



# Sleep Tracker Ring Top

**Marcel A. Müller**



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**The Autoimmune Cure** Sara Gottfried, 2024-03-12 New York Times bestselling author Dr Sara Szal Gottfried reveals how trauma can rewire your body to trigger autoimmune diseases and provides a comprehensive plan to reset your immune system and finally heal We know that autoimmune disease a condition when the body's immune system attacks its own healthy tissue and cells affects millions of people worldwide But as New York Times bestselling author Dr Gottfried explains in this eye opening new book autoimmune disease may be even more pervasive than we realise and its cause may surprise you Conventional medicine falls short when it comes to both diagnosing and treating autoimmune disease Many people suffer from mysterious symptoms like severe fatigue brain fog aches and pains feelings of tingling and numbness stubborn weight gain abdominal pain digestive problems hair loss insomnia and even anxiety and don't realize their immune system is at the root of their symptoms In her precision medicine practice Dr Gottfried noticed a seemingly unusual pattern many of her patients who suffer from autoimmune disease and symptoms have a history of trauma Emerging research shows that up to 80 per cent of patients with autoimmune disease experienced significant emotional distress before getting sick With *The Autoimmune Cure* there is hope on the horizon for the tens of millions of people who suffer from autoimmune disease Dr Gottfried has created a powerful programme designed to break the vicious cycle of autoimmune disease reset your immune system and restore your health with advice on diet sleep supplements breathwork microbiome restoration somatic therapy and much more *The Autoimmune Cure* offers a road map to lasting relief from autoimmune disease by addressing the underlying cause of the condition and healing the body mind and spirit

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