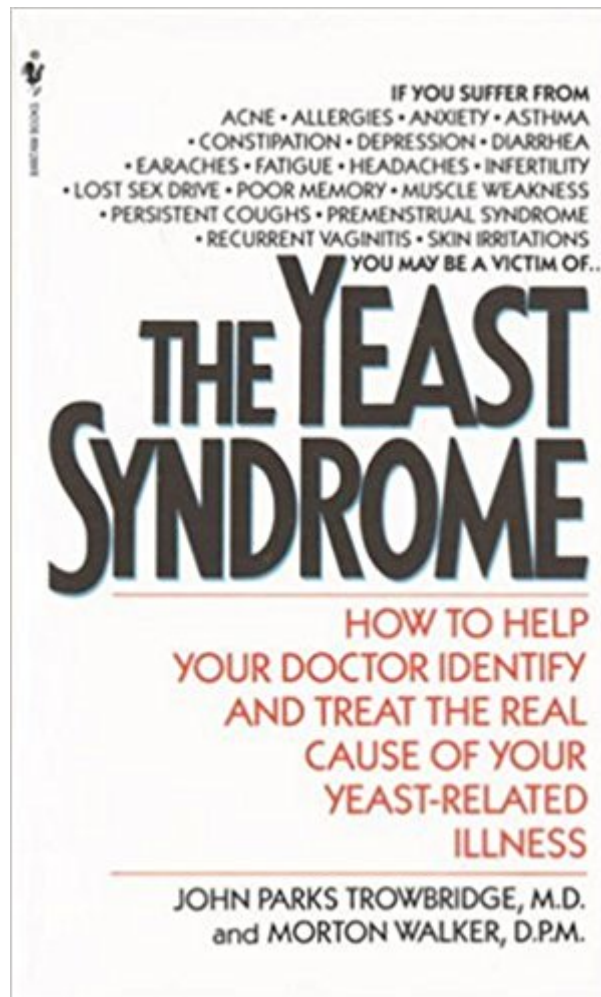


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# The Yeast Syndrome: How To Help Your Doctor Identify & Treat The Real Cause Of Your Yeast-Related Illness



## 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.

## Book Information

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## 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 an alka seltzer every night at bed time. I am adding this update because until I started this regime I was a sufferer of chronic reflux disease. It took a few weeks for it to disappear on this diet, but it did. I will not suffer the same fate because I got the yeast under control. Do yourself a real favor and take charge of your health.

As a caregiver who had to educate herself about candida overgrowth in order to help her father with systemic candida, I can vouch for this particular reference above all the others out there. The diet works, the supplement info is accurate, specific products named (toothpaste, gargle, natural antifungals)-all truly are correct and do work. I have most of the other candida books and cookbooks, but many of them contain inaccurate material. This one volume is a treasure. Yes, you have to study for yourself, and yes, you have to change shopping and food prep habits, but it is all worth it!(I followed the diet myself while dealing with my father's, and I felt well-fed and full of energy ). Every internist out there needs to read and study this book.

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 flare 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 case 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. Doctors either couldn't figure out my symptoms. A few conjectured that I had a nervous and/or psychological condition, or they wanted to hospitalize me for a battery of expensive tests. I kept chickening out on the hospital tests, probes, etc. Didn't have the money or insurance anyway. I finally did find a doctor, an MD who put his card in the health food store bulletin board. He understood the problem and took me seriously, but did not know much about treatment. I read over half a dozen books on this Yeast phenomenon, but none of them was so detailed for therapeutic step-by-step self-treatment of curing as good as this book was. It took me four years to gradually get completely well again, mostly following the most restrictive of the four diets in the book, MEVY diet (Meat, Eggs, Vegetable, Yogurt) during my these four years. The last year I loosened up on the diet. I had previously been a vegetarian, so I had to adjust my attitude. I ate lots of yogurt (I liked goat milk yogurt) took massive amounts of garlic gelcaps, and occasionally used organic coffee enemas for more immediate relief, followed by nystatin enemas, as was also suggested. Now that I am "cured," I am cured like a former alcoholic. I am vulnerable and it can always reoccur. I still have a "problem" but don't suffer, and don't need to be as strict with my diet. I have a life. Minor symptoms can still appear. I still have to stay away from sweets, overindulgence in carbohydrates, must avoid antibiotics, must avoid narcotics and drugs in general (which can perforate my weakened intestinal lining) This book helped immensely. It was a life-saver. Besides its practical value, it helped understand what was happening to me and gave me the courage and confidence to stay the treatment course. After getting well, I got married in my old age and finally had two daughters, something I could not have imagined with the pain and yeast-toxin-induced mental depression I used to have with the years of yeast toxins in my blood, and repulsive prostate symptoms. Unfortunately, except for a few maverick physicians, mainstream medicine has not accepted yeast overgrowth as a valid diagnosis. They'd rather just keep giving women drugs for vaginal yeast problems instead of looking at the source of the problem. Candida albicans yeast overgrowth and the subsequent symptoms originate and persists in the intestines, particularly the colon, and permeates through tissue to other organs. The yeast then excretes toxins into the bloodstream to paralyze the immune response to yeasts and fungi. The medical establishment does wonders but does have its ideological limits, particularly with elusive chronic conditions that cannot

be easily diagnosed with testing devices, blood analysis, or other positive scientific/laboratory means. Multiple Schlerosis and Multiple Chemical Sensitivity (MCS) were too easily written off as "psychogenic" when they first appeared, because the patient's lips provided most of the evidence. Multiple Schlerosis was finally understood, but MCS etiology is not yet been completely understood. With Candida overgrowth there are a great variety of symptom from person to person, and severity can also vary greatly with specific symptoms from person to person. This is why, to some people, the book might seem like a cure-all manual for any kind of problem. It is not, nor is it intended to be, but that is just the nature of this malady. Symptoms take a multitude of forms from one person to another. Having said that, though there are many possible symptoms, there is a limit to the symptom that can occur from yeast overgrowth. It cannot cause "anything." Nonetheless, Candida albicans can be chronically gradually life-threatening. Like a tapeworm, yeast can both injure and weaken organs, while it steals nutrition from the body. I was eating plenty at the height of my problem, and yet hadn't been as low in weight since high school. Once I got better, I had to restrict my eating from time to time to keep from getting fat. One thing the book does not mention is probiotics and probiotic food fermenting. These are so much better than yogurt. The book was written before probiotics were on the market. Also suggest reading THE MISSING DIAGNOSIS, ISBN-10: 0961575808 ISBN-13: 978-0961575809 by Orian Truss, MD, one of the very first doctors to discover the yeast overgrowth phenomenon in the early 1970s.

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