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The Immune System Recovery Plan: A Doctor's 4-Step Program ...

The Immune System Recovery Plan is a revolutionary way for people to balance their immune systems, transform their health, and live fuller, happier lives.

The Immune System Recovery Plan: A Doctor's 4-Step Program ...

The Immune System Recovery Plan is an empowering, revolutionary approach to treating the causes of all autoimmune conditions." Joshua Rosenthal, Founder and Director of the Institute of Integrative Nutrition "Dr. Susan Blum ' s groundbreaking book, Healing Arthritis, is a powerful guide to self-healing.

The Immune System Recovery Plan by Susan Blum MD

In The Immune System Recovery Plan, Dr. Susan Blum shares the four-step program she used to treat

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her own serious autoimmune condition and help countless patients reverse their symptoms, heal their immune systems, and prevent future illness. Dr. Blum's Method Focuses on: \* Using food as medicine.

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The Immune System Recovery Plan: A Doctor's 4-Step Program ...

The list of illness that are considered autoimmune diseases is enormous, and yet The Immune System Recovery Plan provides one singular approach to healing them all. How did you devise this system and how can one approach help heal so many different issues? It turns out that what these diseases have in common is greater than what separates them.

The Immune System Recovery Plan – Terry Walters

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HOW FUNCTIONAL MEDICINE CAN HELP YOU • Step 1: Using food as medicine • Step 2: Understanding the stress connection • Step 3: Healing your gut • Step 4: Supporting your liver I suggest you do the four steps in order, which will help you reap the most benefit from... • The first chapter in each part ...

The Immune System Recovery Plan: A Doctor's 4-Step Program ...

The Immune System Recovery Plan is an empowering, revolutionary approach to treating the causes of all autoimmune conditions." -- Joshua Rosenthal, Founder and Director of the Institute of Integrative Nutrition " The Immune System Recovery Plan is the right book, at the right time, by the right person. We are witnessing a significant increase in autoimmune inflammatory diseases, which include more than 80 different diagnoses.

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