

The Autoimmune Epidemic

By Donna Jackson Nakazawa

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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 share 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’re 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.

The Autoimmune Epidemic By Donna Jackson Nakazawa Bibliography

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Book is to be different for every grade. Book for children till adult are different content. As we know that book is very important usually. The book The Autoimmune Epidemic seemed to be making you to know about other knowledge and of course you can take more information. It is quite advantages for you. The publication The Autoimmune Epidemic is not only giving you a lot more new information but also to become your friend when you feel bored. You can spend your personal spend time to read your reserve. Try to make relationship with the book The Autoimmune Epidemic. You never truly feel lose out for everything when you read some books.

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