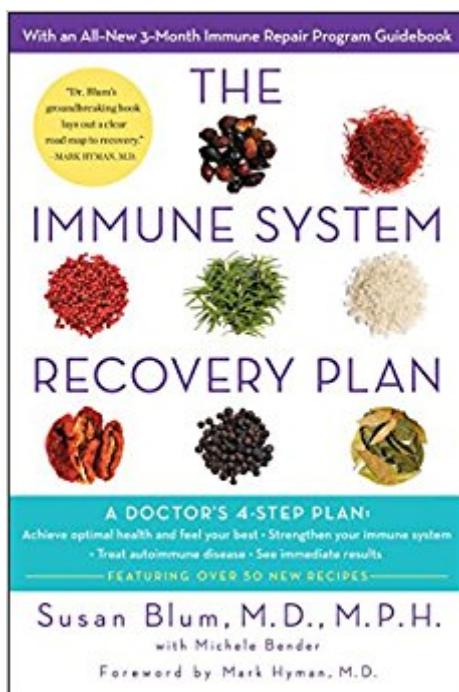


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# The Immune System Recovery Plan: A Doctor's 4-Step Program To Treat Autoimmune Disease



## Synopsis

One of the most sought-after experts in the field of functional medicine shares her proven four-step program to treat, reverse, and prevent autoimmune conditions and repair your immune system. 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” 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. In *The Immune System Recovery Plan*, Dr. Susan Blum, one of the most sought-after experts in the field of functional medicine, 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’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.

## Book Information

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## Customer Reviews

“The Immune System Recovery Plan is a must read for everyone with autoimmune disease. Dr. Blum masterfully presents the latest scientific information and gives patients practical, natural, and safe ways to help the immune system heal.” (Joel M. Evans, MD Founder and Director of The Center for Women’s Health, Stamford, CT and author of *The Whole Pr*) “In the tradition of Hippocrates, Dr. Susan Blum re-establishes food as the most fundamental and powerful mediator of health and wellness. The Immune System Recovery Plan provides a wealth of information, based on leading-edge science, that will surely have a profoundly positive impact on the vitality and longevity of its readers.” (David Perlmutter, MD, FACN, author of *GrainBrain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain’s Silent Killers*) “The Immune System Recovery Plan is a godsend for the millions suffering from autoimmune disorders. This book’s information is life-changing!” (Christiane Northrup, MD, author of *Women’s Bodies, Women’s Wisdom* and *The Wisdom of Menopause*) “A clearly written, practical, person-friendly and comprehensive approach to relieving the suffering and reversing the damage of autoimmune disease. Thank you Dr. Susan Blum.” (James Gordon, MD author of *Unstuck: Your Guide to the Seven-Stage Journey out of Depression*, and founder/ dir) “When treating autoimmune disease, Dr. Susan Blum takes the whole person into account, using practical tools such as understanding food as medicine and stress management, healing your gut, and supporting your liver. The Immune System Recovery Plan is an empowering, revolutionary approach to treating the causes of all autoimmune conditions.” (Joshua Rosenthal Founder and Director of the Institute of Integrative Nutrition) “The Immune System Recovery Plan is the right book, at the right time, by the right person. We are witnessing a significant increase in autoimmune inflammatory diseases, which include more than 80 different diagnoses. Dr. Blum has done a magnificent job helping the reader to understand how this family of inflammatory disorders, including arthritis and fibromyalgia, can be managed with the diet and lifestyle program she developed in her practice. Her step-by-step approach is based on her considerable years of

experience as a physician, and the emerging medical science that, for the first time, has developed an understanding of how genetics, lifestyle and nutrition play a role in origin of these disorders. The approach described in Dr. Blum's book represents the leading edge in the lifestyle management of chronic inflammatory disorders. It is a new book that provides real assistance to those with inflammatory disorders who are looking for a clinically sensible approach to their problems. (Jeffrey Bland, Ph.D., FACN, President, Personalized Lifestyle Medicine Institute)

Susan Blum, M.D., MPH, is an assistant clinical professor in the Department of Preventive Medicine at the Mount Sinai School of Medicine in NYC and has been treating and preventing chronic disease for more than a decade. She is the founder of the Blum Center for Health in Rye Brook, New York, and an adviser to the Institute for Functional Medicine, and serves on the Medical Advisory Board for The Dr. Oz Show. She lives in Armonk, New York, with her husband and three sons. Michele Bender is an award-winning freelance writer whose work has appeared in national publications, including The New York Times, Family Circle, Glamour, Real Simple, Redbook, and In Style, among others. She is the coauthor and ghostwriter for several bestsellers by high-profile experts and celebrities. Mark Hyman, MD, is the editor in chief of Alternative Therapies in Health and Medicine, the most prestigious journal in the field of integrative medicine. After ten years as co-medical director at Canyon Ranch in the Berkshires, he is now in private practice in Lenox, Massachusetts. He is the coauthor of the New York Times bestseller *Ultraprevention*. His websites are [DrHyman.com](http://DrHyman.com) and [Ultrametabolism.com](http://Ultrametabolism.com).

