



# **The Yeast Connection Handbook: How Yeasts Can Make You Feel "Sick All Over" and the Steps You Need to Take to Regain Your Health (The Yeast Connection Series)**

*William G. Crook*

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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.

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