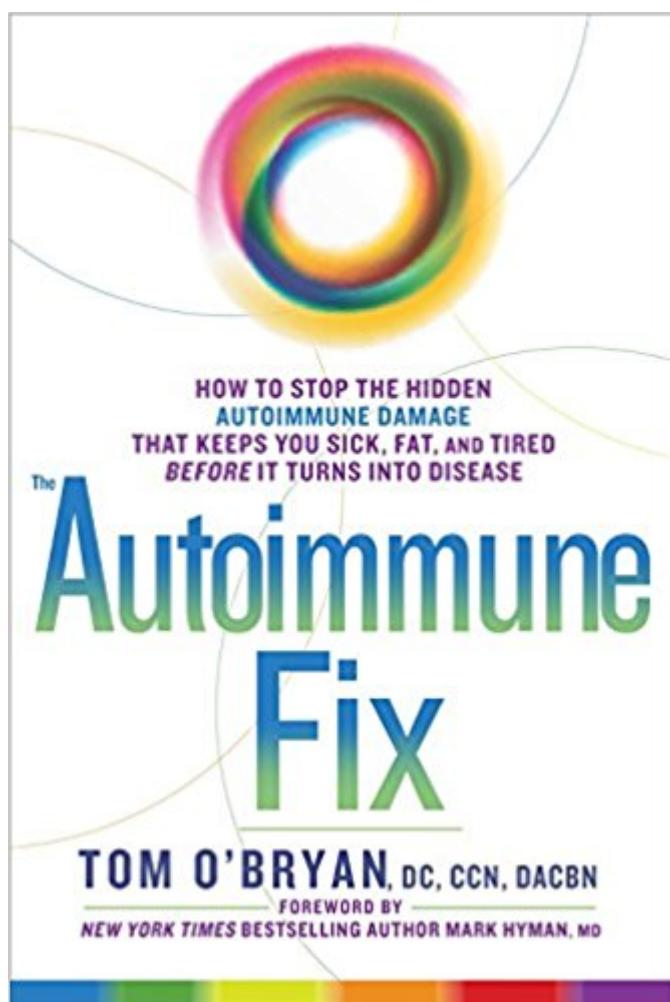


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The Autoimmune Fix: How To Stop The Hidden Autoimmune Damage That Keeps You Sick, Fat, And Tired Before It Turns Into Disease



Synopsis

Do you have crud in the blood? Millions of people suffer from autoimmunity whether they know it or not. The root cause of most weight gain, brain and mood problems, and fatigue, autoimmunity can take years—^{or even decades} for symptoms and a clear diagnosis to arise. Through years of research, Dr. Tom O'Bryan has discovered that autoimmunity is actually a spectrum, and many people experiencing general malaise are already on it. And while autoimmune diseases, such as Alzheimer's, Multiple Sclerosis, osteoporosis, diabetes, and lupus, have become the third leading cause of death behind heart disease and cancer, many people affected are left in the dark. The good news is that many autoimmune conditions can be reversed through a targeted protocol designed to heal the autoimmune system, 70 percent of which is located in the gut. The Autoimmune Fix includes two comprehensive 3-week plans: In the first 3 weeks, you'll follow a Paleo-inspired diet during which you cut out gluten, sweets, and dairy—the three primary culprits behind autoimmunity. Once the dietary changes have been addressed, The Autoimmune Fix focuses on the other causes of autoimmunity such as genetics, other dietary issues, and microbiome. The Autoimmune Fix provides a practical and much-needed guide to navigating these increasingly common conditions to help you feel better and develop a plan that works for you.

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Customer Reviews

Praise for The Autoimmune Fix In this groundbreaking book, esteemed expert Dr. Tom

