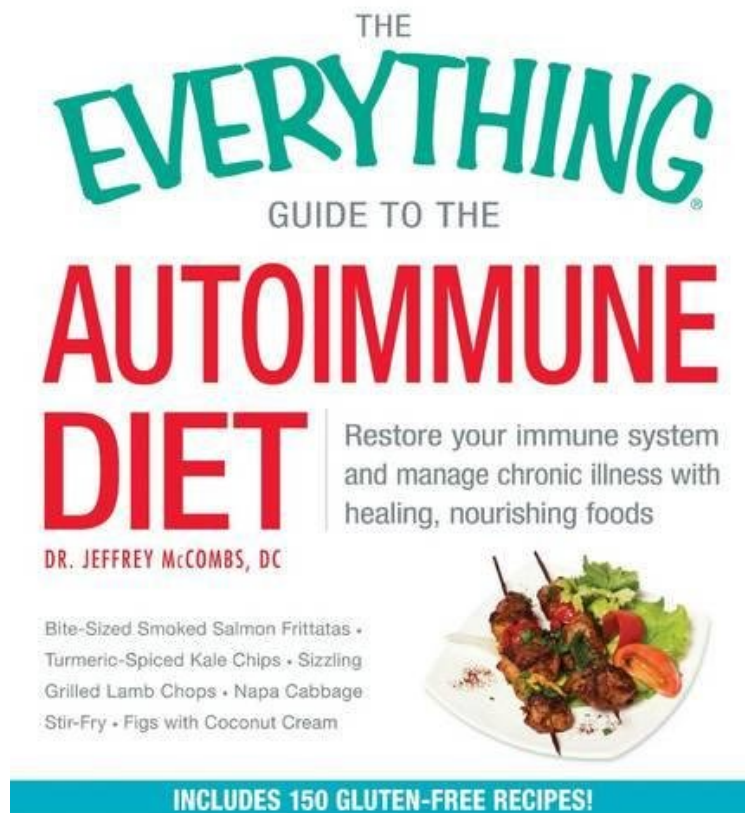


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The Everything Guide To The Autoimmune Diet: Restore Your Immune System and Manage Chronic Illness with Healing, Nourishing Foods (Everything Series)

Jeffrey McCombs

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Jeffrey McCombs : The Everything Guide To The Autoimmune Diet: Restore Your Immune System and Manage Chronic Illness with Healing, Nourishing Foods (Everything Series) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Everything Guide To The Autoimmune Diet: Restore Your Immune System and Manage Chronic Illness with Healing, Nourishing Foods (Everything Series):

1 of 1 people found the following review helpful. I'd recommend it to anyone with an autoimmune or hypothyroidism as ...By Micky CoxA book written for anyone to read and understand! It was worth picking up for the recipes, but the info about dealing with an autoimmune disease as I do was an added bonus! I'd recommend it to anyone with an autoimmune or hypothyroidism as the info in the book would help them be much more healthy! 1 of 2 people found the following review helpful. Good crash courseBy MischenkoThis is an amazing book. It talks about autoimmune disease in general and some causes of it including diet, environment, foods, stress, and more. The author seems to follow the

paleo diet and includes meats and eggs as approved foods. After reading The Wahls Protocol I decided to omit eggs, and then after reading Dr. Gerson's books I omitted pretty much everything but fruits and veggies. This is a good base book and then you can omit what you want. There are still good recipes that don't require animal protein. I guess it just comes down to what works for you as we are all so different. It's a good book for a crash course on autoimmune disease and has some yummy recipes. Definitely a keeper!² of 2 people found the following review helpful. Easy to read book
By Sandra AI thought this was a good book, but I was confused why eggs were included in the diet when eggs can cause immune responses in many people. I think the book would be even better with more scientific evidence as to why certain foods were good and certain foods were bad.

Heal inflammation and restore immunity!
Fifty million Americans suffer from autoimmune disease. If you're one of them, you know that it can be difficult to get relief from the many symptoms associated with the disease. But recently, scientists have found success in treatments that include functional medicine and healing foods. In *The Everything Guide to the Autoimmune Diet*, you'll learn exactly what foods can help improve your conditions--and how to avoid the ones that exacerbate problems. This gluten-free diet focuses on healing the gut, boosting immunity, and restoring wellness. Inside, you'll find delicious and nutritious recipes including: Turkey Breakfast Sausages, Farmers' Egg Casserole, Breakfast Fried Rice, Coconut Cream of Broccoli Soup, Harvest Chicken Soup, Mediterranean Turkey Burger, Herbs de Provence Crusted Bison Sirloin Tip, Ojai Ginger-Orange Salmon, Casa Blanca Chicken Skewers, Beet and Peach Salad, Pumpkin Spice Applesauce. Featuring meal plans, 150 recipes, and a variety of detoxifying juice cleanses, this guide will help you heal your body naturally.

About the Author
Dr. Jeffrey S. McCombs, DC, specializes in the treatment of chronic inflammatory disease, using dietary protocols to reverse autoimmune conditions. For more than thirty years, his medical practice has incorporated mind/body medicine to treat chronic health conditions. He lives in Ventura, CA.