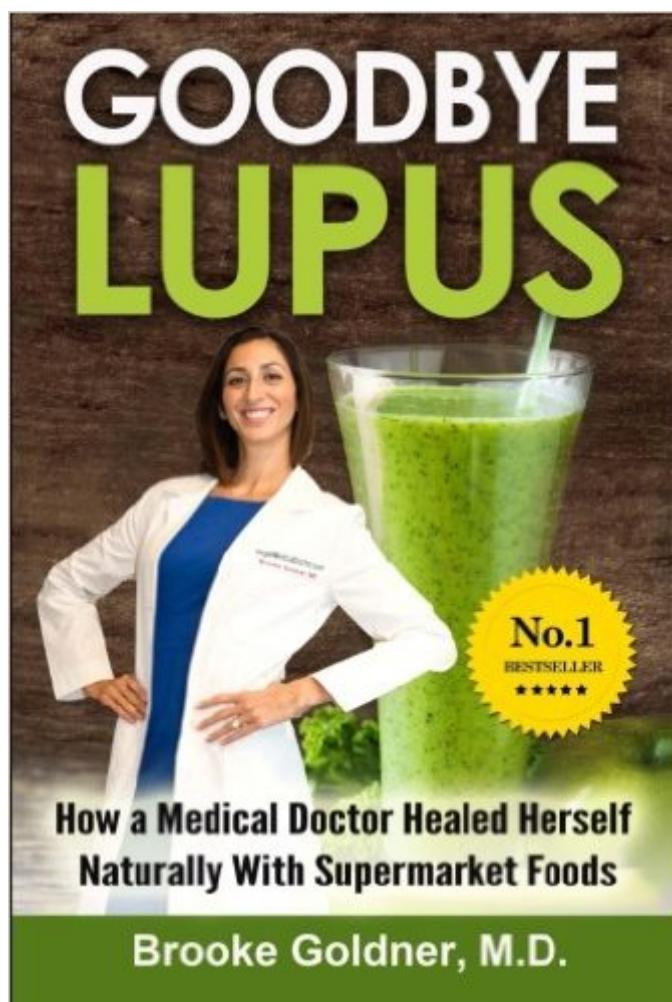


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Goodbye Lupus: How A Medical Doctor Healed Herself Naturally With Supermarket Foods



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

Paperback: 95 pages

Publisher: ; first edition (October 31, 2015)

Language: English

ISBN-10: 1516994027

ISBN-13: 978-1516994021

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ See all reviewsÂ (25 customer reviews)

Best Sellers Rank: #53,934 in Books (See Top 100 in Books) #3 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Rheumatic Diseases #293 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Healing #4410 inÂ Books > Medical Books

Customer Reviews

Wow, that first review was incredibly harsh. I've read all of the other books/studies mentioned and more, and I found this to be excellent. Short, succinct, to the point, and gives me great hope. Sure there were a few typo errors, but that can happen with a first edition, and most of them were software translation issues. All one has to do is write the author, and corrections are made (and have been made). I appreciated the personal story, one that I could relate to, and both my husband and I appreciated the way that the nutrition plan is laid out in an easy to understand and doable manner. There's no need for shopping lists, millions of recipes or even any more validation of research; there's tons of info out there on the web and in books already. It becomes a personal approach with foods that you can find in your own local markets, foods that you enjoy to create your

own simple meals. Healing foods are listed quite plainly as are the inflammatory ones. I've followed many other plans, but this one helps me understand the actual amounts of healing foods that I need and a few other points that are necessary for healing. It also helped me realize my own traps that I fell into previously that stalled my efforts. The work is up to me, and we're all different, but it's great to have a simple guide that spurs me on to keep striving for wellness. I loved celebrating the author's journey/success through her writings and her photos. How refreshing.

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.

I was so excited to get my copy of this book after seeing Dr. Goldner tell her story on stage. This has everything she teaches live plus more. I enjoyed getting to know more about her life, and love how she lays out the steps to changing your diet. I've read a lot of other books about eating a plant-based diet, but I was confused about exactly what to eat and how much. This book makes it simple and clear, which is what I needed. I got a first edition book that had the formatting error in the recipe section, but I emailed her and she immediately sent me a free ebook. Definitely recommend.

I just read your book Goodbye Lupus. I liked that it was full of facts and straight to the point. I don't have Lupus or any chronic diseases (that I know of). I just thought it would be an interesting read and it was. I already eat mostly plant based. That said I could certainly clean up my diet and will be putting the steps into use immediately.

Inspirational autobiography of how a medical student went from being so sick with Lupus, kidney disease and blood clots and became well again all thanks to a healthy diet that removes inflammatory foods and piles in healthy foods. I was given hope from reading her story and tried to follow her steps myself and I am happy to report that my fatigue has gotten so much better (still have bad days but I am not in bed all day anymore), my facial redness is lessening, and my joint pain is going away. I still have slip ups in my diet and I am still seeing results. It is a rather short book. I was expecting a much more text but it is good that the author is straight to the point. quick and does not ramble on. I have hope that since one person can conquer Lupus, I can too. Join us!

:-)

This book is very helpful in letting those who are diagnosed with lupus how to go about healing their bodies. I thought this book was very good in supply a good foundation to start healing the body from lupus.

This book is an easy read with a wealth of information on nutrition. It has given me so much hope after 4 yrs. battling with systemic lupus along with side effects from med. Just by changing the food I put in my body has given me energy I have never had before. What a blessing it is to stumble upon this book. Thank you!!

This book is terrible! How do I get a refund? It is replete with typographical errors, and does NOT provide any of the information it promised to. There is no description of the program devised by her husband (diet and/or fitness regimen.) There is no review of the literature pertinent to her results (she is not the only one to achieve reversal of lupus on a plant based diet. Ask 80/10/10-ers, those on the McDougal diet, those following Esselstyn's or Pritikin's or even Kempner's Rice Diet!) Nada. What was her grocery shopping list week 1? Week 2? Month 2? Now? What was her workout regimen Week 1? Week 2? There are inconsistencies in recipes provided (Dr G's Living Lasagna calls for 1/2 c + 2 T olive oil, yet Step 2 of the Six Step plan is: Eliminate Added Oils.) There are 21 pages of pictures dating back to when Dr G was 2 weeks old. These pages could have been filled with her detailed personal program and results. SOMEBODY kept records, right? This book looks as if it was written while on the beach one weekend with the idea to get as much money from suffering people as possible. "Need more info? Buy my recipe book! Come to my seminar!"

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