O'â,çBryan provides an effective, easy-to-implement, meticulously researched plan to address autoimmune conditions that hold your health and weight hostage. A must-read to reclaim the energy and vitality you deserve!--JJ. Virgin, Celebrity Nutrition and Fitness Expert and Four-Time New York Times bestselling authorThe Autoimmune Fix is a powerful and cogent examination of the mechanisms underlying the surge in autoimmune conditions in our modern world. And gratefully, Dr. O'â,çBryanâ,çs masterful text provides a proven, actionable plan to restore immune balance and reawaken health.--David Perlmutter, MD, FACN,#1 New York Times bestselling author of Grain Brain and Brain Maker"Dr. O'Bryan's book 'The Autoimmune Fix' is a science-based frame shifting view of the origin of autoimmune disease and the role that diet and lifestyle play in its prevention and treatment. This is a must read for anyone searching for answers to autoimmune disease".--Jeffrey Bland, PhD, FACN, FACB, President, Personalized Lifestyle Medicine Institute, and author of Disease Delusion"I have admired and been informed by Dr. Tom O'â,çBryanâ,çs perspective and approach to the topic of autoimmune disease for many years. In The Autoimmune Fix he brings his broad knowledge, with careful consideration of the scientific evidence, directly to those suffering from autoimmunity and those wishing to avoid that fate. He does not just ring the alarm bell, but provides proactive solutions to dealing with this epidemic sweeping through western industrialized society. When it comes to understanding this modern autoimmunity epidemic it doesn't get any better than this."--David M.Brady, ND, CCN, DACBN, V.P. Health Sciences & Director, Human Nutrition Institute, University of Bridgeport, author of The Fibro Fix.â,ç"An autoimmune condition fuels more inflammation, thereby thwarting your best efforts to balance hormones, stabilize thyroid function, reduce stress, or almost any effort to get healthier. Read The Autoimmune Fix. Youâ,çll look back years from now and be grateful that you did. Dr. Tom O'â,çBryan has done an outstanding job describing the autoimmune spectrum, why it matters, and how to identify if youâ,çre on the autoimmune spectrum. You'll save yourself unnecessary suffering by learning this information years before the damage is severe enough to cause symptoms.â,ç--Sara Gottfried, MD, New York Times bestselling author of The Hormone Cure and The Hormone Reset Dietâ,ç"\"No one gets an autoimmune disease overnight, whether itâ,çs MS, Rheumatoid Arthritis, Alzheimerâ,çs,â,ç" Scientists know that these diseases are decades-long processes of slow tissue damage with several distinct steps along the way before thereâ,çs enough damage to warrant a diagnosis.Dr. Tom O'â,çBryan has done a remarkable job putting together a clear picture of what autoimmune diseases are, why the immune system begins attacking itself, and most importantly what you can do about it. His protocols are highly aligned with The Wahls Protocol. This book will change your

life. --Terry Wahls, MD, bestselling author of *The Wahls Protocol* --"The field of autoimmunity is complex and ever expanding. Although there is much to learn, on going research continues to give us a clearer understanding of some of the vulnerabilities and triggers we face today. Dr. O'Bryan's book, *The Autoimmune Fix*, does a very good job of explaining some of the basic principles of how our diet and environmental exposures can activate our unique genes making us more vulnerable to developing an autoimmune disease. If this book helps you to avoid what may be triggers in your body to developing an autoimmune disease, it will have been time well-spent reading." --Yehuda Shoenfeld, MD, FRCP, Head, Zabludowicz Center for Autoimmune Diseases, CHAIMSHEBA MEDICAL CENTER, Tel-Aviv University "We are so thrilled to support Dr. O'Bryan's work, *The Autoimmune Fix*, a book whose time has come. Medicine is evolving and there is a new paradigm for preventing and reversing autoimmune disease, one that is empowering and surprisingly simple to implement. So thankful for this step-by-step manual out in the world to make it easy for anyone to take control of their health." --James Maskell, Founder and CEO of Evolution of Medicine "Dr. O'Bryan's information is always cutting edge and he is a brilliant clinician and author. His new book, *The Autoimmune Fix*, should be read by anyone suffering from autoimmunity. The information contained in the book can be life changing." --Datis Kharrazian, DHSc, DC, FACN, CNS, Associate Clinical Professor Loma Linda University School of Medicine "Dr. Tom O'Bryan is a pioneer in the field of clinical autoimmunity. His explanations of extremely sophisticated mechanisms into everyday language helps all of us to understand the path out of autoimmunity and into health. He's been holding the line for patients who have been misdiagnosed and has helped countless people over the years. If you're not feeling right, there's a chance you may be suffering from this hidden cause. This book is a must read!" --Pedram Shojai, OMD, Founder of Well.Org and New York Times bestselling author of *The Urban Monk* --"The *Autoimmune Fix* is a must read. As a doctor who focuses on autoimmune thyroid disease, this is the most comprehensive evidence-based overview on autoimmune disease that I am aware of. The *Autoimmune Fix* can be a reference manual for health care practitioners as well as a road map to guide patients back to the health they deserve. Dr. O'Bryan masterfully integrates decades of clinical experience, research, and training other physicians. Highly recommended!" --Alan Christianson, NMD --"New York Times bestselling author of *The Adrenal Reset Diet* --"The hero who has contributed so much to the field of non-celiac gluten sensitivity and celiac disease now shines a light on a mysterious epidemic that is still in the shadows for many: autoimmune disease. Dr. O'Bryan very elegantly connects the dots between environmental triggers such as food and how they can affect the very immune system that's supposed to protect us. THE

