

# **[PDF] The Immune System Recovery Plan: A Doctor's 4-Step Plan To: Achieve Optimal Health And Feel Your Best, Strengthen Your Immune System, Treat Autoimmune Disease, And See Immediate Results**

**M.D. Mark Hyman, Michele Bender, M.D. Susan Blum MD MPH - pdf download free book**

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## Description:

**Review** *"The Immune System Recovery Plan is a must read for everyone with autoimmune disease. Dr. Blum masterfully presents the latest scientific information and gives patients practical, natural, and safe ways to help the immune system heal."*

(Joel M. Evans, MD *Founder and Director of The Center for Women's Health, Stamford, CT and author of The Whole Preg*)

"In the tradition of Hippocrates, Dr. Susan Blum re-establishes food as the most fundamental and powerful mediator of health and wellness. ***The Immune System Recovery Plan provides a wealth of information, based on leading-edge science, that will surely have a profoundly positive impact on the vitality and longevity of its readers.***"

(David Perlmutter, MD, FACN, author of *GrainBrain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent Killers*)

***"The Immune System Recovery Plan is a godsend for the millions suffering from autoimmune disorders. This book's information is life-changing!"***

(Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom and The Wisdom of Menopause*)

"A clearly written, practical, person-friendly and **comprehensive approach to relieving the suffering and reversing the damage of autoimmune disease.** Thank you Dr. Susan Blum."

(James Gordon, MD *author of Unstuck: Your Guide to the Seven-Stage Journey out of Depression, and founder/ dir*)

"When treating autoimmune disease, **Dr. Susan Blum takes the whole person into account**, using practical tools such as understanding food as medicine and stress management, healing your gut, and supporting your liver. ***The Immune System Recovery Plan is an empowering, revolutionary approach to treating the causes of all autoimmune conditions.***"

(Joshua Rosenthal *Founder and Director of the Institute of Integrative Nutrition*)

***"The Immune System Recovery Plan is the right book, at the right time, by the right person.*** We are witnessing a significant increase in autoimmune inflammatory diseases, which include more than 80 different diagnoses. Dr. Blum has done a magnificent job helping the reader to understand how this family of inflammatory disorders, including arthritis and fibromyalgia, can be managed with the diet and lifestyle program she developed in her practice. Her step-by-step approach is based on her considerable years of experience as a physician, and the emerging medical science that, for the first time, has developed an understanding of how genetics, lifestyle and nutrition play a role in origin of these disorders. ***The approach described in Dr. Blum's book represents the leading edge in the lifestyle management of chronic inflammatory disorders. It is a 'news to use' book that provides real assistance to those with inflammatory disorders who are looking for a clinically sensible approach to their problems.***"

(Jeffrey Bland, Ph.D., FACN, President, Personalized Lifestyle Medicine Institute)

"Dr. Blum's groundbreaking book, *The Immune System Recovery Plan*, lays out a clear road map to recovery for the millions of people needlessly suffering."

(Mark Hyman, MD *author of The Blood Sugar Solution*)

**About the Author** Susan Blum, MD, MPH, is the founder of the Blum Center for Health in Rye Brook, New York, an advisor to the Institute for Functional Medicine, and serves on the Medical Advisory Board for *The Dr. Oz Show*. An assistant clinical professor in the Department of Preventive

Medicine at the Mount Sinai School of Medicine, she has been treating and preventing chronic disease for more than a decade. She lives in Armonk, New York, with her husband and three sons.

Michele Bender is an award-winning freelance writer whose work has appeared in national publications, including *The New York Times*, *Family Circle*, *Glamour*, *Real Simple*, *Redbook*, and *In Style*, among others. She is the coauthor and ghostwriter for several bestsellers by high-profile experts and celebrities.

Mark Hyman, MD, is the editor in chief of *Alternative Therapies in Health and Medicine*, the most prestigious journal in the field of integrative medicine. After ten years as co-medical director at Canyon Ranch in the Berkshires, he is now in private practice in Lenox, Massachusetts. He is the coauthor of the *New York Times* bestseller *Ultraprevention*. His websites are [DrHyman.com](http://DrHyman.com) and [Ultrametabolism.com](http://Ultrametabolism.com).

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