

Power Over Autoimmune: Take Back Control of Your Condition and Live the Life You Were Always Meant to Live (Paperback)



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Reviews

It is really an remarkable ebook that I actually have ever study. It is actually loaded with knowledge and wisdom You will not truly feel monotonny at whenever you want of your time (that's what catalogs are for about in the event you check with me).
(Mr. Norval Reilly V)

POWER OVER AUTOIMMUNE: TAKE BACK CONTROL OF YOUR CONDITION AND LIVE THE LIFE YOU WERE ALWAYS MEANT TO LIVE (PAPERBACK)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The number of US citizens that are diagnosed with chronic conditions is on the rise. It has been predicted that close to half of the population will be diagnosed with some kind of chronic condition by 2030. This could mean several things. First, more people will become sick early in their life. Second, it's estimated that by the year 2044 the cost of Medicaid and Medicare to treat these problems will rise to more than all the taxes than the government collects. What's even worse is that the most common conditions are grouped together as autoimmune diseases, which is where the body, while it is trying to heal itself, is attacking itself instead. How should we handle this then? The answer begins at home and not in a doctor's office. Health begins where you live, in the kitchen where you cook, and the places where you eat. Your spoon and fork are among the best tools you can use to change your life. This book is here to provide you with the information you need to start fighting off chronic conditions and autoimmune diseases. You will learn: -What autoimmune diseases are -How foods affect them -How you can reverse the problem -A meal plan -And much more. Keep in mind that you will have to pick the best solution for you. This will not be an easy journey and will take a lot of effort. You will have to pick the solutions that work the best for you, and you can tweak them to fit your lifestyle the best. Not all of these solutions will suit you, and if you can make a certain lifestyle change, that is perfectly...



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