I was diagnosed with Hashimoto's Disease about six months ago. My doctor recommended this book, and it has been life changing. I am young and healthy, so this diagnosis really rocked my world. Dr. Blum's book helped me realize that there is so much I can do to be in charge of my health rather than just taking medication. I'm not opposed to medicine, but why not make some lifestyle changes to limit my medicinal needs? I have changed my diet based on the recommendations in the book, and I have SO MUCH MORE ENERGY than I had 6 months ago. Additionally, based on Dr. Blum's recommendations in the book, I was tested for Celiac Disease. I was surprised to find that I have antibodies that show a gluten intolerance. I am not one to jump on fad diets, so going gluten-free never crossed my mind. However, now that I know that my body is being harmed by gluten, I will be gluten-free for the rest of my life. It's been a bit harder implementing the stress reduction strategies recommended in the book, but I'll be working on that for the rest of my life. I am

not exaggerating when I say that this book has been life-changing and empowering. I still struggle with my recent diagnoses, but I know that I can control some aspects of how quickly they progress. Great purchase! I hope this review has been helpful for you! If so, please press yes. If you have any questions about this product, I'd be happy to help answer them.

I was diagnosed with RA 5 years ago at the age of 25, I attempted several medications for a relief of symptoms. The medications caused side effects and gave me no real relief from RA symptoms at all. I found a holistic dr who told me about this book. I follow this book strictly and with the diet requirements and the supplements suggested. This book has been a life saver, I have my life back! I do still have days of flares but nothing like what I was going through. I am on no medication and control this disease with diet and supplements alone. Anyone battling or know someone battling an autoimmune disease needs this book!!

First, the positive. This book has a lot of information, it is very informative. It sounds like she really knows what she is talking about and the program, although very diet restrictive and long looks pretty good at restoring health. The one problem I have that I did not see in others reviews is it is very expensive. Once you get to the part with the plans details...there is a 30 day gut cleanse plan and then a 21 day liver detox plan...you see all the supplements you need to purchase (sold in kits on her website) and man is it expensive. As of now. The gut cleanse is \$295 and the liver is \$175. You then can purchase the relax kit for the relaxation portion and purchase the recipe books as well. Both my husband and I have an auto immune of reactive arthritis, spondyloarthritis and this would cost us about \$1,000 for for the two of us to have 51 days of supplements. That's some very expensive supplements!!! I am sure they are good and if it would completely cure us that would be great. Unfortunately, we are low income and can not afford it so that's that. I just wanted to let everyone know before they purchase the book. I may just do a juice cleanse like Joe cross ( I think that was his name) in fat sick and nearly dead (documentary) as that seemed to cure his auto immune and I can afford that.

An informative read. Dr. Blum breaks down everything so that it can be understood in layman's terms.

Great book that talks about candida overgrowth, leaky gut, how the immune system suffers. She tells you what to do about it...foods to eat, foods to avoid. Supplements to take and ones not to take.

Great book. Very informative. It turns out that my whole family has food intolerances including my 2 kids with ADHD. Both were cured on the elimination diet - no more meds. The boys still have language development delays and memory issues from the years of brain inflammation but we are on the right track!! It would be great if you added more information about ADHD to your book as well as more on the mental issues such as anxiety, depression, bipolar, schizophrenia and how food intolerances affect these conditions.

This book is a life saver. I normally don't give any review cause I am just too lazy most of the time. Please please read this book if you have any autoimmune disease or even disease like mine (chronic hives). I have chronic hives for a few years and Doctors. couldn't cure me but just keep giving medicines. This book is very informational and make sense in every single way to help me to adapt a new way of diet and lifestyle and to help myself. And most importantly, I am hopeful that what I learned from this book will get me to cure myself eventually.

Outstanding book! Dr Blum covers everything from symptoms to causes to diagnostic tests to diet remedies. I highly recommend this book to anyone who has autoimmune symptoms or knows someone who does.

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