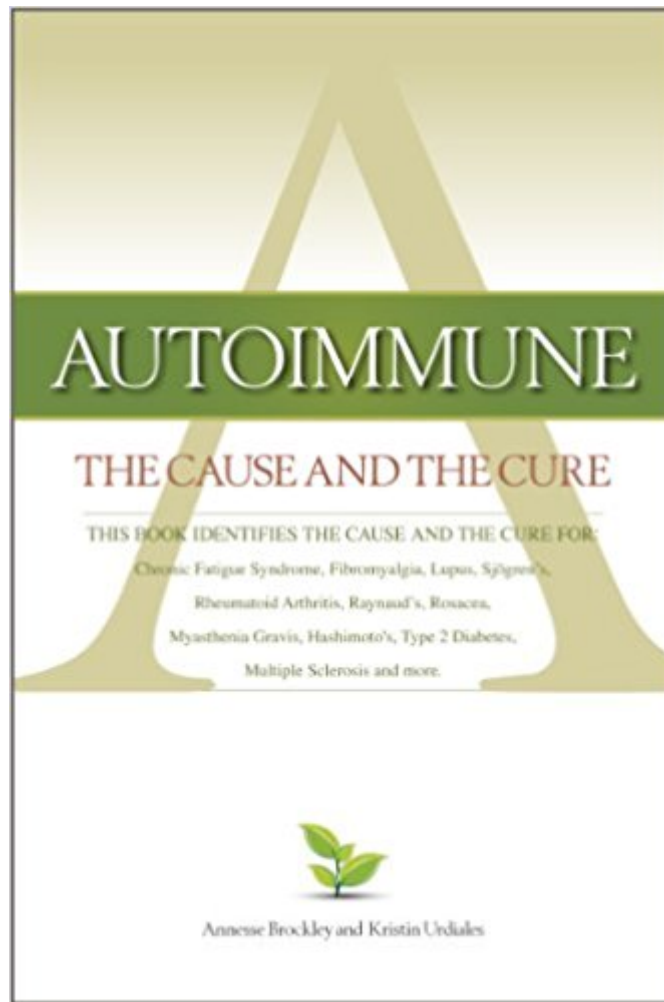


The book was found

Autoimmune: The Cause And The Cure (This Book Identifies The Cause & The Cure For: Chronic Fatigue Syndrome, Fibromyalgia, Lupus, Rheumatoid Arthritis, Raynaud's, Rosacea, Myasthenia Gravis, Hashimoto's, Type 2 Diabetes, Multiple Sclerosis, Sjogren's, And More)



Synopsis

The incidence of autoimmune disease has tripled in the last few decades, with an estimated fifty-million Americans being affected. These modern-day illnesses include chronic fatigue syndrome, fibromyalgia, lupus, Sjögren's, rheumatoid arthritis, raynaud's, rosacea, myasthenia gravis, multiple sclerosis, type 2 diabetes, Hashimoto's thyroiditis and more. *Autoimmune The Cause and the Cure* is a revolutionary book that has brought together scientific research from around the world, showing autoimmune sufferers, not only the cause of their disease, but also a diet-based means for a cure. The symptoms of autoimmune disease can now be clearly explained and traced back to their origin. The evidence proves that these diseases share a common source, and that this source is not viral, bacterial, or genetic, but originates with a fundamental lack of nutrients that are essential to the functioning of your body. What began as a personal journey of pain and suffering for the author, has resulted in life-saving knowledge for autoimmune sufferers everywhere.

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Customer Reviews

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scientific research from around the world, showing autoimmune sufferers, not only the cause of their disease, but also a diet-based means for a cure. The symptoms of autoimmune disease can now be clearly explained and traced back to their origin. The evidence proves that these diseases share a common source, and that this source is not viral, bacterial, or genetic, but originates with a fundamental lack of nutrients that are essential to the functioning of your body. What began as a personal journey of pain and suffering for the author, has resulted in life-saving knowledge for autoimmune sufferers everywhere.

I bought this book as I have had chronic health difficulties for over 20 years - diagnosed with fibromyalgia, hashimotos, arthritis and high blood pressure. I truly didn't expect much but as anyone knows who has suffered with health problems for years, you continually find yourself searching for answers and a way to find relief. The book made a lot of sense to me and I decided to try the dietary protocol outlined in it. So far this has made the biggest impact for good on my health than anything else I have tried over the past 20 odd years. When I first read what I had to do, I felt overwhelmed but I decided to make a start with milk kefir first. I then went on to make the sauerkraut and now I activate seeds and nuts. I refuse to touch any processed food and eat organic everywhere I can. My pain has reduced and my energy has increased. I still have a way to go but with the results I have seen, I am committed to this way of life for the rest of my life. I recommend his book to everyone but it seems that most people seem to need to reach a point of desperation to be willing to make these changes. I would have loved to have been able to have this information years ago but I am so thankful that I finally found it in this book.

