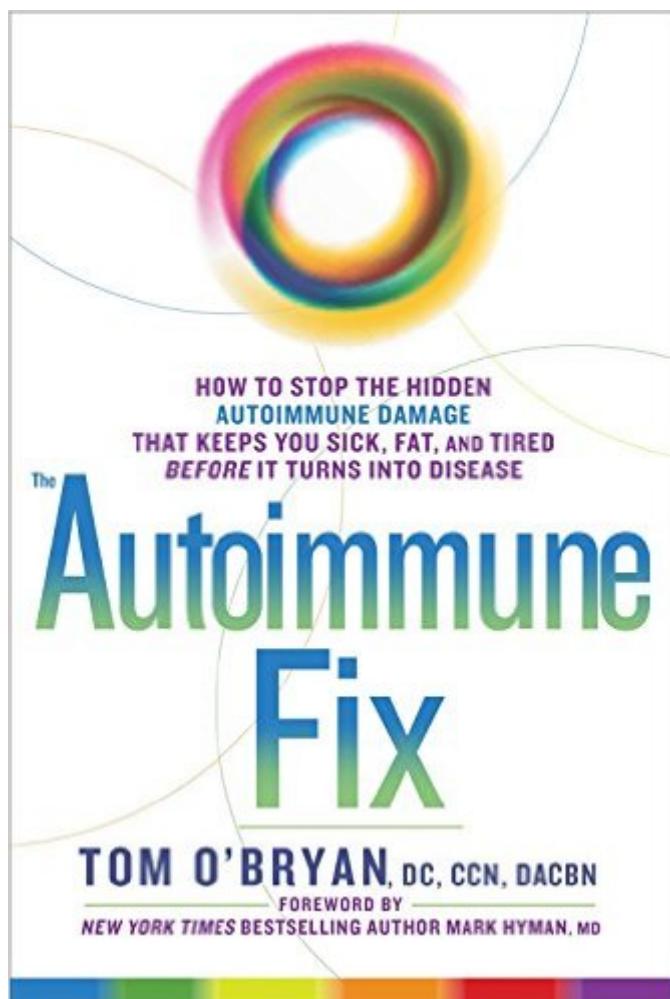


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# The Autoimmune Fix: How To Stop The Hidden Autoimmune Damage That Keeps You Sick, Fat, And Tired Before It Turns Into Disease



## Synopsis

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 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.

## Book Information

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## Customer Reviews

The Autoimmune Fix is groundbreaking information we all need to know and is a must-read for integrative practitioners and consumers with any health issues, and especially if you know you have

an autoimmune disease/condition. As you would expect from Dr. Oâ™Bryan, it's brilliant! Some of my favorite sections include:â¢ his brilliant description of the immune system and how antibodies are created, and how inflammation is the primary tool in our immune systemâ™s arsenal that keeps us healthyâ¢ the differences between autoimmune diseases and the many autoimmune conditions (he lists 159 that are on the autoimmune spectrum!)â¢ the differences between celiac disease and gluten sensitivityâ¢ the gluteomorphin and casomorphin peptides and how they can affect gluten and dairy withdrawal symptomsâ¢ the leaky gut and lipopolysaccharides discussion, and the section on the microbiome and dysbiosis (and the big connection to stress)â¢ the connection of a disproportionately large forehead to celiac disease (fascinating!)â¢ measuring autoantibodies (I love that he calls them âœmessengers from the futureâ•) and the chart that shows the likelihood as to whether you will develop a particular diseaseâ¢ the extensive lists of the hidden sources of gluten in supplements, cosmetics (this is surprisingly long) and even household productsâ¢ the connection between gum disease, mouth bacteria and leaky gutâ¢ his wonderful food and nutrient recommendationsOf course I really appreciate the success stories and long list of references and study summaries. If youâ™ve had the wonderful opportunity to have heard Dr. Oâ™Bryan speak live or on summits (heâ™s a frequent and popular speaker on The Anxiety Summit) youâ™ll recognize this style of his right away! Thanks Dr. Oâ™Bryan!

As always Dr Tom O'Bryan has delivered an amazing well researched book that will change your life forever. This is a must read for anyone suffering from an autoimmune disease! Dr Tom ties in the importance of diet and gut in relation to disease. This book is just what the doctor ordered for fighting your autoimmune disease.

Dr. Tom O'Bryan's Autoimmune Fix is my go to resource for anyone suffering with an autoimmune condition. Dr Oâ™Bryan has a clear-cut two-phase approach called âœThe Transition Protocolâ• which aims to reduce your body burden and optimize healing. Phase 1 cuts out gluten, dairy and sugar, and encourages a real food diet, giving detailed lists of what to eat, which nutrients to include and which toxins to avoid. Phase 2 builds on this base and outlines further foods to eliminate, in order to identify your food sensitivities. Once Phase 2 is complete, you can begin to reintroduce foods and monitor your reactions. This will set you on a path to keep your inflammation and antibodies at a minimum for the long term and repair organ and tissue damage. The book includes helpful quizzes, bonus online material, a wide range of recipes for both phases, as well as weekly meal plans and tips for eating out. Dr Oâ™Bryan encourages us to stop accepting mediocre

healthcare and to take back control of our lives and health.

Finally a solution! Dr. Tom O'Bryan's book, the Autoimmune Fix is critical for our times. We all must take responsibility for our health and understand the underlying mechanisms for the most common illness. And, most importantly, how to keep ourselves healthy throughout our life. The Autoimmune fix is a must read for everyone and the recipes at the end of the book are fabulous. Purchase LOTS of copies to give as gifts to your friends and family.

I have been following Tom O'Bryan for several years to learn about how to improve my autoimmune illnesses. This book is a good representation of what he discusses. He is very articulate and easy to understand. It does not just discuss the importance of learning about the effects of gluten but also autoimmune illness in general. It covers everything, from quizzes to learning about autoimmune illness to recipes. It is informative and educational.

From start to finish, I thoroughly enjoyed this read. Learned so much. Love all of the science behind this. Just like when Dr. Tom speaks, he references the science. This is a **MUST READ** for anyone concerned about anyone's health! Great stories too!, Thanks for a book that has depth and useful information for anyone and everyone!

Don't let the word Autoimmune in the title put you off buying this book. This is important info for everyone to understand to avoid getting an autoimmune disease in the first place as well. I wish I'd known this stuff twenty years ago to avoid the damage I've done. I've paid a lot of money to a Functional doctor for this same info. It really works and it's changing my health for the better. With our toxic environment and messed up food supply everyone needs to know this stuff.

I recently interviewed Dr. Tom O'Bryan on The Woman's Vitality Summit and was blown away by his ability to take complicated research and make it easy to understand and integrate into daily life. As a woman who has reversed her own auto-immune disease, I know it's possible with the right guidance. Dr. Tom delivers just that guidance. His advice and recommendations are clear, easy to put into action in your own life and backed by science. This is a book you do not want to leave un-read on your bedside table. 80% of all autoimmune diseases are diagnosed in women, and can take up to 30 years to manifest. You might be one of the people working on autoimmunity right now. Read this book and turn your immune system into your friend!

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