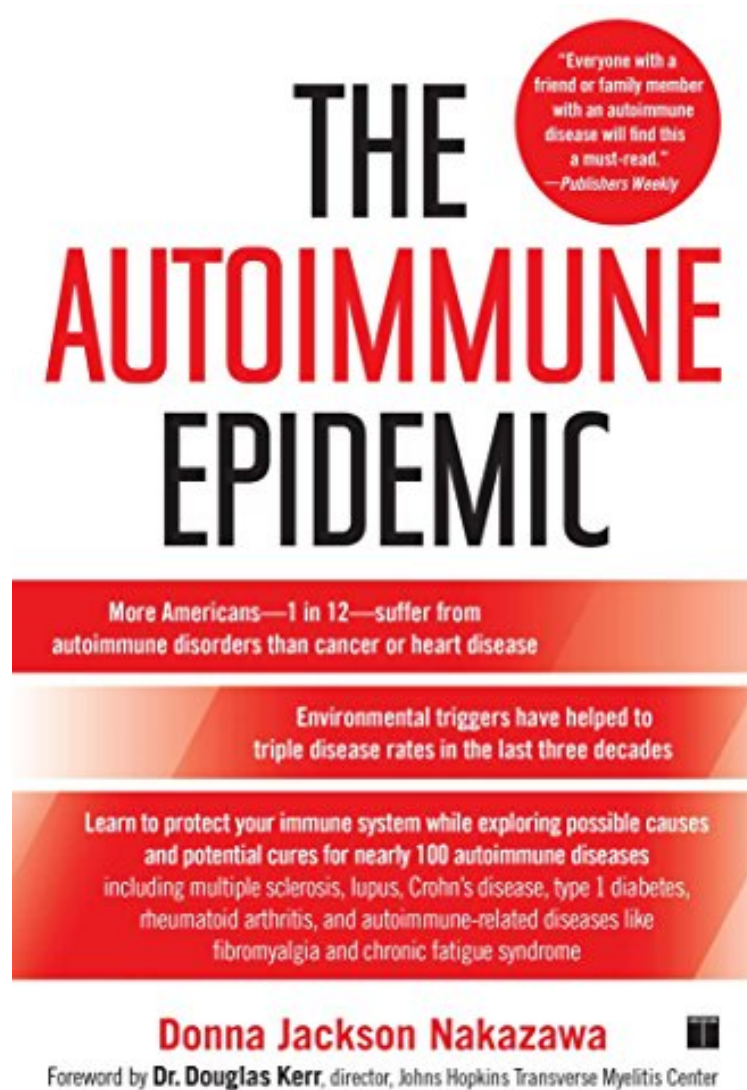


(Free) The Autoimmune Epidemic

# The Autoimmune Epidemic

Donna Jackson Nakazawa

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#86654 in Books Nakazawa, Donna Jackson/ Kerr, Douglas, Dr. (FRW) 2009-02-10 2009-02-10Original language:EnglishPDF # 1 8.44 x .90 x 5.50l, .70 #File Name: 0743277767352 pagesTouchstone Books | File size: 33.Mb

**Donna Jackson Nakazawa : The Autoimmune Epidemic** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Autoimmune Epidemic:

2 of 2 people found the following review helpful. Fantastic Book - Made me understand why I have more than one of these diseases and how I got themBy Wilbert J. MorellThis book was delivered as promised via .com. I could not put the book down for a few days until I read it. It told me everything I wanted to know about Autoimmune diseases and

more, and gave me much more appreciation for my Rheumatologists Doctors Philip Sedrish and Marielisa Sedrish at Gulfcoast Rheumatology at Slidell Memorial Hospital. They have been doing everything like clock work with me and I have been a very trying case for especially for Dr Philip Sedrish. These doctors are definitely experts in Rheumatology and all the other Auto-Immune Neuromuscular and Skin Diseases such as (RA, PM, DM, IBM, Sjogrens, Scleroderma, Lupus, ALS, etc...) that go along with their specialty. They referred me to the best specialists: Dermatology - Dr Eric Tabor; Cardiology - Dr Ignatius Thomas; Pulmonology - Doctor Dennis Dale and Doctor Janine Parker; Ophthalmology- Dr David Slagle; Gastroenterology - Dr Anthony Albright. These doctors all work well with each other and me to address all my symptoms associated with Dermatomyositis, Sjogrens, and Psoriasis. Thanks to these doctors, I have not had to drive 100 miles a trip to the MDA Clinic at Children's Hospital in New Orleans or even further as may others end up doing. Thank you to the authors of this book and my friends from The Myositis Association, Polymyositis and Dermatomyositis forum. I recommend this book to anyone diagnosed with a Auto-Immune Disease and associated Cancer. Bill Morell Diagnosed with Dermatomyositis, Sjogrens Syndrome, and Psoriasis. 2 of 2 people found the following review helpful. Really eye opening read By Rachael I have had some autoimmune problems so when I saw this book I figured I'd take a chance and read it. It's unbelievable! There is so much information and so many stories that really paint a clearer picture of the epidemic that we are facing. It can be a hard read at times if you're not familiar with the verbiage and lingo that goes with medicine. If you take the time to really sift through it and get to the heart of it though it really does give you lots of good information and lots more to think about. I reread this every so often because I feel like it continually makes me think. 0 of 0 people found the following review helpful. Good reference material By Casiana I have two autoimmune diseases and am always seeking to learn more so I can be informed. This is a tool not just for my own perspective but for asking my doctors pertinent questions.

