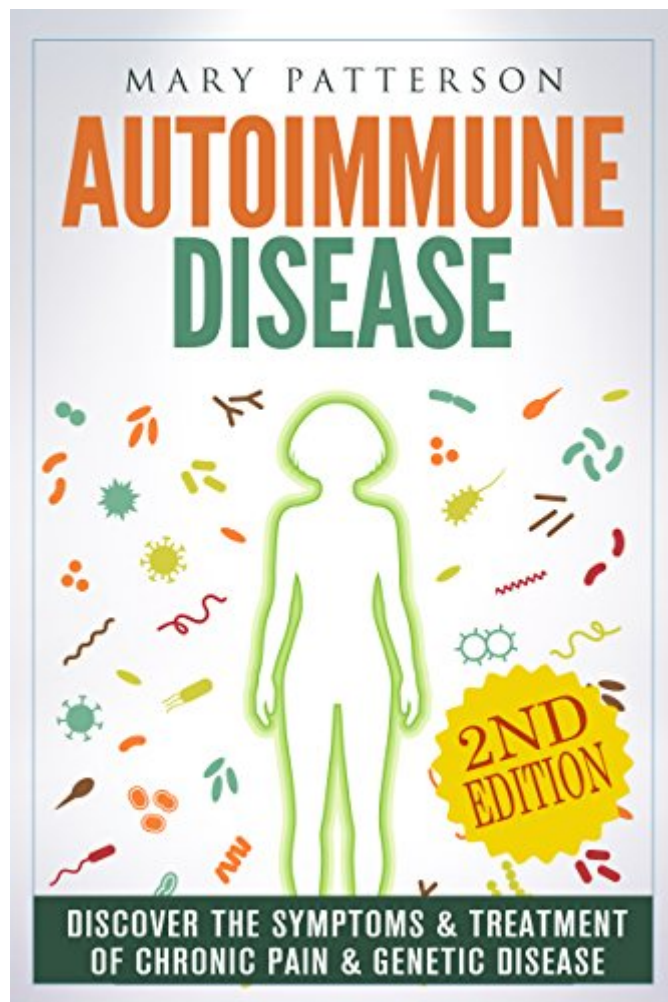


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# **Autoimmune Disease: Discover The Symptoms & Treatment Of Chronic Pain & Genetic Disease (Musculoskeletal, Anti Inflammatory, Arthritis, Fibromyalgia, Multiple Sclerosis, Symptoms, Celiac Book 1)**





## Synopsis

**\*\*\*FREE BONUS Reveals Fitness Industry Top Health Tips\*\*\*Gain Vitality, Energy and Happiness with Increased Autoimmune Health!\*\*\* Read this book for FREE on Kindle Unlimited - Order Now!**

**\*\*\*Do you have an autoimmune disorder? Does a family member have this condition? How can you know if one of these diseases is affecting your life?If so, Autoimmune Disease: Discover The Symptoms & Treatment of Chronic Pain & Genetic Disease is the book for you! Mary Patterson explains the scientific background and root causes of autoimmune diseases so you know exactly what youâ™re dealing with. You'll understand the basic processes underlying autoimmunity - and which symptoms you should look for in yourself and your loved ones!This expanded 2nd Edition of is available to READ NOW on Kindle, PC, Mac, iPhone & AndroidDiscover the details of a number of autoimmune diseases:Thyroid Gland DisordersRheumatoid ArthritisSystemic Lupus ErythematosusMultiple SclerosisType 1 Diabetes Mellitusand even Celiac Disease!With natural nutrition, a belief in healing and the functional treatments in this book, you can combat autoimmune diseases and feel great - TODAY!Download Now for Instant Reading by Scrolling Up and Clicking the "Buy" Button.Happy Reading and Good Luck!**

## Book Information

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## Customer Reviews

Before reading this book I don't have any clear idea about autoimmune disease. But this book covers almost every thing about these diseases. What Is The Root Causes Of The Diseases? How Good Nutrition Can Combat This Diseases .What is The Functional Treatment. This book was given quick but packed with full of information that I didn't even know!

This is a really excellent book. Although not long, it contains an enormous amount of information, help and advice. This has been well researched, and is of high quality. If you wish or need to know more about autoimmune diseases, this is an excellent first book.

This book is packed with useful information. Paul really understands how autoimmune diseases work and how to best fight against them. He starts by exploring the background of these diseases and also their causes. Next he moves into the symptoms and how to check if you have any of them. Then, he goes right into how to fight against them. He introduces the role of nutrition in the battle against these diseases. He also explores functional treatments and the role of going natural and healing. He finishes up with an action plan and helping you know exactly what you need to do next. This is perfect for anyone with an autoimmune disease or if you know someone with one who needs help.

An autoimmune disease is a pathological condition arising from an unnatural immune response of the body to substances and tissues that are regularly present in the body. The treatment of autoimmune diseases is generally with immunosuppression, which is medication that decreases the immune reaction. Immune system disorders cause peculiarly low activity or over activity of the immune system where the body attacks and damages its own tissues and reduce the body's capability to fight invaders, causing vulnerability to infections. Mary Patterson explains most common autoimmune diseases such as Rheumatoid Arthritis, Hashimoto and Celiac Disease and their origins and informs us about the risk factors, how to check for any symptoms in our body, how to test and diagnose and about the available treatments and medication. There is also a chapter with good nutrition to fight these diseases that is very interesting. I supremely recommend this book.

