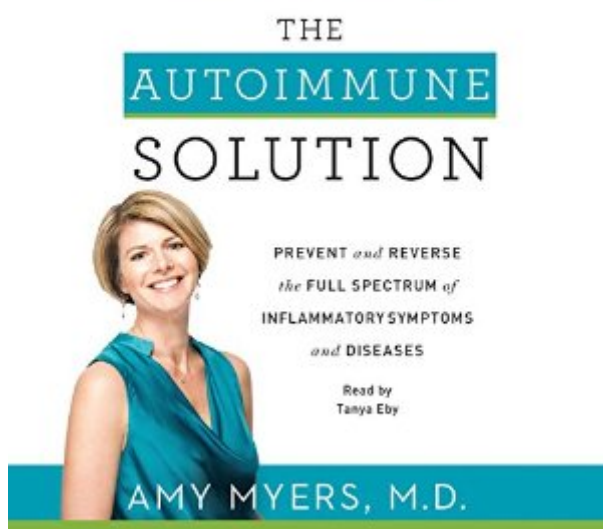


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# The Autoimmune Solution: Prevent And Reverse The Full Spectrum Of Inflammatory Symptoms And Diseases

"Read every word and implement Dr. Myers' plan and it will fundamentally change the trajectory of your health for the better."  
—DAVID PERLMUTTER, M.D., author of Grain Brain



## Synopsis

Over 90 percent of the population suffers from inflammation or an autoimmune disorder. Until now, conventional medicine has said there is no cure. Minor irritations like rashes and runny noses are ignored, while chronic and debilitating diseases like Crohn's and rheumatoid arthritis are handled with a cocktail of toxic treatments that fail to address their root cause. But it doesn't have to be this way. In *The Autoimmune Solution*, Dr. Amy Myers, a renowned leader in functional medicine, offers her medically proven approach to prevent a wide range of inflammatory-related symptoms and diseases, including allergies, obesity, asthma, cardiovascular disease, fibromyalgia, lupus, IBS, chronic headaches, and Hashimoto's thyroiditis.

## Book Information

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in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

## Customer Reviews

THE AUTOIMMUNE SOLUTION is really an interesting, valuable book. The doctor explains that when she had an autoimmune condition, conventional medicine was no good--in fact, it completely failed her: "About 10 years ago I developed an autoimmune condition - and conventional medicine failed me. I don't want it to fail you too." This book was of special interest to me, since I suffer from one of the medical problems that Dr. Myers says is worsened by autoimmune issues. The solution to autoimmune problems is one that the author is using in her medical practice--a system of diet she developed over many years of observation and tests. The doctor cites some scientific studies, but her ideas are primarily based on her own observations and practice as a physician: "I'm an MD myself, so I don't like to criticize other doctors, let alone their standard protocols, but the truth must be told: when it comes to the treatment of autoimmune conditions, conventional medicine has failed

miserably."After the author describes the problem and her solution, she gets down to the practical aspects--how it works in practice. She explains, "The Meyers way is based on one simple idea: food as medicine. If you eat the foods that your body craves and avoid the foods that are not suited to your body, you can achieve the vibrant, energetic state of health that is your birthright. Basically, the food you will avoid are you there talk sick or inflammatory."I thought the biggest weakness in THE AUTOIMMUNE SOLUTION is the lack of compelling scientific studies that led to her findings. The author has a lot of great experience as a medical doctor--and a lot of good ideas, no question. However, I'm not a hundred percent positive her conclusions were scientifically supported all the time.

One of the most misunderstood chronic health problems of our day has got to be autoimmune disease. And because it manifests itself in a variety of ways, conventional medicine chooses to examine each condition on the autoimmunity spectrum individually, including Graves' disease, "Psoriasis, "Fibromyalgia, Lupus, Celiac disease, Hashimoto's thyroiditis, Rheumatoid arthritis, Chronic fatigue syndrome, Crohn's disease, Ulcerative colitis, Multiple Sclerosis, "Scleroderma, and Type 1 Diabetes. But Dr. Amy Myers is a medical doctor who actually understands all the intricacies of autoimmune disease because she sees the worst of the worst day in and day out in her functional medicine clinic in Austin, Texas. Now Dr. Myers has taken all those years of experience working with real patients and put it into book form for automimmune sufferers to glean from her wisdom and help them get on the road to recovery after years of frustration working with the ineptitude of mainstream medicine. THE AUTOIMMUNE SOLUTION isn't about some quick fix, but rather identifying the methodical steps (referred to as The Myers Way) it takes to heal your body from what ails you. She has successfully used this approach with thousands of patients and seeks to share what she has learned in an easy-to-understand program that anyone suffering from this can begin implementing immediately. The Myers Way consists of four primary components: 1. Eliminating toxic and inflammatory foods. 2. Adding in foods and supplements to repair the damage to the gut and body. 3. Identifying and eliminating culprit environmental toxins from your household products. 4. Removing any infections and dispelling stress that would exacerbate the immune system.

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