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The Autoimmune Wellness Handbook: A DIY Guide to Living Well with Chronic Illness (Paperback)

By Mickey Trescott, Angie Alt

Rodale Press Inc., United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. The way autoimmune disease is viewed and treated is undergoing a major change millions of people suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. In The Autoimmune Wellness Handbook, authors Mickey Trescott and Angie Alt, the trusted names behind and authors of The Autoimmune Paleo Cookbook and The Alternative Autoimmune Cookbook, respectively, provide the comprehensive guide to living health fully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. The steps are divided into user-friendly chapters that demystify the process and lead readers to optimum healing. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises they've laid out in the book. The Autoimmune Wellness Handbook goes well beyond nutrition and provides the missing link that the chronic illness community is desperately seeking so that they can get back to living...



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