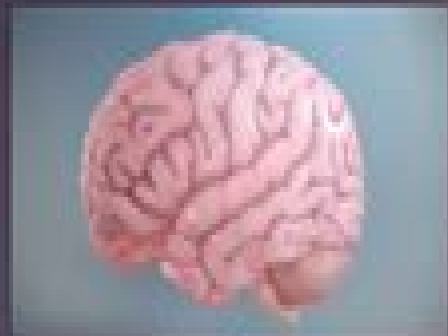


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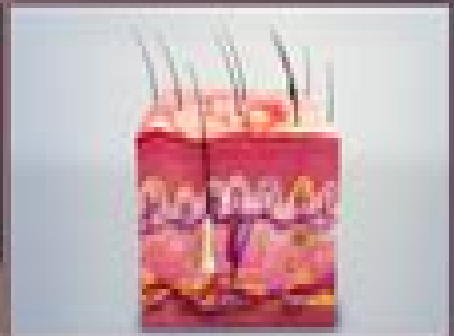
Multiple Sclerosis
Guillain-Barre
Syndrome



Fibromyalgia
Wegner's
Granulomatosis



Thyroiditis
Hashimoto's Disease
Graves Disease



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Vitiligo
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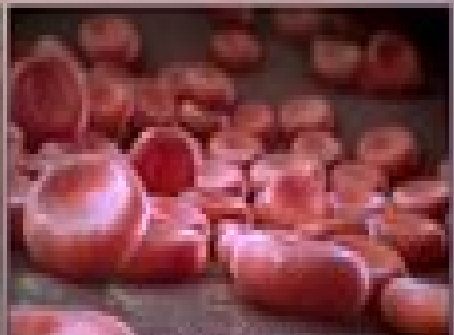
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Diabetic Neuropathy



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Crohn's Disease
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Type 1 Diabetes



Rheumatoid Arthritis
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that support our bodies and help us make energy and get rid of things that we don't need or are toxic. But what happens when the system breaks down? Leaky gut syndrome (LGS) occurs when the lining of the small intestine is damaged, allowing foreign compounds to escape into your bloodstream, which weakens your immune system and triggers autoimmune reactions. Traditional physicians don't understand what LGS is, much less how to diagnose and treat it. In fact, it is estimated that more than 80 percent of people with chronic illnesses have leaky gut, an overgrowth of bad bacteria or not enough good bacteria. Here are some symptoms that may be caused by LGS: Digestive complaints, acid reflux, IBS, Crohn's disease, joint and muscle pain, arthritis, obesity, and food allergies. Headaches, depression, anxiety, ADHD, itchy skin, rashes, eczema, acne, rosacea, psoriasis. In *Heal Your Leaky Gut*, Dr. David Brownstein will explain how the gut, like the brain, heart, and liver, needs to be properly nourished in order for it to function correctly. Simply stated, if your gut is not healthy, your immune system is going to suffer. Improving your gut health and taking fewer drugs will help you feel better and look younger, improve your brain function, and treat myriad medical conditions. This book will give you all the information you need to change what you are now doing so you can have optimal gut health and, as a result, overall health and well-being.

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Charlie Mason, 2021-02-22 Today we are witnessing an increase in the number of autoimmune inflammatory diseases, and as your immune system is the body's main line of defence against foreign invaders, it is necessary to keep it primed and functioning optimally. *The Immune System: Boost the Immune System, Heal Your Gut and Cleanse Your Body Naturally* is for readers who are struggling with issues related to their immune system. These struggles can range from getting sick often to inflammatory disorders such as fibromyalgia and arthritis, to a deterioration of the intestinal lining, also known as a leaky gut. Whatever your condition may be, this book will increase your understanding of how to have a healthier immune system and improve gut health. It is easy to follow and will put you on the right track toward repairing your gut so that you can start reaping the many benefits of a strong immune system. After reading this book, you will understand how your health and well-being are greatly affected by your gut microbiota. When you heal your gut, you are at the same time boosting your immune system. This book will explain in detail the immune and digestive systems, as well as how they affect each other. Describe the benefits of a healthy immune system and gut. Describe the reasons why people have immune system problems. Allow you to determine if you have gut issues. Provide you with health tips to begin restoring your gut and boost your immune system. Inform you of what foods will naturally boost your immune system and which foods can be detrimental to gut health. Provide you with healthy meal plan ideas. Give you tips on recovering from a metabolic disorder and teach you strategies on how to track your success on the road to recovery. If you want to feel relief from digestive issues, boost your immune system and experience better overall health and well-being, purchasing this book is your first step. This informative guide to healing your gut and cleansing your

