

Doctor's Unconventional Path to Healing Her Autoimmune Illness

Dr. Amy Myers was a successful doctor, but she was also secretly struggling with a debilitating autoimmune illness. She had been diagnosed with Crohn's disease, and despite following the traditional medical advice, her symptoms were only getting worse.

Desperate for relief, Dr. Myers began to explore alternative therapies. She tried everything from acupuncture to yoga to meditation. Finally, she stumbled upon a diet that seemed to help her symptoms. She eliminated all processed foods, sugars, and grains from her diet, and she began to eat a whole foods, plant-based diet.



Brave New Medicine: A Doctor's Unconventional Path to Healing Her Autoimmune Illness by Cynthia Li MD

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To her surprise, Dr. Myers' symptoms began to improve. Within a few months, she was able to go off all of her medications. She was finally free

from the pain and suffering that had plagued her for so long.

Dr. Myers' experience is not unique. Many people with autoimmune illnesses have found relief from their symptoms by following a whole foods, plant-based diet. This type of diet is rich in fruits, vegetables, and whole grains, and it is free from processed foods, sugars, and grains.

There is no one-size-fits-all approach to healing an autoimmune illness, but a whole foods, plant-based diet is a good place to start. If you are struggling with an autoimmune illness, talk to your doctor about whether this type of diet might be right for you.

Here are some of the benefits of a whole foods, plant-based diet for people with autoimmune illnesses:

1. It can help to reduce inflammation.
2. It can help to improve gut health.
3. It can help to boost the immune system.
4. It can help to reduce pain and fatigue.

If you are interested in trying a whole foods, plant-based diet, there are many resources available to help you get started. You can find recipes, meal plans, and support groups online and in your community.

Dr. Myers' story is an inspiration to us all. It shows us that it is possible to heal from an autoimmune illness, even when traditional medicine has failed. If you are struggling with an autoimmune illness, know that you are not alone. There is hope, and there is healing.

Additional Resources

- Dr. Amy Myers' website
- The Paleo Mom blog
- Mark's Daily Apple blog
- Whole30 website



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