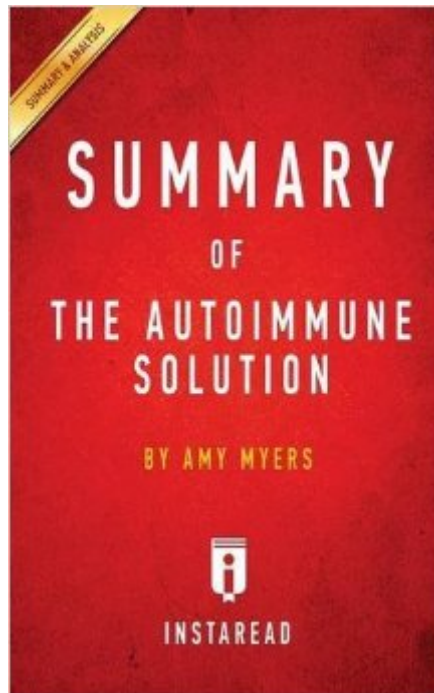


The book was found

Summary Of The Autoimmune Solution: By Amy Myers Includes Analysis



Book Information

Paperback: 32 pages

Publisher: Idreambooks (April 27, 2016)

Language: English

ISBN-10: 1945251891

ISBN-13: 978-1945251894

Product Dimensions: 5 x 0.1 x 8 inches

Shipping Weight: 1.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #289,909 in Books (See Top 100 in Books) #128 in [Books > Medical Books > Allied Health Professions > Diet Therapy](#) #165 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems](#)

Customer Reviews

This is an overview of the actual book "The Autoimmune System." Kind of like an abbreviated Cliff's Notes for the full non-fiction book. It provides a potential reader enough information regarding this work's content to determine if we want to invest the extra money and time to actually buy and read the entire book. At .99 cents, this summary is a good value, which is one of the reasons I have personally found Instaread to be a useful service.

This is a Summary and Analysis about "The Autoimmune Solution: The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases" by Amy Myers, a self-help book for people who are or know someone who is struggling with an autoimmune disorder. This summary book has touched important points and explained in bite-sized details about the challenges a person faces when he is diagnosed with an autoimmune disease. This summary book also provides the reader information on the author's style and perspective. This is perfect for you if you or someone you know is struggling with an autoimmune disease and looking for ways to reverse if not cure it. This is a good quick read specially for those who don't want to dive in straight into reading all 400 pages of the original book. It will help you with your decision making whether or not to purchase the original book. It offers readers the tools they need to overcome their illnesses by treating such disorders at their root causes, namely inflammation and overexertion of the immune system, through a plan called the Myers Way. [This book comes close to my heart. I have been diagnosed with an autoimmune disease back in 2006. I call myself an autoimmune disease warrior.

After reading this summary, I am getting my hardcover copy of Myer's book. Worth the read, indeed!! received a complimentary copy of this book in exchange for my unbiased review.

"The Autoimmune Solution" is a self-help book for people who are or know someone who is struggling with an autoimmune disorder. It offers readers the tools they need to overcome their illnesses by treating such disorders at their root causes, namely inflammation and overexertion of the immune system, through a plan called the Myers Way. This Instaread review captures the best parts of Myer's book, while also adding insight into what it all means. Their analysis about the author's style was especially compelling, and describes the structure of "The Autoimmune Solution." Understanding better the author, her style, and her program fleshes out the story. I was given a copy of this book in order to give an unbiased review.

I received a free copy of this book in exchange for an honest review. I really enjoyed this summary of "The Autoimmune Solution." The book is written for those with an autoimmune disorder or those who want to help someone they know with an autoimmune disorder. It discusses what causes these types of disorders and the best way that it can be treated through the "Myers Way". There are four steps in the "Myers Way" which include healing the gut, ridding the diet of foods that cause inflammation, reducing exposure to toxins, and healing infections and finding stress relief. I thought that Instaread did a great job summarizing this book. It really got me interested in reading the original book.

Instaread's Summary of The Autoimmune Solution by Amy Myers provides a comprehensive analysis of Dr. Myers' book about the treatment of autoimmune disorders' root causes, inflammation and overexertion of the immune system. Myers, a doctor and also a victim of autoimmune disorder, describes the benefits of functional medications that treat the whole body system as opposed to traditional medicine that treats only symptoms. She also discusses the function of diet and lifestyle in the treatment of this disorder. This Instaread summary gives a sneak peek inside the book, enabling the busy reader to make an informed decision on its merits before buying. I received a complimentary copy of this book in exchange for my unbiased review.

[Download to continue reading...](#)

Summary of the Autoimmune Solution: By Amy Myers Includes Analysis Autoimmune Paleo Cookbook: Mouthwatering Recipes to Reverse Autoimmune Disease and Heal your Body (Paleo Cookbook, Autoimmune Solution, Autoimmune Protocol, ... Weight Loss, Autoimmune Paleo

Cookbook) Summary - The Invention Of Wings: Novel By Sue Monk Kidd --- An Incredible Summary (The Invention Of Wings: An Incredible Summary-- Paperback, Summary, Audible, Novel, Audiobook) Summary | Zero to One: Peter Thiel - Notes on Startups, Or How to Build the Future - A Complete Summary (Zero to One: A Complete Summary - Paperback, Audiobook, Audible, Hardcover, Book, Summary) Summary - The Boys In The Boat: Novel By Daniel James Brown -- An Amazing Summary! (The Boys In The Boat: An Amazing Summary-- Audible, Audio, Audiobook, Summary, Novel, Paperback,) Summary of See Me: Novel By Nicholas Sparks -- Full Summary & More! (See Me: A Full Summary -- Hardcover, Summary, Paperback, Sparks, Audiobook Audible) Summary - Influence: An Amazing Summary About This Book Of Robert Cialdini! -- The Psychology Of Persuasion (Influence: An Amazing Summary-- Persuasion, ... and Practice, Summary, Book, Influencer) Summary - Lean In: Sheryl Sandberg - Women, Work, and the Will to Lead - A Complete Summary (Lean In: A Complete Summary - Paperback, Audiobook, Audible, Hardcover, Book, Summary, 15 for Graduates) Summary - The 48 Laws of Power: Robert Greene --- Chapter by Chapter Summary (The 48 Laws Of Power: A Chapter by Chapter Summary--- Book, Summary, Audiobook, Paperback, Hardcover) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Summary - The Goldfinch: Novel By Donna Tartt -- An Incredible Summary! (The Goldfinch: An Incredible Summary -- Audiobook, Paperback, Novel, Ebook) Summary - Getting Things Done: David Allen's Book-- A Full Summary!(Version 2015) -- The Art of Stress Free Productivity! (Getting Things Done: A Full ... Book, Planner, Paperback, Audio, Summary) Summary - The Immortal Life Of Henrietta Lacks: Novel By Rebecca Skloot -- An Incredible Summary! (The Immortal Life Of Henrietta Lacks: An Incredible Summary --- Immortal Life) Summary - Outlander: Novel -- (Outlander Book 1) -- A Great Summary About This Book Of Diana Gabaldon! (Outlander: A Novel-- A Great Summary--Outlander Book 1, Novel, Paperback) The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease Summary of Superforecasting: By Philip E. Tetlock and Dan Gardner Includes Analysis Summary of Eat Dirt: by Dr. Josh Axe | Includes Analysis Summary of Drive: by Daniel Pink | Includes Analysis Summary of My Name Is Lucy Barton by Elizabeth Strout | Includes Analysis Summary of Being Mortal: By Atul Gawande - Includes Analysis

[Dmca](#)