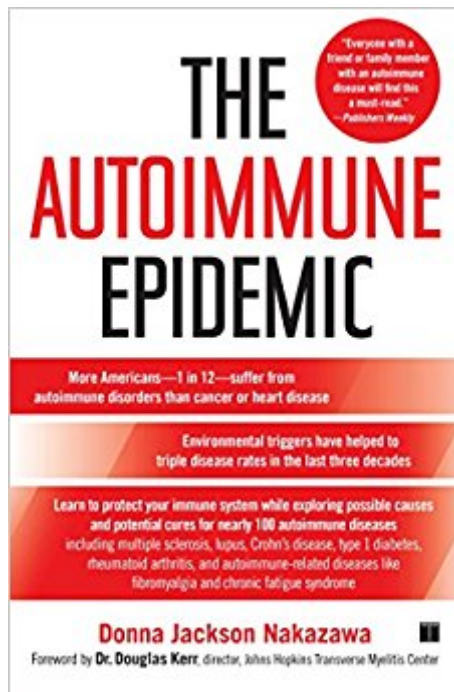




The book was found

# The Autoimmune Epidemic



## Synopsis

Hailed by Mark Hyman, MD, as “a ray of light and hope” for autoimmune sufferers, this groundbreaking book provides research and solutions for those affected by autoimmune disorders including Crohn’s disease, type 1 diabetes, rheumatoid arthritis, and more. In the first book of its kind, journalist Donna Jackson Nakazawa examines nearly 100 debilitating autoimmune diseases—such as multiple sclerosis, lupus, Crohn’s disease, type 1 diabetes, and rheumatoid arthritis—that cause the body to destroy itself, mistakenly attacking healthy cells as the immune system fights off bacteria, viruses, and other invaders. As Nakazawa share the vivid, heartbreaking stories, including her own, of people living with these mysterious, chronic, and often hard-to-diagnose illnesses, she explores the alarming and unexpected connection between this deadly crisis and the countless environmental triggers we’re exposed to every day: heavy metals, toxins, pesticides, viruses, chemicals in the foods we eat, and more. With the help of leading experts, Nakazawa explores revolutionary preventions, treatments, and cures emerging around the world and offers practical advice for protecting your immune system and reducing your risk of autoimmune disease in the future.

## Book Information

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## Customer Reviews

Type 1 diabetes, Crohn’s disease, lupus, rheumatoid arthritis—all these increasingly common illnesses are autoimmune diseases in which the immune system attacks the body’s own tissues or nervous system. Equally alarming, as journalist Nakazawa tells us, is researchers’ growing

suspicion that autism may be an autoimmune disease, brought on in part by genetic predisposition, exposure of young bodies to man-made chemicals and perhaps viral triggers. Nakazawa (Does Anybody Else Look like Me?), who herself has been diagnosed with the autoimmune Guillain-Barré syndrome, tells of a lower-income Buffalo, N.Y., neighborhood where the growing number of relatively young residents with lupus led one persistent woman to discover that a lot where children played had been a dumping ground for industrial chemicals. She also chronicles the work of researchers at Johns Hopkins and other medical centers who have been able to regrow nerves using embryonic stem cells and destroy errant T cells of the immune system that have run amok. Included are suggestions for foods that may promote healthy immune response and consumer body care products to avoid. Everyone with a friend or family member with an autoimmune disease will find this a must read. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"In this important book, Donna Jackson Nakazawa sounds the alarm about the rise of autoimmune disorders, and the too-often unexamined evidence of linkages to the environmental contaminants we encounter on a daily basis in our homes, schools and workplaces. I encourage every American to read this book and learn about the choices you can make to reduce the spread and impact of this growing epidemic." --Senator John Kerry

"For the first time sufferers from the epidemic of autoimmune disease are offered a ray of hope and understanding about why their bodies have rebelled against themselves. Seriously asking the question "why", Donna Jackson Nakazawa provides answers and a roadmap for recovery which just doesn't exist with conventional medicine." -- Mark Hyman, MD, Founder and Medical Director of The UltraWellness Center; Author of the New York Times bestselling UltraMetabolism, The UltraSimpleDiet, and UltraPrevention; and Editor in Chief, Alternative Therapies in Health and Medicine

"An insightful exploration of one of the greatest medical mysteries of our time." --Frederick W. Miller, MD, PhD, Chief, Environmental Autoimmunity Group, National Institutes of Health

"Autoimmune diseases touch millions of Americans. Most of these diseases seem to be increasing in frequency. It is most likely that the environment is a major contributor to this increase. Ms. Nakazawa deserves credit for putting this important issue before the public". --Noel R. Rose, M.D., Ph.D., Director, Johns Hopkins Center for Autoimmune Disease Research

"Donna brilliantly blends personal stories with pure science highlighting the severity of autoimmune disorders and the role everyday environmental toxins play in triggering onset of a myriad of diseases. As patients and policymakers, we must heed her warnings and demand

attention to the causes and potential cures for this growing autoimmune epidemic."

