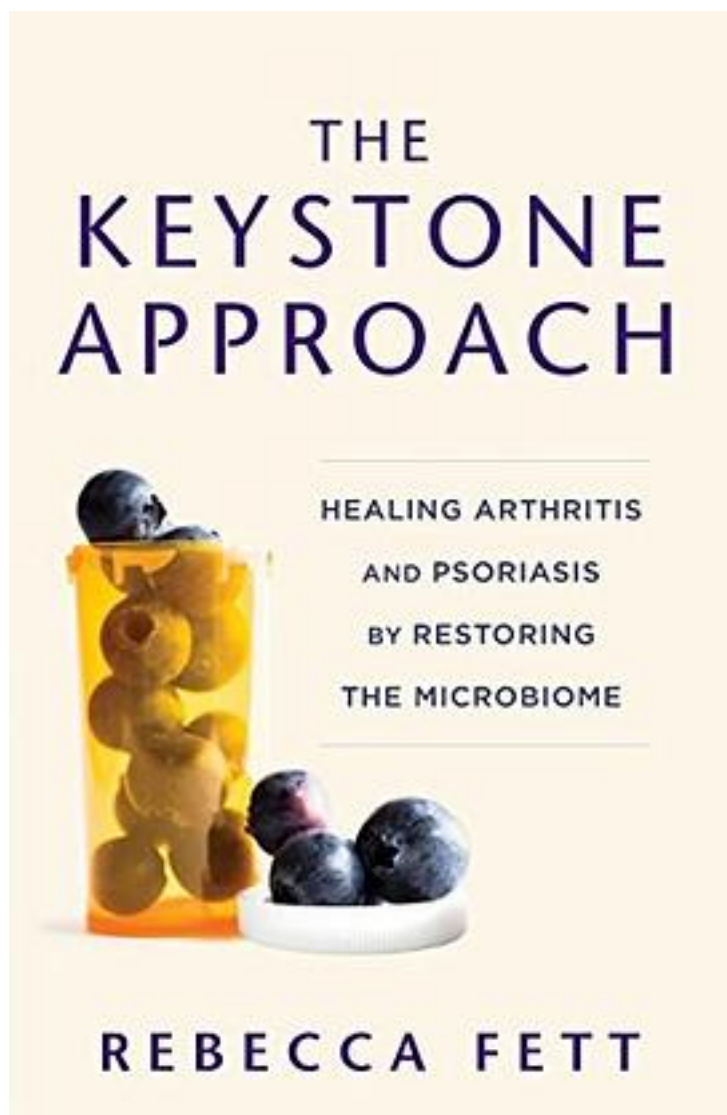


# The Keystone Approach



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The only guide to healing psoriasis and arthritis that is backed by the latest scientific research.

Written by a molecular biologist who successfully treated her own psoriatic arthritis by putting this research into practice.

Join Rebecca Fett on a journey through fascinating new discoveries about how gut microbes impact autoimmune disease and how we can harness this power to stop inflammation at the source.

By translating cutting-edge science into practical advice on dietary changes, probiotics, and other anti-inflammatory supplements, this book offers an effective and evidence-based approach to naturally heal psoriasis, psoriatic arthritis, ankylosing spondylitis, IBD, and other autoimmune diseases.

You'll discover:

How to tackle harmful gut bacteria (and SIBO) while supporting beneficial species

Why some aspects of the AIP or Paleo diet can be counterproductive

How coconut oil and other so-called healthy foods can actually worsen inflammation

Why a low-starch diet is so helpful for AS and other types of arthritis

Which probiotics can help to calm the immune system.

Complete with a chapter of easy recipes, you will be able to follow the exact approach the author took to get out of pain, clear psoriasis, and reclaim her health. Get the book now to learn how.

作者介绍:

Rebecca Fett has a degree in molecular biology and biochemistry from the University of Sydney, Australia. Before becoming a full-time science writer, she performed laboratory research in the fields of bacterial gene expression, the microbiome, and cancer.

Rebecca then became an immunology specialist at a large law firm in New York, where she spent many years analyzing the scientific and clinical evidence for immune-targeting biologic medicines (such as Enbrel and Humira). Rebecca is passionate about translating complex science into plain english and sharing the latest the latest studies with those who can benefit.

目录:

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## 标签

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## 书评

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