



The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases

By Amy Myers M.D.

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Over 90 percent of the population suffers from inflammation or an autoimmune disorder. Until now, conventional medicine has said there is no cure. Minor irritations like rashes and runny noses are ignored, while chronic and debilitating diseases like Crohn's and rheumatoid arthritis are handled with a cocktail of toxic treatments that fail to address their root cause. But it doesn't have to be this way.

In *The Autoimmune Solution*, Dr. Amy Myers, a renowned leader in functional medicine, offers her medically proven approach to prevent a wide range of inflammatory-related symptoms and diseases, including allergies, obesity, asthma, cardiovascular disease, fibromyalgia, lupus, IBS, chronic headaches, and Hashimoto's thyroiditis.

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Editorial Review

Review

“**The Autoimmune Solution** is a medical breakthrough. Dr. Myers’ protocol is a proven way to heal and reverse any illness on the autoimmune spectrum. This book revolutionizes the way we understand and treat autoimmunity and I am thrilled to be able to recommend it to my patients.” (**Mark Hyman, M.D.**, author of *The Blood Sugar Solution 10- Day Detox Diet*)

“Dr. Amy Myers is an inspiring, pioneering voice in the prevention and treatment of autoimmune conditions. This guide presents her straightforward, action-oriented plan for healing your gut and detoxifying your surroundings. **The Autoimmune Solution** has the power to change the lives of millions.” (**Robb Wolf**, author of *The Paleo Solution*)

“Dr. Amy Myers begins by writing that modern medicine failed her when her immune system failed. I believe this was a blessing in disguise. Dr. Myers has made this her life’s work and her book **The Autoimmune Solution** is a gift to humanity.” (**Alejandro Junger, M.D.** author of *Clean*)

“**The Autoimmune Solution** is a long awaited and scientifically validated approach to autoimmune conditions that relegates the standard approach of simply managing symptoms to being a relic of the past. Dr. Myers’ plan will fundamentally change the trajectory of your health for the better.” (**David Perlmutter, M.D.**, author of *Grain Brain*)

“At long last, a solution to autoimmune disorders! With her proven, easy-to-follow health protocol, Dr. Amy Myers turns conventional medicine on its head and, in the process, offers hope, answers, and security to the millions of people coping with a full spectrum of inflammatory illness and autoimmune diseases.” (**Frank Lipman, M.D.**, author, educator, and founder of the Eleven Eleven Wellness Center in New York City)

“Dr. Amy Myers lives and breathes advocacy. She supports the unfolding of you most easeful, fulfilled self and helps to uncover and clear what’s in the way with gentle (but firm) support, humor and comprehensive tools. I so appreciate her passion for learning and health and trust her completely.” (**Kathlyn Hendricks, Ph.D., BC-DMT**, Co-Author of *Conscious Loving* and *The Conscious Heart*)

“Those with autoimmune issues should welcome this helpful and hopeful resource from a physician who walks her talk.” (**Publishers Weekly**)

“Americans who suffer from psoriasis, type 1 diabetes, and other autoimmune diseases will find many alternative ideas in this guide....her recipes for dishes like a salmon avocado bowl seem healthy and tasty, and her bibliography is thorough.” (**Booklist**)

“*The Autoimmune Solution* busts many of the conventional wisdom myths surrounding autoimmune disease, explaining where conventional medicine goes wrong and empowering patients to be proactive....The best part of all of this is that Amy’s language is very approachable and down-to-Earth.” (**The Paleo Mom**)

From the Back Cover

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conventional medicine has said there is no cure. Minor irritations like rashes and runny noses are ignored, while chronic and debilitating diseases like Crohn's and rheumatoid arthritis are handled with a cocktail of toxic treatments that fail to address their root cause. But it doesn't have to be this way.

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The Myers Way is built on four pillars:

- Eliminating toxic foods, such as sugar and caffeine, and inflammatory foods, like dairy, gluten, and grains, which disrupt our digestive system.
- Introducing restorative ingredients and supplements, such as quality proteins, healthy fats, and probiotics, to repair the gut.
- Identifying environmental toxins in everyday products like shampoo, soap, cosmetics, detergent, and other household products.
- Healing autoimmune-related infections while relieving the mental, emotional, and physical stress that exacerbate the immune system's response to external toxins.

Through this program, Dr. Myers has successfully treated thousands of patients. Whether you're battling multiple sclerosis or Graves' disease, or you simply want to put an end to nagging minor symptoms, *The Autoimmune Solution* is a medical breakthrough, a prescriptive and easy-to-follow program designed to fight and defeat the full spectrum of autoimmune diseases.

About the Author

Amy Myers, MD, is a specialist in autoimmune diseases whose career was set in motion by her own experience dealing with autoimmune issues. Dr. Myers graduated cum laude from the Honors College at the University of South Carolina and earned her medical degree at Louisiana State University Health Sciences Center. After completing her residency in emergency medicine at the University of Maryland, she founded the nationally renowned functional medicine center Austin UltraHealth, where she currently serves as medical director. She is the author of the *New York Times* bestseller *The Autoimmune Solution and The Thyroid Connection*.

Users Review

From reader reviews:

William Manwaring:

Why don't make it to become your habit? Right now, try to ready your time to do the important work, like looking for your favorite guide and reading a reserve. Beside you can solve your short lived problem; you can add your knowledge by the e-book entitled The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases. Try to the actual book The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases as your good friend. It means that it can be your friend when you truly feel alone and beside regarding course make you smarter than ever before. Yeah, it is very fortunate for yourself. The book makes you much more confidence because you can know everything by the book. So, let me make new experience along with knowledge with this book.

Willie Carlos:

The particular book The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases will bring one to the new experience of reading some sort of book. The author style to clarify the idea is very unique. Should you try to find new book to see, this book very appropriate to you. The book The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases is much recommended to you you just read. You can also get the e-book from the official web site, so you can more readily to read the book.

Jason Caldwell:

Playing with family within a park, coming to see the coastal world or hanging out with friends is thing that usually you have done when you have spare time, subsequently why you don't try issue that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases, you could enjoy both. It is very good combination right, you still wish to miss it? What kind of hang-out type is it? Oh occur its mind hangout folks. What? Still don't get it, oh come on its referred to as reading friends.

John Coffin:

As we know that book is significant thing to add our expertise for everything. By a publication we can know everything we want. A book is a list of written, printed, illustrated or even blank sheet. Every year had been exactly added. This book The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases was filled with regards to science. Spend your free time to add your knowledge about your scientific research competence. Some people has diverse feel when they reading some sort of book. If you know how big advantage of a book, you can feel enjoy to read a guide. In the modern era like now, many ways to get book you wanted.

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