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Yeast Connection Cookbook

William G., Marjorie Hurt Jones Crook

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Yeast Connection Cookbook William G., Marjorie Hurt Jones Crook
This book offers authoritative information on foods that promote good health for everyone, including those who do not have a yeast problem. In addition to 225 family and kitchen-tested recipes, this book discusses food contaminants and provides suggestions for obtaining safe foods. It also gives detailed instructions for detecting and overcoming food allergies. Review "This book makes a compelling case for how a basic excess of yeast in the human body is systemically destroying our chances at healthier lives." (Natural Cures Newsletter) --This text refers to an Paperback edition. About the Author William G. Crook, MD, received his medical education at the University of Virginia, the Pennsylvania Hospital, Vanderbilt, and Johns Hopkins. He is an Emeritus Fellow of the American Academy of Pediatrics; the American College of Allergy, Asthma and Immunology; and the American Academy of Environmental Medicine. He is also a member of the American Medical Association, and the American Academy of Allergy and Immunology. Dr. Crook is the author of over a dozen books and numerous articles in medical and lay literature. This book is one of a series that deals with the relationship of yeast to many puzzling health disorders. --This text refers to Paperback edition.

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