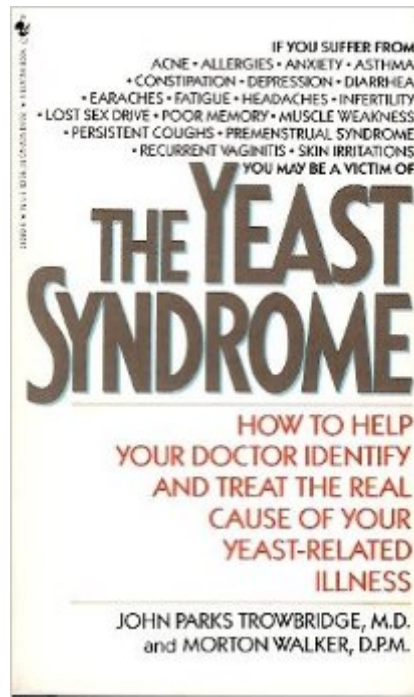


The book was found

# The Yeast Syndrome



## Synopsis

The most complete and up-to-date book on the epidemic affecting 80 million American men, women, and children. How to recognize the symptoms, why many doctors do not diagnose yeast infections, and how to bring it to your doctor's attention. Eleven questionnaires to determine your risk of a yeast-related disorder. The many causes of the yeast syndrome -- and how to avoid them. The most up-to-date laboratory diagnostic tests and anti-yeast therapies. The yeast-control diet -- recommended foods, and a complete seven-day menu. Plus, how anti-yeast treatments help patients with multiple sclerosis, arthritis, lupus, hypoglycemia, and other "untreatable" illnesses. --This text refers to an alternate Mass Market Paperback edition.

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (52 customer reviews)

Best Sellers Rank: #1,697,267 in Books (See Top 100 in Books) #74 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida](#) #7169 in [Books > Health, Fitness & Dieting > Women's Health](#)

## Customer Reviews

I am a health professional and in 1995 at the age of 39 I found myself on 9 prescription medications and my health was quickly failing. I had a severe sleep disorder, tender spots, terrible arthralgia, reflux disease, colitis, neuropathy, dizziness, and fibromyalgia syndrome. My sister-in-law suggested that I had yeast syndrome. Of course being a by the book RN I blew her off. One day in a book store I happened to spot this book and leafed through it. I started crying right there because my doctors couldn't help me anymore but here was my help. This book saved my life. When I went to the health food store for help with the herbals the owner found it hard to believe that I could still work and raise a family in my condition. My husband, co-workers and doctor couldn't believe the difference in just a few weeks of starting the program. My doctor asked me what happened and recommended the book to other patients. It was not a fast process but I am fully recovered and

sleep like a baby when the kids let me. I no longer feel like my body is 50 years older than I am. I have told countless people about this book and am very grateful it is being reprinted as I loaned mine out and it was never returned. This book is much more detailed than The Yeast Connection and was much more helpful to me. Thank you Dr. Trowbridge for saving my life. Dec. 6, 2009A short update. I was adopted at birth. At 53 I recently found my birth family. I did not get to meet my mother as she passed away at the age of 66 from esophageal cancer. All of her 17 siblings lived into their late 80's. She was a smoker and drank a lot of soda, but seemed to have symptoms of yeast syndrome. My half sisters said she took and alka seltzer every night at bed time.

This book is actually a therapeutic manual and reference book for people who suffer from yeast overgrowth, ranging from mild to extremely severe, as was my case. However, a very large segment of the population suffers from relatively mild (but very annoying) recurrent yeast growth flair ups, mostly women, but men do also, so this book has value to the general population as well. Yeast overgrowth problems tend to grow and progress, so a mild intermittent cases can easily become severe and chronic over time. It can be a devastating thing to endure, if the immune system starts to break down with respect to yeast and fungal organism. The toxins from the Candida microorganisms can foster that specific immunity breakdown. Varieties of Candida albicans seem to be the culprit, the species of yeast causing these problems. It is ubiquitous. Why it can proliferate and harm some people and not others depends on a combination of factors. I suffered greatly for over twenty years with this problem. It got so bad, I was getting real urinary bladder infections with blood in my urine (small amounts found on testing stick.) My prostate pain and swelling was often excruciating. Anal itching was really annoying. Acute indigestion was so painful at certain stages of the condition that I would fast for days just for relief. This went on for over 20 years, starting with acute prostatitis after a glass of wine in my early twenties, and continuing with a variety of other symptom on into about 40 when I started reading books on yeast and started taking matters into my own hands. This book was the most important one. Doctors' testing proved inconclusive. Instinctively, for years I knew yeasted bread made me feel worse, but did not know much more.

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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

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