

# THE AUTOIMMUNE EPIDEMIC

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**BODIES GONE HAYWIRE IN A  
WORLD OUT OF BALANCE—**

*and the*

**CUTTING-EDGE SCIENCE THAT  
PROMISES HOPE**

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**The Autoimmune Epidemic: Bodies Gone Haywire in a World Out of Balance--and the Cutting-Edge Science that Promises Hope**



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A comprehensive investigation into autoimmune illnesses draws on up-to-date research to identify commonalities among such diseases as multiple sclerosis, lupus, and Type-1 diabetes, in a volume that presents evidence linking autoimmune disorders to chemicals and other environmental elements. 50,000 1st printing.



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Not for ostriches, the arrogant, or the faint of heart *The Autoimmune Epidemic* is by far the best book I've read to date on how autoimmune diseases have become the scourge that they are. Well crafted and awe informative. Eye-opening publication that changed my life.. many thanks so much for an excellent job! I've very serious autoimmune complications which I am trying to learn to live with. If you truly want to learn about autoimmune illnesses and what the globe of science knows about their origin and growth, then be sure to browse this book. I did not get the theory that the author was accusing anyone of a conspiracy; rather, Personally i think she was simply putting forth the astronomical adjustments in the world (specifically the United States) that was included with the post-WWII period. The evolution of the chemical sector was something accepted by a lot of people as progress. Seeing its affects today and knowing how horrendous they are is not accusing anyone of conspiracies. It is simply accepting that many chemicals and industrial procedures led to a virulent environment for most of us. Supply and Demand. There were many useful what to highlight and to return to later for memory refreshment.! If you don't need to know the horrendous truth about autoimmune diseases, don't read any books about them. There is no way to sugars coat what has happened to our immune systems because of genetics and a polluted environment. One caveat, nevertheless. (As to links, be ready for obsolete ones which have been modified or even no longer exist..we are able to only fight what we understand and Donna Jackson Nakazawa has provided something far beyond by telling us just as much as is known about this 21st century epidemic in words that are both authoritative and readable. For a long time I have also read about the suboptimal character of processed meals. Those who won't read the reference notes Convincingly links autoimmune diseases to modern toxicity (but Kindle edition has mangled endnotes as of 2013-08)) D.J. Nakazawa presents in easy-reading style plenty of useful scientific details from reading and from interviewing professionals. That ill-inspired method is even worse in electronic books. but, quickly enough, the anecdote subsides and the material gets really informative. Nearly as good popularizing books do, this one saves the reader lots of research time and will be offering a platform from which one can go further: Internet links, journal content, etc. She recounts a serendipitous discovery in the 1950s started to contradict the set up assumption..)The average reader saves more than just time scouring journals or the web. As a journalist with access to good sources, Nakazawa also interviewed prominent authorities at the forefront of their research circa 2007-9, thereby collecting a few of the latest informed intuitions that hadn't appeared in journals or books yet. This would have taken a L O N G time for the "average person" to accomplish, unlike what some overly dismissive reviews would cause you to believe.and cities that are polluted.To those that do not really want to face what the autoimmune epidemic is and how it is affecting more people every year shouldn't read this book. However this read fostered a sharper recognition about autoimmunity disorders together with the role that the modern world plays in causing such diseases. It opened my eye to the nature and I'd say cause of autoimmune disease. Right now I know of events that may lessen the amounts of those supervisors, leading to ordinary T-cells to do a less good job at distinguishing actual antigens from host tissues. Nor was I aware of the power of some industrial substances to occupy -- or partly occupy -- hormone receptors if those international bodies have sufficient of a chemical resemblance to the particular hormone. When this happens, the flow of regular hormonal signals is distorted. If so, it then turns into plausible that hormonal mis-sgaling may derail the disease fighting capability.Neither up-to-date T-cell understanding nor endocrine disruption are a revelation to whomever keeps current on immunity, but they were new to me. Lately, a lot else in this book was new even to the professionals, for science upturns issues continuously. Actually, she explains how the specialists themselves labored for at least 50 years beneath the theory that the disease fighting capability could not turn against its web host -- a theory known as "horror autotoxicus". A lot of specifics are documented.. I am still reading, but will stop and return if the author strays from the meant subject again.All of that package of discoveries plus historical context were quite exciting.And it could definitely show them they are not alone. If you have questions about the author's study regarding her subject, read through her resource notes and take note of to whom she proceeded to go for details. I browse the book years back, and the guidance in it provides improved my entire life tremendously. There is so much helpful information;But the Kindle edition (as of 2013/08) omits the page number, the area, and obscures the first personality (or first two personas) of every endnote. This degrades the usefulness of the Kindle endnotes section, especially because of the absence of the page amount. Treated meaning symptom administration and drugs, lots of drugs. Researching

