



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

Susan Blum MD MPH, Michele Bender

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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.

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Deborah Hart:

Book is to be different per grade. Book for children till adult are different content. We all know that that book is very important usually. The book The Immune System Recovery Plan: A Doctor's 4-Step Program to Treat Autoimmune Disease seemed to be making you to know about other expertise and of course you can take more information. It is extremely advantages for you. The publication The Immune System Recovery Plan: A Doctor's 4-Step Program to Treat Autoimmune Disease is not only giving you much more new information but also to become your friend when you really feel bored. You can spend your personal spend time to read your publication. Try to make relationship while using book The Immune System Recovery Plan: A Doctor's 4-Step Program to Treat Autoimmune Disease. You never sense lose out for everything in case you read some books.

Linda Manning:

The actual book The Immune System Recovery Plan: A Doctor's 4-Step Program to Treat Autoimmune Disease has a lot details on it. So when you check out this book you can get a lot of help. The book was authored by the very famous author. The writer makes some research just before write this book. This kind of book very easy to read you can get the point easily after scanning this book.

Bertha Greene:

Playing with family inside a park, coming to see the marine world or hanging out with close friends is thing that usually you may have done when you have spare time, after that why you don't try point that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love The Immune System Recovery Plan: A Doctor's 4-Step Program to Treat Autoimmune Disease, you are able to enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh can happen its mind hangout people. What? Still don't have it, oh come on its known as reading friends.

Christopher Melendez:

Reading a e-book make you to get more knowledge from it. You can take knowledge and information originating from a book. Book is prepared or printed or illustrated from each source that filled update of news. Within this modern era like today, many ways to get information are available for an individual. From media social just like newspaper, magazines, science e-book, encyclopedia, reference book, story and comic. You can add your understanding by that book. Ready to spend your spare time to open your book? Or just trying to find the The Immune System Recovery Plan: A Doctor's 4-Step Program to Treat Autoimmune Disease when you desired it?

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