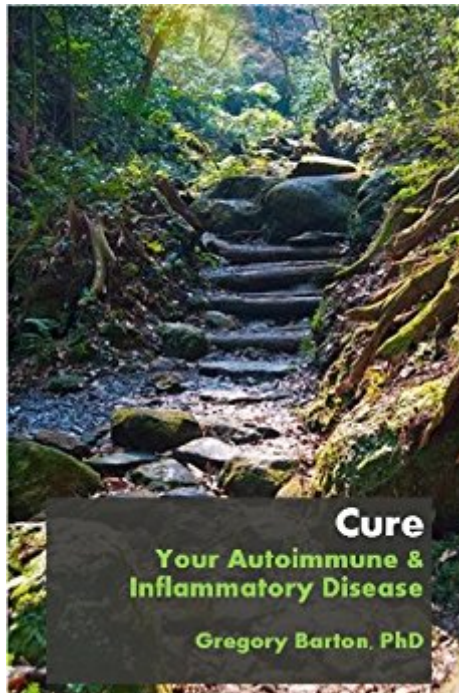




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Cure Your Autoimmune And Inflammatory Disease



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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