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How to detox your home 119: Dr. Amy Myers - The Thyroid Connection

Prevent Autoimmune Disease with Functional Medicine Expert Dr. Amy Myers

Thyroid Problems in Women \u0026 Hashimoto's Tips w/ Dr. Amy Myers

Introducing: The Autoimmune Solution Cookbook **Rheumatoid Arthritis: The Autoimmune Solution Experience**

The Autoimmune Solution Prevent And

In The Autoimmune Solution, Dr. Amy Myers, a renowned leader in functional medicine, offers her medically proven approach to prevent and reverse 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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Considered the definitive guide to reversing autoimmunity, The Autoimmune Solution lays out a revolutionary, step-by-step approach that restores the body to its natural healthy state in 30 days by eliminating toxic foods, introducing restorative ingredients, and identifying environmental toxins.

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AutoimmuneSolution | Amy Myers MD

Seamless care that revolves around you: more than 4,700 physicians and scientists collaborate across Mayo Clinic campuses in Arizona, Florida and Minnesota. U.S. News & World Report ranks Mayo Clinic as the #1 hospital overall and #1 in more specialties than any other hospital in the nation.

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.

The companion cookbook to the revolutionary New York Times bestseller *The Autoimmune Solution*, filled with more than 150 nutritious, easy-to-prepare, every day recipes to heal symptoms of inflammation and autoimmune disorders, including Graves' Disease, Psoriasis, Fibromyalgia, Lupus, Celiac disease, Hashimoto's thyroiditis, and Multiple sclerosis. Nine in ten Americans suffer from inflammation or an autoimmune disorder—conditions for which conventional medicine has 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 as Dr. Amy Myers revealed in *The Autoimmune Solution*, there are solutions. In this invaluable cookbook, she now shows you how to repair your body and reverse your symptoms by eating your way to good health. *The Autoimmune Solution Cookbook* delivers more than 150 grain-free recipes designed to prevent and reverse the full spectrum of autoimmune diseases, including allergies, obesity, asthma, cardiovascular disease, fibromyalgia, lupus, IBS, chronic headaches, fatigue, multiple sclerosis, colitis, Graves' disease, and Hashimoto's thyroiditis. As our food and environment becomes more toxic, the health of millions of us have been impaired. Thanks to Dr. Myers, you no longer need to rely on prescriptions—with troubling, sometimes dangerous side effects—to counteract your body's over-reactive immune system. *The Autoimmune Solution Cookbook* is the healthy alternative to cope with and conquer inflammatory-related symptoms and diseases.

Do you have crud in the blood? Millions of people suffer from autoimmunity whether they know it or not. The root cause of most weight gain, brain and mood problems, and fatigue, autoimmunity can take years--or even decades--for symptoms and a clear diagnosis to arise. Through years of research, Dr. Tom O'Bryan has discovered that autoimmunity is actually a spectrum, and many people experiencing general malaise are already on it. And while autoimmune diseases, such as Alzheimer's, Multiple Sclerosis, osteoporosis, diabetes, and lupus, have become the third leading cause of death behind

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heart disease and cancer, many people affected are left in the dark. The good news is that many autoimmune conditions can be reversed through a targeted protocol designed to heal the autoimmune system, 70 percent of which is located in the gut. The Autoimmune Fix includes two comprehensive 3-week plans: In the first 3 weeks, you'll follow a Paleo-inspired diet during which you cut out gluten, sweets, and dairy--the three primary culprits behind autoimmunity. Once the dietary changes have been addressed, The Autoimmune Fix focuses on the other causes of autoimmunity such as genetics, other dietary issues, and microbiome. The Autoimmune Fix provides a practical and much-needed guide to navigating these increasingly common conditions to help you feel better and develop a plan that works for you.

From the author of the New York Times bestseller *The Autoimmune Solution*, a comprehensive, accessible overview of thyroid problems that will help you learn to identify the warning signs and finally take back your health. Are you exhausted all the time, plagued by brain fog, and unable to lose weight? Do you struggle with insomnia, panic attacks, and tremors? But does your doctor insist that your labs are normal, and that you just need to eat less and exercise more? As anyone who has been there knows, nothing is more frustrating, stressful, and emotionally draining than feeling unwell and being told you're fine by the very person who is supposed to heal you. The truth is, your symptoms could be triggered by a thyroid disorder—the hidden cause behind a wide array of health problems that can threaten to ruin your life. Thyroid dysfunctions like Hashimoto's disease, hypothyroidism, and hyperthyroidism affect at least 20 million Americans and yet conventional medicine frequently misses the diagnosis. The scariest part? Most doctors won't even order thyroid tests unless you specifically ask. Now, in *The Thyroid Connection*, Dr. Amy Myers teaches you how to take your health into your own hands. Dr. Myers, originally misdiagnosed herself, understands the struggles of thyroid dysfunction firsthand. Fortunately, she also knows how achievable recovery and well-being are, and just how to get you there. In *The Thyroid Connection*, you'll discover:

