

The book was found

Autoimmune: The Cause And The Cure (This Book Identifies The Cause & The Cure For: Chronic Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's, Rosacea, Myasthenia Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis, Sjogren's, And More)



Synopsis

The incidence of autoimmune disease has tripled in the last few decades, with an estimated fifty-million Americans being affected. These modern-day illnesses include chronic fatigue syndrome, fibromyalgia, lupus, Sjögren's, rheumatoid arthritis, raynaud's, rosacea, myasthenia gravis, multiple sclerosis, type 2 diabetes, Hashimoto's thyroiditis and more. Autoimmune The Cause and the Cure is a revolutionary book that has brought together scientific research from around the world, showing autoimmune sufferers, not only the cause of their disease, but also a diet-based means for a cure. The symptoms of autoimmune disease can now be clearly explained and traced back to their origin. The evidence proves that these diseases share a common source, and that this source is not viral, bacterial, or genetic, but originates with a fundamental lack of nutrients that are essential to the functioning of your body. What began as a personal journey of pain and suffering for the author, has resulted in life-saving knowledge for autoimmune sufferers everywhere.

Book Information

Perfect Paperback: 175 pages

Publisher: Nature Had It First; 1st edition (2011)

Language: English

ISBN-10: 0983603707

ISBN-13: 978-0983603702

Product Dimensions: 8.9 x 5.9 x 0.6 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (157 customer reviews)

Best Sellers Rank: #627,218 in Books (See Top 100 in Books) #18 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Lupus](#) #38 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases](#) #2965 in [Books > Health, Fitness & Dieting > Women's Health](#)

Customer Reviews

Over the past 15 years I have been diagnosed with one thing after another. I was beginning to think I was a walking Merck manual; GERD, Celiac, Fibromyalgia, Sjogren's, PCOS, just to name a few. Every time a new diagnosis came along, one or two more pills were added to my regimen. I was taking so many pills that I had a big basket that I kept them all in just so I could keep track of them all. I was really in despair and felt like my life was over at 34. I was alive but felt dead. I was tired

and in pain 24/7 and my kids couldn't even hug me because it hurt so much. I was taking 4 hour naps every day. I knew this was no way to live. I thought I was eating healthy. I ate according to the pyramid. I assumed I was doing everything right, but my body was betraying me. I thought wrong. After reading this book and learning how I should be eating I realized I was betraying my body and it wasn't performing because of the foods that I put into it. I read this book 3 weeks ago. I immediately went off all of my medications (My husband is a pharmacist and he said it was okay... I don't recommend that course of action for everyone). I got raw milk and started to lacto-ferment my foods. Sauerkraut is a lifesaver for the GERD. As long as I eat it I have no problems with acid. I feel better than I have in years. I have much more energy. My naps are down to every 3 days instead of every day. I am a better mom. My body isn't in constant pain. I am truly amazed that such changes can take place in so short a period of time. My friends, family and even my neighbors have remarked on the change in me. I am so thankful for the man that gave me this book. I'm thankful for the authors who put in all the time to research and lay out the information in an organized and thorough fashion.

[Download to continue reading...](#)

Autoimmune: The Cause and The Cure (This book identifies the cause & the cure for: Chronic Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's, Rosacea, Myasthenia Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis, Sjogren's, and more) What Your Doctor May Not Tell You About(TM): Autoimmune Disorders: The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic Fatigue, Rheumatoid Arthritis, and Other Diseases The Vitamin Cure for Chronic Fatigue Syndrome: How to Prevent and Treat Chronic Fatigue Syndrome Using Safe and Effective Natural Therapies Explaining 'Unexplained Illnesses': Disease Paradigm for Chronic Fatigue Syndrome, Multiple Chemical Sensitivity, Fibromyalgia, Post-Traumatic Stress Disorder, and Gulf War Syndrome The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy! Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal Fatigue Syndrome The New Bible Cure for Chronic Fatigue and Fibromyalgia: Ancient Truths, Natural Remedies, and the Latest Findings for Your Health Today (New Bible Cure (Siloam)) Fibromyalgia: The complete guide to fibromyalgia, understanding fibromyalgia, and reducing pain and symptoms of fibromyalgia with simple treatment methods! Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome Strategies: A Chronic Fatigue Syndrome and Fibromyalgia Journey One & the Same: Connecting Fibromyalgia, Chronic Fatigue Syndrome, Candidiasis & Immune System Dysfunction Medical Management of Type 2 Diabetes (Burant, Medical Management of Type 2 Diabetes) The Arthritis Helpbook: A Tested

Self-Management Program for Coping with Arthritis and Fibromyalgia The New Arthritis Breakthrough: The Only Medical Therapy Clinically Proven to Produce Long-term Improvement and Remission of RA, Lupus, Juvenile RS, ... & Other Inflammatory Forms of Arthritis As my body attacks itself: My journey with autoimmune disease, chronic pain & fatigue The Fibromyalgia Cookbook: More than 140 Easy and Delicious Recipes to Fight Chronic Fatigue Cocinando para Latinos con Diabetes (Cooking for Latinos with Diabetes) (American Diabetes Association Guide to Healthy Restaurant Eating) (English and Spanish Edition) The Fibro Fix: Get to the Root of Your Fibromyalgia and Start Reversing Your Chronic Pain and Fatigue in 21 Days A Meditaiton to Help With Fibromyalgia & Chronic Fatigue (Heath Journeys Guided Imagery CD) Living with Rheumatoid Arthritis (A Johns Hopkins Press Health Book)

[Dmca](#)