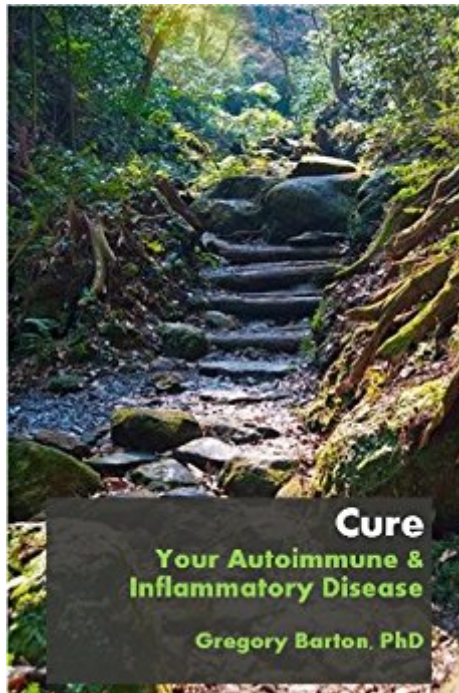




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# Cure Your Autoimmune And Inflammatory Disease



## Synopsis

1. How We Cause Our Own Disease 32. The Pain of Autoimmune and Inflammatory Diseases 103. Discovering the Cause of the Problem 144. The Culprits: Lectins (What are they?) 215. Curing Our Disease 29 Arthritis Irritable Bowel Syndrome Pre-Mature Aging Diabetes, Hyperglycemia Celiac and Crohn's Disease Glands, Muscles and Intestines Nervous System and Eyes Sight Weight Problems 6. The Pain Free Life 377. Foods to Eat and to Avoid 39

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## Customer Reviews

Very informative book on lectins. I wish the author reviewed supplemental carbs for binding the lectins during digestion and therefore more effectively eliminating them. This would perhaps expand food groups like moderate level lectin foods for consumption with the help of lectin binding carbs. Thank you for the research that went into the preparation of this book and at a modest price.

This is a real eye opener, motivated me to keep researching what Doctors are either hiding it from you or they themselves don't know.

The book wastes no time or words. Passionate, genuine, not selling anything. Cutting edge information. Thank you to Dr. Barton!

My personal journey with a fit and healthy lifestyle, but suppressed by rheumatoid arthritis, has led to paleo diet, and now anti lectin. It has been the answer to happier and drug free days as a skilled laborer. My exercise and paddlesports now thrive, and Barrett's disease, leaky gut, have shrunk to almost nothing. These lists are of such high value, Bless Dr. BARTON. A great read, and maybe life changing. Ps, beware him. The logic of real foods and not processed, or mass produced, is the key, as well

No citations whatsoever, no bibliography, no source material. The author pours drama about how he recovered from his arthritis for about 90% of his book. That's nice! But when it comes to telling which foods are good and which are not he just slams 3 lists without any justification. Not to mention that he adds Avocado on the list of "a lot of lectins food" lists while Dr. Gundry (who wrote a way out of this author's League books - The Plant Paradox) says that Avocado is the "only allowed fruit" (from the lectin point of view). So...all in all, a poor book.

I chose 5 stars because no one talked deeper besides Sarah Ballantynes, about the science behind some diets like the Paleo diet.

Great little book. Wish the author had published more of his research.

As someone with a related autoimmune disease, I can appreciate the examples plus the determination to strive forward. Very good presentation!

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Autoimmune Hepatitis: Learn to Cure Yourself, Your Doctor Never Will! (Autoimmune Disease, Autoimmune Paleo Cookbook, Autoimmune Paleo, Autoimmune, autoimmune diet) 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) Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Anti-Inflammatory Diet, Cookbook Book 2) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy and Delicious Anti Inflammatory Diet Recipes to Heal your Immune System(anti ... inflammatory foods, allergen management) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life ( Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Cure Your Autoimmune and Inflammatory Disease Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) Autoimmune Disease: Discover The Symptoms & Treatment of Chronic Pain & Genetic Disease (Psoriasis, Anti Inflammatory, Arthritis, Fibromyalgia, Multiple Sclerosis, Symptoms, Celiac) (Volume 1) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Anti Inflammatory Diet: 1000 Anti Inflammatory Recipes: Anti Inflammatory Cookbook, Kitchen, Cooking, Healthy, Low Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners The Anti-Inflammatory Diet: Rich Anti-Inflammatory Foods to Cut Down on Inflammation - Over 25 Anti-Inflammatory Recipes You Will Love REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS ... Pressure Cure, The End Of Heart Disease) Autoimmune Paleo Cookbook & Action Plan: A Practical Guide to Easing Your Autoimmune Disease Symptoms with

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