AUTOIMMUNE FIX doesn't pull any punches. It unflinchingly identifies the foods that put you at risk for future autoimmune disease, foods you might love, foods you might think nothing about eating daily, but it also gives you actual detailed recipes and protocols that will have you eating and living your way to health. Dr. O'Bryan also talks about predictive autoimmunity, one of my favorite subjects. With autoimmunity, you have two choices: wait until millions are suffering from full-blown autoimmune disorders, then put them on a lifetime of immune suppressants and biologics as well as years of suffering. Or, you can use predictive antibodies to detect autoimmunity in the early stages of the disease, and then take steps to halt or even reverse the course of the incipient autoimmune disorder. THE AUTOIMMUNE FIX wisely tells us to take the latter, more pro-active choice, and to paraphrase what Dr. O'Bryan says in his book, it's not the doctors you see, the drugs you take, or the surgeries and therapies you undergo; what will impact your health ultimately are the choices you make in your life, and getting this book is one of those choices. --Aristo Vojdani, PhD, MSc, CLS, CEO, Immunosciences Lab., Inc., and author of *Neuroimmunity and the Brain-Gut Connection* "We are so thrilled to support Dr. O'Bryan's work, *The Autoimmune Fix*, a book whose time has come. Medicine is evolving and there is a new paradigm for preventing and reversing autoimmune disease, one that is empowering and surprisingly simple to implement. So thankful for this step-by-step manual out in the world to make it easy for anyone to take control of their health." --James Maskell, Founder and CEO Evolution of Medicine "Dr. O'Bryan's understanding of the physiopathology of autoimmune disease is second to none. His ability to translate complex research findings into practical, applicable recommendations that can be individualized to suit each patient's case is admirable. Because of his ability to make complexity accessible, translational and applicable, I recommend every nutrition practitioner to read Dr. O'Bryan's book." --Miguel Toribio-Mateas, MSC, BSC, NutMed, ABAAHP, FBANT, CNCH, Reg. Chairman of the British Association for Applied Nutrition and Nutritional Therapy "We all know that an ounce of prevention is worth a pound of cure. Well, when you read this book and implement Tom's advice you will be stacking the weights in your favour, helping yourself enjoy a healthier, longer life. Why? Because Dr. Tom O'Bryan has written a different kind of book here. He described how you can prevent auto-immunity from occurring in the first place. Fortune favours the prepared mind; now you have this book in your hand, don't let it go." --Antony Haynes, Nutritional Therapist, Functional Medicine Practitioner, Author, Lecturer, Head of Technical Services, Nutri-Link, Ltd. "Dr. Tom O'Bryan is one of the most important voices on autoimmunity in the wellness revolution. The information in this book can free millions