information under that technique takes additional time than under the traditional numbered-note technique. She likes to bring in her topics with true to life tales;Talked mostly about lupus. But, Personally, i, did not like the book. \*\*Once again, this is actually the traditional numbering program at work in smartly designed e-book,\*\* Nevertheless, in e-books that stick to the original numbering system, the notice number might not be From the corresponding endnote by the end of the book, making quick and precise back-and-forth movements impossible. Who understood that I had so many auto-immune diseases? This will be mandatory reading for every human upon this planet. For instance, when I studied about T-cells years back in elective biology, I don't think there is any knowledge differentiating ordinary T-cells from supervisory T-cells. Over 100 kinds of AD, with quite typical roots and yet all treated individually quite often.[By just how, that way of presenting endnotes is inefficient, despite the fact that it's well executed in the hardback.. People stay sick pharmaceutical businesses continue to get richer and richer. Where blame does come in is certainly when these cesspools of waste materials are not cleaned up when it's clear they are leading to great harm. The book offers a remedy, one we can only hope is followed.] Pandemic Arrested Among the best books on a pandemic that is so linked with the destruction of our planet that it's been ignored. I am only in the fifth web page of the foreword and had to learn a rant on global warming. i will recommend it everybody else. every human upon this world should examine it. As someone who has a very rare autoimmune disease and must know as much as possible in order to be comfortable with my new normal, I am thankful to Ms.I know the world is polluted, we can not live in a bubble. Did not like the book I absolutely appreciate personal tales, and the personal stories were well crafted. The item and the process. I believe this book will be great for people who have many of these common ailments, that are unaware of their conditions. I believe this reserve would help them understand a simple idea of the what is taking place to them and the general public, when it comes to their sickness. So, after reading a few chapters from a general public library copy, I made a decision to buy. Then, as quickly, the user can after that fling back to the main text. Same old stuff This book was boring.... thank you donna for the time and devotion you devote to educating us.. A smartly designed e-book allows an individual to move at once from main text message to note by just simply clicking or touching the take note number from the primary text..For years, I've read about ubiquitous air, water, and soil pollution. Final result?.didn't help me personally at all.. She got the tale firsthand from the scientist who made the original discovery. Who understood they could be caused by toxicity in the surroundings? Fantastic Book!Finally, to those who are too faint of heart to hear the alarm sounded. Wow!! The writer of the book spent so much has time researching all that's related to immune illnesses. I didn't until I examine this book.In the hardback, the endnotes are offered in the following way: page number on the remaining, [space], a brief italicized verbatim blurb from that page, [space], then your note itself regarding the part of the main text around that blurb.. Four Stars I liked everything concerning this experience. Nakazawa for her commitment to finding the very best people to talk to. The endnote referencing flaws that I described in The Autoimmune Epidemic, Kindle edition, thwart movement even more.. I was so relocated by the stories that she told of those experiencing immunity disease.However, Kindle readers should know that the endnotes section was mangled. Must-read for anyone coping with health problems. But, I just didn't learn anything new. The author seems to have a quite cynical, detrimental outlook, generally. Totally unnecessary - buyers just want good info. i would and will recommend and purchase this vook for first and foremost to all or any the people i understand experiencing an autoimmune disease.scientists, activists, and patients. I absolutely did not purchase this publication to end up being educated on the globe watch or political agendas of the author or foreword writer. I truly hope the rest of the book deals with ONLY autoimmune issues and coping and healing strategies. It got another 15 years to convince the medical community that its discovered belief, horror autotoxicus, was wrong. Five Stars Excellent read Autoimmunity Well written summary of relevant research informs the reader to understand and take action for one's health insurance and greater resilience.



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