- How to work with your doctor to get the correct diagnosis
- What blood tests to ask for, as well as what they mean
- How to find the right type and dose of supplemental thyroid hormone for you
- The role of gut health, diet, toxins, infections, and stress in thyroid dysfunction
- A complete 28-day plan to jumpstart your health and reverse your thyroid symptoms

Complete with advice on diet and nutrition, supplements, exercise, stress relief, and sleep, *The Thyroid Connection* is the ultimate roadmap back to your happiest, healthiest self.

The bestselling book with 100,000 copies in print from one of the most sought-after experts in the field of functional medicine, Dr. Susan Blum, author of *Healing Arthritis*, shares the four-step program she used to treat her own serious autoimmune condition and help countless patients reverse their symptoms, heal their immune systems, and prevent future illness. DR. BLUM ASKS:

- Are you constantly exhausted?
- Do you frequently feel sick?
- Are you hot when others are cold, or cold when everyone else is warm?
- Do you have trouble thinking clearly, aka “brain fog”?
- Do you often feel irritable?
- Are you experiencing hair loss, dry skin, or unexplained weight fluctuation?
- Do your joints ache or swell but you don't know why?
- Do you have an overall sense of not feeling your best, but it has been going on so long it's actually normal to you?

If you answered yes to any of these questions, you may have an autoimmune disease, and this book is the “medicine”

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you need. Among the most prevalent forms of chronic illness in this country, autoimmune disease affects nearly 23.5 million Americans. This epidemic—a result of the toxins in our diet; exposure to chemicals, heavy metals, and antibiotics; and unprecedented stress levels—has caused millions to suffer from autoimmune conditions such as Graves' disease, rheumatoid arthritis, Crohn's disease, celiac disease, lupus, and more. DR. BLUM'S INNOVATIVE METHOD FOCUSES ON:

- Using food as medicine
- Understanding the stress connection
- Healing your gut and digestive system
- Optimizing liver function

Each of these sections includes an interactive workbook to help you determine and create your own personal treatment program. Also included are recipes for simple, easy-to-prepare dishes to jump-start the healing process. The Immune System Recovery Plan is a revolutionary way for people to balance their immune systems, transform their health, and live fuller, happier lives.

Why do our bodies rebel against themselves? Why are autoimmune disorders on the rise? What role do everyday environmental toxins play in triggering onset of these diseases? The author answers these questions with personal stories and sound scientific research and offers ways to combat the problem.

Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller *The Blood Sugar Solution*, supercharged for immediate results! The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking *Blood Sugar Solution* program, *THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET* presents strategies for reducing insulin levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat--especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, *THE BLOOD SUGAR SOLUTION 10-DAY DETOX DIET* is the fastest way to lose weight, prevent disease, and feel your best.

The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. *The Autoimmune Wellness Handbook*, from Mickey Trescott and Angie Alt of *Autoimmune-Paleo.com*, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises laid out in the book. *The Autoimmune Wellness*

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Handbook goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant, healthy life.

"There's nothing you can do. You're stuck with it for the rest of your life". If you suffer from an autoimmune disease, I know you've probably heard this. Doctors told you that the only thing you can do is take medicine 'A' and medicine 'B' for 'X' times every day of your life. But is it the real solution to your problems? Maybe you are tired of trying different costly medications and getting confused about why they have been ineffective for so long, aren't you? Well, it's time that you learn how Dr. Sebi's knowledge can come to your rescue. According to Dr. Sebi, mucus is the key culprit of all diseases, including the one that is afflicting you, whether it is Arthritis, High Blood Pressure, Lupus, Multiple Sclerosis, or other. Inside this book, you will discover how to cleanse and fix your body in a completely natural way, to live the sick-free life you deserve. By reading this book, you will learn: - What is causing your body to attack itself, to understand what you can stop doing now to prevent your symptoms from getting worse - 7 Major Causes for developing an autoimmune disease, and how your lifestyle is playing a big role in making you sick - Common life-threatening complications that can arise because of an autoimmune disease if not treated in time - How to treat your condition with Dr. Sebi's official method, to detoxify your body and relieve annoying symptoms in less than 21 days with no medication - 7 Simple yet Effective habits for a healthy immune system, to keep your body strong and avoid flare-ups And so much more! It's time to reinforce your immune system and converse your body to its alkaline state where any illnesses cannot flourish. How to start? It's simple. Scroll this page to the top and click the BUY NOW button to grab your copy!

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