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THE
AUTOIMMUNE
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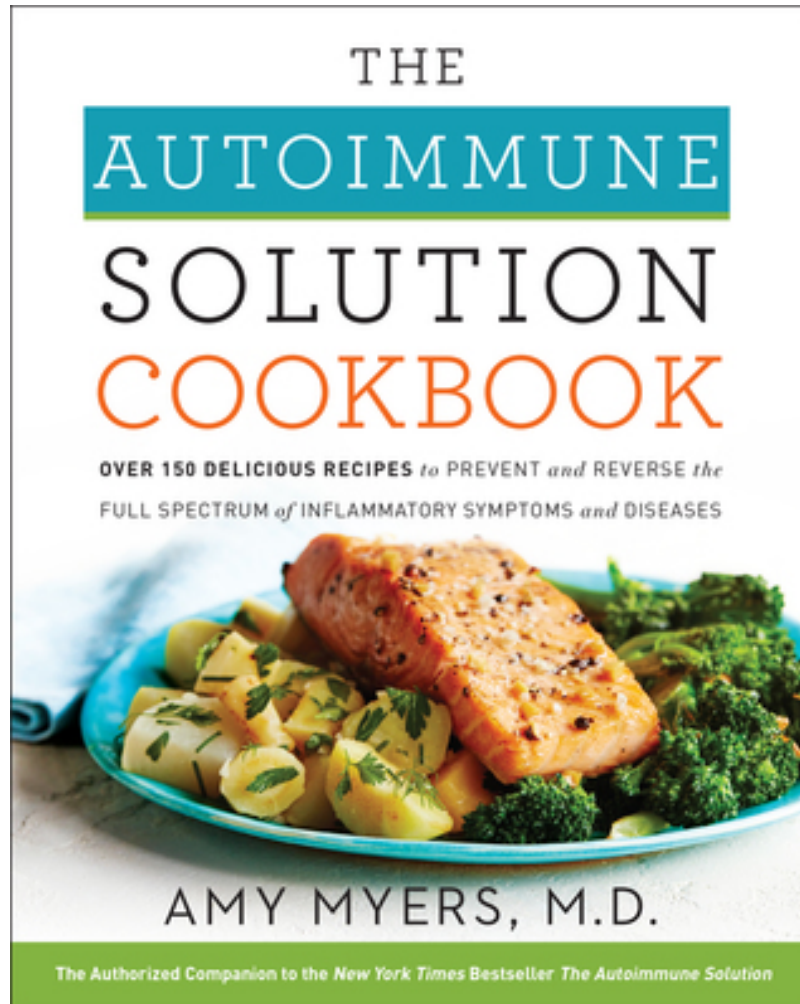
OVER 150 DELICIOUS RECIPES *to PREVENT and REVERSE the*
FULL SPECTRUM *of* INFLAMMATORY SYMPTOMS *and* DISEASES



AMY MYERS, M.D.

The Authorized Companion to the *New York Times* Bestseller *The Autoimmune Solution*

The Autoimmune Solution Cookbook: Over 150 Delicious Recipes to Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases
by Amy Myers



SYNOPSIS

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

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