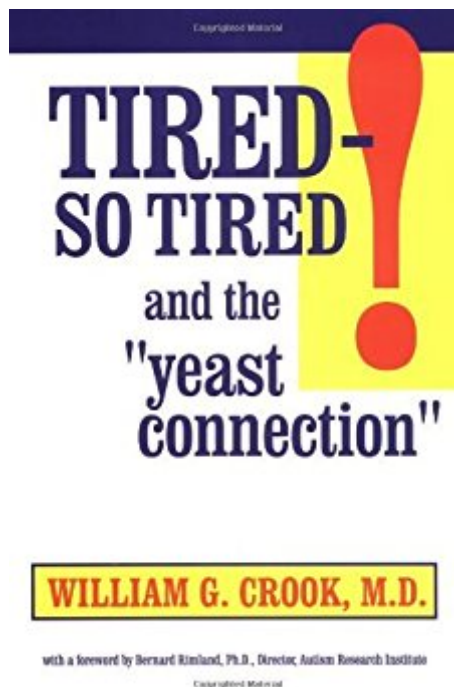




The book was found

Tired - So Tired!: And The "Yeast Connection"



Synopsis

Fatigue is the number-one complaint that doctors hear from their patients, but it is often dismissed as psychological. In the early 1980s, Dr. William G. Crook treated a 35-year-old woman diagnosed with chronic fatigue syndrome (CFS). He created a successful treatment program for her that combined a sugar-free diet with oral antiyeast medications. Further research confirmed that sugar and yeast, along with other food and chemical sensitivities, are a major culprit in everything from headaches to anxiety to CFS and related problems. *Tired - So Tired* presents the doctor's program and additional research in lay terms.

Book Information

File Size: 2155 KB

Print Length: 410 pages

Page Numbers Source ISBN: 0933478259

Publisher: Professional Books/Future Health (June 17, 2010)

Publication Date: June 17, 2010

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B003STDA2A

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,411,137 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #93

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida #164

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets >

Healthy #536 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia

Customer Reviews

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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