who are locked in a quality of life that is less than they deserve. Brilliantly explained, backed by science, and a rock solid protocol to get your health back."--Christa Orecchio, CN, HHC bestselling author of How to Conceive Naturally, Microbiome Expertâ"Dr Oâ"â,çBryan, does not just Ãâ"ÃœgetÃâ"â,ç the zeitgeist of immune dysfunction as a primary driver of major degenerative illness, he helps to define it! A great narrative underpinned with relevant research served up with practical solutions Ãâ"âœ ingest this, then switch your eating habits to those recommended; they will both have a profound effect on your health and life.Ãâ"â"Dr. Michael Ash, DO, ND, BSc, RNT, Managing Director & Head of Research and Development, Nutri-Link, Ltd.Ãâ"â"During the past two decades, no single person has contributed more to the understanding and importance of recognizing the negative effects that Gluten has played in human health than Dr. Tom Oâ"â,çBryan. The hundreds of seminars, lectures and conferences where Dr. Oâ"â,çBryan has presented this breakthrough information to literally thousands of physicians is proven true by the results these physicians have experienced as they applied this knowledge to tens of thousands of their patients. Dr. Oâ"â,çBryan's new book Ãâ"â"The Autoimmune FixÃâ"â" will prove to become an essential tool to help assist the growing number of individuals whose health and lives are being impacted by the exposure to gluten on their immune system and quality of life. It is with gratitude and pride that I wish to offer my encouragement for everyone to get a copy of Dr. Oâ"â,çBryan's book as well as to each physician to also get a personal copy of this book and one for their waiting room as well.Ãâ"â"Tom Schembri, President, NuMedicaAdvancing Nutrition" When new health information is identified, it can sometimes take a long time before doctors actually implement this information in their treatment protocols. I have had the privilege of working with Dr. Tom O'Bryan for more than a decade and admire his passion and commitment to pushing new health information to the forefront, supporting it with his own research and clinical experience, particularly to help other clinicians and patients identify possible triggers of autoimmune disease. The sooner these triggers are identified in a person, the higher the chance of arresting or reversing the disease development. A splendid job of explaining this difficult topic. You will be grateful you've read this."--Jean Bellin, President, Cyrex Laboratories, Past President, Metagenics NutritionÃâ"â"The hero who has contributed so much to the field of non-celiac gluten sensitivity and celiac disease now shines a light on a mysterious epidemic that is still in the shadows for many: autoimmune disease. Dr. Oâ"â,çBryan very elegantly connects the dots between environmental triggers such as food and how they can affect the very immune system thatÃâ"â,çs supposed to protect us.Ãâ"â"The Autoimmune FixÃâ"â" doesn't pull any punches. It unflinchingly identifies

the foods that put you at risk for future autoimmune disease, foods you might love, foods you might think nothing about eating daily, but it also gives you actual detailed recipes and protocols that will have you eating and living your way to health. Dr. O'Bryan also talks about predictive autoimmunity, one of my favorite subjects. With autoimmunity, you have two choices: wait until millions are suffering from full-blown autoimmune disorders, then put them on a lifetime of immune suppressants and biologics as well as years of suffering. Or, you can use predictive antibodies to detect autoimmunity in the early stages of the disease, and then take steps to halt or even reverse the course of the incipient autoimmune disorder. "The Autoimmune Fix" wisely tells us to take the latter, more proactive choice, and to paraphrase what Dr. O'Bryan says in his book, it's not the doctors you see, the drugs you take, or the surgeries and therapies you undergo; what will impact your health ultimately are the choices you make in your life, and getting this book is one of those choices.--Aristo Vojdani, PhD, MSc, CLS, CEO of Immunosciences Lab., Inc., and author of *Neuroimmunity and the Brain-Gut Connection*"Dr. Tom O'Bryan's new book, *The Autoimmune Fix*, takes his readers down his path to "health enlightenment," which is a much deeper understanding of the underlying cause of disease and poor health. Dr. O'Bryan clearly lays out why individuals with certain genetic predispositions will react to certain foods, which will trigger inflammation that will lead to intestinal permeability and the start of a process which, if not checked, will trigger poor health, autoimmune diseases, or worse. More importantly, Dr. O'Bryan lays out how to avoid all this and regain your health using his two phases of transition, which are described in this book in great detail, and also include very helpful Transition Protocol Recipes to be used during his two phases of transition. I believe that anyone interested in living a healthier and longer life should read *The Autoimmune Fix*, including all doctors and health care practitioners, as it will lead all to a much greater understanding of health and disease.--Scott Adams, Founder, www.Celiac.com"This is a fascinatingly detailed book about the outcome of autoimmunity & its causes, mechanisms, and effects on the body. It tells you what to eat, and more importantly, what not to eat if you want to remain healthy, keep doing your marathon running and not be subject to the diseases caused by our affluent Westernised life-style and junk foods, and to which most of us are still prey. Read it and be enlightened! Warmly recommended for those worried about their bodies & and brains"--Professor Michael N. Marsh, Wolfson College, University of Oxford"As a doctor and brain scientist, I understand that autoimmune diseases pose one of the greatest threats to our bodies and our minds. Not only do they damage our organs, but they erode self-esteem and can be difficult to identify and treat. In this book, Tom O'Bryan offers a sensitive and

comprehensive account of autoimmune disease, all at once engaging us in both the reasons they occur, and what we can do about this. With the vast amount of information available, it's important to know where to look when you or a loved one needs help. Look no further! With the combination of the highest scientific integrity and the ease of understanding, this book is a gem worth getting and guarding, for it is bound to be regarded as a classic of its time.

