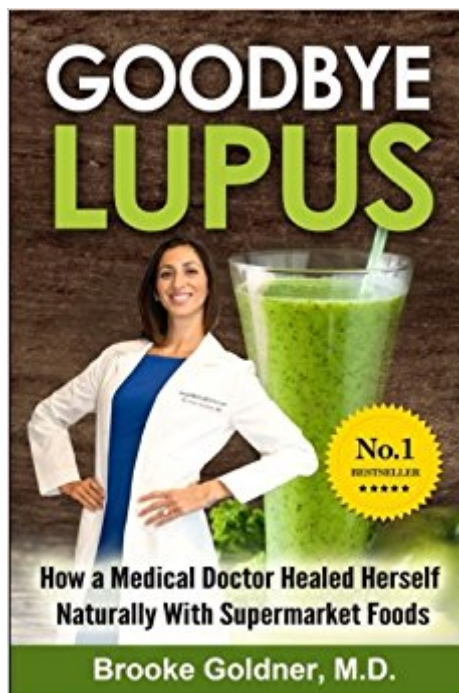




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Goodbye Lupus: How A Medical Doctor Healed Herself Naturally With Supermarket Foods



Synopsis

Brooke Goldner, M.D. is a board certified physician known world-wide for being a medical doctor who has developed a nutrition-based treatment for her own autoimmune disease, Lupus. In this personal and intimate story, she takes you through the pain of her illness and her miraculous recovery, and how she discovered the simple yet powerful way to help the human body heal through proper nourishment. Dr. Goldner makes it easy to understand this essential information on how food can cause and heal disease, teaching it simply and plainly. She created easy to follow steps you can take to achieving better health yourself using supermarket foods. Also included are her favorite recipes for getting healthier. This is a second edition with proper formatting. First edition issues have been resolved.

Book Information

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Customer Reviews

Brooke Goldner, M.D. is a best selling author and a board certified physician known world-wide for being a medical doctor who has developed a nutrition-based treatment for her own autoimmune disease, Lupus. Prior to her discovery, Dr. G had serious illness and had 11 years of medical treatments with high dose steroids and chemotherapy. Using nutrition alone, she has been completely healthy and requiring no medications for 10 years. Dr. Goldner has been featured in multiple documentaries, such as *Whitewashed* and *Eating You Alive*. She has been interviewed by Natural News Radio, Health Conspiracy Radio, Wellness Radio, was a keynote speaker for Lupus LA, and has had numerous stage appearances, including being featured twice in 2014 Health Healing & Happiness event in Las Vegas and most recently sharing the stage with T. Colin

Campbell and Drs. Esselstyn and Ornish at the International Plant Based Nutrition Healthcare Conference. She has been featured on the front cover of Vegan Health & Fitness Magazine, is the author of Green Smoothie Recipes to Kick-Start Your Health and Healing, and star of Goodbye Lupus and Super Healthy Meals for Your Family DVDs. She is a graduate of the Temple University School of Medicine, was Chief Resident at UCLA-Harbor Residency in Psychiatry, and holds a certificate in Plant-Based Nutrition from Cornell University. She is the founder of VeganMedicalDoctor.com and creator of the Hyper-nourishing Healing Protocol for Lupus Recovery.

After 2 years of crushing fatigue I was diagnosed with active Epstein-Barr. I downloaded your book on Kindle and starting making Green Smoothies according to the plan in your book. I'm not sure how quickly it usually works but I knew after less than two weeks that I am completely healthy head to toe. I get stronger every day. I feel like I've been given my life back. I know this is early along to be sharing, but...you know when you are healthy again.

Great book, great help, and I am using the shakes daily

Very good book!

I would recommend this book for anyone wanting to learn to eat a healing diet or to maintain a health body.

A must read

Book could have been condensed to 1 page but I do appreciate what the author went thru.

I bought this as a gift

Very quick read and along with other books I read on immune disease this says the same ...Change your natural to natural foods.I agree.

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Recovery Diet) Healing Lupus Naturally: Science-Based Natural Lupus Remedies Your Doctor Doesn't Want You to Know About The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) From Defeat to Victory: Emily Dotson's Life as Healed of Lupus CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) How I Healed Myself from Toxins: Alkaline Smoothies, Juices, Soups & Desserts. High-Energy Foods, Detox Drinks & Natural Weightloss Drinks: How to Balance ... Fastest Way to Sustainable Health Book 1) What Your Doctor May Not Tell You About(TM): Autoimmune Disorders: The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic ... Doctor May Not Tell You About...(Paperback)) Medical Terminology: Medical Terminology Easy Guide for Beginners (Medical Terminology, Anatomy and Physiology, Nursing School, Medical Books, Medical School, Physiology, Physiology) Medical Terminology: Medical Terminology Made Easy: Breakdown the Language of Medicine and Quickly Build Your Medical Vocabulary (Medical Terminology, Nursing School, Medical Books) The Type 2 Diabetes Cure: How To Naturally Prevent & Reverse Type 2 Diabetes (Carb, Diabetic Diet Plan, Best Foods, Blood Sugar, End, Recipes) (The Doctor's Smarter Self Healing Series) Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) Green Smoothie Recipes to Kick-Start Your Health and Healing: Based On the Best-Selling Book Goodbye Lupus Eat More Produce: 50+ Ways to Say Goodbye to Lupus Green Smoothie Recipes to Kickstart Your Health and Healing: Based on the Best Selling Book Goodbye Lupus The Third Doctor Adventures - Volume 3 (Doctor Who - The Third Doctor Adventures) The Fourth Doctor Adventures 5.1: Wave of Destruction (Doctor Who: The Fourth Doctor Adventures) The Fourth Doctor Adventures - The Eternal Battle (Doctor Who: The Fourth Doctor Adventures)

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