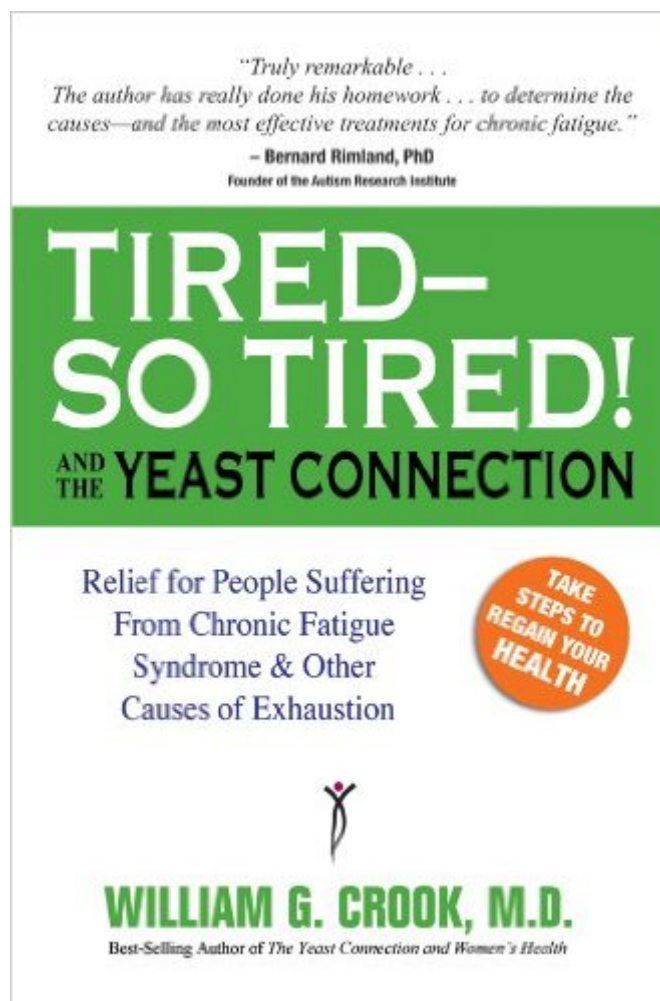


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# Tired--So Tired! And The Yeast Connection (The Yeast Connection Series)



## Synopsis

Fatigue is one of the most common problems for which people seek medical attention. Why is it so widespread? Through years of research, Dr. William G. Crook discovered that chronic fatigue is often linked to the consumption of sugar and yeast, along with other foods to which people can develop sensitivities. Certain nutrient deficiencies, too, can lead to fatigue. *Tired • So Tired!* presents the doctor's treatment program as well as his research on this important subject.

## Book Information

Series: The Yeast Connection Series

Paperback: 408 pages

Publisher: Square One (March 15, 2007)

Language: English

ISBN-10: 0757000630

ISBN-13: 978-0757000638

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (12 customer reviews)

Best Sellers Rank: #1,153,004 in Books (See Top 100 in Books) #56 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Candida](#) #262 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia](#) #5054 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases](#)

## Customer Reviews

I would politely differ with the person who labeled this book "poorly written". It is, from my perspective, more conversational and 'individual case description' based, rather than being a heavy tome. In my current (albeit confused) mental state thanks to many of the conditions Dr. Crook describes in the book, an 'easy read' that helps me understand what's going on, why such disparate symptoms coexist, and what the steps are to start dealing with the problem is (though I hate to say it in these terms) "exactly what the doctor ordered". I am seeing a specialist in Chronic Fatigue Syndrome who studied with Dr. Crook, and this book helped give me context for specific vitamins/minerals/supplements that are being recommended to me. So, is this the perfect book for everyone? Probably not. Is it a good summary and explanation in plain terms, for the effects of Candida, CFS, and other interrelated conditions? Absolutely.

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.

Very insightful and interesting information on Chronic Fatigue Syndrome and other syndromes that may be related. Easy to read.

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.

The author strung along a large number of quotes from other people along with research abstracts to create this book. While there are some nuggets in here, the book content is very disjointed. If you want to learn about yeast, try a different book.

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.

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!

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