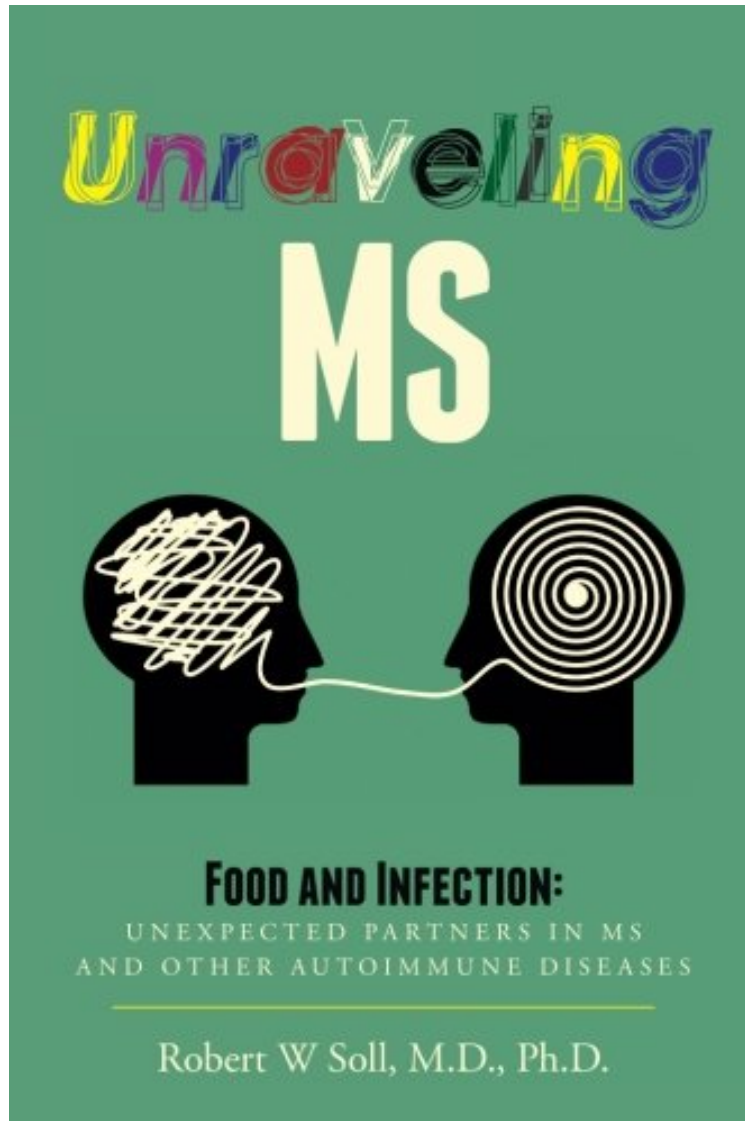


Unraveling MS: Food and Infection: Unexpected Partners in MS and Other Autoimmune Diseases

M.D., Ph.D., Robert W Soll

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the following review helpful. Five StarsBy Stephen G.Well written and brilliant discussion of autoimmune diseases. I of 1 people found the following review helpful. Very well written!By JAnn BowersI found this book to be full of interesting information. I asked for this book because a very close friend, she is like a mom, has MS. Throughout the years I have been there for her to talk to about this disease and I wanted to read this book so I would have a better understanding of the disease and how it effects her. I believe Robert showed some very valuable arguments and detailed information that related to this disease and other auto-immune diseases.I received this book for an honest review through Word Slinger

Many autoimmune diseases are quite common, and any one of them may significantly affect your health. These diseases can be further identified and pointed out as multiple sclerosis (MS), diabetes, rheumatoid arthritis, psoriasis, celiac sprue, and even some types of coronary atherosclerosis. Altogether, there are over 80 diseases that have been associated with an autoimmune origin. Although each autoimmune disease involves the immune system, they differ in that each affects a different organ or tissue. In this book, *Unraveling MS*, multiple sclerosis is used as the model to explain how the immune system actually is harming your own body rather than defending and rejuvenating it. This is accomplished by describing the immune system in simple, easy-to-understand language for the average lay person. In addition, the fascinating way that white blood cells are communicating with each other, and the dreadful role that viruses are playing in inciting an autoimmune disease are similarly discussed. Since the process underlying all autoimmune diseases is inflammatory, the good news is that a correct diet surprisingly is one way to minimize inflammation and improve an autoimmune disease. In addition to providing information about MS and other autoimmune diseases, this book should be very helpful to those individuals seeking to understand the importance of the immune system and the significant role that both diet and infection play in health and longevity. Although the adverse effect of infections on health is well-known, poor dietary habits also are a significant cause for ill health and a shortened life expectancy. So, if you, a relative or a friend have an autoimmune disease, or if you're looking for more answers on understanding and managing a healthy life, you've come to the right place!"