



The Yeast Connection

A Medical Breakthrough, If You Feel Sick All Over, This Book Could Change Your Life

William G. Crook, M.D.
Vintage Books, Random House

This is an important, basic text.

First published in 1983, this is one of the oldest books on my recommended reading list. Dr. Crook is one of a group of physicians who found an important medical truth and tried, somewhat in vain, to spread the word. Dr. Broda Barnes worked on thyroid problems, Dr. John Lee described the importance of progesterone and Dr. William McK Jefferies wrote about adrenal gland function and therapy. Bookshelves are now full of books about thyroid, adrenal and female hormone management, all based on the works of these three physicians. It surprises me that no one seems to be writing updated versions of *The Yeast Connection*. Of these four medical giants, Dr. Jefferies who is in his 90s, is the only one still alive.

Yeast and other fungi are ubiquitous in the environment. Yeast is found living on the skin of most fruits and vegetables. In ancient times, one merely had to crush grapes with their skins to make wine. The yeasts that turn the grape sugar into alcohol already live on the grapes. When we eat fresh fruits and vegetables, those yeasts take up residence in our intestinal tract. A healthy intestine has a mix of many bacteria and yeast living together in a complex colony by digesting the food we eat. Normal digestion would be impossible without these organisms. In our modern world, use of antibiotics affect nearly everyone.

Recurrent use of antibiotics can result in the killing of many healthy bacteria resulting in an overgrowth of intestinal yeast. These organisms can produce toxins and our bodies can make antibodies against the toxins or the yeast themselves. Although always present to some extent, yeasts can become predominate in the vagina, sinus cavities, lungs and, of course, the intestinal tract. Although rarely fatal, this imbalance can cause fatigue, chronic sinus and breathing problems, chronic vaginitis and digestive issues.

The Yeast Connection is now nearly twenty-five years old — there are newer drugs available that were non-existent when the book was written.

Dr. Crook is a little disorganized in his writing, somewhat repetitive, and not always correct. He was also unaware of the relationship between chronic yeast and low thyroid function, estrogen dominance, high glycemic index foods, progesterone loss, and vitamin deficiency. All in all, though, *The Yeast Connection* is still the basic text.

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