This book was short but packed full of information that I didn't even know! I have been suffering

from Auto Immune disease since I was a young child. I was diagnosed with vitiligo when I was 10. I have an enlarged thyroid, I have fibro cystic breast disease, I have a severe vitamin D deficiency, Sensitive to dairy products, unknown skin rashes that developed only when my skin gets wet ( showers, swimming pools, sweating...etc.) I live under constant stress all day everyday and on top of this my anxiety is through the roof and my greatest fear is Dying. I have 2 sisters who have the factor 5, both have suffered multiple strokes before the age of 30, 1 sister had her first stroke at 20. 1 sister was also recently diagnosed with Lupus. So with all that said, I'm terrified for my life, I'm getting weaker by the day! My joints hurt, I'm terribly sensitive to the cold to where it physically hurts, over sensitive to heat. Little did I know that DIET is pretty much the cure all for most autoimmune diseases. I admit I do not eat very healthy, I do take a 1 time a day multivitamin. Starting tonight I will be eliminating my coffee and going straight for green tea, drink more water, eat a salad everyday, cutting out sugars completely and get plenty of rest. This will be a start till I can get a better diet plan in place. Thank you so much, I learned so much in such a small book. I will certainly recommend. Thank you!

The Autoimmune Solution an excellent resource for anyone who seeks better health. Although the title suggests it would be suitable for only those with autoimmune conditions, the concepts apply to all chronic disease. The author is very knowledgeable with all this information but is also a very eloquent and all the while clear and understandable. It was nice to just get a good understanding of the terms and contributing agents. The program in the book includes a diet and a comprehensive approach to prevent all the factors that can lead to autoimmunity. Excellent book for all those with autoimmune disease! I highly recommend it.

The Autoimmune Epidemic is essential reading for anyone with an autoimmune disorder and their families. This book explains why we hear so little about these diseases, why it typically takes 6 visits to a doctor before someone gets the correct diagnosis, and what you can do to protect yourself in future. The real life stories are moving. The science reporting is impeccably documented and the writing is thoroughly engaging. This is a book I stumbled on by accident but it has been a real eyeopener. Very informative, well written and useful. It lacks a fuller section on measure that could be taken in everyday life but it is a very good tool in improving our way of life. Recommended this book!

This is a very informative book. It gives all information on Autoimmune diseases starting from their

causes, their signs and symptoms their treatment and even how you can avoid some of them. It has really enlightened me on many diseases I was not aware of. This book is very clear on how you can prevent the diseases naturally through exercises and eating healthy diet and advises you on what to consume and even how how to treat these diseases medically once you are affected. A nice read.

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Autoimmune Disease: Discover The Symptoms & Treatment of Chronic Pain & Genetic Disease (Musculoskeletal, Anti Inflammatory, Arthritis, Fibromyalgia, Multiple Sclerosis, Symptoms, Celiac Book 1) ANTI INFLAMMATORY DIET: Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) Anti-Inflammatory Diet: Beginner's Guide with XL Granny's Recipes(Anti Inflammatory Cookbook,Anti Inflammatory Diet Cookbook,Anti-Inflammatory Recipes,Anti Inflammatory Books, Anti-Inflammatory Diet) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life ( Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Arthritis: Arthritis Relief for Osteoarthritis, Rheumatoid Arthritis, Gout, Psoriatic Arthritis, and Juvenile Arthritis. Follow The Arthritis Diet, Cure and Treatment Free Yourself From The Pain Anti-Inflammatory Diet: The Ultimate Beginners Guide to Eliminate Body Pain and Restore Your Overall Health By Eating Foods Designed For You (Anti-Inflammatory ... Pain Free, Anti-Inflammatory Recipes) Anti Inflammatory Diet: Anti Inflammatory Cookbook & Meal Plan - Weight Loss & Pain Management (Whole Food, Autoimmune, Low Carb Cookbook, Clean Eating, Arthritis, Thyroid, Hashimotos) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Autoimmune Paleo Cookbook: Mouthwatering Recipes to Reverse Autoimmune Disease and Heal your Body (Paleo Cookbook, Autoimmune Solution, Autoimmune Protocol, ... Weight Loss, Autoimmune Paleo Cookbook) Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners Self-help Treatment for Chronic Fatigue Syndrome, M.E, Fibromyalgia and Adrenal Fatigue: The Sensitive's Solution: FREE Support Group (Chronic Fatigue Syndrome, M.E, Fibromyalgia, Chronic Fatigue) Anti Inflammatory Diet: How To End Chronic Pain Forever and Heal Your Body Naturally (delicious

anti-inflammatory recipe cookbook with 14 day meal plan) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Anti Inflammatory Diet [Second Edition]: Recipes for Arthritis and Other Inflammatory Disease Anti-Inflammatory Diet: Your Ultimate Guide To Healing Inflammation, Alleviating Pain and Restoring Physical Health With 50 Delicious Anti-Inflammatory Recipes (2nd Updated Edition) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) Anti Aging:Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever(Anti Aging Diet, Anti Aging Secrets,Anti Aging Drugs) (Fitness Book 1) The New Arthritis Cure: Eliminate Arthritis and Fibromyalgia Pain Permanently

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