—Srinivas Pillay, M.D. Assistant Professor, Harvard Medical School, Award-winning author of *Life*

Unlocked

“Dr. Tom O’Bryan is brilliant at translating complex medical information into simple to understand ideas. In his new book, *The Autoimmune Fix*, he shows you a breakthrough plan to stop auto-immune triggers and restore your health. If you have an autoimmune disease, I urge you to read this book.”

—Steven Masley, MD, FAHA, FACN, FAAFP, CNS bestselling author of *The 30-Day Heart Tune-Up* and *Smart Fat*

“I love this book! It was truly hard to put down. A fascinating read from one of the most brilliant men I know. This book is easy to read and holds your interest the whole way through. Thanks, Tom, I’m so proud of you.

You’re such a gift to the world. You nailed it!”

—Donna Gates, International bestselling author of *The Body Ecology Diet: Recovering Your Health and Rebuilding Your Immunity*, and *The Body Ecology Guide to Growing Younger*

“In my opinion, everyone should read this book. My colleague Dr. Tom O’Bryan has been researching the serious progressive effects of the autoimmune spectrum for decades. He has gained incredible insights into its causes, effects, and how to vanquish the symptoms. This book contains his lifetime work. The concept of the autoimmune illness is complex to get your head around. However, Dr. O’Bryan expertly explains it to us step-by-step so you can understand why your body is steadily deteriorating, and how to reverse this downward spiral. It is a progressive inflammatory state in your body that provokes your immune system to over respond and attack itself. He tells us that the three things necessary for the development of autoimmune disease are genetics, environmental triggers, and intestinal permeability: he explains this in easy-to-read detail. He tells us that it is the quantity and quality of our food that is important: he reveals that the stand-out culprits are gluten, dairy and sugar. Read this book and follow the steps to dampen down the fire of reactivity that can rage through your body.”

—Prof. Rodney Ford MD, MBBS, FRACP, author of *The Gluten Syndrome and Gluten: ZERO Global*

“I can’t recommend this book enough! *The Autoimmune Fix* is a must read for anyone who’s frustrated going to doctor to doctor looking for answers to their chronic fatigue and inflammation, muscle and joint pain, digestive issues, neurological symptoms, memory and cognitive dysfunction and more. Dr. Tom O’Bryan explains a very difficult subject in a very easy to read manner on the complexity of

your immune system--how it can attack your own tissues, triggering symptoms and wreaking havoc to your body and brain health. Best of all, Dr. O'Bryan provides a scientific and proven strategies on how fix it for good! Give yourself the gift of wellness and go through his "Transition Protocol." Each week you will notice your irritating symptoms just melting away one by one--improving your energy level and mental focus, minimizing your pain and inflammation, increasing your flexibility and strength, and so much more. The Autoimmune Fix is your roadmap to a lifetime of vibrant health!"¹Dr. Susanne Bennett, #1 best-selling author of Mighty Mitoand The 7-Day Allergy Makeover and talk show host of Wellness for Life Radio on RadioMD and iHeart Radio

Tom O'Bryan, DC, CCN, DACBN, is an internationally recognized speaker and writer on chronic disease and metabolic disorders. He organized the popular Gluten Summit in November 2013. Dr. O'Bryan has more than 30 years of experience as a functional medicine practitioner and is an adjunct professor at the Institute for Functional Medicine. He lives in San Diego.

Dr. Tom O'Bryan's Autoimmune Fix is my go to resource for anyone suffering with an autoimmune condition. Dr O'Bryan has a clear-cut two-phase approach called "The Transition Protocol" which aims to reduce your body burden and optimize healing. Phase 1 cuts out gluten, dairy and sugar, and encourages a real food diet, giving detailed lists of what to eat, which nutrients to include and which toxins to avoid. Phase 2 builds on this base and outlines further foods to eliminate, in order to identify your food sensitivities. Once Phase 2 is complete, you can begin to reintroduce foods and monitor your reactions. This will set you on a path to keep your inflammation and antibodies at a minimum for the long term and repair organ and tissue damage. The book includes helpful quizzes, bonus online material, a wide range of recipes for both phases, as well as weekly meal plans and tips for eating out. Dr O'Bryan encourages us to stop accepting mediocre healthcare and to take back control of our lives and health.

