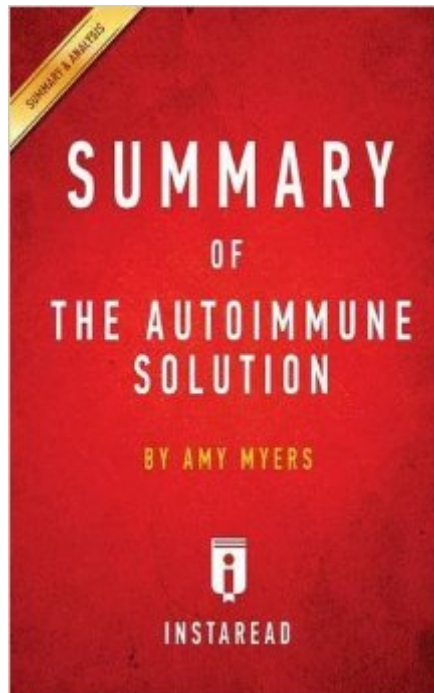


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# Summary Of The Autoimmune Solution: By Amy Myers Includes Analysis



## Book Information

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## Customer Reviews

This is an overview of the actual book â œThe AutoImmune System.â œ Kind of like an abbreviated Cliff's Notes for the full non-fiction book. It provides a potential reader enough information regarding this workâ™s content to determine if we want to invest the extra money and time to actually buy and read the entire book. At .99 cents, this summary is a good value, which is one of the reasons I have personally found â œInstareadâ • to be a useful service.

This is a Summary and Analysis about "The Autoimmune Solution: The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases" by Amy Myers, a self-help book for people who are or know someone who is struggling with an autoimmune disorder. This summary book has touched important points and explained in bite-sized details about the challenges a person faces when he is diagnosed with an autoimmune disease. This summary book also provides the reader information on the author's style and perspective. This is perfect for you if you or someone you know is struggling with an autoimmune disease and looking for ways to reverse if not cure it. This is a good quick read specially for those who don't want to dive in straight into reading all 400 pages of the original book. It will help you with your decision making whether or not to purchase the original book. It offers readers the tools they need to overcome their illnesses by treating such disorders at their root causes, namely inflammation and overexertion of the immune system, through a plan called the Myers Wayâ [This book comes close to my heart. I have been diagnosed with an autoimmune disease back in 2006. I call myself an autoimmune disease warrior.

After reading this summary, I am getting my hardcover copy of Myer's book. Worth the read, indeed!! received a complimentary copy of this book in exchange for my unbiased review.

"The Autoimmune Solution" is a self-help book for people who are or know someone who is struggling with an autoimmune disorder. It offers readers the tools they need to overcome their illnesses by treating such disorders at their root causes, namely inflammation and overexertion of the immune system, through a plan called the Myers Way. This Instaread review captures the best parts of Myer's book, while also adding insight into what it all means. Their analysis about the author's style was especially compelling, and describes the structure of "The Autoimmune Solution." Understanding better the author, her style, and her program fleshes out the story. I was given a copy of this book in order to give an unbiased review.

I received a free copy of this book in exchange for an honest review. I really enjoyed this summary of "The Autoimmune Solution." The book is written for those with an autoimmune disorder or those who want to help someone they know with an autoimmune disorder. It discusses what causes these types of disorders and the best way that it can be treated through the "Myers Way". There are four steps in the "Myers Way" which include healing the gut, ridding the diet of foods that cause inflammation, reducing exposure to toxins, and healing infections and finding stress relief. I thought that Instaread did a great job summarizing this book. It really got me interested in reading the original book.

Instaread's Summary of The Autoimmune Solution by Amy Myers provides a comprehensive analysis of Dr. Myers' book about the treatment of autoimmune disorders' root causes, inflammation and overexertion of the immune system. Myers, a doctor and also a victim of autoimmune disorder, describes the benefits of functional medications that treat the whole body system as opposed to traditional medicine that treats only symptoms. She also discusses the function of diet and lifestyle in the treatment of this disorder. This Instaread summary gives a sneak peek inside the book, enabling the busy reader to make an informed decision on its merits before buying. I received a complimentary copy of this book in exchange for my unbiased review.

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