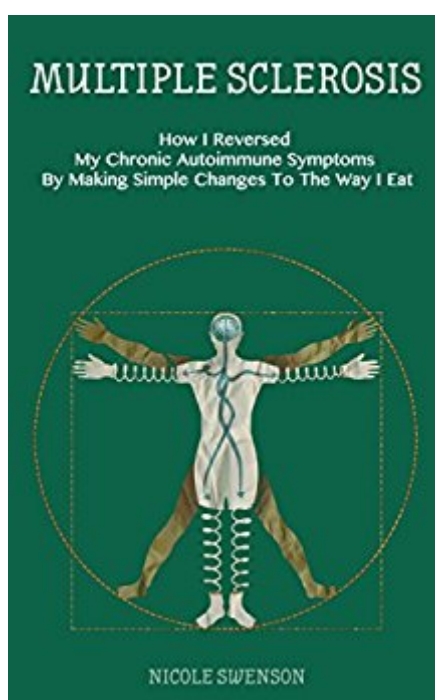


The book was found

Multiple Sclerosis: How I Reversed My Chronic Autoimmune Symptoms By Making Simple Changes To The Way I Eat



Synopsis

Can you beat Multiple Sclerosis by changing your eating habits? Yes, you can! Having suffered from this progressive autoimmune disease for many years, I finally beat my symptoms simply by To help you understand this miracle plan, I start by laying down the basic ground rules for eating right, providing you with a list of foods and other secrets of success that I used to initiate detoxification and support better brain health. I also use this book as a personal diary, chronicling the improvements in my condition day by day, as a progress from being virtually immobile to being able to run - yes, run! - on a treadmill. It's the real deal that allowed me to improve, reverse and overcome the debilitating symptoms of MS. Is this diet right for you? Read my personal story, learn all about my miraculous success and then you decide.

Book Information

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Store > Kindle Short Reads > One hour (33-43 pages) > Health, Fitness & Dieting

Customer Reviews

This is an excellent read explains auto immune disease in full, from its discovery to the most latest treatment. As a sufferer of the condition, the author describes in great detail the symptoms of multiple sclerosis, from the onset of the condition to the point where the condition has taken a toll on

the individual. The book teaches you how we all take everything for granted, from going up the steps of our apartment complex, to carrying groceries, to enjoying the benefits of a nice walk. It is completely understandable that the author would want to produce a venue where the illness can be detailed from beginning to end, giving hope and knowledge to other sufferers. It is a fantastic read for people who have been recently diagnosed and need the support, the want for hope, and the need for understanding that only another person with the condition can provide.

I liked the listing of good and bad food. I did not like that it incorporates meat which is not in other MS wellness books

It was very helpful in giving guidelines for foods and how they work with the body as well as talking about the role they play- it would be nice if there were some words on exercise.

I wish a lot of people would read this very interesting and get well soon as I am going to it and buy one for my nephew

Nicole is a wife and mother who was battling an autoimmune disease known as multiple sclerosis. She kept a map of her body on the fridge door that showed all of her medical injection sites. One day she realized she had run out of places to inject her medicines. She was suffering severe mood swings. She couldn't climb the stairs in her home anymore to tuck her daughter into bed. Then one day, she happened to be talking to her daughter's sensei teacher. He also battled MS. He showed no symptoms of it. He told her it all had to do with her diet. So Nicole decided to do as he had done and started eating paleo, or otherwise known as the caveman diet. She explains how autoimmune diseases work and attack your body. A year after going paleo, Nicole was able to run a 5K. This book contains numerous paleo recipes and lists of foods that are edible on the diet. This book is inspiring and encouraging for those battling an autoimmune disease.

I gave this book a four star rating. It was interesting and a new way of thinking about this subject. If you have this disease you probably enjoy the suggestions from this book.

I received the wrong book

This book shows the clear connection between autoimmune disease / M.S. It is debilitating and so painful. The book explores the effects of gluten, and the good effects of healthy eating. I don't think it was per chance she ran into her daughter's Sensei who at one time also suffered from this disease. I can imagine the hope and shock to find this out. There really is a way to rid yourself of this to a fulfilling life. Going home to a refrigerator posted self image that looked more like an injected dartboard, tears, release, hope. No more missing the simple and important things and events for those she loved lives. Eating whole foods "Paleo-Caveman" exercise, rest, all brought our author to taking control to the best of her ability all the way to a 5K run! Incredible. Get on the band wagon if you're in this situation or know someone who is. Treat yourself or someone to this inspiring true book!!

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Multiple Sclerosis: How I Reversed My Chronic Autoimmune Symptoms By Making Simple Changes To The Way I Eat Autoimmune Hepatitis: Learn to Cure Yourself, Your Doctor Never Will!
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