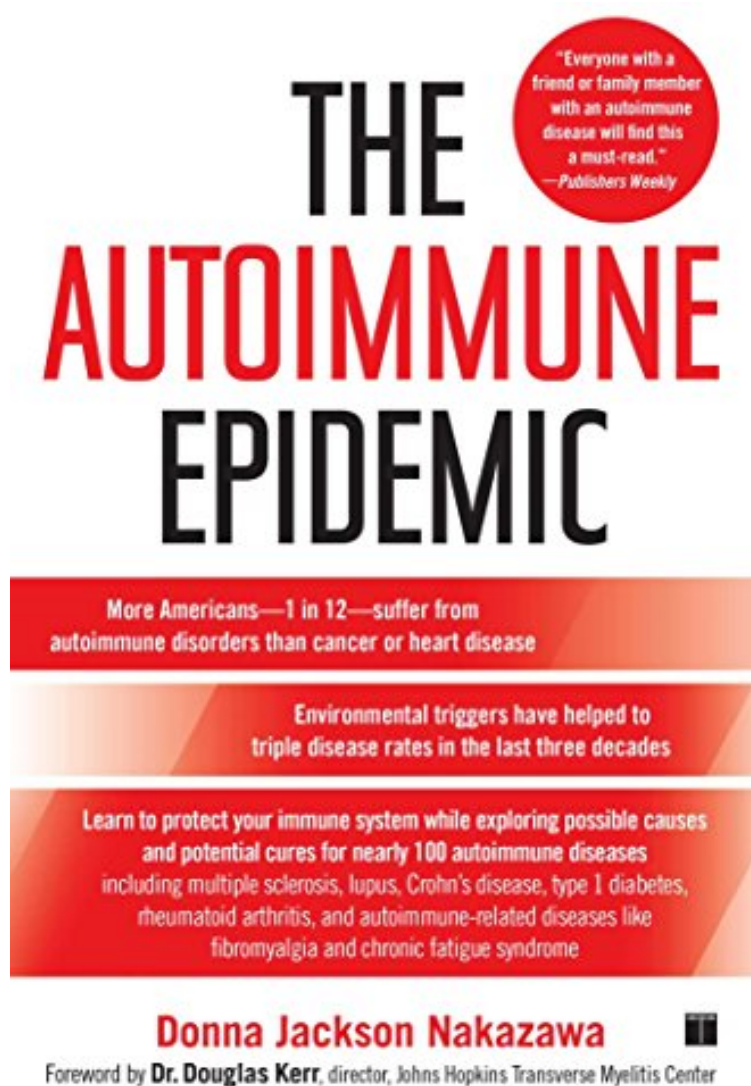


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# The Autoimmune Epidemic: Bodies Gone Haywire in a World Out of Balance--and the Cutting-Edge Science that Promises Hope (English Edition)



Par Donna Jackson Nakazawa  
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## Description :

Prsentation de l'diteurHailed by Mark Hyman, MD, as a ray of light and hope for autoimmune sufferers, this groundbreaking book provides research and solutions for those affected by autoimmune disorders including

Crohns disease, type 1 diabetes, rheumatoid arthritis, and more. In the first book of its kind, journalist Donna Jackson Nakazawa examines nearly 100 debilitating autoimmune diseases such as multiple sclerosis, lupus, Crohns disease, type 1 diabetes, and rheumatoid arthritis that cause the body to destroy itself, mistakenly attacking healthy cells as the immune system fights off bacteria, viruses, and other invaders. As Nakazawa shares the vivid, heartbreaking stories, including her own, of people living with these mysterious, chronic, and often hard-to-diagnose illnesses, she explores the alarming and unexpected connection between this deadly crisis and the countless environmental triggers we are exposed to every day: heavy metals, toxins, pesticides, viruses, chemicals in the foods we eat, and more. With the help of leading experts, Nakazawa explores revolutionary preventions, treatments, and cures emerging around the world and offers practical advice for protecting your immune system and reducing your risk of autoimmune disease in the future. From Publishers Weekly

Type 1 diabetes, Crohn's disease, lupus, rheumatoid arthritis all these increasingly common illnesses are autoimmune diseases in which the immune system attacks the body's own tissues or nervous system. Equally alarming, as journalist Nakazawa tells us, is researchers' growing suspicion that autism may be an autoimmune disease, brought on in part by genetic predisposition, exposure of young bodies to man-made chemicals and perhaps viral triggers. Nakazawa (*Does Anybody Else Look like Me?*), who herself has been diagnosed with the autoimmune Guillain-Barré syndrome, tells of a lower-income Buffalo, N.Y., neighborhood where the growing number of relatively young residents with lupus led one persistent woman to discover that a lot where children played had been a dumping ground for industrial chemicals. She also chronicles the work of researchers at Johns Hopkins and other medical centers who have been able to regrow nerves using embryonic stem cells and destroy errant T cells of the immune system that have run amok. Included are suggestions for foods that may promote healthy immune response and consumer body care products to avoid. Everyone with a friend or family member with an autoimmune disease will find this a must read. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Revue de presse "In this important book, Donna Jackson Nakazawa sounds the alarm about the rise of autoimmune disorders, and the too-often unexamined evidence of linkages to the environmental contaminants we encounter on a daily basis in our homes, schools and workplaces. I encourage every American to read this book and learn about the choices you can make to reduce the spread and impact of this growing epidemic." --Senator John Kerry "For the first time sufferers from the epidemic of autoimmune disease are offered a ray of hope and understanding about why their bodies have rebelled against themselves. Seriously asking the question "why", Donna Jackson Nakazawa provides answers and a roadmap for recovery which just doesn't exist with conventional medicine." -- Mark Hyman, MD, Founder and Medical Director of The UltraWellness Center; Author of the New York Times bestselling *UltraMetabolism*, *The UltraSimpleDiet*, and *UltraPrevention*; and Editor in Chief, *Alternative Therapies in Health and Medicine* "An insightful exploration of one of the greatest medical mysteries of our time." --Frederick W. Miller, MD, PhD, Chief, Environmental Autoimmunity Group, National Institutes of Health "Autoimmune diseases touch millions of Americans. Most of these diseases seem to be increasing in frequency. It is most likely that the environment is a major contributor to this increase. Ms. Nakazawa deserves credit for putting this important issue before the public". --Noel R. Rose, M.D., Ph.D., Director, Johns Hopkins Center for Autoimmune Disease Research "Donna brilliantly blends personal stories with pure science highlighting the severity of autoimmune disorders and the role everyday environmental toxins play in triggering onset of a myriad of diseases. As patients and policymakers, we must heed her warnings and demand attention to the causes and potential cures for this growing autoimmune epidemic." --Congressman Fortney H. "Pete" Stark (California)