



# **The Everything Guide to the Autoimmune Diet: Restore Your Immune System and Manage Chronic Illness with Healing, Nourishing Foods (Everything®)**

*Jeffrey McCombs*

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Heal inflammation and restore immunity!

Fifty million Americans suffer from autoimmune disease. If you're one of them, you know that it can be difficult to get relief from the many symptoms associated with the disease. But recently, scientists have found success in treatments that include functional medicine and healing foods. In *The Everything Guide to the Autoimmune Diet*, you'll learn exactly what foods can help improve your conditions--and how to avoid the ones that exacerbate problems. This gluten-free diet focuses on healing the gut, boosting immunity, and restoring wellness. Inside, you'll find delicious and nutritious recipes including:

- Turkey Breakfast Sausages
- Farmers' Egg Casserole
- Breakfast Fried Rice
- Coconut Cream of Broccoli Soup
- Harvest Chicken Soup
- Mediterranean Turkey Burger
- Herbs de Provence-Crusted Bison Sirloin Tip
- Ojai Ginger-Orange Salmon
- Casa Blanca Chicken Skewers
- Beet and Peach Salad
- Pumpkin Spice Applesauce

Featuring meal plans, 150 recipes, and a variety of detoxifying juice cleanses, this guide will help you heal your body naturally.

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#### **Karen Jude:**

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#### **Gale Velez:**

A lot of people always spent their very own free time to vacation or even go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you would like try to find a new activity that's look different you can read a book. It is really fun for you personally. If you enjoy the book which you read you can spent 24 hours a day to reading a book. The book The Everything Guide to the Autoimmune Diet: Restore Your Immune System and Manage Chronic Illness with Healing, Nourishing Foods (Everything®) it is very good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. If you did not have enough space bringing this book you can buy the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not too expensive but this book provides high quality.

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