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Heal Your Oral Microbiome Cass Nelson-Dooley, 2019-06-04 A must read if you truly want to understand oral health and how it affects the health of your overall systemic well being a healthcare gem Dr Mark Burhenne DDS of Ask the Dentist It's a popular theory that good health starts in your gut But think about it your mouth is the gateway to your gut The good and bad bacteria in your mouth are directly linked to the bacteria in your digestive system The oral microbiome can also affect illnesses and diseases like rheumatoid arthritis diabetes certain cancers and more That's why maintaining a balanced oral microbiome is one of the most important things you can do to set a solid foundation for your overall health *Heal Your Oral Microbiome* is the first book out there to focus exclusively on the oral microbiome In these pages you'll learn how your mouth paves the way for full body health as well as how to identify common habits and practices that could be negatively impacting your unique microbiome You'll also discover important steps you can take to heal and balance your mouth's microbes to boost your immune system fight a variety of illnesses and create a solid foundation for your overall well being Wow It's high time a solid clinician and consumer friendly book is delivered on the oral microbiome is it not Cass Nelson Dooley began researching the topic years ago and is now arguably one of the foremost leading experts on integrative interventions for oral health Dr Kara Fitzgerald author of *Younger You*

Nature's Way to Healing Lee Holmes, 2024-08-27 A Long Covid Guide Based on cutting edge research from experts around the globe this step by step guide from bestselling author and nutritionist Lee Holmes will help shorten the duration of Long Covid so you can recover faster and get back to enjoying life Suffering from Long Covid herself gives Lee unique experience and understanding of the condition She has created a holistic approach to Long Covid that will not only help to improve symptoms but also get to their root cause In her trademark warm and friendly style she translates the medical and technical information into simple steps you can take back to health With a focus on understanding how nutrition and lifestyle changes can affect the Long Covid journey Lee will help you commit to a practical daily plan that is tried and tested for long term results The guide includes a low histamine plan plus thirty delicious recipes for healthy meals and snacks to aid your recovery

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Healing Your Thyroid Naturally Dr. Emily Lipinski, 2020-12-22 A complete guide to improving thyroid health through diet and other natural remedies Emily Lipinski is a Doctor of Naturopathic Medicine she also has thyroid disease She struggled for years to get a correct diagnosis and then to control her symptoms Through devoting herself to research and working with her own patients she found that healing the thyroid requires much more than prescription medication A no nonsense companion for the millions of thyroid disease sufferers *Healing Your Thyroid Naturally* incorporates the latest research in thyroid health while also offering a practical plan Starting with an easy to grasp Thyroid 101 chapter Dr Lipinski highlights many topics that are integral to understanding thyroid health including An overview of key tests and medications Surprising sources of thyroid toxicity and what to do about them How some of the biggest health trends pertain to thyroid health including intermittent fasting the keto diet and CBD use as well as herbs and supplements cutting edge treatments and therapies With the Thyroid Healing Diet a customizable food based plan to help you reclaim your energy and your health and 50 recipes to get you started you will find improved energy digestion reduction of thyroid antibody levels balanced mood and even weight loss In short *Healing Your Thyroid Naturally* provides all the tools you need to take charge of your health and restore balance

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