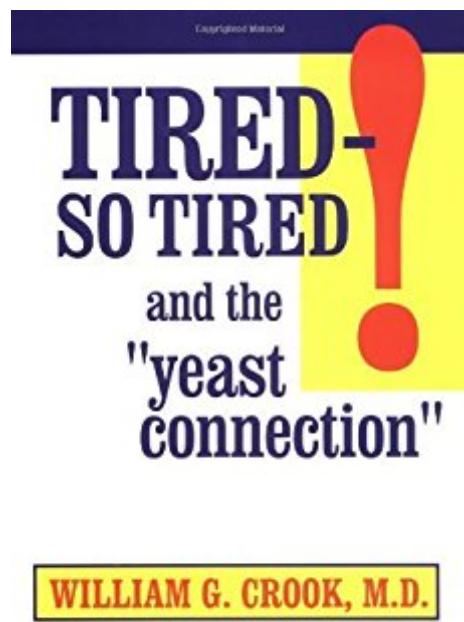


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# Tired - So Tired!: And The "Yeast Connection"



## **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**

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## **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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