

COMpletely UPDATED AND REVISED

20

1986 3rd ed

THE
NATIONAL
BEST-
SELLER

THE

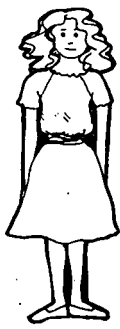
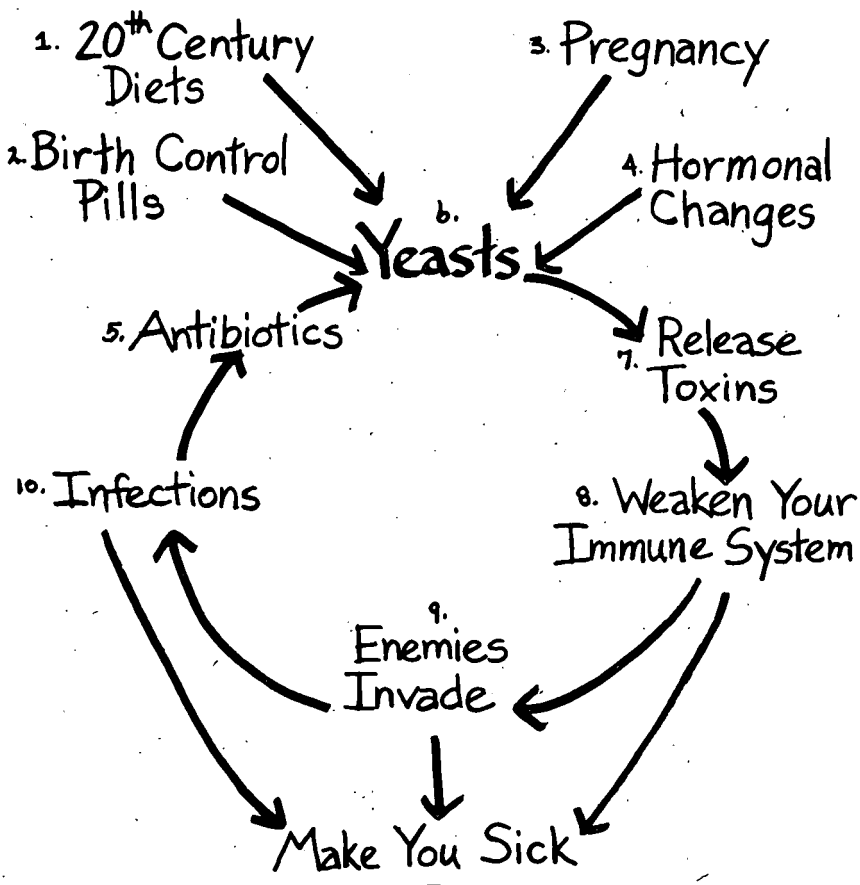
YEAST

CONNECTION

A MEDICAL BREAKTHROUGH

IF YOU FEEL SICK
ALL OVER, THIS BOOK
COULD CHANGE
YOUR LIFE

WILLIAM G. CROOK, M.D.



Physical And Mental Problems Of Teenagers

According to an article on May 26, 1983 by Mary Reed, Features Editor of my hometown paper, *The Jackson Sun*,

"A once carefree teenager, Chris Avrett, would spend some days sitting in one spot, depressed and oblivious to the world. At times he would be so disoriented he couldn't tie his shoe or get food to his mouth. After trips to physicians in Memphis, Jackson and Nashville, several hospital stays and \$30,000 in medical bills, his parents still didn't have the answer to the cause or treatment for his problem."

Chris was referred to me on January 26, 1983 by Dr. Cheryl Robley, a clinical psychologist, who felt his problems could be related to candida. Chris gave a history of asthma and other allergies during his early years of life. Tubes were put in his ears when he was in the second grade and again in the fourth. He also had taken

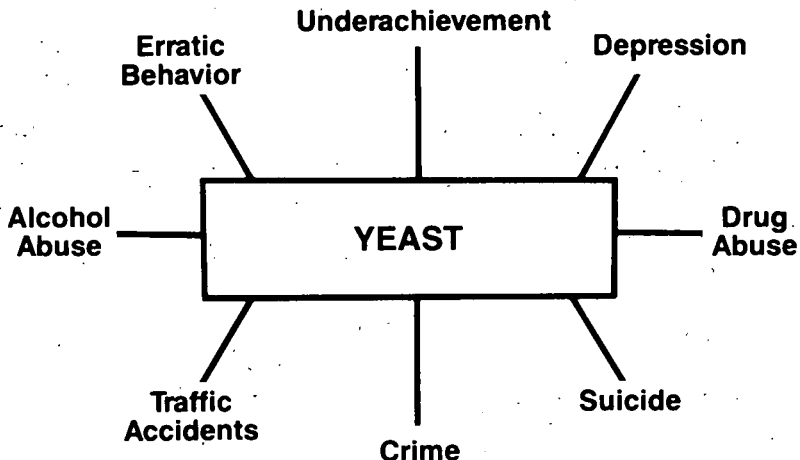


Table Of Contents

SECTION A:

How You Suspect, Identify and Treat Yeast-Connected Illness

1	What Are Yeasts?	3
2	A Typical Patient, Janet, Tells Her Story	5
3	About Your Immune System and How Yeasts Make You Sick	9
4	You Can Suspect That Candida Plays a Role in Making You Sick, If	17
5	Identifying The Candida Problem	27
6	Candida Questionnaire and Score Sheet	29
7	Treating Your Candida Problem	35
8	Overcoming Yeast-Connected Illness ... Questions and Answers	39
9	More About Yeasts, Molds and Other Fungi	57

SECTION B:

To Control Candida, You Must Change Your Diet

10	Introduction	67
11	The Candida Control Diet Update	81
12	Sugar-Free, Yeast-Free Recipes	109
13	Ideas for Breakfast and Eating on the Run	115
14	If Sugar Is a "No-No," What Can I Use?	117
15	Food Allergies	121

SECTION C:

Keeping Candida Under Control Requires More Than Medication and a Special Diet

16	Introduction	127
17	To Overcome Candida and Enjoy Good Physical, Mental and Emotional Health:	131