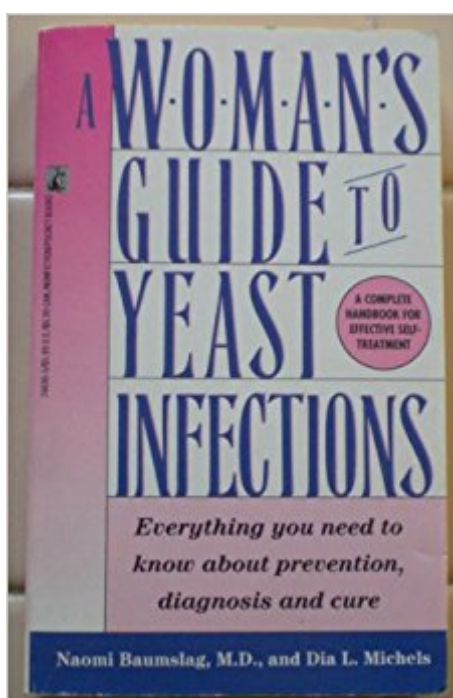


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# A Woman's Guide To Yeast Infections: Everything You Need To Know About Prevention, Diagnosis And Cure



## Synopsis

Yeast infections affect more than 70% of women in America, and of that number, half will have recurring episodes. This book gives you all the facts needed to treat and prevent yeast infections, and gives information on drugs, foods, and other factors which may trigger the problem.

## Book Information

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## Customer Reviews

I had 8 yeast infections in 2009 then I picked up this book. I stopped eating yeast and just had my first yeast infection in 14 months. I am immune suppressed and have diabetes and cystic fibrosis and all my doctors told me it was impossible to stop yeast infection because of my conditions. This is one of the best books in my library, its full of great information.

After my umpteenth yeast infection, including an allergic reaction to a prescribed antifungal requiring a 10-day dose of prednisone (steroids), I had had enough. I found this book and they explained how my recurrent yeast infections were occurring; I followed their treatment for my situation, and I haven't had one since (13 years). What you do is identify what's triggering the yeast infection, treat the infection, and then learn how to ward off the trigger so you don't get any more infections. I was so pleased that I posted it on an internet user group and awhile later I received an email from another community member: "Thanks for recommending this book. My wife thanks you. My whole family thanks you." If you feel like you are personally supporting the pharmaceutical companies, then this book is for you.

There is a lot of information in this book that is very helpful. I have suffered ongoing yeast infections on and off for years now. I used some of the suggestions in the book for helpful foods and the foods to stay away from. I found out also there are so many others that suffer needlessly. After being frustrated with many doctors visits and numerous prescriptions for meds that didn't work, this book has helped tremendously. It took a while but now I live yeast free.

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