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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

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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.

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