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They're part of the  
"microflora" (tiny  
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What You Can Eat  
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Dr. Crook's "The Yeast Connection Handbook" is an easy to read, self-help guide to understanding and treating the problem of yeast disorders. This book I found much more "user friendly" than the original version "the Yeast Connection" because of how it is layed out: content, font-type, chapters,

Yeast Fighting Program



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Is yeast the missing link to your unexplained health problems? In this section, you'll find out more about candida yeast: what it is, how it causes problems in your body, how to alleviate them, and a brief history of how "the yeast connection" developed.

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Eric has also done a 5000 words article on how to treat internal yeast infection which you can read here. In the Biography section you'll find information about me. In the Bookstore section you'll find information about my books, including The Yeast Connection Handbook, which provides new

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The Yeast Connection Diet is based on a 1979 book 2 3. The premise of the book, which was written by a doctor, is that yeast overgrowth



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can cause lots of symptoms, from ongoing fatigue to concentration problems, and dietary measures can help alleviate such symptoms.

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