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Summary of the Autoimmune Solution: By Amy Myers - Includes Analysis

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Preview

The Autoimmune Solution is a self-help book for people who are or know someone who is struggling with an autoimmune disorder. It offers readers the tools they need to overcome their illnesses by treating such disorders at their root causes, namely inflammation and overexertion of the immune system, through a plan called the Myers Way...

PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book.

Inside this Instaread Summary of The Autoimmune Solution

- Overview of the book

- Important People

- Key Takeaways

- Analysis of Key Takeaways

About the Author

With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience.

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