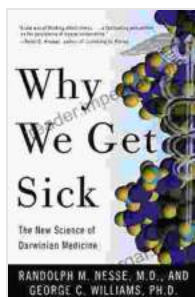


Why We Get Sick: The Hidden Epidemic of Autoimmune Disease

Autoimmune disease is a serious health condition that affects millions of people worldwide. It occurs when the body's immune system, which is designed to protect the body from infection, mistakenly attacks its own healthy tissues. This can lead to a wide range of symptoms, depending on which organs and tissues are affected.



Why We Get Sick: The New Science of Darwinian Medicine by Randolph M. Nesse

★★★★☆ 4.5 out of 5

Language : English
File size : 2017 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 306 pages



There are over 100 different types of autoimmune diseases, including rheumatoid arthritis, lupus, multiple sclerosis, and Crohn's disease. These diseases can affect people of all ages, but they are most common in women. The exact cause of autoimmune disease is unknown, but it is thought to be caused by a combination of genetic and environmental factors.

In *Why We Get Sick*, Dr. Sharon Moalem explores the hidden epidemic of autoimmune disease. He argues that the rise in autoimmune diseases is due to a number of factors, including:

- Environmental toxins
- Stress
- Diet

Dr. Moalem provides a comprehensive plan for preventing and treating autoimmune disease. He recommends:

- Avoiding environmental toxins
- Managing stress
- Eating a healthy diet

Why We Get Sick is a groundbreaking book that offers hope to millions of people who suffer from autoimmune disease. Dr. Moalem's research and insights provide a valuable resource for understanding and treating this hidden epidemic.

Reviews

"Why We Get Sick is a must-read for anyone who wants to understand the hidden epidemic of autoimmune disease. Dr. Moalem's research is groundbreaking, and his insights are invaluable." - Dr. Mehmet Oz

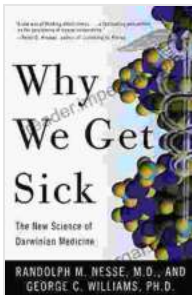
"This book is a game-changer for anyone who suffers from autoimmune disease. Dr. Moalem's plan for prevention and treatment is comprehensive and effective." - Dr. David Perlmutter

"Why We Get Sick is an essential resource for understanding and treating autoimmune disease. Dr. Moalem's work is groundbreaking, and his insights are invaluable." - Dr. Mark Hyman

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Why We Get Sick is available now at all major bookstores. Free Download your copy today and start your journey to better health.

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