This book explains SO MUCH about the lack of good health and the many autoimmune diseases that are found in our society. We are not getting enough Vitamin B12----but everyone who thinks the answer is just to add another B12 supplement MUST read this book! Annesse Brockley explains why our bodies are not getting B12 from our food---why we are missing the enzymes in our digestive system to process our vitamins and how to fix it. By eating the right foods, you can reverse and cure MANY health problems. Several of us who have read this book and followed her advice have found amazing relief from acid reflux and arthritis. You don't need to take a plethora of supplements, you just need to eat REAL food. This book explains why our bodies are not functioning as they should, backs it up with documented research, and gives you recipes that work! This book truly will change your life.

This is a serious book that will really get your attention. It is pretty well documented, in a reader friendly way, anyway. And it has important information. I have pretty much read it twice because of the technical nature, but the messages are clear. Anyone with one of the autoimmune or related problems really must read it. In fact, medical providers should read it.

Only a doctor would be able to understand this book.

I have been suffering from both an Autoimmune Syndrome and an Inflammatory Syndrome for about 15yrs now and have read a ton of books on the subject. This book has been the only one I read that is really able to point out the specific causes of a person's ailment. The author uses many different types of research (clinical, private research, patient testimonials, etc...) to back up her theories. The first 65% of the book is a bit heavy on the medical jargon but you can tell she is trying her best to put things in laymen terms. She even uses basic flow charts trying to make it as reader friendly as possible. I didn't have much trouble getting through it but I have a better than average health literacy level than many people. Please DO NOT let this dissuade you from getting the book. Every minute spent working on "The Cause" section will make understanding "The Cure" section a breeze and that is when things will really "Click" for you and give you an AH-HA! moment!

Autoimmune diseases run in my family and I watched parents and grandparents suffer from a number of debilitating illnesses. I tried for years to do all I could to prevent my health from following the same path as theirs. I began to eat gluten free to try to get rid of stomach aches and diarrhea and although that helped, it didn't completely eliminate these problems. Recently I had developed severe joint and muscle pain. I took Tylenol each morning just to be able to go to work. I would come home at night and be unable to do anything but sit on the couch with a hot water bottle. I was definitely open to trying something new in order to feel better. I have a biology degree and the research cited in this book made good sense to me. So I decided to give it a try. I started with just three of the many things recommended in the book. I began eating only organic produce. I quit eating processed foods. I stopped taking supplements. I was not on any prescription medication, but took a multi-vitamin and vitamin D supplement each morning. After learning in this book how my body could be fighting against these supplements I decided to stop taking them on a trial basis. **WITHIN TWO DAYS OF IMPLEMENTING THESE THREE CHANGES I WAS COMPLETELY PAIN FREE!!!** Needless to say, I knew Annesse and Kristin were on the right track. Pasteurization kills all the enzymes in milk including those you need to digest and assimilate it. Milk never agreed with me

and this book explained why...my body was fighting against the denatured proteins that resulted from pasteurization. I was getting closer to osteoporosis with each bone density test. I was taking vitamin D to help absorb calcium, but this just wasn't working. I decided to give the raw milk a chance. I visited a local dairy that has grass-fed, grain-free dairy cows and bought a cow share so I could buy raw milk. We are taught in school that we must pasteurize milk for it to be safe. Not true! In fact raw milk has beneficial bacteria that will not allow the bad bacteria to survive. Raw milk can be contaminated through improper handling procedures so it's important to know your dairy follows proper handling procedures and that you do the same. I now drink raw milk without any ill effects. I make raw milk kefir. I've ordered raw milk cheese and love it!! I'm learning how to make fermented foods at home, because they are an important part in healing your digestive track. I also stopped buying meat at my local grocery store and began getting pasture-raised organic beef and pork from the same folks who own the dairy. Once you taste these healthy foods and see how much better you feel, you will have no desire to go back to your old way of eating! Each week I find another example that reinforces the research and information in this book. I stopped by a local liquor store where the owner is knowledgeable to ask about organic wine. During our conversation he mentioned that his two favorite beverages (wine and coffee) both come from crops heavily sprayed with pesticides. He gave me information on the organic/biodynamic wines that he carried in his store. He also mentioned that during a recent trip to Guatemala there was a lot in the news about a death and illnesses caused by a pesticide mishap with folks working in the coffee fields. I love coffee, but it always gave me a stomach ache. I had never considered the pesticides. I bought some organic coffee beans and it was no surprise that I didn't get a stomach ache, plus it just tasted better. I've also lost 10 pounds in the two months I've followed this diet. I feel better than ever! I'm no longer having digestive problems. I find that the foods I eat leave me full and satisfied. I'm not continually hungry for something that my body isn't getting in the food I eat. I thought I ate well before, but realized most of what I ate was heavily processed, full of chemicals, and had little nutritional value. Don't deprive yourself of the opportunity to live well and healthy. Read this book (several times) to learn what you need to know to successfully battle autoimmune diseases. It takes a little effort, but it is well worth it!

My review may sound dramatic, but after 3 years of struggling to recover from various tropical illnesses and spending the majority of my time unable to get out of bed, I am SO grateful to the authors of this book for helping me to understand what was happening in my body and get my life back on track. The scientific literature at the beginning of the book can be dense to get through (and

I'm a scientist!) but the suggested diet at the back of the book has turned my life around!

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