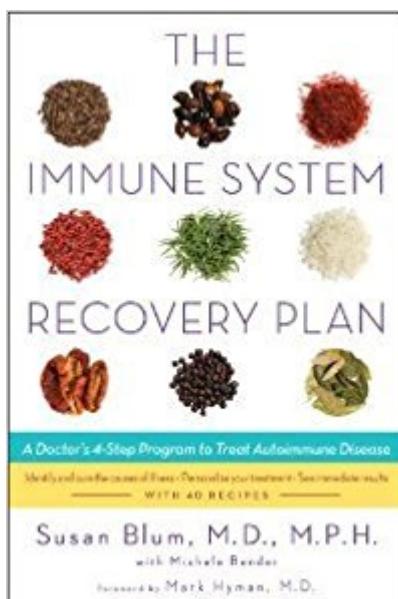


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# The Immune System Recovery Plan: A Doctor's 4-Step Program To Treat Autoimmune Disease [Hardcover] [2013] MD MPH Susan Blum, MD Mark Hyman, Michele Bender



## Book Information

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## Customer Reviews

I was diagnosed with Hashimoto's Disease about six months ago. My doctor recommended this book, and it has been life changing. I am young and healthy, so this diagnosis really rocked my world. Dr. Blum's book helped me realize that there is so much I can do to be in charge of my health rather than just taking medication. I'm not opposed to medicine, but why not make some lifestyle changes to limit my medicinal needs? I have changed my diet based on the recommendations in the book, and I have SO MUCH MORE ENERGY than I had 6 months ago. Additionally, based on Dr. Blum's recommendations in the book, I was tested for Celiac Disease. I was surprised to find that I have antibodies that show a gluten intolerance. I am not one to jump on fad diets, so going gluten-free never crossed my mind. However, now that I know that my body is being harmed by gluten, I will be gluten-free for the rest of my life. It's been a bit harder implementing the stress reduction strategies recommended in the book, but I'll be working on that for the rest of my life. I am not exaggerating when I say that this book has been life-changing and empowering. I still struggle with my recent diagnoses, but I know that I can control some aspects of how quickly they progress. Great purchase! I hope this review has been helpful for you! If so, please press yes. If you have any questions about this product, I'd be happy to help answer them.

I was diagnosed with RA 5 years ago at the age of 25, I attempted several medications for a relief of symptoms. The medications caused side effects and gave me no real relief from RA symptoms at all. I found a holistic dr who told me about this book. I follow this book strictly and with the diet requirements and the supplements suggested. This book has been a life saver, I have my life back! I do still have days of flares but nothing like what I was going through. I am on no medication and control this disease with diet and supplements alone. Anyone battling or know someone battling an

autoimmune disease needs this book!!

First, the positive. This book has a lot of information, it is very informative. It sounds like she really knows what she is talking about and the program, although very diet restrictive and long looks pretty good at restoring health. The one problem I have that I did not see in others reviews is it is very expensive. Once you get to the part with the plans details...there is a 30 day gut cleanse plan and then a 21 day liver detox plan...you see all the supplements you need to purchase (sold in kits on her website) and man is it expensive. As of now. The gut cleanse is \$295 and the liver is \$175. You then can purchase the relax kit for the relaxation portion and purchase the recipe books as well. Both my husband and I have an auto immune of reactive arthritis, spondyloarthritis and this would cost us about \$1,000 for for the two of us to have 51 days of supplements. That's some very expensive supplements!!! I am sure they are good and if it would completely cure us that would be great. Unfortunately, we are low income and can not afford it so that's that. I just wanted to let everyone know before they purchase the book. I may just do a juice cleanse like Joe cross ( I think that was his name) in fat sick and nearly dead (documentary) as that seemed to cure his auto immune and I can afford that.

An informative read. Dr. Blum breaks down everything so that it can be understood in layman's terms.

Great book that talks about candida overgrowth, leaky gut, how the immune system suffers. She tells you what to do about it...foods to eat, foods to avoid. Supplements to take and ones not to take.

Great book. Very informative. It turns out that my whole family has food intolerances including my 2 kids with ADHD. Both were cured on the elimination diet - no more meds. The boys still have language development delays and memory issues from the years of brain inflammation but we are on the right track!! It would be great if you added more information about ADHD to your book as well as more on the mental issues such as anxiety, depression, bipolar, schizophrenia and how food intolerances affect these conditions.

This book is a life saver. I normally don't give any review cause I am just too lazy most of the time. Please please read this book if you have any auto immune disease or even disease like mine (chronic hives). I have chronic hives for a few years and Doctors. couldn't cure me but just keep

giving medicines. This book is very informational and make sense in every single way to help me to adapt a new way of diet and lifestyle and to help myself. And most importantly, I am hopeful that what I learned from this book will get me to cure myself eventually.

Outstanding book! Dr Blum covers everything from symptoms to causes to diagnostic tests to diet remedies. I highly recommend this book to anyone who has autoimmune symptoms or knows someone who does.

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