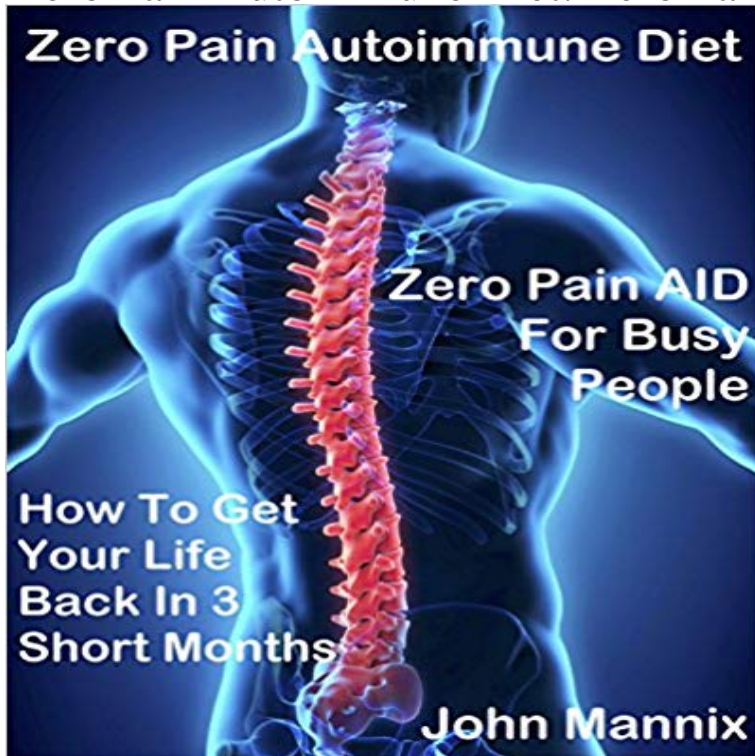


Zero Pain Autoimmune Diet: Zero Pain AID for Busy People



No Way. 90 Days To A Pain Free Life. BS! Only it isn't BS. I know, I've done it. So have others. It absolutely can be done. And in this book I'll lead you by the hand to get the same results. Using a simple diet and a unique supplement regime, you won't find in any other book, we remove pain triggers and supercharge healing your leaky gut. Eventually, after the stomach has healed, we safely reintroduce foods that previously would cause flares. This book is written by an ex-autoimmune sufferer who has been to hell and back. So you know it works. Be safe in the knowledge that this isn't just another diet book with unknown results. This book is a map, a blueprint. And if you follow it, it will lead you to a pain free life. It all starts today, through knowledge. In this book, you will:

- * Learn the one rule that absolutely must be followed in order to heal a leaky gut. The origin of all autoimmune disease. You will be surprised at how simple and powerful this rule is. And once you know it, it you will understand what it takes to heal your stomach and why a lot of autoimmune diets fail.
- * Learn about the single most important supplement that needs to be taken before any stomach healing can begin? This supplement is so important, that without it anything else you do, to try and heal your leaky gut, will fail. It is also a supplement that is not discussed in any other book about healing leaky gut.
- * Learn how to classify food under one of four categories. And how you simply must be eating food, in only one of these categories, for healing and pain reduction to occur.
- * Learn of a simple test that can exponentially aid your pain relief efforts.
- * Learn about the types of medications and supplements that will prevent your healing from occurring and how to identify them. In addition, you'll learn of a little known method of temporarily reducing your pain level to zero, in order to come off any meds that are

causing leaky gut, until the diet kicks in.* Learn how to read ingredient and supplement labels to identify safe foods to eat.* Be guided through the psychology of how to approach healing leaky gut through diet.* Know what foods to take to heal the gut and reduce the pain.This diet is so effective that it takes only three months to achieve a pain free state.The diet uses common foods found in all grocery stores. It doesnt rely on time-consuming food preparations, using hard to find ingredients.* Follow a supplement regime specially designed to soothe and heal the stomach.This supplement regime contains little known supplements that you wont find in other leaky gut diet books, but that are key to getting early results and faster healing.* Learn how to organize yourself for the diet, so that it all runs smoothly and so that you dont have to remember complex routines.* Learn a simple method of monitoring your progress that you will do every day to ensure that you are on track.* Learn a 7-step food re-introduction process, once your pain levels are at zero.Also learn how to stack foods that you are re-introducing back into your diet so that you are quickly eating normally again.* Learn how to get support while you are starting and progressing through the diet.Your new life, free from pain, enjoying activities that you never thought youd do again, starts in 3 months.Thats how long it takes to reach zero pain with this diet.If you are willing to take instruction, follow the diet to the letter, and have the strength of will to go through an initially restrictive diet, then you can start today.

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John Mannix was a sufferer of Ankylosing Spondylitis - a particularly viscous autoimmune disease - that produces agonizing **Pain is preventing me from exercising Make Your Body Work** Using a simple diet and a unique supplement regime, you wont find in any other book, we remove pain triggers and supercharge healing your leaky gut. **Zero Pain Autoimmune Diet: Zero Pain AID for Busy People free pdf** Aug 26, 2013 My joints hurt, and I began to have a stinging pain in my back. The truth is, I had no idea what autoimmune disease really was. . by chemical exposure and by dietsome thyroid patients are sensitive to gluten, . 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