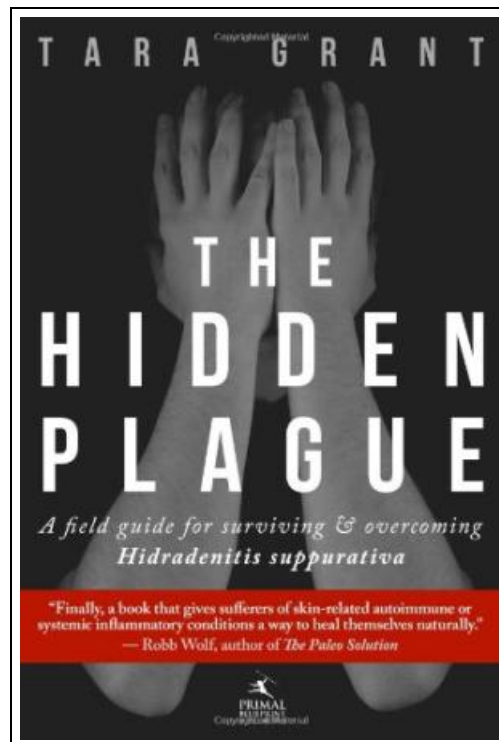


The Hidden Plague: A Field Guide for Surviving Overcoming Hidradenitis Suppurativa



Filesize: 3.31 MB

Reviews

This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).
(Delbert Gleason)

THE HIDDEN PLAGUE: A FIELD GUIDE FOR SURVIVING OVERCOMING HIDRADENITIS SUPPURATIVA

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Primal Nutrition. Hardcover. Condition: New. 280 pages. Dimensions: 9.2in. x 6.5in. x 0.9in. Have you been plagued with boils, cysts, ingrown hairs, and acne-like bumps that take months to resolve, leave embarrassing scars, and cause considerable pain? Have you been to the doctor, only to leave with a prescription for antibiotics, few answers, and little to no hope? Hidradenitis suppurativa (HS) is a poorly understood skin condition that is believed to affect nearly twelve million people in the United States alone. Only a small fraction of those affected have been properly diagnosed, leaving many others to suffer in silence or pursue ill-advised conventional treatment methods that fail to address the cause of this painful condition. Tara Grant, a twenty-year sufferer of HS, has become an underground legend to her Internet community of HS victims by presenting a methodical, self-tested action plan to heal naturally. The centerpiece of her holistic approach rests on the understanding that HS is an autoimmune disorder caused by leaky gut syndrome. With a few simple dietary changes that eliminate certain trigger foods, you can heal your gut, restore your skin, reclaim your health, and rid yourself of HS symptoms forever. That's it: no antibiotics, no experimental surgeries, and no more pain, suffering, or confusion.

Q and A with Tara

1. What was it about the subject you chose to write about in your book that made you feel so passionate about spreading the word and getting your book published? My motivation for writing this book was the overwhelming response I received from people on the Internet when I originally posted about it in March of 2012. It turns out it's a pretty common condition, but many people (and doctors) don't know what it is. It's pretty standard to visit various doctors, and be told that you have acne,...

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