Hailed by Mark Hyman, MD, as a ray of light and hope for autoimmune sufferers, this groundbreaking book provides research and solutions for those affected by autoimmune disorders including Crohn's disease, type 1 diabetes, rheumatoid arthritis, and more. In the first book of its kind, journalist Donna Jackson Nakazawa examines nearly 100 debilitating autoimmune diseases such as multiple sclerosis, lupus, Crohn's disease, type 1 diabetes, and rheumatoid arthritis that cause the body to destroy itself, mistakenly attacking healthy cells as the immune system fights off bacteria, viruses, and other invaders. As Nakazawa shares the vivid, heartbreaking stories, including her own, of people living with these mysterious, chronic, and often hard-to-diagnose illnesses, she explores the alarming and unexpected connection between this deadly crisis and the countless environmental triggers we are exposed to every day: heavy metals, toxins, pesticides, viruses, chemicals in the foods we eat, and more. With the help of leading experts, Nakazawa explores revolutionary preventions, treatments, and cures emerging around the world and offers practical advice for protecting your immune system and reducing your risk of autoimmune disease in the future.

From Publishers Weekly Type 1 diabetes, Crohn's disease, lupus, rheumatoid arthritis all these increasingly common illnesses are autoimmune diseases in which the immune system attacks the body's own tissues or nervous system. Equally alarming, as journalist Nakazawa tells us, is researchers' growing suspicion that autism may be an autoimmune disease, brought on in part by genetic predisposition, exposure of young bodies to man-made chemicals and perhaps viral triggers. Nakazawa (Does Anybody Else Look like Me?), who herself has been diagnosed with the autoimmune Guillain-Barré syndrome, tells of a lower-income Buffalo, N.Y., neighborhood where the growing number of relatively young residents with lupus led one persistent woman to discover that a lot where children played had been a dumping ground for industrial chemicals. She also chronicles the work of researchers at Johns Hopkins and other medical centers who have been able to regrow nerves using embryonic stem cells and destroy errant T cells of the immune system that have run amok. Included are suggestions for foods that may promote healthy immune response and consumer body care products to avoid. Everyone with a friend or family member with an autoimmune disease will find this a must read. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "In this important book, Donna Jackson Nakazawa sounds the alarm about the rise of autoimmune disorders, and the too-often unexamined evidence of linkages to the environmental contaminants we encounter on a daily basis in our homes, schools and workplaces. I encourage every American to read this book and learn about the choices you can make to reduce the spread and impact of this growing epidemic." --Senator John Kerry "For the first time sufferers from the epidemic of autoimmune disease are offered a ray of hope and understanding about why their bodies have rebelled against themselves. Seriously asking the question "why", Donna Jackson Nakazawa provides answers and a roadmap for recovery which just doesn't exist with conventional medicine." -- Mark Hyman, MD, Founder and Medical Director of The UltraWellness Center; Author of the New York Times bestselling UltraMetabolism, The UltraSimpleDiet, and UltraPrevention; and Editor in Chief, Alternative Therapies in Health and Medicine "An insightful exploration of one of the greatest medical mysteries of our time." --Frederick W. Miller, MD, PhD, Chief, Environmental Autoimmunity Group, National Institutes of Health "Autoimmune diseases touch millions of Americans. Most of these diseases seem to be increasing in frequency. It is most likely that the environment is a major

contributor to this increase. Ms. Nakazawa deserves credit for putting this important issue before the public". --Noel R. Rose, M.D., Ph.D., Director, Johns Hopkins Center for Autoimmune Disease Research" Donna brilliantly blends personal stories with pure science highlighting the severity of autoimmune disorders and the role everyday environmental toxins play in triggering onset of a myriad of diseases. As patients and policymakers, we must heed her warnings and demand attention to the causes and potential cures for this growing autoimmune epidemic." -- Congressman Fortney H. "Pete" Stark (California) About the Author Donna Jackson Nakazawa is an award-winning science journalist, public speaker, and author of *The Last Best Cure*, in which she chronicled her yearlong journey to health, and *The Autoimmune Epidemic*, an investigation into the reasons behind today's rising rates of autoimmune diseases. She is also a contributor to the Andrew Weil Integrative Medicine Library book *Integrative Gastroenterology*. Ms. Nakazawa lectures nationwide. Learn more at [DonnaJacksonNakazawa.com](http://DonnaJacksonNakazawa.com).