I wish this book had been available six years ago when we started down the auto immune path. I have a fourteen year old son with auto immune encephalitis and I brought this book with me to read while he was in the hospital for one of his treatments. I've never read Tom O'Bryan and I'm extremely impressed - he gives you easy to understand information to help you first of all

understand auto immunity, many stories of successful treatment and a plan, a real plan to follow! I will have our family doctor order the Multiple Autoimmune Reactivity Screening test for me and the rest of our family. So far, we've been fortunate, the rest of the family suffers from one case of thyroid issues (me), two daughters with ADD/HD issues, and my husband has psoriasis. I'm convinced that this plan is going to help us target the foods that are triggering sensitivity and auto immune issues before they enter into full blow disease. The best take away so far, involves our son with auto immune encephalitis. As a teen our son has been very concerned about his height. He is five foot five inches at fourteen years and wants desperately to be six feet tall. He also, HATES being on a special diets and will sneak gluten and dairy occasionally when he is away from home. The book shares an example of a male patient, Jerry, that at age sixteen was five feet two inches and desperately wanted to grow. The endocrinologist had discovered the boy had celiac and put him on a gluten free diet and after a few months he had grown 3.5 inches and then seemed to stall. The doctor ran the Multiple Autoimmune Reactivity Screening test and found out he was reacting to 18 of the 24 antibodies were elevated. He began a vigilant plan of strengthening his microbiome, followed a strict gluten free diet and looked for other environmental triggers. Four years later he had a clean bill of health and at age twenty he was now 5 foot 10. This story was all my son needed to hear....he's now on board and making sure that he TOTALLY understands that he is NOT eating gluten.

The Autoimmune Fix is groundbreaking information we all need to know and is a must-read for integrative practitioners and consumers with any health issues, and especially if you know you have an autoimmune disease/condition. As you would expect from Dr. O'Farrell & Bryan, it's brilliant! Some of my favorite sections include: his brilliant description of the immune system and how antibodies are created, and how inflammation is the primary tool in our immune system's arsenal that keeps us healthy; the differences between autoimmune diseases and the many autoimmune conditions (he lists 159 that are on the autoimmune spectrum!); the differences between celiac disease and gluten sensitivity; the glutelomorphin and casomorphin peptides and how they can affect gluten and dairy withdrawal symptoms; the leaky gut and lipopolysaccharides discussion, and the section on the microbiome and dysbiosis (and the big connection to stress); the connection of a disproportionately large forehead to celiac disease (fascinating!); measuring autoantibodies (I love that he calls them "messengers from the future"); and the chart that shows the

likelihood as to whether you will develop a particular disease. The extensive lists of the hidden sources of gluten in supplements, cosmetics (this is surprisingly long) and even household products. The connection between gum disease, mouth bacteria and leaky gut. His wonderful food and nutrient recommendations. Of course I really appreciate the success stories and long list of references and study summaries. If you've had the wonderful opportunity to have heard Dr. O'Bryan speak live or on summits (he's a frequent and popular speaker on The Anxiety Summit) you'll recognize this style of his right away! Thanks Dr. O'Bryan!

Don't let the word Autoimmune in the title put you off buying this book. This is important info for everyone to understand to avoid getting an autoimmune disease in the first place as well. I wish I'd known this stuff twenty years ago to avoid the damage I've done. I've paid a lot of money to a Functional doctor for this same info. It really works and it's changing my health for the better. With our toxic environment and messed up food supply everyone needs to know this stuff.

My wife is having a lot of digestive issues as of late. This book was suggested to help her see if the issue is of the autoimmune nature. She has started to put into practice some of their suggestions including eliminating gluten. In just a few days she is feeling better. The book has suggested foods and diets to help with a growing problem in this country.

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The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease Autoimmune Hepatitis: Learn to Cure Yourself, Your Doctor Never Will! (Autoimmune Disease, Autoimmune Paleo Cookbook, Autoimmune Paleo, Autoimmune, autoimmune diet) Sick and Tired of Feeling Sick and Tired: Living with Invisible Chronic Illness (New Edition) Sick and Tired of Feeling Sick and Tired: Living With Invisible Chronic Illness Sick and Tired: Empathy, encouragement, and practical help for those suffering from chronic health problems (Sick & Tired Series Book 1) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) You're Sick, They're Not--Relationship Help for People with Chronic Illness and Those Who Love Them (Sick & Tired Series) Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Anti-Inflammatory Diet,

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