

Jean says

This is an exceptional book! I have had this book for many years, and still refer to it: my daughter is now in the process of reading it, as well. This is one health book that will survive the test of time!

Sartan says

If you have health complaints then it's worth reading this book. Even if you just follow the recommended diet I think it will help!

Eric Wallace says

Admittedly, I kinda speed-read through this along with several of his newer books at the same time, for the following reasons:

(a) Although this is Dr. Crook's original "Bible" (or should I say "crookbook"?) on yeast overgrowth, some of the info has become outdated in the nearly 30 years since the book's publication and thus is superseded even by the author's later writings.

(b) It's a bit... rambling. Crook repeats himself, re-summarizing key points that have been mentioned time and again (e.g. listing the basic types of foods that the yeast-sensitive person should avoid). Frustratingly, on occasion he'll mention something unique buried deep in one of these repetitious passages, something that is perhaps not discussed elsewhere even in the entire chapters dedicated to the topic (I noticed this several times in his listings of non-prescription/"herbal" antifungals).

(c) I needed to get down the practical info fast, because I'm fairly certain there is a connection (har!) to the

health problems I've been experiencing and I want/need to start the dietary changes soon. To that end, I would recommend Dr. Crook's "The Yeast Connection Handbook" in lieu of this, as it covers most of the necessary practical information. Or, for a more concise listing, Part 5 (Chapters 26-32) of "The Yeast Connection and Women's Health" (which was his last book, published posthumously around 2005).
