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THE IMMUNE SYSTEM RECOVERY PLAN

A Doctor's 4-Step Program to Treat Autoimmune Disease



SUSAN BLUM, MD, MPH

READ BY LAURAL MERLINGTON

Susan Blum MD MPH and

The Immune System Recovery Plan: A Doctor's 4-Step Program to Treat Autoimmune Disease



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The most prevalent form of chronic illness in this country, autoimmune illnesses affect almost 23.5 million Americans. Now, Dr. This epidemic-a consequence of the toxins in our diet, our contact with chemicals, large metals, antibiotics, and unprecedented tension levels-has caused millions of people to suffer from diseases like Graves' disease, arthritis rheumatoid, Crohn's disease, celiac disease, lupus, and even more. Dr. Susan Blum describes the four-step plan that she used to take care of her own serious autoimmune condition and assists countless sufferers reverse their symptoms, improve their immune systems, and prevent future illness. Blum's novel way shows how exactly to use food as medicine, understand the bond between stress and wellness, heal the gut and digestive system, and optimize liver function. The DISEASE FIGHTING CAPABILITY Recovery Plan is a groundbreaking, groundbreaking way for visitors to transform their health.



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My doctor recommended this book I was diagnosed with Hashimoto's Disease about half a year ago. My doctor suggested this book, and it's been existence changing. I am young and healthy, so this diagnosis actually rocked my globe. Blum's book has some recipes offering chicken and fish, but the majority of the recipes are vegan, with shorter ingredient lists and simpler directions than those in Junger's reserve. Both books present virtually identical arguments and plans for health improvement, but have different presentations. Each one of the four parts is presented in three chapters: one that explains the issues and how complications develop, one which has a series of self-assessments and a three tier recovery plan (the three tiers getting food, supplements and other things one can perform on one's personal, and medical support). Great purchase! In contrast, Junger's program is even more of a one-size-fits all approach (to start out, anyway) centered on gut repair, with one month-long program divided into two phases: a three week diet change where one removes common allergens, requires a variety of gut-cleansing and gut-supporting supplements, adds meditation and exercise, reduces toxic exposures, and in week four, adds back the two most-often overlooked allergens, gluten and dairy, individually, and removing them again if one sees a change in bodily reactions. He believes everyone will advantage, while Blum's approach targets performing the gut dysbiosis decrease program only when one scores on top of related symptoms. Oz Display" -- quackery at its worst. Placed in Part 3, the centrality of the gut to immunity kind of gets lost. However, now that I understand that my body is being harmed by gluten, I will be gluten-free for the rest of my life. It's been a bit harder implementing the stress reduction strategies recommended in the book, but I'll be working on that for the rest of my life. I am not exaggerating when I state that this reserve has been life-changing and empowering. Both books provide illustrative case studies, recommendations for specific products (sold on the associated websites), and a series of recipes. I have changed my diet predicated on the suggestions in the book, and I have A LOT MORE ENERGY than I got 6 months ago. I am hoping this review has been helpful for you! If so, make sure you press yes. Anyone battling or know someone battling an autoimmune disease requirements this book! It appears like she really knows what she actually is talking about and ... Primary recommendation This is an absolute must have book. This book has a lot of information, it is extremely informative. I like the author's method of the "whole patient," especially her understanding that stress and sleep are vital elements in determining general health. The one problem I have that I did not see in others reviews is it is very expensive. Once you can the spend the the plans details... I found this publication recommended in IG Living as important reading for those who have any kind of disease fighting capability dysfunction... She writes as though she actually is in the test area with you, patiently holding your hand. As of this moment. Some good advice, but use caution There is some very solid advice in this book and good discussions of the way the immune system works that will probably interest people who suffer from any autoimmune condition. You then can purchase the relax kit for the relaxation portion and purchase the recipe books aswell. Both we have a car immune of reactive arthritis, spondyloarthritis and this would cost us about \$1,000 for for us to have 51 days of products. That's some very expensive supplements!!! I am certain they are great and if it could completely cure us that would be great. However, we are low income and will not afford it therefore that's that. I just wanted to let everyone understand before they purchase the book. I might just execute a juice cleanse like Joe cross (I think that was his name) in fat unwell and nearly lifeless (documentary) as that appeared to cure his car immune and I could afford that. This book brought me my entire life back I was diagnosed with RA 5 years ago at the age of 25, We attempted several medicines for a comfort of symptoms." His publication provides somewhat even more elaboration than Blum's does on the mechanics where gut dysfunction can translate into disorders such as asthma or epidermis rashes. None of them helped me in my own particular case, since my disease started such a long time ago there can be nothing currently triggering it, but I believe someone newly diagnosed would discover her approach to be a godsend. I stick to this publication strictly and with the diet requirements and the health supplements suggested. This book is a life saver, I've my life back!g. I am on no medicine and control this

