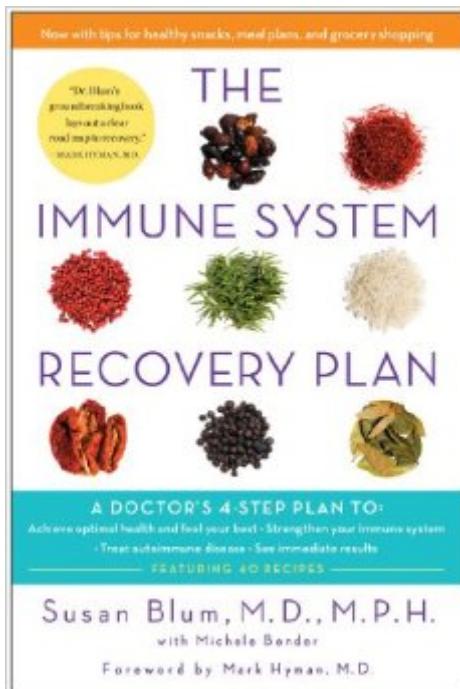


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The Immune System Recovery Plan: A Doctor's 4-Step Program To Treat Autoimmune Disease



Synopsis

One of the most sought-after experts in the field of functional medicine shares her proven four-step program to treat, reverse, and prevent autoimmune conditions and repair your immune system. Are you constantly exhausted? Do you frequently feel sick? Are you hot when others are cold, or cold when everyone else is warm? Do you have trouble thinking clearly, aka brain fog? Do you often feel irritable? Are you experiencing hair loss, dry skin, or unexplained weight fluctuation? Do your joints ache or swell but you don't know why? Do you have an overall sense of not feeling your best, but it has been going on so long it's actually normal to you? If you answered yes to any of these questions, you may have an autoimmune disease, and this book is the medicine you need. Among the most prevalent forms of chronic illness in this country, autoimmune disease affects nearly 23.5 million Americans. This epidemic "a result of the toxins in our diet; exposure to chemicals, heavy metals, and antibiotics; and unprecedented stress levels" has caused millions to suffer from autoimmune conditions such as Graves' disease, rheumatoid arthritis, Crohn's disease, celiac disease, lupus, and more. In *The Immune System Recovery Plan*, Dr. Susan Blum, one of the most sought-after experts in the field of functional medicine, shares the four-step program she used to treat her own serious autoimmune condition and help countless patients reverse their symptoms, heal their immune systems, and prevent future illness. DR. BLUM'S INNOVATIVE METHOD FOCUSES ON: Using food as medicine Understanding the stress connection Healing your gut and digestive system Optimizing liver function Each of these sections includes an interactive workbook to help you determine and create your own personal treatment program. Also included are recipes for simple, easy-to-prepare dishes to jump-start the healing process. The Immune System Recovery Plan is a revolutionary way for people to balance their immune systems, transform their health, and live fuller, happier lives.

Book Information

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Customer Reviews

I read this book as I suffered from complications due to Sjogren's, Chronic Fatigue, Inflammation, Circulation and Nerve issues, Ovarian and Breast cysts, Fybromialgia and Raynaud's. I have read most of the books related to auto immune conditions and this book is very informative. Much of what Dr. Blum suggests in her book is what my current integrative rheumatologist practices. However, most books, including this one, share stories of full recoveries without emphasizing that the healing process takes time as a weakened immune system is sensitive and it often feels like a maze to find what works and doesn't for each individual with an auto-immune condition. Recovery is definitely a journey and there are setbacks through the process. I did get lost in all the supplements Dr. Blum recommends - many that I cannot tolerate but there are some that have been extremely helpful. A lot of the tests she recommends are also very helpful when you first are diagnosed and overwhelmed. I now no longer have to take prescription medications, antacids, Evoxac pills to make saliva daily and no longer have a running fever, neuropathy problems, severe inflammation, migraines, clotting, fatigue or joint pain and my chronic stomach problems are improving as I heal my gut which reacted to many foods and supplements. Along with a detox diet similar to what Dr. Blum recommends (but more defined towards low histamines and alkaline - geared towards lessening the acidosis, ammonia and sulfate levels in order to detoxify and methylate) as well as, supporting my adrenals, supplements and test recommendations that are indicative to my recovery and deficiencies, I implemented homeopathy and acupuncture as well as the NAET allergy elimination treatments at first.

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