

# The Yeast Connection And Women S Health

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a growing number of women suffer from chronic health disorders that seem to defy treatment with problems ranging from vaginitis to migraines and depression now hope is at hand in the completely revised and updated the yeast connection and women s health included is vital information on prescription and nonprescription antifungals lifestyle changes dietary modifications and nutritional supplements all presented in easy to understand language with real examples of women who restored vibrant health to their lives

this comprehensive wellness plan focuses on candida albicans what it is how it causes illness and why women are affected by it more than men crook provides information about these problems and their management which can prepare readers to take control of their bodies and help keep their children healthy line drawings charts

what can you eat if you have a yeast related problem the yeast connection handbook provides general

information on the effects that some common foods can have on yeast sufferers and crucial instructions on detecting the specific foods to which you are particularly sensitive or allergic the authors then present over 225 recipes for breads soups entrées desserts and more that eliminate most common food allergens while providing a diet that is healthful and satisfying

citing the wide range of symptoms that may be related to yeast imbalances including fatigue headache depression and digestive and skin disorders a guide for women offers advice on yeast management

the yeast connection is an in depth guide to those health problems in people of all ages and sexes that can be traced to the yeast germ candida albicans

leon chaitow shows how to detect whether yeast is your problem and provides a comprehensive non drug approach to the treatment of candida

this is the complete authoritative guide that shows how nutrition can fight the epidemic of yeast and fungus related diseases and disorders including asthma bronchitis depression fatigue and memory loss fully updated this second edition includes dozens of new recipes utilizing 12 foods that contain the antiseptic enzymes researchers have discovered will eradicate yeast and fungus

what can you eat if you have a yeast related problem the yeast connection cookbook provides general information on the effects that some common foods can have on yeast sufferers and crucial instructions on detecting the specific foods to which you are particularly sensitive or allergic the authors then present over 225 recipes for breads soups entrées desserts and more that eliminate most common food allergens while providing a diet that is healthful and satisfying

learn to overcome depression using an inclusive holistic approach including mind body approach natural herbal remedies nutritional therapy and more

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