--Congressman Fortney H. "Pete" Stark (California)

Autoimmune diseases are proliferating like crazy and as a society we are horribly uninformed. This affects us in several ways. I have been diagnosed with several autoimmune diseases, which are generally incurable. Rarely do I encounter someone who doesn't tell me, "Hope you're all better by \_\_\_\_\_." No one knows what autoimmunity is, much less Sjogren's or Addison's diseases. So when I continue to be ill, I am written off as lazy. But these diseases cost society and my family a bundle in lost wages, medical spending, etc. Even though most of my friends are well educated, many of them don't know that autoimmune diseases are not the same as AIDS. Who will vote for funding for desperately needed autoimmunity research, when most of us think the studies already have been completed with AIDS funds? It's not even close to the same problem. Autoimmune diseases occur when the immune system mis-identifies a part of the body as foreign, i.e. a flu virus, and then attacks destroying a needed part of your body. Autoimmune research currently receives a tiny fraction of medical research dollars, which is way out of proportion to the number of patients with one or more of the 100+ autoimmune diseases. This book is fantastic and it's not only for patients. The author presents verifiable information, citing trustworthy sources, about the dangers in our food chain, cleaning products, environmental toxins and much more. You will learn why and how to keep yourself healthy--or to help your doctors if one of these nasty diseases has gotten hold of you. The reading is easy, but I learned so much.

This book was delivered as promised via .com. I could not put the book down for a few days until I read it. It told me everything I wanted to know about Autoimmune diseases and more, and gave me much more appreciation for my Rheumatologists Doctors Philip Sedrish and Marielisa Sedrish at Gulfcoast Rheumatology at Slidell Memorial Hospital. They have been doing everything like clock work with me and I have been a very trying case for especially for Dr Philip Sedrish. These doctors are definitely experts in Rheumatology and all the other Auto-Immune Neuromuscular and Skin Diseases such as (RA, PM, DM, IBM, Sjogrens, Scleroderma, Lupus, ALS, etc...) that go along with their specialty. They referred me to the best specialists: Dermatology - Dr Eric Tabor; Cardiology - Dr Ignatius Thomas; Pulmonology - Doctor Dennis Dale and Doctor Janine Parker; Ophthalmology - Dr David Slagle; Gastroenterology - Dr Anthony Albright. These doctors all work well with each other and me to address all my symptoms associated with Dermatomyositis, Sjogrens, and Psoriasis. Thanks to these doctors, I have not had to drive 100 miles a trip to the MDA Clinic at

Children's Hospital in New Orleans or even further as many others end up doing. Thank you to the authors of this book and my friends from The Myositis Association, Polymyositis and Dermatomyositis forum. I recommend this book to anyone diagnosed with an Auto-Immune Disease and associated Cancer. Bill Morell Diagnosed with Dermatomyositis, Sjogrens Syndrome, and Psoriasis.

I have had some autoimmune problems so when I saw this book I figured I'd take a chance and read it. It's unbelievable! There is so much information and so many stories that really paint a clearer picture of the epidemic that we are facing. It can be a hard read at times if you're not familiar with the verbiage and lingo that goes with medicine. If you take the time to really sift through it and get to the heart of it though it really does give you lots of good information and lots more to think about. I reread this every so often because I feel like it continually makes me think.

Although this book is a bit scary, because it clearly shows how we have been poisoning our environment, and as a result us; it also gives helpful information on how to lower the impact of environmental pollutants for ourselves and our children. The author provides advice on making smarter choices when buying food, cleaning supplies, and home improvement products. This book describes the link between toxic chemicals and the alarming increase in the occurrence of auto-immune diseases. I highly recommend this book.

I don't recommend this book to help. I think that Ayurveda sources have more helpful information and recommendations than this book. I think this book is Not very helpful if you are looking for helpful solutions and treatment.

I have two autoimmune diseases and am always seeking to learn more so I can be informed. This is a tool not just for my own perspective but for asking my doctors pertinent questions.

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