disease with diet and supplements alone. For those who have any queries about this item, I'd be pleased to help answer them.! Functional medicine, a revolution in thinking about health I just completed reading two books that turned my considering health and medical issues in its head. The two books are Alejandro Junger's "Clean Gut" and Susan Blum's "The DISEASE FIGHTING CAPABILITY Recovery Program. I've enrolled in all four, but given that they haven't started yet, I can't say anything about them, besides that, while the program is free, each suggests that you buy an associated "started bundle" for that stage, which ranges in price from about \$80 to almost \$400. Blum's book helped me realize that there is so much I could do to be in charge of my wellness rather than just taking medicine. I found reading the two of them in conjunction with one another useful. Junger's "Clean Gut" is usually stronger on summarizing the argument created by both books. He compares modern medicine, with its specialists, focus on the use of drugs and indicator decrease, to trying to fix a dying tree by painting its leaves green, when instead, you need to end up being feeding the roots of the tree. She gives practical recommendations that are easy to implement. One quibble I've with Blum's book is her buying of the chapters. The medications caused unwanted effects and gave me no real relief from RA symptoms at all. Blum's "Immune System Recovery Program," however, We thought was more useful for execution of a recovery plan. While Junger's reserve is targeted at anyone, whether ill or not really, Blum's book is targeted at people that have autoimmune disorders. The first chapter summarizes the triggers of the diseases: our poor modern diet, chronic tension (and associated adrenal exhaustion), gut problems, and liver overload because of our high load of environmental poisons. Appropriately, Blum presents her plan in four parts: Repairing your Diet, Reducing Tension, Healing your Gut, and Reducing Toxic Load (Liver support). I'm not opposed to medicine, but you will want to make some lifestyle changes to limit my medicinal requirements? She suggests concentrating on trying to resolve problems with dietary changes as the primary method, then adding supplements and other self-care regimens (e. I do still have times of flares but nothing beats what I was going right through., meditation, exercise) mainly because warranted by the severe nature of the issue, and proceeding to medical support if self-help will not improve things. I love the self-assessments and the systematic nature of her plan. Additionally, based on Dr. Some might prefer Junger's approach, but that means, for instance, taking several supplements to reduce "gut dysbiosis" whatever the existence or severity of symptoms. Basically, what Susan Blum might have you do over an interval of 3 months, Alejandro Junger condenses to one intense month. Blum's suggestions in the publication, I was tested for Celiac Disease. Therefore there exists a difference in treatment philosophy here, but the overall applications are remarkably similar. 27), "(T)he gut may be the root of health, and gut fix is the mother of preventative medicine. We'll observe. I am not one to leap on fad diets, so going gluten-free never crossed my mind. However, Blum deals more with problems caused by low stomach acid--acid reflux and even asthma (see also Jonathan Wright and Lane Lenard's "Why GASTRIC ACID is wonderful for You" and Jamie Koufman's "The Chronic Cough Enigma"), which could be helpful to those for whom those are problems would in particular benefit even more from Blum's book. I still have a problem with my latest diagnoses, but I know that I can control some areas of how quickly they improvement. I vastly favored the recipes in Blum's reserve. I am a vegan, and there was just an excessive amount of meat in Junger's selection of recipes. In addition, the recipes had lengthy lists of ingredients and seemed more complex to prepare. Dr. Blum also provides for free on her web site a series of guided programs for every of the four actions." As the two books complement one another, I'll review them jointly and post the same review for both books. But buying the starter packages is not needed to take part, and you can find many of the products cheaper on the web than by buying them from her. I liked that Junger included involvement in community as you of his general well-being concepts in the concluding chapter, and his debate of dealing with "addictions" to bad foods by "crowding away" and "pulsing out." In sum, I thought both books had been useful--Junger's for the cogency of the argument (and the greater power and details of his personal story) and Blum's for her self-assessments, systematic strategy, and attention to

details. I think it might be great when you have been previously living on a diet of fast food items and want to change your lifestyle around, but for people who are already on a route of healing their body it certainly doesn't have much not used to say, and the info is basic. EASILY could afford them both, I would read Junger's 1st and then follow-up with Blum's. For how this all functions? Her discussion of immunity, like Junger's, puts gut problems at the center, so I thought that the chapter on healing the gut should have come earlier in the publication. I currently am suffering from asthma, low iron stores, and an elevation of thyroid antibodies. I've bought a few of the suggested supplements, have placed myself on a gluten-free diet (I was dairy-free currently, being vegan), and will see how I am feeling and how my blood test outcomes are in December, by which time I expect to have gone through all four steps of the program. I'll try to remember to update in December (on the Blum review only, because it is the details of her system that I will be following). Extremely informative and doable! I'd definitely recommend it **WARNING:** lack of clinical proof + promoting her own products I actually don't doubt having a wholesome more nutritious diet can help, but let's end up being real -- there are some ethical lines crossed here. That the author isn't a specialist in immunology isn't as much of an issue for me as is her own admission that she is a "person in the Medical Advisory Board for The Dr. I was amazed to find that I've antibodies that show a gluten intolerance. Didn't help. The only thing I wish it helped was for me to get my money back. Informative but basic This book is clearly aimed at people who have no experience or knowledge of diet. If I had to purchase only one, I'd buy Blum's. Great book! This is an absolute must have book. It is wonderful for someone recently diagnosed with autoimmune disease and connection to food. Best thing I actually've ever purchased! I would definitely recommend I learned some stuff from scanning this book. Love it! The gut cleanse is certainly \$295 and the liver is \$175. It sounds like she really knows what she is talking about and the program, although very diet plan restrictive and very long looks very good at restoring health. In his phrases (p. She does an excellent job of helping the reader figure out where to concentrate their energies, providing in-depth assessments for various areas such as for example lifestyle, diet, and toxin exposure. I found a holistic dr who told me about this book. you see all the supplements you have to buy (sold in kits on her behalf website) and man is it expensive. I also loved her approach to diet in general, and I were able to lose a few pounds and have more stable energy by following her advice, though it did nothing at all for my immune issues. However, there are several caveats. there exists a 30 day gut cleanse plan and a 21 day liver detox plan. First, the positive. I borrowed it from the library and NOPE I have to possess this for reference. Very informative for anyone with auto immune



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