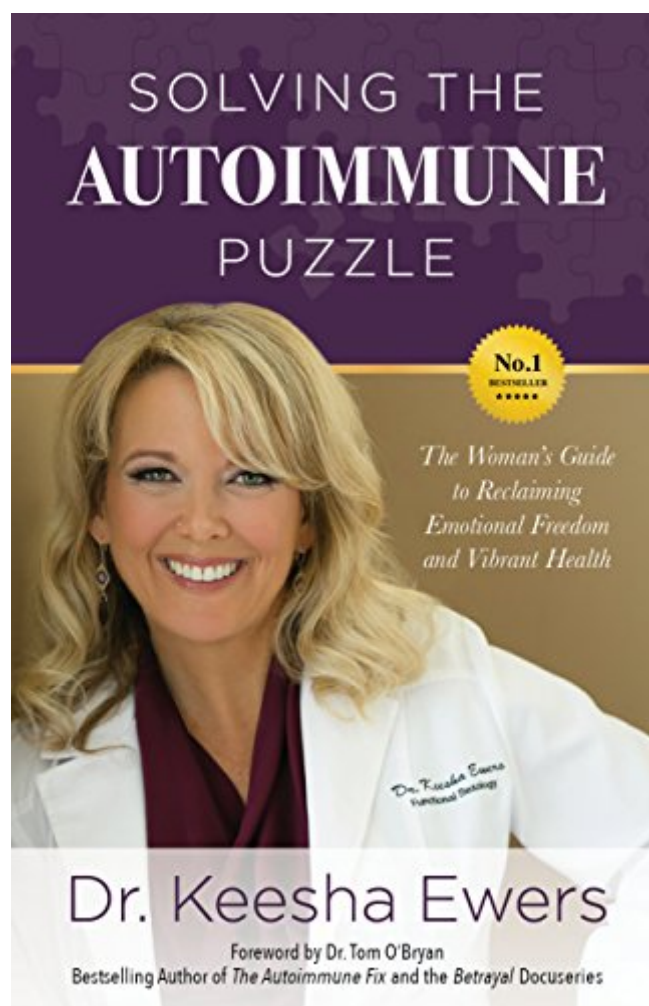




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Solving The Autoimmune Puzzle: The Woman's Guide To Reclaiming Emotional Freedom And Vibrant Health



Synopsis

Women are diagnosed with 80% of the over 145 identified autoimmune diseases (that number is still growing). Over 90% of the population has a form of autoimmune disease and inflammation. Several autoimmune diseases, including lupus, rheumatoid arthritis, Hashimoto's thyroiditis, myasthenia gravis, and multiple sclerosis, afflict women anywhere from two to 10 times more often than they do men. Getting to the root cause to reverse autoimmunity is possible. There are 3 root causes that functional medicine doctors spend most of their time talking about. There is one more piece to the autoimmune puzzle that affects women more than it does men. Dr. Keesha Ewers calls this the "missing piece" of the complex autoimmune puzzle. Dr. Keesha is one of the 50 million Americans who received an autoimmune diagnosis. In *Solving the Autoimmune Puzzle*, she teaches the same Freedom Framework she used to reverse not only her own autoimmune disease (rheumatoid arthritis), but also the autoimmunity in thousands of others.

Book Information

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Customer Reviews

The only book I know of with exercises that help you personalize your approach to solving autoimmune and other body imbalances. I love Dr. Keesha's integrative approach and the opportunity to work through emotional as well as physical imbalances. It's best approached as a workbook that you take time with and not rush through just to get information. Very helpful and informative. Highly recommend.

Am enjoying reading it now. Like what am reading so far.

It makes sense and lots of realistic things to do.

This is an amazing woman and this is an amazing book. I learn a lot and every woman should read this.

She shares practical ways to reverse autoimmune conditions!

This is one of the most important books I will ever own. Dr. Keesha has provided a readable, hands on approach with real life tools and explanations of why we get autoimmune diseases and what we can do about it to be a part of our own healing journey. If you want to be in the drivers seat when it comes to your own health and wellness, and are searching for answers and you are truly committed to looking deeper, this book is a valuable tool and a must read!

What an important resource for anyone wanting to truly heal from autoimmune disease. Dr. Keesha presents a well-rounded framework and provides clear examples of why change is necessary - not just in what we eat, how we process toxicity and heal the gut, but how we think! There are integration exercises throughout the book so that you can follow along and turn insight into action. If you want help connecting the dots and knowing what step to take next, this is a book you need to get. - Erin

I write this review from the perspective of not only having read the book, but I am also a patient of Dr. Keesha. First, the book is wonderfully engaging and entertaining to read. I loved it. Yet it describes in detail the approach Dr. Keesha uses with her patients, and in fact, the approach she used to reverse my own autoimmune disease: Hashimoto's thyroiditis. (She also lowered my cholesterol without drugs and reversed my prediabetic condition.)

In other words, her system works. I especially love that her approach leaves nothing out. It is holistic, integrative medicine at its best. She covers the root causes of autoimmune disease more thoroughly than even most functional medicine practitioners (not to mention allopathic doctors, who only medicate symptoms and don't even attempt to reverse autoimmune disease), because she recognizes the power of the mind, and specifically past trauma, to affect the health of the body. On the one hand this book is nearly encyclopedic when it comes to discussing every relevant factor involved in creating autoimmune disease – genetics, gut health, nutrition, toxins, trauma, etc. – but she also lays out practical steps to reverse autoimmune disease. And it's written in such down-to-earth language, with lots of patient stories, that it's totally engaging, even entertaining, and easy to relate to. I highly recommend it!

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The Autoimmune Paleo Cookbook & Action Plan: A Practical Guide to Easing Your Autoimmune Disease Symptoms with Nourishing Food
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