



The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease

Tom O'Bryan

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Do you have crud in the blood?

Millions of people suffer from autoimmunity whether they know it or not. The root cause of most weight gain, brain and mood problems, and fatigue, autoimmunity can take years?or even decades?for symptoms and a clear diagnosis to arise. Through years of research, Dr. Tom O'Bryan has discovered that autoimmunity is actually a spectrum, and many people experiencing general malaise are already on it. And while autoimmune diseases, such as Alzheimer's, Multiple Sclerosis, osteoporosis, diabetes, and lupus, have become the third leading cause of death behind heart disease and cancer, many people affected are left in the dark.

The good news is that many autoimmune conditions can be reversed through a targeted protocol designed to heal the autoimmune system, 70 percent of which is located in the gut. *The Autoimmune Fix* includes two comprehensive 3-week plans: In the first 3 weeks, you'll follow a Paleo-inspired diet during which you cut out gluten, sweets, and dairy?the three primary culprits behind autoimmunity. Once the dietary changes have been addressed, *The Autoimmune Fix* focuses on the other causes of autoimmunity such as genetics, other dietary issues, and microbiome. *The Autoimmune Fix* provides a practical and much-needed guide to navigating these increasingly common conditions to help you feel better and develop a plan that works for you.

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From reader reviews:

Rose Villegas:

A lot of people always spent all their free time to vacation or maybe go to the outside with them family members or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity that's look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you just read you can spent 24 hours a day to reading a reserve. The book The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease it is rather good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to create this book you can buy often the e-book. You can m0ore easily to read this book through your smart phone. The price is not to fund but this book offers high quality.

Timothy Grill:

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Joseph Lewis:

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Frances Coffey:

What is your hobby? Have you heard which question when you got pupils? We believe that that issue was given by teacher on their students. Many kinds of hobby, Every person has different hobby. And you also know that little person similar to reading or as examining become their hobby. You have to know that

reading is very important and book as to be the thing. Book is important thing to include you knowledge, except your own personal teacher or lecturer. You discover good news or update concerning something by book. Many kinds of books that can you decide to try be your object. One of them is actually The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease.

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