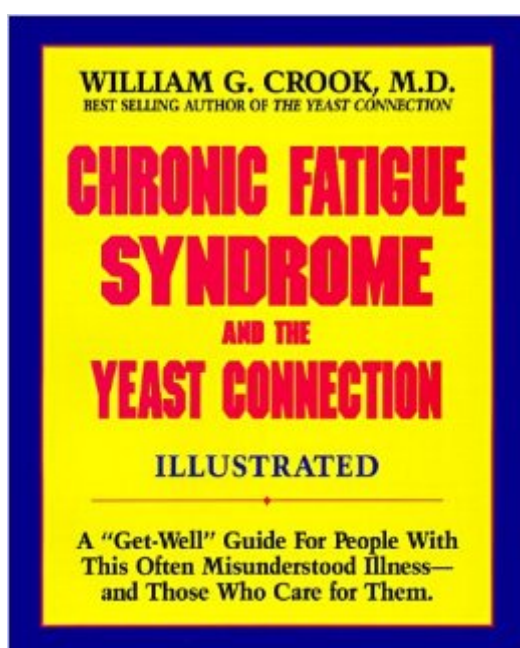


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# Chronic Fatigue Syndrome And The Yeast Connection: A Get-Well Guide For People With This Often Misunderstood Illness--And Those Who Care For Them



## Synopsis

Discusses the role that the body's production of yeast plays in disorders of the immune, endocrine, and nervous systems and details how nutrition and exercise have helped many patients suffering from the symptoms of Chronic Fatigue Syndrome. Original. 30,000 first printing.

## Book Information

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## Customer Reviews

I've read other Yeast Connection books and they were much better than this one. The book has an over abundance of cartoons used for illustration and instruction, so much so that they are extremely distracting and make it very difficult to read. All of the information covered in this book can be read in the Yeast Connection Handbook and others. It basically repeats other books and adds too many cartoons to fill in the pages.

Dr. Crook was one of the first to write about CFS, this book does have cartoons which make it easier to understand. This book changed/saved my life. My daughter & I were diagnosed in 1983 (a rarity in itself back then) and told "good news is, yes there is something wrong with you. Bad news is there really isn't a standard drug or treatment. Except expensive immunoglobulin therapy that your insurance won't cover since they don't really recognize CFS as an illness!" I didn't get the book until 1990 and read it from cover to cover the first night. Remember no real internet then and GNC carried vitamins and body building supplements, no St. John's Wort, forget Acidopholous and CoQ10 sounded like a Star Wars character. THANKS TO DR. CROOK these things plus many others in the

book made a complete difference in my health. Yes the other books listed are more informative, they were published later. If you can still find this one read it first. P.S. I was searching because my 2nd copy is now so tattered and covered with notes from people I've loaned it to that it resembles a high school yearbook complete with heartfelt comments:)

Amazing read with all my questions answered. The self test was an eye opener and the suggested treatment via medicine and elimination diet was right on. Anyone suffering from chronic yeast problems and/or chronic fatigue must read this book!

This book had extremely helpful information for those suffering from symptoms that relate to Fibromyalgia and Chronic Fatigue Syndrome. The author gives practical advice and explains the cause of often misunderstood symptoms such as itching, headaches, nausea, dizziness, difficulty concentrating, etc. If you are suffering from CFS, Fibromyalgia, or allergy symptoms, I highly recommend this book. This book was far easier to read and understand than many books on the topic. It also address overconsumption of sugar as a problem, which many authors are reluctant to address.

I went to college in western Tennessee where I experienced allergies for the first time. I saw a Dr. Crook who was supposed to be the best doctor around at the time (1975-1977). I had no idea until years later that this was the doctor I saw! He was very thorough, kind, and approachable to a college student in distress. His books have helped a lot of people. I thought he was ancient back then...he was probably younger than I am now!

Very helpful.

ok

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Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet.  
How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal Fatigue Syndrome  
The Yeast Connection Cookbook: A Guide to Good Nutrition, Better Health and Weight

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